

Fall 2008

CALENDAR OF UPCOMING EVENTS

CALENDAR at a GLANCE



VegFest

Saturday, October 25
10:00 AM - 6:00 PM

Thanksgiving Dinner

Saturday, November 8
6:00 PM

Holiday Catered Dinner

Saturday, December 13
6:00 PM

*Stay Tuned for
New Events
Starting the
First of the Year!*



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.

We welcome some relief from the heat as Fall approaches. Summer doesn't seem to last as long as it once did! As we get back to our Autumn routines let's look forward to celebrating a time of harvest and thanksgiving with family and friends.

VEGGIE FEST

Saturday, October 25, 2008

Central Florida VegFest is back! It will be held from 10:00 a.m. to 6:00 p.m. at beautiful Loch Haven Park in Orlando. Central Florida Veg Fest is organized by Vegetarians of Central Florida.

The event will include healthy living and eco-friendly exhibitors, speakers, and presentations; non-profits; fun and games for kids; dog and cat adoptions; restaurant booths; food preparation demonstrations, and live music and entertainment. For more information visit www.CFVegFest.org.



THANKSGIVING DINNER

Saturday, November 8, 2008 • 6:00 pm

Let the Holidays Begin! Come and celebrate with us this Harvest Dinner and Thanksgiving Feast at the home of Madelyn and Fred. The Board will provide the tofu turkeys and beverages. You bring a dish to share.

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

Hosted by Madelyn Flammia & Fred Klingenhagen | 688 N. Phelps Ave., Winter Park

Directions: I-4 to Fairbanks Ave. Go east past downtown Winter Park. (Fairbanks becomes Aloma Ave.) Turn left on Phelps, and the house is at the corner of Phelps and Taylor. No parking allowed on Phelps Ave. Please park on Taylor or Lansbury. **407.644.6412**



HOLIDAY DINNER

Saturday, December 13, 2008



We are planning a Catered Holiday Dinner. Menu will be announced later, but don't miss this special Treat.

◆ **RESERVATIONS REQUIRED PLEASE RSVP: 407.226.6963 BY DECEMBER 10** ◆

Hosted by Madelyn Flammia & Fred Klingenhagen | 688 N. Phelps Ave., Winter Park

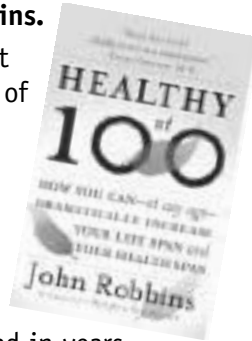
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Book Review

by Robyn Martin

Healthy at 100, the scientifically proven secrets of the world's healthiest and longest-lived peoples, by John Robbins.

Robbins explores the example of four very different cultures that have the distinction of producing some of the world's healthiest, oldest people, in which one's later years become a period of wisdom, vitality, and happiness. Bringing the traditions of these cultures together with the latest breakthroughs in medical science, he reveals that they both point in the same direction.



This is one of the most inspirational books I've read in years. While modern society seems obsessed with youth and where old age is something to be dreaded, it is a relief to read about groups of people who not only respect and enjoy aging, but when asked their age, the tendency is to lie and say they are older! This book gives detailed reports on studies made on the following cultures where centenarians not only exist, but thrive: the Abkhazians in the Caucasus south of Russia, the Vilcabambans in the South American Andes, the Hunzans in Central Asia and people from the southern Japanese islands of Okinawa. These groups have many things in common. They are all societies where ageism is unheard of, in fact often there is no word for elderly, but rather "he who has lived many years." There is also a strong sense of community and goodwill towards fellow members. Basic wholesome lifestyles are emphasized; simple food, daily exercise and the cultivation of strong, lasting personal relationships.

I was particularly motivated by the Hunzans who, at age 100 or more, walk 20 miles per day while heavily laden on irregular mountainsides, dance far into the night and do the same the following day and the next as well. Also of great interest was the Okinawan Centurion Study, made by the Japanese Ministry of Health and Welfare over a period of three decades. In Okinawa, as in the other groups, diseases and disorders such as cancer, Alzheimer's, heart disease, obesity, diabetes, osteoporosis, depression and menopausal symptoms are rare or unheard of. 95% of Okinawans who lived to 100, were free of any major diseases well into their 90's.

As for diet, these groups would be preaching to the macrobiotic choir! All groups had diets that were (in comparison to the average American diet) low in overall calories, high in complex carbohydrates, low in protein, zero sugar and processed foods, low (but not super low) in fat, protein primarily from plant sources, and an emphasis on fresh, seasonal foods.

Beyond being an excellent study of these cultures and the resulting tangible lessons they impart to us, I found the spiritual messages the most urgent. Robbins speaks of a need to "break from the cultural trance" of our hectic world. While the book beautifully provides encouragement and information towards better diet and exercise, it goes a step further in accentuating the importance of awakening, deepening our sense of human connection and social integrity. In summary, an Abkhasian proverb says it well; "I am whole because you are whole".

John Robbins is a best-selling author (*Diet for a New America, The Food Revolution*) and popular speaker who serves as a director of many nonprofit organizations concerned with the environment, health, and world hunger.

Veg Fest 2008

Veg Fest 2008 is Saturday, October 25 from 10:00 AM to 6:00 PM at Loch Haven Park in Orlando, at Mills and Princeton. We attended last year and it was a great event. This year there will be speakers, music, food demos, yoga, massage, humane education, and kid's activities. Over 200 vendors are expected this year. Although our Macrobiotic Foundation will not have a booth this time, we encourage our members to get out there and enjoy the day. It's a great venue for meeting new friends and interacting with like-minded folks. We hope to see you there.

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



Macrobiotics Today of Central Florida is published for the members of the Macrobiotic Foundation of Central Florida. Editorial suggestions should be sent to:

Mike Brown, Editor
toolguy00@aol.com
subject: Macro News Suggestions

RECIPE CORNER

AUTUMN SUCCOTASH

This is a satisfying side dish filling out any Holiday Meal. Enjoy!

16 oz. frozen (out of pod) edamame, thawed
3 scallions or green onions, sliced diagonally
2 red peppers
2 teaspoons light sesame oil
10 oz. frozen organic corn kernels, thawed, pinch of sea salt
1 teaspoon fresh minced thyme (optional)

1. Prepare edamame according to package directions – drain and cool (if in pod, remove beans, discard pods)
2. Heat oil in large skillet and saute onions and red peppers until softened
3. Add corn kernels, salt, minced thyme, and edamame. Cook until heated.
4. Garnish with a sprig of parsley if desired. Bon appetit!



BUTTERNUT SQUASH SOUP

This recipe is reprinted from an article entitled “A Thanksgiving Feast For All”, which appeared in *Natural Awakenings* in November 2000. It’s from Harriet McNear and Beverly Owens. This soup is so good that even non-macro’s love it!

1 & 1/2 -2 lb. butternut squash
3 cups water
1/3 cup fresh ginger root, diced
1 medium onion, diced
2 tsp corn oil
3 tbl. chickpea miso
1/2 tsp sea salt
Scallion for garnish.

1. Bake your squash ahead of time. Cut in half, lay on baking sheet, bake 350 degrees about 40 minutes until soft.
2. Sauté onions in corn oil.
3. In food processor or blender, put squash (dispose of skin) with onions, ginger, miso, salt and water until smooth.
4. Transfer mixture to a large pot and add water to desired consistency and heat, being careful not to boil.
5. Serve, garnish with finely chopped scallions, if desired.

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.

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!!!

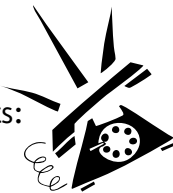


In order to update our mailing list and dispense information to you more efficiently, please provide us with your email address.

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

Nourish Your Skin & Body

October Lecture Review



October's potluck dinner and lecture was a wonderful blend of great food and a very informative lecture. The presenter, Michelle O'Shaughnessy, Doctor of Oriental Medicine and Acupuncture Physician, spoke about Traditional Chinese Medicine and the 5 Elements. Michelle, author of "Nourish your Skin and Body with Traditional Chinese Medicine", is the owner of the Aesthetic Acupuncture Clinic in the Dr. Phillip's area.

Michelle spoke about the philosophy of Eastern Medicine, which is primarily a preventative based medicine. The body is viewed as a whole system. When one part of the system is not working well, it affects all the other parts of the system. If the body is in "Dis-ease", it is trying to get your attention so that it can go back to harmony.

We learned about the 12 main meridians running throughout our bodies. These are like rivers that bring oxygen and nutrients to particular organs. Meridians can be painful if blocked and lead to serious diseases. With acupuncture, the insertion of hair-thin needles into certain points along the meridians, an acupuncturist can open up blockages, clear out toxins, release heat and strengthen various organs in our bodies.

THE 5 ELEMENTS AND THE ORGANS THAT THEY RESPOND TO ARE:

WOOD ELEMENT: Liver/Gallbladder and the color green. Some Wood foods are: kale, mint, dandelion, watercress, spinach, brussels sprouts, broccoli, cucumbers, collard greens, mung beans, bok choy, asparagus, and avocado. The season best for healing these organs is in the Spring. The taste, which relates to the wood element, is sour.

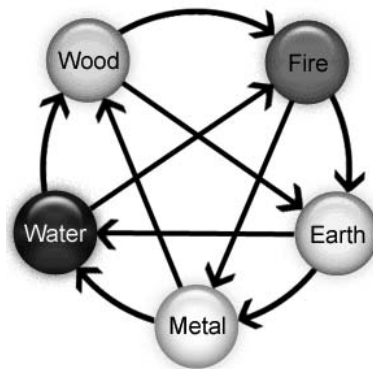
FIRE ELEMENT: Heart/Small Intestine and the color red. Some Fire foods are: beets, pomegranates, tomatoes, cranberries, raspberries, strawberries, watermelon, goji berries, red kale, red lentils, pink grapefruit, and cherries. The season best for healing these organs is in the Summer. The taste, which relates to the fire element, is bitter.

EARTH ELEMENT: Stomach/Pancreas and the color orange. Some Earth foods are: pumpkin, butternut squash, acorn squash, pineapple, papaya, mangoes, oranges, tangerines, peaches, and carrots. The season best for healing these organs is in the late Summer. The taste, which relates to the earth element, is sweet.

METAL ELEMENT: Lungs/Large Intestine and the color white. Some Metal foods are: parsnips, onions, garlic, scallions, rutabagas, navy beans, radishes, daikons, and pears. The season best for healing these organs is in the Fall. The taste, which relates to the metal element, is pungent.

WATER ELEMENT: Kidney/Bladder and the color black. Some Water foods are: shitake mushrooms, plums, prunes, blackberries, blueberries, eggplant, sea vegetables, black rice, black beans, most nuts, and black cherries. The season best for healing these organs is in the Winter. The taste, which relates to the water element, is salty.

Michelle also spoke and gave us tasting samples of a group 3 of the 5 Healing Herbal Soups she has just launched. These soups are a blend of Western cooking with Eastern herbs that promote healing and health.

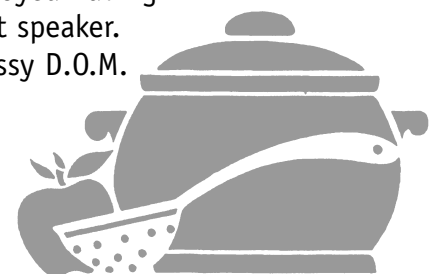


Detox Soup—Helps clean the liver using dark green vegetables like kale, dandelion, leeks, and watercress.

Recovery Soup—Helps build up the blood and iron with beets, tomatoes, goji berries, red lentils, and celery.

Metabolism Stimulator—Helps rev up the metabolism with butternut squash, rutabagas, sweet potato, nutmeg, Saigon cinnamon, dry ginger, and Chinese herbs.

We thoroughly enjoyed having Michelle as our guest speaker. Michelle O'Shaughnessy D.O.M. can be contacted at her office by calling: 407-355-9969.



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Fall 2008

OUR COMMITMENT IS TO EXPOSE
OUR COMMUNITY TO A BALANCED,
HARMONIOUS LIFESTYLE THROUGH
EDUCATION AND SUPPORT,
THUS CREATING
ONE PEACEFUL WORLD.



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MACROBIOTIC
FOUNDATION