



Winter/Spring 2009

CALENDAR OF UPCOMING EVENTS

CALENDAR at a GLANCE



Potluck Dinner & Field Theory Intro.

Saturday, February 21
6:00 PM

Potluck Dinner with Sheldon and Ginat

Friday, March 13
6:30 PM

Macro Philosophy Class

Saturday, March 14
9:45 AM - Noon

Israeli Cooking Class

Saturday, March 14
12:45 PM - 3:30 PM

Self-Knowledge Classes

Sunday, March 15
9:45 - Noon

Private Readings and Consultations with Sheldon and Ginat

Sunday, March 15
& Monday, March 16

Change Your Mind Day

Saturday, April 18

Organic Wine Tasting

Saturday, April 18
5:00 PM

Pool Party and Barbeque

Saturday, May 16
3:00 PM



POT LUCK DINNER and AN INTRODUCTION TO FIELD THEORY:

If I'm creating my reality, why am I getting this?

Saturday, February 21, 2009 • 6:00 pm

Hosted at the home of Rocky and Mike Brown, 7043 Burnway Drive, Orlando 32819
Members with a dish \$5, without a dish \$12 • Non-members with a dish \$7, without a dish \$15.

Debbie Smith will give a brief overview of Field theory concepts after our pot luck. She will address such topics as: why visualization and affirmation techniques have failed; oversimplification of the idea that we create our reality; *intention*, not desire, causes events; and more.



ORGANIC WINE TASTING BENEFIT FOR HARRIET'S FUND

Saturday, April 18 • 5:00 pm

\$10 donation per person • Wine Warehouse of Winter Park
959 West Fairbanks Avenue (just West of Denning), Winter Park, FL 32789



As most of you know, Harriet's Fund was started in honor of our founder, Harriet McNear and provides scholarships for member of the Macrobiotic Foundation of Central Florida to further their personal studies in Macrobiotics. Most of the fund was depleted with last year's donations, so it's time to replenish.

Our event will be hosted by the Wine Warehouse of Winter Park. Won't you join us for a new event that promises to be fun? In addition to the wine tasting we will provide macrobiotic hors d'oeuvres. Come out and enjoy a chance to mingle with your fellow macrobiotic members, socialize and learn a bit about organic wine!

CHANGE YOUR MIND DAY

Saturday, April 18

Change Your Mind Day will be held again at the Marks Senior Center. The day is primarily a day to learn about and participate in mediation, and past CYM Days have included yoga and tai chi classes as well. We don't yet know the event times or more specific information, but the organizers are planning to have a Facebook page available soon where you can get further details.

Macrobiotics from Jerusalem

POT LUCK DINNER AND INTRO LECTURE

Friday, March 13 • 6:30 pm

Meet Sheldon and Ginat Rice. They will talk about how they got started in Macrobiotics.

See details on page 2.

Members with a dish \$5, without a dish \$12
Non-members with a dish \$7,
without a dish \$15.

See page 2 for more details!

LECTURES & COOKING CLASS

Saturday, March 14 • 9:45 am - Noon
Feeling Better: The Macrobiotic Guarantee
and *Leveling Up: Understanding Life*
Members \$25 and non-members \$30.

Saturday, March 14 • 12:45 - 3:30 pm
Middle Eastern Macro Feasting
Members \$30 and non-members \$35

Sunday, March 15 • 9:45 am - Noon
Numerology, Palmistry and Hand Analysis
Members \$25 and non-members \$30

◆ Please RSVP for Classes and Private Consultations by March 10, 2009 ◆

Macrobiotics from Jerusalem Weekend Workshop

Come to an individual event, or for the whole weekend! Join us in learning from the teachings of Sheldon and Ginat Rice after they attend the Holistic Holiday at Sea VI Cruise. They have a varied background, as you will see in their Bios on page 3. We are lucky to have them here to share their vast experience in macrobiotics and different cultures.

LOCATION: All of these events will be hosted at the home of Rocky and Mike Brown, 7043 Burnway Drive, Orlando 32819

FRIDAY, MARCH 13 ♦ 6:30 pm

POT LUCK DINNER AND LECTURE

Meet Sheldon and Ginat Rice. They will talk about how they got started in Macrobiotics.

Members with a dish \$5, without a dish \$12;
and non-members with a dish \$7, without a dish \$15.

Please RSVP for Classes and Private Consultations by March 10, 2009.

***Take all weekend classes for one price:
members \$65 and non-members \$80**

SATURDAY, MARCH 14 ♦ 9:45 am-Noon

Lectures presented by Sheldon and Ginat Rice

Members \$25 and non-members \$30

First lecture presented by Sheldon Rice: FEELING BETTER: THE MACROBIOTIC GUARANTEE

The promise of macrobiotics is a sense of well-being. Progressively feeling better is a feasible goal that provides encouragement and a continuously uplifting state of mind. The success of Macrobiotics, therefore, is always evident without needing to fix one's illness. This discussion will include an understanding of well-being, Sheldon's experience with this process, as he improved his personal condition, and suggestions for those seeking the joys of a Macrobiotic lifestyle.

Second lecture presented by Ginat Rice: LEVELING UP: UNDERSTANDING LIFE

Ohsawa devised the Seven Levels of Judgment as a way of recognizing and raising our consciousness. The first three lower levels: mechanical, sensory, and sentimental; are personal or egocentric. The higher four levels: intellectual, social, ideological, and supreme; are psychological considerations. Ohsawa says, "The way up and the way down are one and the same, and wisdom is learning that all things are one." Ponder the seven stages of Judgment and learn to which stage you belong. All our behavior depends on judgement.

SATURDAY, MARCH 14 ♦ 12:45-3:30 pm

COOKING CLASS

with Sheldon and Ginat Rice

MIDDLE EASTERN MACRO FEASTING

Members \$30 and non-members \$35

This cooking class melds the specialties of the Middle East with the Far Eastern healing secrets for health and taste. It features a soup with Mediterranean olive oil and lemon flavor along with tofu and miso. The couscous dish adds umeboshi for a distinctive, tangy sauce. Tahini is a family favorite heirloom recipe, and halvah is everyone's favorite, especially the kids. This is a menu that offers deceptively easy delectable eating!

Lemon Zucchini Soup

Couscous with Onion Sauce

Healthy Hummus

Pita Points with Za'atar and Olive Oil

Tahini Celery Boats

Mediterranean Cucumber Salad

Halvah

SUNDAY, MARCH 15 ♦ 9:45 am-Noon

Lectures presented by Sheldon and Ginat Rice

Members \$25 and non-members \$30

First lecture presented by Sheldon Rice: NUMEROLOGY

This is a participatory presentation intended to give insight into the behavior of individuals, cultures, nations, races, and religions using the principles of numerology. The name and birthday reveal personal temperaments and group dispositions, letting us understand individual and world relations and providing a basis for human tolerance. Each participant will gain insight into his own personality while comparing collective characteristics within the audience, and among nations. Individual readings are available for detailed personal analysis, including couples readings.

Second lecture presented by Ginat Rice: PALMISTRY AND HAND ANALYSIS

Our hands are maps of our true selves and blueprint to our lives. By understanding shapes and lines, mounts and moles, we are empowered to accept or modify who we are, using offered tools of self-awareness. We'll examine each person's hands in a round robin group reading to get a taste of detailed hand analysis. Private readings are available to complete what we'll begin together. It's a blessing to "know thyself," and great fun doing it.

**SUNDAY, MARCH 15, Afternoon
and MONDAY, MARCH 16**

**Sheldon and Ginat are available
for Private Readings & Consultations**

Health Analysis: 1 1/2 hours

Members \$130 and non-members \$150

Shiatsu: 1-hour full body; 1/2 hour Head-Neck-Shoulders

1-hour: members \$70 and non-members \$80

1/2-hour: members \$40 and non-members \$50

Palmistry: 1 hour

Members \$50 and non-members \$60

Numerology/Life Coaching Session: 1 hour

Members \$50 and non-members \$60

Bios

Sheldon discovered Macrobiotics in 1984 during a 10-year hiatus in the US after moving to Israel in 1964. He soon realized the effect of fifty years of a standard American diet and lifestyle as his weight plummeted uncontrollably and doctors discovered a tumor between his bladder and spine. Careful Macrobiotic practice for many years without medical intervention reversed the condition completely, and today he enjoys full health. He is the author of *Getting to Know You: A Numerology Textbook*, and is currently working on a second volume of numerological research. Sheldon specializes in numerology, teaching and consulting internationally. Seventy-one years of life wisdom make him a compassionate and knowledgeable guide on the Macrobiotic path.

Ginat began practicing macrobiotics in Jerusalem in 1980, living in Israel and her native US. She graduated from the Kushi Institute's and holds their certification as a Macrobiotic Teacher and Counselor. She is also certified in Shiatsu Massage Therapy, and practices Nine Star Ki (Asian astrology) and Palmistry. Ginat co-owned Satori Natural Food Restaurant in Boston for 10 years and currently spearheads Macrobiotic activities in Israel together with Sheldon. Ginat is a frequent contributor to *Macrobiotics Today* magazine and is currently writing a book compiling three years of research and interviews on the topics of health and recovery from illness. She offers health guidance and shiatsu massage as well as private palmistry sessions.

Sheldon and Ginat founded the Rice House of Macrobiotic Study as a consulting practice offering a wide range of Macrobiotic services. These include health consultations, cooking lessons, and study courses in Macrobiotic theory, health diagnosis, numerology, nine star ki, shiatsu, and palm healing. They offer a residential experience of Macrobiotic living in a comprehensive program of learning and practice. Visit them at: www.TheRiceHouse.com.



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

◆ **Please RSVP for Classes and Private Consultations** ◆
by March 10, 2009 ◆ 407.672.2356 (Hotline)

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

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

RECIPE CORNER

CHOCOLATE CAKE

- 2 cups whole wheat pastry flour
- 1/2 cup plus 2 Tbsp. Dutch cocoa powder
- 2 tsp. baking powder
- 2 tsp. baking soda
- 1/2 tsp. sea salt
- 1/2 tsp. cinnamon
- 1 cup Eden Blend (or soy milk)
- 1/2 cup water
- 2 tsp. lemon juice (or raspberry vinegar)
- 1/2 cup sesame oil (or olive, walnut, or safflower oil)
- 1 cup maple syrup (you could use half rice syrup and half agave syrup)
- 4 tsp. vanilla extract

1. Preheat oven to 350 degrees. Line the bottom of two round cake pans with parchment paper. (may also brush with oil) Sift together flour, cocoa powder, baking powder, baking soda, salt and cinnamon.
2. In another bowl, whisk together soy milk, water, lemon juice, oil, sweetener and vanilla until foamy. Add wet ingredients to dry ingredients. Use whisk and mix well.
3. Pour batter into pans and place on center rack of preheated oven and bake 25-30 min. or until cake springs back when touched. Let cool slightly, remove from pan and cool completely on cake rack.



TOFU WHIPPED CREME

- 1 lb. tofu
- 2 Tbsp. soy or rice milk
- 1/2 cup maple syrup
or other grain sweetener
- pinch of sea salt
- 1 tsp. vanilla or almond extract
(optional)

1. Put all ingredients in a blender and mix until smooth. Alternate very fast and slow for several minutes.

ASSEMBLY

1. Place base layer on cake platter and frost with all fruit jam/jelly or tofu whipped cream with sliced strawberries (or other fruit).
2. Place second layer on top and frost with tofu whipped cream.
3. Garnish with strawberries or mint. (or your choice, of course!)

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.

Be sure to attend the



**ORGANIC
WINE TASTING
APRIL 18TH**

See details on page 1

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.

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EDUCATION AND SUPPORT,
THUS CREATING
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RETURN SERVICE REQUESTED

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MACROBIOTIC
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