

Purpose:

- Increase effectiveness at guiding people, projects and events
- Develop capabilities using a unique planning process
- Improve the odds of arriving at your desired future

Products:

- 1. New perspective
- 2. Increased thoughtfulness before getting into motion
- 3. Introduction to the enneagram



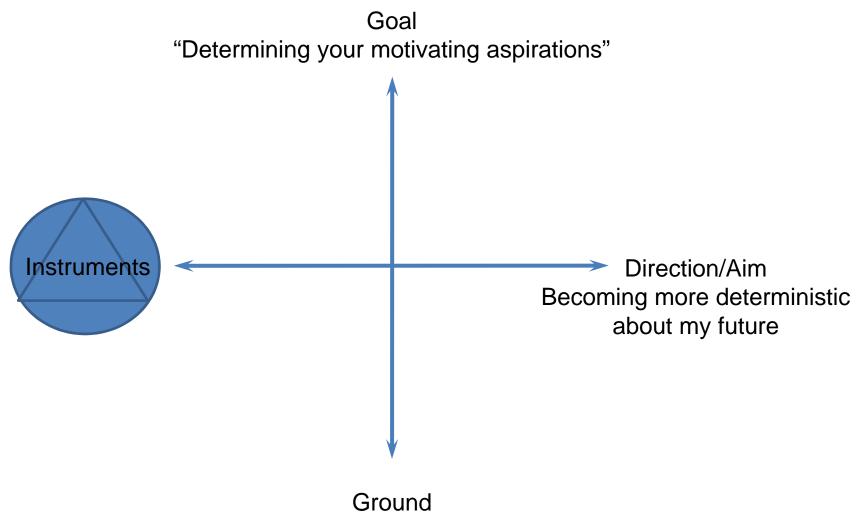
Adapted by Deiron. For Mr. Ponchak, 54 years old, survival meant learning to take risks. He also had to work with a young pup sent from the headquarters to be his No. 2 man. Against long olds, amid dispiriting waves of layoffs, his 17-year-old plont slashed the time it takes to set up metol-grinding machines. It broadened job descriptione, so today 18

Beliefs

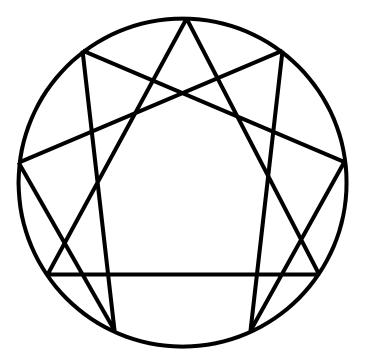
- 1. If I cannot draw it, I do not understand it.
- 2. There is a pattern or system that orders our existence.
- 3. People's behavior reveals/betrays with their values and psychological make-up.
- 4. Without a transformation in my thinking, my future is destined.
- 5. Planning is important, plans are not.
- 6. No plan survives contact with reality.
- 7. 'Deterministic,' 'opportunistic' and 'fatalistic' approaches to the future require varying amounts of involvement from me.
- 8. "The best laid schemes of mice and men go often askew." Robert Burns

- Systematics
- The study of the significance of numbers
 - The unique properties represented through numbers
 - The metaphysical nature of our experiences
- Earliest recordings, Mesopotamia 4,500 years ago
 - Resides in Babylon
 - 2,500 years ago Pythagoras is custodian
 - Knowledge migrates to Uzbekistan around 1,000AD
 - 1400AD mathematicians discover new insights when numbers are added to their traditions

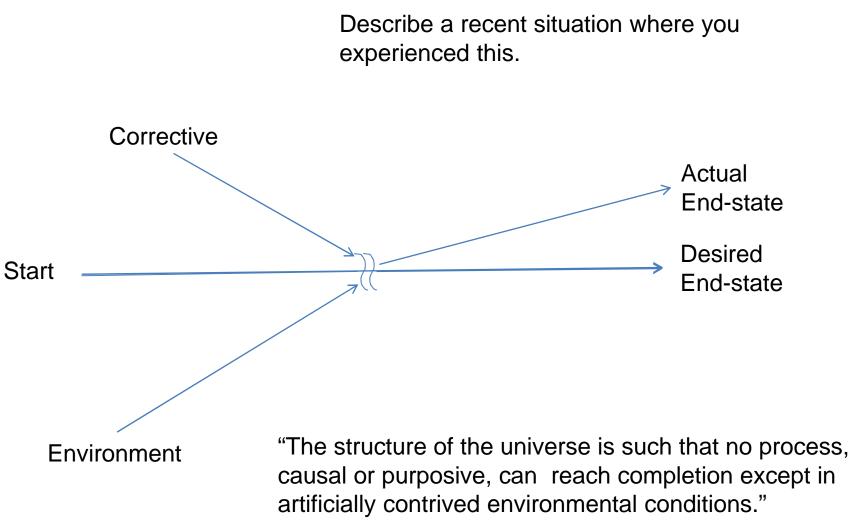
- Systematics study One through Ten
- Our focus is on the unique insights gained when Zero, Three and Six are combined with the special nature of Seven
 - Dynamism and coalescence governed by transformation
- It is called the Enneagram, the study of the number 9
 - It's attribute is *harmonization*
- Second Law of Thermodynamics...entropy



"Determining your motivating need"



This represents every process that maintains itself by self-renewal.



J.G. Bennett

Application:

The enneagram leads us in the progress of transformation, the process of selfrenewal. It moves us beyond linear thinking, especially where people are involved. It helps us transcend a world muddling along through partially completed processes.

- Chose a project, event or situation of importance to you.
- See it in its entirety through the eyes of the enneagram.
- Describe it in terms of the nine points.
 - $_{\circ}$ Start with the triad and name names.
 - $_{\circ}\,$ Follow with the six terms of the hexad.
- List key insights you gained.

- Describe key insights about using the enneagram.
- Why would a person choose not to be orderly about moving projects or their life into the future?
- What would it take for you to increase the discipline in your thinking using a systematic such as the enneagram?

Sauce

1.

- 2 tbsp. butter
- 4 medium onions, finely chopped
- 4 tsp. dried oregano leaves
- 2 tsp. chopped basil leaves
- 2 green peppers, chopped
- 64 oz. crushed tomatoes
- 1 can tomato paste
- 4 Tbsp. Worcestershire sauce
- 2 cups red wine
- 4 cloves pressed garlic
- Dash pepper

- Chop 4 medium onions and 2 green peppers
- 2. In large skillet, melt 2 tablespoons butter, add onions and peppers and cook slowly until the onions are translucent and soft
- Add herbs, tomatoes, tomato paste, Worcestershire sauce, wine, garlic and pepper
- 4. Bring to boil, reduce heat
- Boil gently, uncovered over low to medium heat until sauce is thickened to desired consistency. Stir from time to time to prevent sticking to the bottom of the skillet.

Italian Meatballs

Soak 8 bread slices in 1 cup milk for 2 to 3 minutes; add 4 eggs and mix well. Mix with 2 pounds ground beef, 1 cup grated Parmesan cheese, 4 tablespoons snipped parsley, 2 teaspoons salt, 1 teaspoon crushed, dried oregano, ½ teaspoon pepper.

With wet hands, form meat mixture into small balls about 1-½" diameter. Brown slowly in 2 tablespoons hot salad oil. Add meatballs to sauce, simmer loosely covered for 30 minutes.

Apple Crisp Workstation

- 12 apples
- Butter
- Flour
- Brown sugar
- Oatmeal
- Cinnamon & Nutmeg

Peel and cut apples. Layer in baking dish.

Mix until lumpy: 1 cup softened butter 1-½ cups flour 2-1/4 cups brown sugar
Add in: 1-1/2 cups oatmeal 3 teaspoons cinnamon 1 teaspoon nutmeg
Bake for 30 minutes at 375 degrees

BUON APPETITO!

T remember my Grandfather intruding into Grandma's kitchen blaring, "You gotta cook em al dente!" To him over cooking fresh, homemade spaghetti was really a sin. Trandma, of course, knew perfectly well how to cook the pasta.

What does it mean, al dente (al-den-tay)? Surely it implies to never overcook the noodles. But I think Grandpa somebow expressed it more from the heart when he d implore with Grandma, "You gotta know that you are chewing something?"

GET READY TO USE YOUR AL DENTE PASTA MACHINE

 Using the enclosed clamp, fasten the machine onto the edge counter or table. Fit the handle into the hole on the machine. Notice that when the handle turns, it passes below the edge of the table. (PHOTO #1),

2) The machine will have some excess bill from the factory to protect the machine before it reaches you. Remove the excess oil before using the machine for the first time as follows:



 A) Wipe all surfaces clean, using only a clean, dry cloth.

B) Pass a piece of dough through the

rollers several times. Also pass it through both noodle cutters. Let the dough especially contact the edges of the rollers & cutters where machine oil can accumulate. Throw the dough away when finished.

C) Lightly sprinkle some flour on the rollers & cutters. Use a dry brush to work it into the edges and between the cutters. Then brush it all away, wipe the machine again with the dry cloth and your Al Dente Pasta Machine is ready to use.

HOW TO ATTACH THE NOODLE CUTTING HEAD

Notice the track on each end of the cutting head. These 2 tracks interlock with 2 tracks on the dough rolling base unit. Notice that you interlock & slide the tracks together at an angle. Don't slide the cutting head on too tight. If the head sticks and is too hard to remove, tap it lightly from underneath with a wooden object, taking care not to damage any parts.

HOW TO MIX THE PASTA DOUGH

Recipe serves 6 4 eggs 3 cups of flour water (optional)

Pour the flour into a mixing bowl and make a "well" in the center. Bre the 4 eggs into the well (PHOTO #2) and blend slowly with fork. Com

the eggs and flour until well blended. (PHOTO #3) If the dough mixture is too wet, gradually mix in a small amount of flour. If the dough is too dry gradually work in a little water.



Spread a little flour very lightly on your table top. Place dough mixture on table top and knead firmly until it is of a consis-

tent color & texture (PHOTO #4). Form dough into a mound shape and cover with a damp towel. Important: Let the dough rest for at least 10-15 minutes. This allows the ingredients to further blend together. Cut the dough into slices that are about 1/4" thick (PHOTO #5).



Always keep that portion of dough that you are not using under the damp towel so that it does not dry out.

HOW TO ROLL THE DOUGH INTO FLAT SHEETS

Set the regulator knob located on the left side of the machine-(opposite handle) to position number 7.

Pull the regulator knob outward and turn it to







garlic mushrooms

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Serve these juicy, flavorsome mouthfuls of garlic mushrooms with toothpicks so your guests can pick them up and pop them into their mouths without getting their fingers sticky.

- 1 1/2 tbsp. olive oil 2 garlic cloves, crushed 2 2/3 cups (7 oz.) button mushrooms 2 tbsp. white wine
- 1 tsp. tomate paste 1/2 tsp. fresh thyme leaves, plus extra for garnishing Salt and ground black pepper

Pour the olive oil into a frying pan. Gently fry the garlic in the oil for about 1 minute, then add the mushrooms and toss to coat in the oil.

Stir the wine and tomato paste together and pour over the mushrooms, then add the thyme and season with salt and pepper. Cook gently for 15 to 20 minutes, stirring occasionally, until most of the juices have evaporated and the mushrooms are juicy and glossy but not wet.

Transfer to a serving dish. Serve hot, warm, or at room temperature, sprinkled with a few fresh thyme leaves.

Serves 4

mini mouthfuls 81

Artichoke Bruschetta

SUBMITTED BY: ROXANNEBLESH PHOTO BY: LUSENDA

"This is a great bruschetta recipe based on an artichoke dip. It's always a huge hit! Try adding spinach or tomatoes!"



INGREDIENTS (Nutrition)

1 (6.5 ounce) jar marinated artichoke hearts, drained and chopped

1/2 cup grated Romano cheese

1/3 cup finely chopped red onion

5 tablespoons mayonnaise

1 French baguette, cut into 1/3 inch thick slices

DIRECTIONS

- I. Preheat the broiler.
- In a medium bowl, mix marinated artichoke hearts, Romano cheese, red onion and mayonnaise. Top French baguette slices with equal amounts of the artichoke heart mixture. Arrange slices in a single layer on a large baking sheet.
- Broil in the preheated oven 2 minutes, or until toppings are bubbly and lightly browned.



garlicky tomato & eggplant stacks

see variations page 170

These pretty Mediterranean vegetable stacks make a lovely appetizer served at the table. Top each one with a fresh basil leaf, if desired.

1 eggplant 2 thsp. olive oil, plus extra for brushing 2 gartie cloves, crushed Salt and ground black pepper 1 lb, cherry tomatoes, haived Handful of fresh basil leaves, torn

Heat a griddle. Slice the eggplant into twelve 1/2-inch thick rounds, brush with oil on both sides, and season with salt and pepper.

Working in batches, cook the eggplant slices for about 5 minutes on each side, until tender. Transfer to a large dish and keep warm while you cook the remaining slices.

Meanwhile, heat the oil in a medium pan and cook the garlic for about 1 minute. Add the tomatoes and seasoning, and cook gently for about 10 minutes, until soft. Check the seasoning, toss in the basil, and stir to combine.

Arrange the eggplant slices on a platter, top each one with a spoonful of tomatoes, and serve immediately.

Serves 4

amazing meze 157