

# Summer 2007

## CALENDAR OF UPCOMING EVENTS

**W**e in Central Florida have been blessed with a gorgeous spring! With warm days, cool nights and lower than usual humidity, it's been a great time to be outside and experience the renewal that this season brings.

In the spirit of celebration we are planning some fun events for the upcoming spring and summer months. A pool party, a picnic and several potlucks are scheduled in order to entice everyone to come out and play!

  
**CALENDAR  
at a GLANCE**  


**Study Group**  
Wednesday, June 9  
7:30 PM

**Potluck Dinner**  
Saturday, May 19  
6:00 PM

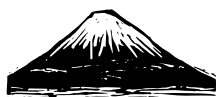
**Study Group**  
Wednesday, June 6  
7:30 PM

**Pool Party**  
Saturday, June 9  
2:00 PM

**Picnic in the Park**  
Saturday, July 14  
11:00 AM

**Macro  
Summer Conference**  
August 5 - 11  
Wellesley, MA





**POTLUCK DINNER**  
Join us at the home of Patrick and Vashon on **Saturday, May 19 at 6:00 PM** for a yummy potluck dinner and tour of Japan! Patrick has graciously agreed to share his photos and experiences of his recent trip to Japan. If you've never heard Patrick speak, be prepared to be motivated and entertained!



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

**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.

### HAWAIIAN POOL PARTY



Say "Aloha" to summer at our Hawaiian themed pool party on **Saturday, June 9 at 2:00 PM** at the home of Rocky and Mike Brown. We'll create the tropical atmosphere and provide grilled Shish-Kabobs and beverages. You bring a grain, dessert or other side dish to share. Remember to bring a bathing suit and towel so you can "lei" out in the sun, and don't forget to include your 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.

**Please make sure to RSVP to 407-672-2356 so we have enough shish-kabobs!**

### PICNIC IN THE PARK

On **Saturday, July 14 at 11:00 AM** we will hold a picnic at Fleet People's Park on Lake Baldwin. Bring a potluck dish to share and the Board will provide cold tea and water. This is being held at the Dog Park, so bring your canine companions as well.



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



**Location:** Lakemont Avenue, just .2 miles south of the intersection of Lakemont and Glenridge, east of the Baldwin Park Community.

## GABRIELE KUSHI REVIEW

We were so fortunate to have Gabrielle Kushi visit us in March. Gabrielle is not only the daughter-in-law of Michio Kushi, but has been an accomplished macrobiotic cook, counselor and lecturer for thirty years. She gave a group consultation and a cooking class emphasizing *Embracing Menopause Naturally*, both the subject and title of her new book.

Gabrielle presented a refreshing and optimistic approach to this important stage of life.

She acknowledged that it's hard work to go through menopause and therefore we should provide ourselves with extra care, nutrition and self-acceptance to meet our changing needs. She taught with a relaxed approach to learning and cooking, which was a relief for many of us who have experienced macrobiotics as sometimes being too strict. In the cooking class she focused on dishes that could be quickly made and gave us "permission" to sometimes cook ahead and tips on saving time in the kitchen.

She stressed that each woman's needs are unique. What works well for one may not work for another. She encouraged us to try many things and see what helps us the most.

While the general recommendations for a natural approach to menopause is to follow a macrobiotic diet, some specific tips from her presentations are as follows...



**Exhaustion:** In general, most women need more protein than before to handle the stress of coping with symptoms. Particularly recommended are aduki and black soy beans, up to a cup a day! Women really need rest at this time, yet often have trouble sleeping. She recommended being diligent about avoiding caffeine, and even keeping kukicha tea to only a cup or two per day. Also recommended were taking hip baths with dried daikon leaves.

**Irritability:** Cut down on the amount of baked products consumed, such as bread, breakfast cereals, chips and desserts. Most of these foods are baked at high temperatures, and anything over 350 degrees is believed to a possible cause of cancer. Additionally, high temperatures create a yang condition and can increase anger and impatience.

**Hot Flashes/Night Sweats:** Including tofu in the diet is helpful for it's cooling yin effect, and also for it's estrogenic qualities.

**Dry Skin:** Including 1 Tablespoon of flax seed oil with lignans in the daily diet provides B12, often missing in vegetarian diets, and Omega 3 benefits. Also recommended is doing dry body scrubs before bathing.

---

## 23rd Annual International Macrobiotic Summer Conference

August 5 - 11, 2007

Exciting NEW location for 2007 — Babson College, Wellesley, MA

Only 20 minutes from Boston!

This year the list of presenters is stunning: forty-four experts in macrobiotics, movement, mediation and science, six of whom have been past speakers at the Macrobiotic Foundation of Central Florida! A few highlights include Michio Kushi (*The Macrobiotic Path To Total Health*), Dr. Masaru Emoto (*The Hidden Messages In Water*), Christina Pirello (*Christina Cooks* on PBS) and Jessica Porter (*The Hip Chicks Guide To Macrobiotics*).

The summer conference is an opportunity to connect with like-minded people as you enjoy social activities

including parties, a singles mixer, dancing, group hikes, volleyball games and more.

Nourish your body, mind and spirit with delicious macrobiotic meals. Freshly prepared and served daily, they are included in the program fee.

Rejuvenate with private wellness sessions. Let stress go and deeply relax with bodywork or energy healing, or have one of the experienced counselors help you fine-tune a new, healthy diet and lifestyle plan. There are a variety of sessions to choose from.

**For additional information**

**on the Location, Class Description, Presenters and to Register:**

Call: 1-800-975-8744 or [www.kushiinstitute.org/html/summer\\_conference.html](http://www.kushiinstitute.org/html/summer_conference.html)

## RECIPE CORNER

### Sesame Encrusted Tofu on Soba

Our Treasurer, Ceri Mauerman, brought this scrumptious dish to a potluck and it was a big hit, so we thought it only fair to share it with everyone. It's taken from Christina Pirello's book "Cook Your Way To The Life You Want", but we're giving you the enhanced version that Ceri created. Enjoy!

- 2 to 3 tablespoons mirin
- 2 teaspoons toasted sesame oil
- 2 teaspoons soy sauce
- 1 tablespoon brown rice syrup
- 1-inch piece fresh ginger, grated and juice extracted
- Grated zest and juice of 1 lemon
- Juice of 1 orange
- 1 pond extra-firm tofu, drained and cut into 8 slices
- 3 to 4 tablespoons black sesame seeds
- 2 tablespoons arrowroot
- Light sesame oil
- 8 ounces soba noodles
- 1 carrot, cut into fine matchstick-size 1-inch pieces
- 1 small bunch watercress, sliced into 1-inch pieces
- 1 red onion, but into thin half-moon slices

Combine mirin, toasted sesame oil, soy sauce, rice syrup, ginger juice, lemon zest and juice, and orange juice in a small bowl. Arrange tofu in a shallow baking dish, and pour juice mixture over. Marinate tofu 15 to 20 minutes. Drain, and reserve marinade.

Combine sesame seeds and arrowroot in a shallow dish. Dredge one side of the tofu slices in sesame seed mixture. Add enough light sesame oil to just cover the bottom of a large skillet. Heat over medium heat. Add tofu, sesame side down, and fry until golden. Turn and brown the other side. Drain well on paper towels.

Meanwhile, bring a large pot of water to a boil over high heat. Add noodles, and cook until tender but firm to the bite, about 10 minutes. Drain and rinse noodles well. Transfer noodles to a large bowl.

Bring a medium pot of water to a boil over high heat. Add carrot, watercress, and onion separately, in the order listed and blanch until crisp-tender, 30 to 60 seconds. Drain vegetables well and add to noodles. Pour reserved marinade over the top, and mix well.

To serve, arrange noodles and vegetables on serving platter, and top with tofu slices. Serve warm.

Makes 4 to 6 servings.

*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 Even though I know, more or less, what I should be doing to better care for my health, I don't seem to be able to do it. Do you have any suggestions how I can do what I think is good for me?

A When we first start a new project most of us have zeal and enthusiasm. But as time goes on and the newness wears thin so does our interest. Well come on, you should try hard, you know, make yourself do it. Really, if it is good for you, just get on with it and get some discipline.

Wait! Before you scream and reply that everyone says that but it doesn't seem to work, you are right. It doesn't work. So what does?

According to thirty years of research by Carol Dweck, Ph.D. at Stanford University, there are two mindsets. That's right, for all of us there are only two mindsets: fixed and growth.

As you may imagine those with fixed mindsets have lifelong trouble. They feel that what is, is fixed and can't change. They usually are intelligent people who rarely realize their life's dreams. Because they are intelligent (and their ego is invested in being recognized as intelligent) if it doesn't come easy, they quit. The thinking goes if it is difficult perhaps I am not really intelligent and then I'd have to admit I'm a failure. This is unthinkable.

For the growth mindset challenge is enjoyable. Not knowing the answer gives reason for investigation and pursuit. It makes life fun. Growth mindset folks generally succeed in their pursuits. They care less about how they are judged and more about what they are doing.

If you find yourself to be a fixed mindset in a particular area (no one is fixed in all realms of life), take a deep breath and remind yourself that you are about to repeat your old patterns that lead to failure and unhappiness. Remind yourself that the difference between fixed and growth is effort. The growth mindset person willingly decides to make effort to attain a goal that they value. Seeing the long view and knowing that effort is required and practice must be maintained you create innovative ways to keep yourself entertained and light about your pursuits. Make it fun.

With a growth mindset you really can enjoy applying yourself to those goals, like good health, that you value. Eat whole foods, avoid sugars that cloud and confuse the mind, get some exercise to pump the blood to your brain. You are the creator of your universe. Let your mindset grow, like a child, open up to the fullness of life.

**Editors Note:** For more information, read *MindSet* by Carol S. Dweck, Ph.D., ISBN 1-4000-6275-6

## 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



*Macrobotics 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.**



**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

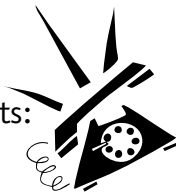
Rocky Brown,

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!**

**T**hose 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

Vashon Sarkisian  
Member at Large  
407-644-4480

Debbie Smith  
Event Coordinator  
Newsletter Layout  
407-291-6342