

## Winter 2007

### CALENDAR OF UPCOMING EVENTS

#### CALENDAR at a GLANCE



##### Potluck Dinner

Saturday, January 13  
6:00 PM

##### "GETTING STARTED"

##### CLASS One: Introduction

Saturday, January 20  
1:00 -4:00PM

##### CLASS Two: Breakfast

Saturday, February 3  
9:00-11:00 AM

##### Study Group

Wednesday, February 7  
7:30-9:00 PM

##### Potluck Dinner

Saturday, February 10  
6:00 PM

##### CLASS Three: Lunch

Saturday, February 17  
11:30 AM- 1:30 PM

##### CLASS Four: Dinner

Saturday, March 3  
1:00-4:00 PM

##### Potluck Dinner

Saturday, March 10  
6:00 PM

##### CLASS Five: Desserts

Saturday, March 17  
11:00 AM-2:00 PM

##### CLASS Six: Healing Foods

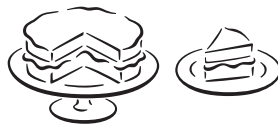
Saturday, March 31  
9:00 AM-1:00 PM

**T**he New Year Is Here! Get a jump start on your health with the Macrobiotic Foundation of Central Florida's "Getting Started" Series of six classes designed to introduce you to Macrobiotic cooking. It's a great way to learn the basic techniques of macrobiotic cooking and life philosophy. The classes will be taught by Board Members who have been following a macrobiotic lifestyle for years and who will share their knowledge and tips for creating healthy and delicious meals and snacks. All students will be provided with printed recipes so you can easily duplicate these dishes at home. Whether you take one or all six, these classes will inspire and inform both beginners and our more "seasoned" members! You'll find all the details inside...

#### WINTER POTLUCK DINNER SCHEDULE

In order to hold our Potluck Dinners on a more regular basis, they will happen on the **Second Saturday of each month** at six PM. Thanks to the kind donation of space by the Center for Spiritual Living, we have a centrally located place to hold these events. Please come and bring your friends!

On **January 13**, Patrick McCarty will give a brief introduction to the "Getting Started" Series. It's always inspiring to hear Patrick speak, so make sure to attend and get motivated to start 2007 with a healthy outlook.



On **February 10**, we encourage everyone to bring their favorite dish and a printed recipe to share. We plan to post these on our website so they can be easily accessible to all.

On **March 10**, we will have a Cookie Exchange. For those interested, please bring one dozen cookies to share, in addition to your potluck dish.



Center for Spiritual Living, 709 Edgewater Drive, Orlando, 32804  
(on the corner of Edgewater and Colonial)

Members: \$5 with a dish/\$12 without a dish  
Non-Members: \$7 with a dish/\$15 without a dish

*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.*

# GETTING STARTED

## in Macrobiotic Cooking

The Macrobiotic Foundation of Central Florida presents its first "Getting Started" series of six classes designed to introduce you to Macrobiotic cooking. This series is geared towards those new to Macrobiotics in addition to those wishing to expand on their Macrobiotic knowledge and practice. We'll focus on the basics, while at the same time presenting whole foods in a way everyone will find delicious & interesting.

Classes are open to everyone and will include a generous sampling of the food that is prepared. The Healing Foods Class will not provide samples, so be sure to eat a hearty breakfast beforehand. Recipes are provided with each class. The series is offered to Macrobiotic Foundation members at a discount (membership information is on page 6). Seating is limited. Registration Form and information on page 4.

### CLASS 1 – Introduction

**Saturday, January 20, 1:00 - 4:00 PM**

Introduction to Macrobiotics. We'll cover a basic understanding of the approach, learn about and discuss the products we'll be using, and what utensils you'll need. We'll make a shopping list and, after a light snack, take a shopping tour.

Instructor: Ceri Mauerman • Location: 4100 Waterfront Pkwy., Orlando, FL 32806 Directions: Take I-4 West from the Winter Park area. Take the Michigan Street exit. Turn left at the light at the bottom of the ramp onto Michigan. Continue east on Michigan to Bumby. Turn right on Bumby. Take Bumby South until you reach Pershing (a four way stop). Turn left on Pershing. Take the 4th right onto Waterfront Pkwy. 407-438-6165

### CLASS 2 – Breakfast

**Saturday, February 3, 9:00 AM - 11:00 PM**

You may be surprised by what's included in a macrobiotic breakfast! Join us to learn how to start your day off right with Morning Miso Soup, Mochi Waffles with Fruit Sweetened Jam, Polenta with Currents and Onion, Oat Porridge with Stewed Cinnamon Apples, Tofu Scramble, Greens Medley.

Instructor: Ceri Mauerman • Location: 4100 Waterfront Pkwy., Orlando, FL 32806 Directions: Take I-4 West from the Winter Park area. Take the Michigan Street exit. Turn left at the light at the bottom of the ramp onto Michigan. Continue east on Michigan to Bumby. Turn right on Bumby. Take Bumby South until you reach Pershing (a four way stop). Turn left on Pershing. Take the 4th right onto Waterfront Pkwy. 407-438-6165

### CLASS 3 – Lunch

**Saturday, February 17, 11:30 AM - 1:30 PM**

Join us to learn to prepare both quick and plan ahead lunches, such as: Tofu Reuben, Hummus Pita with Veggies, Quick One Pot Meal, Tempeh "Tuna" Wraps, Veggie Sushi, and Quiche with Broccoli, Tofu and Wild Mushrooms.

Instructor: Laura Hardy • Location: 820 Gamewell Ave., Maitland, FL Directions: I-4 to Maitland Blvd. Exit, East. East on Maitland Blvd. to Maitland Ave. South (left) on Maitland Ave. to the very next left at light, Marion Way. Left on Marion to Gamewell Ave. Right on Gamewell to 4th house on left. 407-644-4462

### CLASS 4 – Dinner

**Saturday, March 3, 1:00 - 4:00 PM**

This class will feature a typical well-balanced macrobiotic dinner, including Ginger Tamari Broth with Shiitake Mushrooms and Soba Noodles, Millet with Butternut Squash, Tempeh with Shiitake Mushroom Gravy, Greens with Balsamic Vinaigrette, Kombu Condiment, Daikon Radish Pickle, and Cous Cous Cake.

Instructor: Debbie Smith • Location: Home of Rocky Brown, 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

## **CLASS 5 – Desserts**

**Saturday, March 17, 11:00 AM - 2:00 PM**

Everybody loves sweets, but not the sugar blues that come with traditional ones. Learn how to make yummy macrobiotic treats that will satisfy your dessert cravings and be good for you too. Recipes include: Chewy Rice Treats, pear charlotte, oatmeal cookies, apple crisp and raspberry almond cookies. Instructor: Rocky Brown • 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

## **CLASS 6 – Healing Foods**

**Saturday, March 31 9:00 AM - 1:00 PM**

Patrick McCarty will share with us the healing properties of Macrobiotic foods, its effects on our health and wellness. Did you know you can lower fever with some common household foods? We'll be using some classic Macrobiotic home preparations to deal with common problems - preparations such as Daikon Carrot Dish, Shiitake Kombu Drink and how to prepare and use Hato Mugi (Pearl Barley). Instructor: Patrick McCarty • Location: 2807 Wright Avenue, Winter Park, FL Directions: I-4 to Princeton Exit, East to Mills (Hwy. 17-92) Turn right (South) on Mills to Virginia Ave. Left on Virginia and follow past Leu gardens where it turns into Corrine Dr. Turn left (North) onto Winter Park Rd. and follow five blocks to Wright Ave. Turn right (East) on Wright to house on the left at the bend. 407-644-4480

---

### **Instructors**

*We are grateful for the commitment of our instructors for the "Getting Started" classes, who are all Macrobiotic Foundation of Central Florida board members with a strong background in Macrobiotics. We are also grateful to our assistants who are Macrobiotic Foundation members and whom we couldn't do without.*

Rocky Brown is a Scenic Artist at Walt Disney World and also does her own work in clay and painting. She has been practicing Macrobiotics for 8 years and is currently president of the Macrobiotic Foundation of Central Florida. She is well known in the Macrobiotic Community for her scrumptious desserts!

Laura Hardy began practicing Macrobiotics in 1996 as a way of enhancing her training for mountaineering, maintaining good health and as a long term plan for fending off the cancer risk history of relatives. She regularly assisted classes in Harriet's Kitchen for several years while integrating a Macrobiotic practice into her lifestyle. Laura brings an understanding of making a smooth transition from the "Standard American Diet" into a strong Macrobiotic practice.

Ceri Mauerman brings a lifetime of experience in practical creativity to the cooking classroom. Her talent for nourishing and her inquisitive nature have led her from the kitchen of her youth to study the art of Macrobiotic Cooking. A busy mother of three happy, healthy children, she is also an accomplished and experienced teacher. She invites and welcomes you to join her in sharing the delicious adventure to be found in cooking the macrobiotic way.

Patrick McCarty is the former co-director of the East-West Center for Macrobiotics, a natural healing education organization in Eureka, California for 20 years. He attended the Shanghai College of Traditional Chinese Medicine in the People's Republic of China where he studied Oriental medicine and acupuncture. He is a certified instructor in the American Oriental Body Therapy Association (AOBTA).

Debbie Smith has studied and practiced Macrobiotics for the past ten years. She assisted in Harriet's Kitchen for a number of years and received a solid foundation in cooking for a 'great life'. In addition to improved health, she believes it encourages mental clarity which enhances all aspects of one's experience and contributes to establishing a peaceful world.

# GETTING STARTED

## Registration info

### Price

Full Series (6 classes): \$120 Macrobiotic Foundation of Central Florida members, \$150 nonmembers

Individual classes: \$25 Macrobiotic Foundation of Central Florida members, \$35 nonmembers

Only checks payable to the Macrobiotic Foundation or cash accepted.

To register, we request a 50% deposit **7 days prior to class**. Minimum of 3 students. Seating is limited.

Classes, approximately 2 1/2 - 3 hours, include meal, tea, and recipes. (Except class six which does not include a meal.)

### registration

To secure your registration in classes, just send in the completed registration form with a 50% deposit **7 days prior to class**. The balance is due by the first class. However, if you find payment cannot be completed at that time, please call the Hotline at 407-672-2356 & leave a message and your number & someone will call to discuss special arrangements.

**January 20**  
**CLASS ONE**

February						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3 CLASS TWO
4	5	6	7	8	9	10 Potluck Dinner
11	12	13	14	15	16	17 CLASS THREE
18	19	20	21	22	23	24
25	26	27	28			

### refund policy

Should you have to cancel your registration for a class, we will gladly refund your money if you cancel five days prior to class. There will be no refund made if cancellation is made one to four days prior to class, but fees can be applied to future courses. If you cancel the same day as the class or simply do not notify us, there is no refund. For cancellations please call the LOCATION where the class is being held, leave your name & phone number.

March						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3 CLASS FOUR
4	5	6	7	8	9	10 Potluck Dinner
11	12	13	14	15	16	17 CLASS FIVE
18	19	20	21	22	23	24
25	26	27	28	29	30	31 CLASS SIX

### registration form

NAME \_\_\_\_\_

STREET ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

PHONE ( ) \_\_\_\_\_

EMAIL ADDRESS \_\_\_\_\_

**Detach and mail with 50% deposit to:**  
**Macrobiotic Foundation of Central Florida**  
P.O. Box 914  
Winter Park, 32790-0914

Full Series (6 classes)  \$120 - MFOCF Member

\$150 - Nonmember

# of Participants in Series ( ) X Price \_\_\_\_\_ = \_\_\_\_\_

Individual classes:  \$25 - MFOCF Member

\$35 - Nonmember

Indicate which classes you want to attend:

- Class One
- Class Two
- Class Three
- Class Four
- Class Five
- Class Six

# of Classes ( ) X Price \_\_\_\_\_ = \_\_\_\_\_

TOTAL \_\_\_\_\_

50% DEPOSIT \_\_\_\_\_

BALANCE DUE \_\_\_\_\_

# ask Patrick

I've made a New Year's resolution to live healthier and to take better care of myself. I don't feel so good and want to feel better. The problem is soon into any new program I usually go back to old habits. Do you have any suggestions so I can be successful this time?

How many resolutions have been made and broken over the years? For most of us the answer is plenty! (For those few who have actually achieved their goals, congratulations!)

The first step is to clearly understand what you want to accomplish. Common goals like losing weight, lowering cholesterol, increasing the power of the immune system and so forth are tangible, measurable goals. There are precise steps that can be taken to achieve such wishes. But most of us really just want to feel good and hope that cholesterol, lipids, blood sugar, and energy levels will take care of themselves. In other words we don't want to have to fixate on getting into shape to feel better.

I'm going to take the liberty of setting some goals for you. We are different individuals yet at the same time, we share many things in common. So here goes. We all want to feel good. This goodness or joy comes when we have physical, emotional, intellectual, and spiritual peace. When there is inner peace there is clarity, power, and happiness. When we are happy we have let go of destructive resistance and accept who and what we are. We can appreciate the big picture. So to stick to any program that you create you'll want to find some happiness in doing it. With that obstacle out of the way you are now free to devise the details of your program.

## **Spirit**

Feeling a deep (or even a superficial) connection to the infinite, intangible vastness of life is awe-inspiring. Knowing (or pretending) that you are more than a mere physical body sets you free of the fears that haunt most people. Consider yourself to be a peaceful soul and an entirely different tone is experienced.

## **Intellect**

Using your reasoning powers to clarify options and to give guidance to discover the most efficient methods to achieve goals without having to reinvent the wheel is tremendously freeing and time saving. Reading, research, and study are good for the soul. It brings confirmation to many things that you intuitively know thereby increasing unshakable confidence. When you have confidence in what is true, you stick with it.

## **Emotions**

Someone who does not allow strong feelings from controlling either intellect or body is a peaceful person. The link between strong negative emotion and the production of stress hormones that damage cells, tissues and organs, is all too clear. To keep on your path, you will need strong, stable emotions.

## **Body**

A peaceful body functions at a high level without effort or resistance. It is graceful and easy. Being in the presence of such a person brings a sense of ease and power. When the body is in tune with the emotions, intellect, and spirit the joy of life emerges.

## **The Practical**

Truly understanding the power and role of the preceding aspects of yourself is exceedingly important to be successful in life. At the same time you must be able to apply, in a practical way, the lofty musings of an energized intellect. Here are some simple points to consider:

Eat whole natural foods in appropriate volumes. Chew for a longer period of time than you used to. Get adequate sleep. It's OK to take naps if you can find the time. Make the time. Move your body. Exercise with activities you really like doing, such as dance, yoga, tai chi, qigong, swimming, and so forth. Begin and end the day with some sort of meditation or self-reflection time. Only a few minutes are necessary at first. Quiet time creates space and slows the constant barrage of thought. Stop several times throughout the day for about a minute and remind yourself of what you appreciate. This is a mental traffic control. Thank everyone for everything as often as possible. I know this sounds a bit much but the result will be unexpected happiness for at least two people. Gratitude and appreciation entrain your nervous system to a powerful healthy vibration. Find ways to share your talents and joys with others. This selfless desire to be of service stimulates tremendous joy. Continue your study of life. Attend macrobiotic and other classes to refine your knowledge base and to challenge long-held opinions. Be determined to seek truth and enjoy the joy that comes from such an endeavor. And remember that each day is new. Never before experienced. Don't waste the gifts that we have been given.



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

**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 914, Winter Park, FL 32790-0914**



**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.



**Join The Board!**

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. 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 are also always in need of people to help out with different committees within the Board, so even if you don't feel able to commit to a Board position, please call if you would like to find out how you can become more involved.

(P.S. ONE OF THE BEST PARTS OF BEING AN MFOCF BOARD MEMBER IS GETTING TO PARTAKE IN THE SCRUMPTIOUS POTLUCK MEALS WE HAVE AT EACH MONTHLY BOARD MEETING! THE FOOD IS ALWAYS DELICIOUS.)

Board members also get discounts on classes and workshops.

**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

Robyn Martin  
Newsletter Editor  
407-645-2309

Tracey Mulvaney  
Secretary  
407-786-4655

Irene Gomulka  
Programs Coordinator  
407-898-6551

Ceri Mauerman  
Treasurer  
407-438-6165

Vashon Sarkisian  
Member at Large  
407-644-4480

Laura Hardy  
Website  
407-644-4462

Patrick McCarty  
Macrobiotic Advisor  
407-644-4480

Debbie Smith  
Event Coordinator  
Newsletter Layout  
407-291-6342

**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.



## **SUPPORTIVE SERVICES** *Available from our Members*

### **Macro Study Group**

Patrick McCarty  
407-644-4480

### **Macrobiotic Cooking for Healing and Qi Gong Classes**

Irene Gomulka  
407-898-6551

### **Macrobiotic Counselor**

Ceri Mauerman  
407-438-6165

### **Rolfing**

Robyn Martin  
407-645-2309

### **Yoga Instruction**

Lewis Rothlein  
407-644-3288  
Susan Rothlein, Pre & Postnatal  
407-644-3288



## **RECIPE CORNER**

### **Coconut Macaroons**

2 1/2 cups unsweetened, shredded coconut  
1/3 cup whole wheat pastry flour  
1/2 teaspoon baking powder  
pinch sea salt  
1/3 cup brown rice syrup  
1/2 teaspoon pure vanilla extract  
2/3 cup Eden Rice & Soy Blend



### **Chocolate Glaze**

1/2 cup non-dairy, grain-sweetened chocolate chips  
2 tablespoons Eden Rice & Soy Blend  
2 teaspoons brown rice syrup  
1/2 teaspoon pure vanilla extract

Preheat oven to 400° and line 2 baking sheets with parchment.

Combine all the ingredients for the cookies, mixing well. Set aside so the coconut can saturate itself, about 5 minutes. You should have a thick batter, but it will not be very cohesive. Drop by teaspoonfuls onto baking sheets, forming into peaked cookies with your fingers. Bake until the coconut begins to brown, about 15-20 minutes. Transfer to a wire rack to cool.

To make the glaze, simply place the chocolate chips in a heat-resistant bowl. Combine Eden Blend, rice syrup and vanilla in a small sauce pan and bring to a high boil. Pour over chocolate and whisk to form a smooth, satin-like ganache. Transfer to a plastic squeeze bottle.

Moving in a zig-zag direction, drizzle to cookies with chocolate glaze. Allow to stand for a few minutes to set the glaze. Makes about 24 cookies.

## **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,  
4100 Waterfront Pkwy.,  
Orlando, FL 32806.