

Spring 2008

CALENDAR OF UPCOMING EVENTS

CALENDAR at a GLANCE



Potluck

Saturday, March 8
6:00 PM

Hip Chick Guide to Macrobiotics Book Signing

Friday, March 28
7:30 PM

Jessica Porter Lecture & Cooking Class

Saturday, March 29
9:00 AM & 1:00 PM

Potluck

Saturday, April 12
6:00 PM

BBQ / Pool Party

Saturday, May 10
3:00 PM



Study Group

We plan to provide a forum for the continuing study of health and to share macrobiotic principles with each other. The book, *Staying Healthy with the Seasons* by Elson M. Haas, MD has been suggested as our first book to discuss. We will notify our membership as details are clarified.

Spring, a time of rebirth and renewal, after a winter that brought the sad loss of our dear friend and teacher, Patrick McCarty. We hope to honor his memory and contribution to our community by continuing to share our knowledge and friendship with each other.

POTLUCK DINNER

Saturday, March 8, 2008 • 6:00 PM

Bring a dish to share, and come enjoy each other's company!

Members: With dish, \$5, without dish, \$12 • Non Members: With dish, \$7, without dish, \$15.

Location: 7043 Burnway Drive, Orlando, FL Directions: I-4 to Sand Lake Road, go west. Turn right at Dr. Phillips Blvd. Go to Wallace Road and turn left. After a short distance you will see Clubhouse Estates on your left. Turn left there onto Burnway Drive. House is on the left. 407-226-6963

JESSICA PORTER'S HIP CHICK WEEKEND

Booksingning – Friday, March 28, 2008 • 7:30 PM at Whole Foods Market

Lecture and Cooking Class – Saturday, March 29, 2008 • 9:00 AM & 1:00 PM

We're thrilled to have the always entertaining and informative, Jessica Porter, in town before she leaves from Ft. Lauderdale on the Holistic Holiday at Sea V cruise. See details on page 2.

POTLUCK DINNER

Saturday, April 12, 2008 • 6:00 PM

Come join us for our monthly potluck and bring your favorite dish to share.

Members: With dish, \$5, without dish, \$12 • Non Members: With dish, \$7, without dish, \$15.

Location: 7043 Burnway Drive, Orlando, FL Directions: I-4 to Sand Lake Road, go west. Turn right at Dr. Phillips Blvd. Go to Wallace Road and turn left. After a short distance you will see Clubhouse Estates on your left. Turn left there onto Burnway Drive. House is on the left. 407-226-6963

BBQ/POOL PARTY

Saturday, May 10, 2008 • 3:00 PM

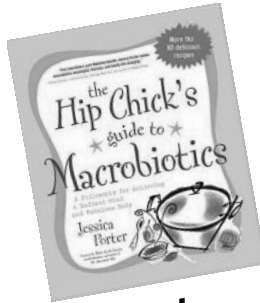
What better way to escape Florida's heat and humidity than to jump into the pool at Rocky and Mike Brown's? After a refreshing dip, indulge in a potluck dinner. Bring a dish to share, and remember your bathing suit, towel, and favorite pool toys! The board will provide water and veggie shisk kabobs.

Members: With dish, \$5, without dish, \$12 • Non Members: With dish, \$7, without dish, \$15.

Location: 7043 Burnway Drive, Orlando, FL Directions: I-4 to Sand Lake Road, go west. Turn right at Dr. Phillips Blvd. Go to Wallace Road and turn left. After a short distance you will see Clubhouse Estates on your left. Turn left there onto Burnway Drive. House is on the left. 407-226-6963

Hip Chick, Jessica Porter, teaches in Orlando

We are pleased to announce our spring guest speaker, Jessica Porter. Jessica Porter is a macrobiotic chef, cooking instructor, author and hypnotist. She completed her macrobiotic training at the Kushi Institute in Beckett, Massachusetts. Jessica was the manager of the Kushi Institute's weeklong "Way To Health Program", for two years. She knows what essential information must be conveyed to a macrobiotic person, and she does it very interestingly and at the same time using her witty manner. She hosts a weekly radio show in Portland, Maine and has written and appeared in her own one-woman show, *Zen Comedy*.



CLASS SIZE IS LIMITED, SO PLEASE REGISTER EARLY!!
To Register for either or both classes, please mail this form and your check made out to the **Macrobiotic Foundation of Central Florida**, to Rocky Brown, 7043 Burnway Drive, Orlando, FL 32819.

Name: _____

Phone: _____

Email: _____

I would like to attend:

- LECTURE: "Lighten Up with the Hip Chick"**
Saturday, March 29, 2008 • 9:00-11:00am
PRICE: \$25 members / \$30 non-members
- COOKING CLASS: "How to Love Your Liver"**
Saturday, March 29, 2008 • 1:00-3:30pm
PRICE: \$30 members / \$35 non-members

Enclosed: \$ _____

RSVP TO 407-672-2356 BY MARCH 21ST, 2008 FOR SATURDAY'S EVENTS!

EVENT: Meet the Author and Book Signing
Friday, March 28, 2008 • 7:30 pm
LOCATION: Whole Foods, Aloma Ave., Winter Park
PRICE: No charge

Join us for a fun evening and meet Jessica Porter popular author of the "Hip Chick's Guide to Macrobiotics." Jessica will present a short witty lecture about the Zen of Macrobiotics. After the lecture Jessica will do a book signing.

EVENT/LECTURE: "Lighten Up with the Hip Chick" with Jessica Porter
Saturday, March 29, 2008 • 9:00-11:00am
LOCATION: The home of Mike and Rocky Brown
7043 Burnway Drive, Orlando, FL
PRICE: \$25 members / \$30 non-members
Please Call the Macrobiotic Hotline to register by March 21, 2008

No matter what climate we live in, we all experience the 5 Transformations of energy; Tree, Fire, Soil, Metal and Water. As we transition into Florida's springtime, let's explore what it means for our bodies and minds. It is this time of the year that the liver and gallbladder are being charged, and we move into the season of the heart and small intestine. How can we take care of ourselves around the yearly clock, and what does that mean in the Florida climate? Oh, "lighten up" also means: Let's laugh!!

EVENT: "How to Love Your Liver" Cooking Class with Jessica Porter
Saturday, March 29, 2008 • 1:00-3:30pm
LOCATION: The home of Mike and Rocky Brown
PRICE: \$30 members / \$35 non-members
Please Call the Macrobiotic Hotline to register by March 21, 2008

This cooking class will utilize recipes that will strengthen the liver and gallbladder, and prepare us for heart and small intestine season. Learn more about Macrobiotics and the Florida climate. Springtime recipes and medicinal drinks will be demonstrated.

Recipes include:

- Daikon liver buster
- Carrot-daikon drink
- Orange couscous salad
- Pressed salad with green apple
- Perfect leafy greens
- Springtime soup



Macrobiotics Today of Central Florida is published for the members of the Macrobiotic Foundation of Central Florida. Editorial suggestions should be sent to:
Robyn Martin, Editor • robynrolf@aol.com
subject: Macro News Suggestions or call: 407.645.2309

RECIPE CORNER



Strawberry Kanten with Creamy Topping

The word kanten means “frozen heaven” in Japanese, and although they are not frozen, kantens are certainly heavenly. You can do many variations on the basic recipe, using different fruits, juices, garnishes, and toppings.

Kanten

- 4 cups organic apple juice
- 1/4 cup agar agar flakes
- 1/4 cup rice syrup
- Pinch sea salt
- 1/4 cup kuzu root starch
- 1 cup fresh or frozen organic strawberries, chopped

Creamy Tofu Topping

- 1 pound firm tofu
- 1 cup rice syrup or 2/3 cup maple syrup
- 1 teaspoon umeboshi vinegar
- 1/2 teaspoon vanilla

Garnish

- 1/2 cup finely sliced roasted almonds

Bring 3¹/₂ cups of the apple juice, agar agar, rice syrup, and salt to a boil. Reduce heat to low and simmer 10 minutes, stirring occasionally until all the agar flakes are dissolved. Dilute the kuzu in the remaining 1/2 cup of juice (this juice must be room temperature or cold to dilute the kuzu properly). Mix well in order to dissolve any lumps of kuzu. Add the diluted kuzu to the pot, stirring constantly to avoid lumping.

As you stir, bring the mixture back to a boil (kuzu needs to boil in order to thicken). Let boil about 1 minute, as you continue stirring. It should become slightly thickened and a little glossy, like a gravy. Add the chopped strawberries and simmer 2 more minutes. Remove from heat and pour into serving cups. Let the kanten set for about 1 hour (refrigeration optional). Meanwhile, bring a pot of water to a boil. Drop the tofu in and let it cook for 2 minutes. Remove from water. Put the tofu, sweetener, vinegar, and vanilla in a blender or food processor. Whiz ingredients until smooth. Taste and adjust sweeteners to your liking. Chill until cool and a little thickened. When the kanten has set, garnish each serving with a dollop of the creamy tofu topping and top with a sprinkle of roasted almonds.

The Macrobiotic Foundation of Central Florida is an organization dedicated to providing information, support and activities for its members and the community on the macrobiotic way of living. This begins with a reorientation of everyday eating using natural foods, and continues through accepting responsibility for keeping our physical, mental, emotional, and spiritual lives in harmony with ourselves, our families, our community, and with society and nature.

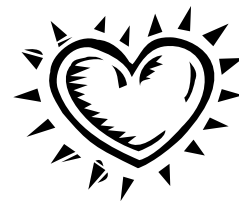
Harriet McNear Scholarship Fund

In loving memory of our dear friend and teacher, Harriet McNear, a Foundation was established in her name. The money donated to it is available to Macrobiotic Foundation of Central Florida members to further their personal studies in Macrobiotics. The Board reviews requests for consideration, with a \$250.00 limit per request.

Scholarship Fund Mission Statement

To promote the macrobiotic lifestyle through the sponsorship of educational opportunities.

Should you have an interest in applying for some financial aid please submit your request to: Rocky Brown, President, 7043 Burnway Drive, Orlando, FL 32819.



If you would like to donate to this fund, please make your checks payable to Macrobiotic Foundation of Central Florida and mail to:
Ceri Mauerman, Treasurer,
P.O. Box 560466,
Orlando, FL 32856.

A TRIBUTE TO PATRICK McCARTY

by

Lino and Jane Stanchich

The world has had, in Patrick McCarty, one of the finest men that any of us could ever be privileged to know. Patrick's spirit lives on in the hearts of his devoted family, his beloved wife Vashon and adored son, Kean, who brought his father great joy and pride. Patrick's spirit and wisdom live on in the hearts of all he touched – truly touched, in his teachings, healing, and friendship. The Worldwide Macrobiotic Family will forever honor Patrick's generous contributions and dedication.

Patrick gave so much to the Macrobiotic Community here in the Orlando area. We know how sad you feel to have lost this great teacher and leader. This blessing of life is often a puzzle, unfair, confusing, and down-right unjust, it seems. Life has its bitter with the sweet, its tears with its joy, its pain with its healing. We had prayed that Patrick could have recovered his own health, especially in light of all those he worked tirelessly to heal. Yet, now we must focus on the happy times, our wonderful memories of Patrick.

We were honored to have visited and worked with Patrick throughout the United States. Teaching together at French Meadows at the GOMF California camp, in Eureka to teach together again at his home and the McCarty's camp was a joy. Many Kushi Summer Conferences, Miami events, Holistic Holiday cruises, and here in Orlando, found us eating, talking, and laughing together on countless occasions. Patrick spoke confidently with world leaders, sharing his passion for the establishment of natural health and healing. And he touched so many with his expert skills and warm energy. There is an Irish saying, "The work praises the man." Patrick's work on Earth will speak of him always.

Patrick was vital man, enthusiastic, humorous, grateful, and yes, handsome. Patrick gave us such charisma and Celtic charm, with a twinkle in his eye. He walked tall and in the courage of his convictions, yet had a gentle, humble, and grateful soul. We believe that now Patrick's soul is soaring in freedom and peace. There is an eternal life, a continuation and evolution of energy. There truly is no death. Patrick will live forever in the hearts of his beloved family; in the warm breeze over the water; in the rustling of the California redwoods; in his son, Kean; in the lives of all his students and friends throughout the world; in his writings, and in the thousands of people benefiting from his counseling.

As the ancient Irish saying goes, "Patrick, we hardly knew ye. You went too soon."

We will have to seek some sort of peace in having the heartwarming memories of yesterday, your teachings for now and the future, and your unique friendship always. Thank you for walking with us in this life. Be in Peace. God bless you, Friend. Until we meet again...



Patrick McCarty

On January 18, surrounded by family and friends, Patrick McCarty, age 60, peacefully left this Earth. Patrick was a beacon of light to so many, both in the U.S. and abroad. One

of the world's premier teachers of alternative health modalities, Patrick leaves a legacy of knowledge and love to all those who knew him. He was a noted author and devoted teacher and mentor to countless students and clients. Patrick was a loving husband and father and is survived by wife, Vashon and son, Kean, age 8. A memorial service was held on Thursday, January 24 at 2pm at Mead Gardens, Winter Park, FL. In lieu of flowers, an educational account is being set up for Kean. Donations can be made to: Kean Patrick McCarty c/o Susan Coschigino at MSCW, 4750 New Broad St., Orlando, FL 32814.



SUPPORTIVE SERVICES *Available from our Members*

Macrobiotic Cooking for Healing and Qi Gong Classes

Irene Gomulka
407-898-6551

Rolfing

Robyn Martin
407-645-2309

Yoga Instruction

Lewis Rothlein
407-644-3288

Susan Rothlein
Pre & Postnatal Yoga
407-644-3288



Yes, I want to be a member of the Macrobiotic Foundation!

Member(s) _____

Street Address _____

City _____ State _____ Zip _____

Home Phone () _____ Work () _____

Email Address _____

CURRENT DUES:

Single \$30 for 1 Year, \$45 for 2 Years

Family \$40 for 1 year, \$65 for 2 Years Renewal

New Member - Today's Date _____ Renewal

Make checks payable to the Macrobiotic Foundation of Central Florida

Detach & Mail to: P.O. Box 560466, Orlando, FL 32856

MACROBIOTIC

FOUNDATION

OF CENTRAL FLORIDA

**Benefits of
Membership:**

**Discounts on
Macrobiotic Foundation
Dinners, Workshops
and Cooking Classes**

**Receive Newsletters and
Event Reminder Postcards**

**Support Your Community
by helping sustain the
Macrobiotic Foundation**



ATTENTION ALL MEMBERS!!!



In order to update our mailing list and dispense information to you more efficiently, please provide us with your email address.

Please email to

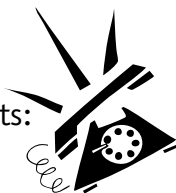
Rocky Brown,

rockcandi00@aol.com

Macrobiotic Hotline

Call the Macrobiotic Hotline for membership or additional information or to register for events:

407-672-2356



Macrobiotic Website

We have a new website:

cflmacro.com

Visit frequently for information and event updates.



Seeking New Members!

Those of you new to the Macrobiotic Foundation of Central Florida may not know that the business of keeping the Foundation running is done by a hard-working group of volunteers that make up the Board.

At this time we are short on Board Members. We especially are in need of people who have computer, website and writing skills. We get together approximately once a month for 2-3 hours and we enjoy a delicious potluck lunch at the end of each meeting. Other benefits of membership include reduced rates for monthly potlucks, cooking classes and macrobiotic lectures. It's a wonderful opportunity to learn more about Macrobiotics, increase your friendships within our group and participate in making the Macrobiotic Foundation better.

If you are interested in becoming a board member and would like more information, please call the message line at 407-672-2356 and someone will call you back. We thank you in advance! We are happy to welcome Alberta Dering who recently joined our Board!

FOUNDATION BOARD MEMBERS & COMMITTEE CHAIRPEOPLE

The following people are available to you, our members! If you have any questions, concerns or input pertaining to any specific person's job, please feel free to contact them at the number indicated.

Rocky Price Brown
President, Hotline
407.226.6963

Alberta Dering
Membership

Irene Gomulka
Programs Coordinator
407.898.6551

Laura Hardy
Website

Robyn Martin
Newsletter Editor
Secretary
407.645.2309

Ceri Mauerman
Treasurer
407.438.6165

Judy Pacurari
Board Member
407.348.7453

Debbie Smith
Event Coordinator
Newsletter Layout
407.291.6342