

**MOA HAWAI'I
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MOA Wellness Center

Office Hours

Mon-Fri 9:00am-5:00pm

Sat. 9:00am-3:00pm

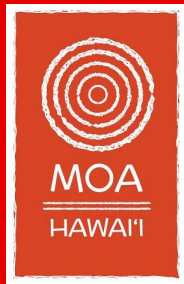
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MOA Hawai'i Newsletter

VOLUME 5, ISSUE 5

MAY 2018

EXECUTIVE DIRECTOR'S MESSAGE

Aloha!

This month's theme is *Nature Farming*.

The basic principle of Nature Farming is giving full play to the great powers inherent in the soil itself. Hitherto, people have not known—or perhaps it is better to say have not been told—about the true nature of soil. This gave rise to the idea that fertilizer is essential, and to an almost superstitious reliance on it.

...
Fundamentally, all things are blessed by Nature; that is, all things are composed of and caused to grow because of the three elements: fire, water, and earth. All agricultural products partake of these three elements. Reflection on this principle makes clear that Nature has created things in this way so that the soil will produce grains and many vegetables required for food in just the right amounts, with no scarcity and no superfluity. It is inconceivable that the Creator should allow human beings to be born and then fail to provide the food they must have to live. A nation that is unable to feed its population is doing something contradictory to Nature's laws and will be unable to solve its food problems as long as it remains unaware of the violation it is committing.

As stated above, human beings have ignored the laws of Nature and relied solely on the use of artificial fertilizers until today. Therefore, it is rather a matter of course that we are

suffering from a shortage of food supplies today. It might be said that this is due to complete ignorance of the laws of Nature. Moreover, this ignorance was spurred on by the principles of material science, so we have ultimately come to this time in which it is difficult for people to obtain food. ...

If the Nature Farming I advocate is put into practice, based on the principle I have just outlined, the food shortages currently causing the Japanese farming population such distress and suffering can easily be eliminated. The farming population will be saved if only they awaken to their mistake as quickly as possible and adopt the Nature Farming system.

As I have said, the three elements of fire, water, and earth are the energy sources in the growth of agricultural products. There is no doubt that if plants are given plenty of sunlight and water and allowed to grow in pure soil, harvests will be greater than have ever been experienced before. (Mokichi Okada, November 22, 1950)

On Wednesday, May 30, I will give a more in-depth explanation of the MOA Nature Farming philosophy, as well as a hands-on demonstration. The session begins at 9:30 a.m. at the MOA Wellness Center at 600 Queen St., Suite C-2. Free parking is available in the building; entrance from South St. Please RSVP with our receptionists at 952-6900.

Norman Oshiro, Executive Director



MOA KOHRINKA

MOA Kohrinka flower classes are based on Mokichi Okada's deep respect for the life of flowers and its positive influence on man. He arranged flowers using and expressing the best features found in Nature.

The Kohrinka curriculum stresses three basic concepts:

- 1) Care for the flowers
- 2) Care for the implements
- 3) Etiquette in arranging. The joy of arranging beautiful flowers will enrich your life.

Classes

Jessie Nakata: 2nd & 4th Tuesday - 6:30-8:30 pm
2nd & 4th Thursday - 4:30-6:30 pm

Karen Takane: 2nd & 4th Saturday - 9:30 am -12:00 pm

Roy Goshi-Otaguro / Phyllis Tom: 4th Saturday - 10:00 am -12:00 pm

Brian Nakano / Hiroe Suenaga: 4th Saturday -1:00-3:00 pm

Frances Okazaki / Jon Liu: 2nd Friday - 6:00-8:30 pm

Classes are open to students of all ages. For more information, please contact Arts & Culture Manager, Roy Goshi-Otaguro, at 222-2031.

Cost

- Class Fee: \$10 Per Session
- Students under 18 yrs.: \$5 Per Session
- Plus cost of flowers

New Students

- One time initiation fee to join MOA (\$25)
- MOA Kohrinka Textbook (\$20)
- MOA Kohrinka Guidebook I & II (\$8 each)
- Kohrinka Notebook (\$1)



The MOA Supporter System

We cordially invite you to be a part of our MOA Supporter System. MOA Supporters contribute a vital piece to the overall development and expansion of all our outreach and community activities. Together, we will make a difference for the welfare of society.

Questions: please contact us at:
(808) 952-6900
Email: info@moahawaii.org
Website: www.moahawaii.org

Name(s) _____

Address _____

City _____ State ____ Zip Code _____

Telephone () _____

Fax () _____

Cell Phone () _____

Email _____

TYPE

- \$25 Individual
 \$50 Family (2 or more individuals)

PAYMENT

- Check enclosed
 Charge my credit card
 VISA MC Discover JCB

Name _____

Card no _____

Exp. Date _____

Security code _____

Signature _____

Make checks payable to: **MOA Hawaii**.
Pledges and gifts for higher amounts can be made as monthly or quarterly gifts. Donations to MOA Hawaii are tax deductible.

MOA HAWAI'I

MAY 2018

MOA HAWAI'I • 600 QUEEN STREET C-2 • HONOLULU, HI 96813
 Phone: 808-952-6900 • Fax: 808-566-6911 • Website: www.moahawaii.org • Email: info@moahawaii.org
 MWC Hours of Operation: Mon-Fri 9:00am–5:00pm, Sat. 9:00am–3:00pm

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Dr. Garcia 10:00am-12:00pm OHWP Committee w/ Dr. Garcia 12:00 to 1:00pm Yoga with Mallori 5:30-6:30pm	2 MOA BOD Meeting 6:30pm	3	4	5 30 th Annual MOA Museum of Art Children's Painting Contest Leeward/Central Awards Ceremony @ Pearlridge Center 10:00am Exhibit (May 4-6)
6	7 *PT Continuing Ed Level II 9:30am (Japanese) (Morimoto)	8 Dr. Garcia 10:00am-12:00pm Yoga with Mallori 5:30-6:30pm Nakata *Kohrinka 6:30pm	9 *PT Continuing Ed Level II - 6:30pm (Oshiro)	10 Nakata *Kohrinka 4:30pm	11 *PT Continuing Ed Level II - 9:30am (Goshi-Otaguro / Kanemaru) Okazaki/Liu *Kohrinka 6:00pm	12 Takane *Kohrinka 9:30am-12:00pm Shodo Class (Japanese Calligraphy) @TNH Social Hall 10:00-11:00am HPS @ Valley of the Temples Byodo-in 12:00-3:00pm *PT Continuing Ed Level II - 1:00pm (Ichikawa)
13	14 HPS @ Pearlridge Shopping Center 8:30-10:30am * PT Continuing Ed Level I - 1:00pm (Ichikawa)	15 Dr. Garcia 10:00am-12:00pm OHWP Committee w/ Dr. Garcia 12:00 to 1:00pm Yoga with Mallori 5:30-6:30pm	16	17	18 *Intro to MOA Hawaii 3:00pm (Oshiro)	19 Takane *Kohrinka 9:30am-12:00pm Otaguro/Tom *Kohrinka 10:00am-12:00pm Nakano/Suenaga *Kohrinka 1:00-3:00pm
20 MOA Nature Garden Volunteer Day @ 3510 Nuuanu Pali Dr. 9:00am	21	22 Dr. Garcia 10:00am-12:00pm Yoga with Mallori 5:30-6:30pm Nakata *Kohrinka 6:30pm	23	24 OHWP Lifestyle Improvement Program Extended Session w/Lunch 9:00am-1:00pm Nakata *Kohrinka 4:30pm	25 OHWP Lifestyle Improvement Program Extended Session 9:00am-11:30pm	26 OHWP Lifestyle Improvement Program Intensive Session w/Lunch 9:00am-3:00pm 30 th Annual MOA Museum of Art Children's Painting Contest Opening Ceremony at Linekona Art School Gallery @ 10:00am Exhibit (May 26-30)
27	28 Memorial Day (Holiday) MWC CLOSED HPS @ Pearlridge Shopping Center 8:30-10:30am	29 Yoga with Mallori 5:30-6:30pm	30 * MOA Seminar on "Nature Farming" 9:30-11:00am (Oshiro)	31	Note: HPS at Kaneohe Community Center resumes on June 6	* Kohrinka (Flower Arranging) Classes are held at the Toho No Hikari Social Hall, 3510 Nuuanu Pali Drive

*Please register for these courses by contacting the MOA Wellness Center at 952-6900: MOA Seminar, Introduction to MOA, Purifying Therapy [PT] Continuing Education Courses—Level I for Basic Level Therapist and Level II for Intermediate Level Therapist.

MOA Nature Garden in Nuuanu Needs Help!



We closed our Mililani farm in April and have been farming a 1/4 acre garden in the back

area of the Toho No Hikari Hawaii Church at 3510 Nuuanu Pali Drive.

We are opening this garden site to any MOA or Toho No Hikari member who wish to practice the Nature Farming principles. 10' x 10' plots will be made available to you at no cost. Teri June Amuro is there daily to manage the garden and provide assistance.

A **Garden Volunteer Day** will be held on the third Sunday of each month. You are all welcome to join us for a fun day in nature at 9:00 a.m. on Sunday, May 20.

Nature Farming classes will also be held on such topics as: how to start a kitchen garden, compost making, mulching, starting plants from seeds, how to deal with pests, etc.

For more information, please call Norman Oshiro at 281-2331.

MOA Wellness Center Cleanup 5th Sunday

To all MOA Hawaii Members and Friends



We are scheduling a Cleanup Day at the Wellness Center on the fifth Sunday (quarterly)—April 29, July 29, September 30—from 9:00 a.m.

We are also asking all members, who are able to do physical work, to volunteer to do light cleaning at the MOA Wellness Center when time permits. Please contact the front desk if you would like to volunteer.

Mahalo,
Norman Oshiro

Health Promotion Seminars

(open to the public)

Pearlridge Center-Uptown

8:30 – 10:30 a.m.

Monday, May 14 and 28

Kaneohe Community & Senior Center

(resumes on June 6)

Valley of the Temples Byodo-in

12:00-3:00 p.m.

Saturday, May 12



MOA Hawai'i
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Honolulu, HI 96813