

Fall 2007

CALENDAR OF UPCOMING EVENTS

CALENDAR at a GLANCE



Study Group

Wednesday, September 5
7:30 PM

Pool/Movie Party

Saturday, September 8
5:00 PM

Change Your Mind Day

Saturday, September 15
11:00 AM - 3:00 PM

Study Group

Wednesday, October 3
7:30 PM

Potluck

Friday, October 12
6:30 PM

Lecture & Cooking Class

Saturday, October 13
9:30 AM & 1:00 PM

Central Florida Veg Fest

Saturday, October 27
10:00 AM - 6:00 PM

Study Group

Wednesday, November 7
7:30 PM

Thanksgiving Potluck

Saturday, November 10
6:00 PM

Holiday Dinner

Saturday, December 8
(Time/Location TBA)



In these scorching days of summer, it's hard to believe that there are cool days of autumn in the months ahead. While we can't change the temperature, we can offer some fun and informative events that might be a welcomed diversion.

POOL PARTY/MOVIE NIGHT

Saturday, September 8, 2007 • 5:00 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. And if that's not enough summer fun, join us for a movie, "Wild Hogs". Bring a dish to share, and remember your bathing suit, towel, and favorite pool toys!

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

CHANGE YOUR MIND DAY

Saturday, September 15 • 11:00 AM to 3:00 PM

A great day to learn about and practice meditation, yoga and breathing techniques and meet like-minded community members. Last year's event was marvelous, and this year about 350 attendees are expected. Our macrobiotic foundation will be providing snacks for this event. We will also be able to distribute literature about our group.

Location: Marks Senior Recreation Center, 99 E Marks St., (Marks and Magnolia) Orlando. 407-859-8670
Visit: www.tricycle.com

VIRGINIA HARPER — REGAINING DIGESTIVE HEALTH

Lecture, Cooking Classes, Consultations

See page 2 for details

VEGGIE FEST

Central Florida Veg Fest is back! It will be held on Saturday, October 27, 2007 from 10:00 a.m. to 6:00 p.m. at beautiful Loch Haven Park in Orlando. Veg Fest 2007 is anticipating 150 vendors and 5,000 attendees! 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.

The Macrobiotic Foundation of Central Florida will be participating. If you'd like to volunteer to help promote our organization and share macrobiotics with our community, please call our hotline at 407-672-2356.

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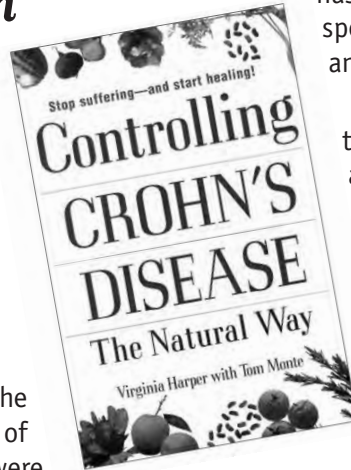
Regaining Digestive Health

We are thrilled to announce our fall guest speaker, Ginny Harper.



Since the age of 11, author Virginia M. (Ginny) Harper had suffered from the debilitating effects of Crohn's Disease. Even with heavy medication, her symptoms persisted, and her only hope medically was surgery. It was inevitable she was headed for a colostomy bag. She turned to a natural treatment regimen consisting of simple changes in diet and lifestyle. The results were truly remarkable! Within a year, she was pain free, symptom free and Crohn's free. Twenty years later, the disease has never returned. Through the practice of macrobiotics she has been freed from both Crohn's Disease and Takayasu Arthritis.

Virginia has counseled over a thousand people focusing her teaching on digestive disorders including Crohn's Disease, and Ulcerative Colitis. Her expertise with digestive disorders



has brought her full circle to work with special needs children such as ADD, HDAD and Autism.

It is important that the children, with their parents, be under consistent care and guidance. Parents that have sought an alternative approach in dealing with ADD and Autism would be aware that the detoxification process is very extensive. As with any digestive issue the goal is to create the most efficient elimination of toxins to exit the body. And to create the most efficient absorption of nutrients.

Virginia has been practicing and teaching macrobiotic principles for 27 years, and is a certified Strengthening Health Counselor, of the Strengthening Health Institute in Philadelphia, PA. She is also a certified Kushi Institute Level 3 graduate, where she continues her education in Becket, MA. She is the author of "Controlling Crohn's Disease: The Natural Way". Virginia is the founder of The Ki of Life Learning Center, a non-profit organization.

RSVP TO 407-672-2356 BY OCTOBER 5TH, 2007 FOR ALL EVENTS!

RSVP BY FEBRUARY OCTOBER 5TH, 2007 FOR A SIGNED COPY OF VIRGINIA M. HARPER'S BOOK: "Controlling Crohn's Disease: The Natural Way"

Visit her website www.kioflife.com, KI OF LIFE LEARNING CENTER

EVENT: Friday, October 12, 2007 • 6:30-8:30 pm
Potluck Dinner – Meet Virginia M. Harper

SPEAKER: Virginia M. Harper

LOCATION: The home of Rocky & Mike Brown
Enjoy a Potluck dinner with Virginia Harper, the founder of Ki of Life Learning Center, and author of "Controlling Crohn's Disease: The Natural Way". Virginia will be happy to sign your pre-purchased copy of her latest book.

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

EVENT: Saturday, October 13, 2007 • 9:30-11:30 am

LECTURE: "Regaining Digestive Health"

INSTRUCTOR: Virginia M. Harper

LOCATION: The home of Rocky & Mike Brown

RSVP BY OCTOBER 5, 2007

As we move into the "large intestine" season this Autumn, learn what breaks down the digestive system and how it can be rebuilt through proper food combinations, food balancing, and the use of medicinal dishes.

PRICE: \$25 members / \$30 non-members

EVENT: Saturday, October 13, 2007 • 1:00-3:30 pm

CLASS: "Hints and Tips When Cooking for Digestive Health" Cooking Class

INSTRUCTOR: Virginia M. Harper

LOCATION: The home of Rocky & Mike Brown
Virginia will teach you how to support the body with dishes appropriate to the Autumn season.

Learn to prepare fresh, organic foods that will motivate healthy digestion. Cook seasonally helps to support changes and is the missing link to great health.

PRICE: \$30 members / \$35 non-members

EVENT: Sunday, October 14, 2007

CONSULTATION: Private Consultations with Virginia M. Harper

Virginia is available for personal consultations on Saturday evening and Sunday morning. The "Getting Started" package includes a complete macrobiotic consultation, study manual, menu plan, DVD, 1 month coaching, and a 20-minute phone call.



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

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THANKSGIVING DINNER

Saturday, November 10 • 6:00 PM

Join us for our traditional Thanksgiving Potluck Dinner. As usual, the Macrobiotic Board will provide the Tofu Turkeys and Beverages. You bring a dish to share.

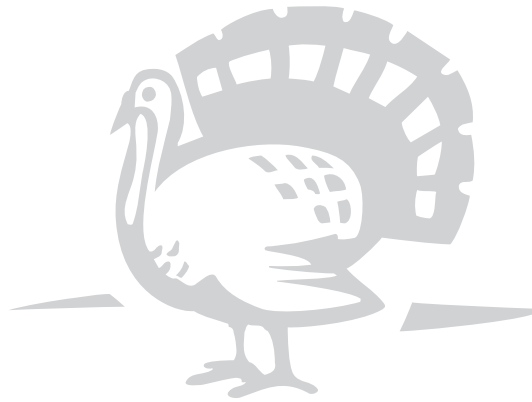
Members: With dish, \$5, without dish, \$12

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

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

HOLIDAY DINNER

We are planning a catered Holiday Dinner to be held on Saturday, December 8th. Location and menu to be announced.



RECIPE CORNER

Vegetable Red Lentil Soup

A quick and satisfying soup for Fall that was an old favorite from *Harriet's Kitchen* days. Enjoy!

6 cups water

1/2 - 1 cup red lentils (for more or less broth)

4 inch piece of kombu

2 cups vegetables (onions, carrots, celery) diced

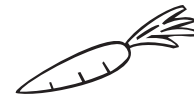
1/2 tsp. oregano

1/2 tsp. basil

1 Tbsp. vegetable seasoning salt (Herbamare)

parsley garnish

1. Put water in large soup pot and add onions, carrots, and celery. If you wish you may saute them first in a little sesame oil.
2. Add kombu, lentils and herbs. Cook for 15 minutes.
3. Add vegetable seasoning salt and cook 5 minutes.
4. Cut up kombu and return to pot.
5. Serve garnished with parsley.



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.

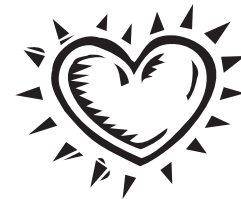
Harriet McNear Scholarship Fund

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,
4100 Waterfront Pkwy.,
Orlando, FL 32806.

ask Patrick

Q What can you tell me about the power of thought? I always seem to doubt my abilities, will this cause problems for me?

A To some degree most people believe their thoughts can influence their lives, the real question is... how much? If you have a momentary negative thought, like doubt, anger or fear, will these thoughts attract negativity to you? Is that the reason why you are miserable?

Fortunately science has come up with an answer. The short answer is yes indeed, thoughts do influence your life and circumstances. But it is not as simple as that. For example any thought focused on for less than 68 seconds probably has no lasting effect. However, if you maintain attention to thoughts for more than this amount of time, your nervous system entrains (which means it more or less synchronizes) to the vibrational frequency of that thought. In other words, if you consistently think happy thoughts, you become happy, the opposite is also true.

Does this mean you should deny the negativity in the world and only focus on the good? If you could actually do that, perhaps it would be a good idea. But realistically, you won't be able to. Additional research has shown that for every encouraging comment you experienced growing up you received 90 criticisms. So your subconscious is full of negativity. It is no wonder that it is so easy to think things won't work out for you when the data bank that compares current and past experience is biased to the negative side.

The unconscious beliefs you hold determine your choices and therefore actions.

In Quantum physics much of what we see and believe isn't really true. All those physical things we see are actually mostly space! (Newtonian physics does remain accurate when applied to what we normally see, but inaccurate in very large [galaxies] or very small [sub-atomic particle] realms.) To a large extent the mind can only see and process what it already knows. An example in physics was the age old question: Is what we see made up of particles or waves? If a test is designed to determine if something is made up of waves, the outcome agrees. If another test is designed to show particles, it also agrees. It was determined that by observing, the outcome was influenced (known as the Observer Effect). With the advent of Albert Einstein's 1905 theory $E=mc^2$ we now assume that all things are both particles and waves, depending on how you measure.

What happens when you meditate and watch your thoughts? Do you reinforce negativity by comparing what comes up with limited subconscious belief or can you transform limiting thoughts to a higher level?

Some books that may help clarify the power of thought are: *Choices and Illusions* by Eldon Taylor; *The Biology of Belief* by Bruce Lipton; *The Divine Matrix* by Gregg Braden; and *The HeartMath Solution* by Doc Childre and Howard Martin.

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 Yoga
407-644-3288

As we pay attention we discover that we have limiting thoughts that determine our choices and actions. We did not consciously put these limiting thoughts there. When you discover a stubborn, painful, or challenging thought in your head, decide to open your heart and let it go. You don't have to believe even what is in your own head!

STUDY GROUP: SEPT 5 • OCT 3 • NOV 7

Our study group is open to anyone interested in learning more about Macrobiotics, whether you are a beginner or a seasoned macro-follower. The group is led by Patrick McCarty, our local Macrobiotic Counselor, and held at his home. Meetings are from 7:30 PM to 9:00 PM. There is a \$5 donation requested.

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.

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!

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

Irene Gomulka
Programs Coordinator
407.898.6551

Laura Hardy
Website
407.644.4462

Robyn Martin
Newsletter Editor
Secretary
407.645.2309

Ceri Mauerman
Treasurer
407.438.6165

Patrick McCarty
Macrobiotic Advisor
407.644.4480

Judy Pacurari
Board Member
407.348.7453

Debbie Smith
Event Coordinator
Newsletter Layout
407.291.6342

Irene Walther
Board Member
407.578.7879