



# MOA Hawai'i Newsletter

VOLUME 6, ISSUE 4

APRIL 2019

## Aloha, Ladies of Nagaoka



The women from Niigata Prefecture representing beautiful Nagaoka City came to serve tea at the Honolulu Festival. One of their visits was to the MOA Wellness Center. Dick Mills (in the dark coat), a Certified Tea and Flower Instructor, did tea & flower therapy with them.



Above, Art and Culture Manager, Roy Goshi-Otaguro help the women prepare to serve tea at the Honolulu Festival.



Pictured in the center of this photo, Kiichi Morimoto and all the ladies from Nagaoka, wave "shaka" to everyone



In Japan, about 170 miles north of Tokyo, lies Nagaoka City, found within the prefecture of Niigata.

In 2012, Honolulu and Nagaoka became sister cities.

The fireworks that light up the skies over Waikiki are brought in by the Nagaoka organization. These magnificent fireworks signify the end of the Honolulu Festival.

### Executive Director's Message

This month, we focus on Okada's philosophy on "art and beauty."

"What we call paradise on earth is, in simple language, a world of beauty. In man, this means the beauty of the mind and heart, or beauty of thought. His words and actions, of course, must also be beautiful. This is the beauty of the individual, and when it is extended, the beauty of society comes into existence. That is, relationships between individuals become more beautiful; houses, streets, means of transportation, and public gardens all become more beautiful also. By its very nature, beauty must accompany cleanliness, so, on a larger scale, government affairs, education and economic activities must become morally clean, and diplomatic relations between nations must accompany this beauty."

(A Thought on Paradise on Earth; June 3, 1950)

Introducing the Newest Member of the MOA team:

Nutrition Program Manager,  
Aisha Asami

## MOA's Healthy Lifestyle and Cooking Classes

I have some exciting news to share with you all. As you all may know the MOA Wellness Center's mission has always been to help support people to create beautiful, healthy, balanced lives. What we choose to eat plays an important role in our health. MOA wants to help our communities start to eat food that can nourish their bodies and spirits. With that in mind, I have the honor of announcing that MOA is currently creating healthy lifestyle and diet cooking classes. We are currently designing a year's worth of hands-on cooking classes meant to get people comfortable in the kitchen so they can create healthy, heartfelt meals filled with love. Every month will focus on a different lesson so that people can take small steps in making healthy changes that will last a lifetime. Some of the curriculum will include:

Mindfulness, label reading, balancing flavors, Hawaii's seasonal foods, fermented foods, healthy snacks and sweets, and much more! Stay tuned for more updates and I hope to see you in our upcoming classes next year.

Aloha,

Aisha Asami



### Food for thought:

Mochiki Okada once said, "We must always be aware of the grace that is given to us in the form of food and cultivate a feeling of gratitude towards the food that we receive." In Japan before eating, people say the phrase *itadakimasu*. This phrase can be roughly translated to mean "thank you for this gift of food". Instead of just digging in to your food next time, try to embody this phrase as you eat. Take a moment before eating your meal to create an intention to eat with gratitude. As you eat, reflect on the effort it took to grow and prepare the ingredients in the meal before you. Take your time to savor all the flavors and scents as you eat and truly enjoy the gift of food. Hopefully with this practice, your life will become that much more beautiful.

# Beauty Through the Eyes of Our Children

## 31<sup>st</sup> ANNUAL MOA MUSEUM OF ART CHILDREN'S PAINTING CONTEST AWARDS CEREMONIES AND EXHIBITIONS

### **WINDWARD OAHU DISTRICT: Windward Mall**

Exhibit – April 12-14 (Second Floor) (Fri – Sun)  
Awards Ceremony - Saturday, April 13, at 10:00 a.m.  
(Center Court)

### **EAST OAHU DISTRICT: Kahala Mall**

Exhibit – May 17-19 (Fri – Sun AM)  
Awards Ceremony - Saturday, May 18, at 10:00 a.m.

### **NUUANU / KALIHI / MANOA DISTRICTS:**

#### **Toho No Hikari Hawaii Social Hall**

Exhibit – April 19-20 (Fri – Sat)  
Awards Ceremony - Saturday, April 20, at 10:00 a.m.

### **LEEWARD/CENTRAL OAHU DISTRICT:**

#### **Pearlridge Center Mauka (Uptown)**

Exhibit – May 2-4 (Th – Sat)  
Awards Ceremony - Saturday, May 4, at 10:00 a.m.

### **MAUI DISTRICT: Queen Ka'ahumanu Center**

Exhibit/Awards Ceremony – Saturday, April 27  
Exhibit – 10:00 a.m. - 2:00 p.m.  
Awards Ceremony – 11:00 a.m.

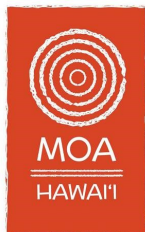
### **STATE EXHIBITION AND OPENING CEREMONY:**

#### **Hawaii State Capitol Gallery (basement level), 415 S. Beretania Street**

Exhibit – May 25-31 (Sat – Fri)  
Opening Ceremony – Saturday, May 25, at 10:00 a.m.

MOA Hawai'i Staff: Norman Oshiro, Executive Director; Alan Aranaydo, MOA Wellness Center Director; Roy Goshi-Otaguro, Arts & Culture Program Manager; Aisha Asami, Nutrition Program Manager; Ruby Gines, Operations and Facility Assistant Manager; Administrative Assistants: Mallori Choy Rahminjah, Ceronda Encencio, Dick Mills, Brianna Goo, Teri June Amuro.

MOA Hawai'i Board of Directors: Frances Okazaki, President; Lester Nakamura, Vice-President; Alan Aranaydo, Secretary; Steve Tomino, Treasurer; Shawn Hamada, Dean Kanemaru, Brian Nakano, Cynthia Okido, Sandra Tam Sing, Gale Eckerd and Pat Ganaban.



### **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](mailto:info@moahawaii.org)  
Website: [www.moahawaii.org](http://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.

### **ADDRESS CHANGES**

To keep us up-to-date on your current address, please complete the MOA supporter form if you've moved. The newsletter is also on-line at [www.MOAHawaii.org](http://www.MOAHawaii.org)

### **CORRECTIONS**

Send MOA Hawaii newsletter corrections via U.S. mail to the MOA Wellness Center at 600 Queen Street, C-2, Honolulu, HI 96813 or email us at [info@moahawaii.org](mailto:info@moahawaii.org)

### **MEMBERSHIP**

MOA membership dues are paid on an annual basis. Being a member gives you discounts on the Okada Health and Wellness programs, Nutrition classes, Calligraphy classes, flower arranging



### **Upcoming Events at the MOA Wellness Center unless noted otherwise:**

Please call (808) 952-6900 to reserve your seat at any of the events listed

- Apr 2, 9, 16, 23, 30 Tuesdays, 10:00 am to noon, **Dr. Garcia Consultations**, Cost \$25 for non-members, \$20 for members
- Apr 8, Monday, 9:30 am to 11:30 am, **OPT Continuing Education Class** (taught in Japanese), a small \$5 donation is helpful
- Apr 12, Friday, 9:30 am to 11:30 am, **OPT Continuing Education Class**, a small \$5 donation is helpful
- Apr 12, Friday, - Apr 14, Sunday, **31st Annual Children's Painting Contest - Windward Exhibit** at Windward Mall (Upstairs)
- Apr 13, Saturday, 10:00 am, **31st Annual Children's Painting Contest - Windward Awards Ceremony** at Windward Mall (Center Court)
- Apr 15, Monday, 6:00 pm to 8:00 pm, **Flower Arranging (Kohrinka) Class with Norman Oshiro**, cost for first class is : \$20 for textbook + \$10 per session + \$25 annual membership
- Apr 17, Wednesday, 6:30 pm to 8:30 pm, **OPT Continuing Education Class**, a small \$5 donation is helpful
- Apr 19, Friday, 3:00 pm to 4:30 pm, **Introduction to MOA**, a small \$5 donation per person is helpful
- Apr 19, Friday, 10:00 am to 4:00 pm, **31st Annual Children's Painting Contest - Nuuanu/Kalihi/Manoa Exhibit** at Toho No Hikari Social Hall
- Apr 20, Saturday, 10:00 am, **31st Annual Children's Painting - Nuuanu/Kalihi/Manoa Awards Ceremony**, at Toho No Hikari Social Hall
- Apr 22, Monday, 3:00 pm to 5:00 pm, **OPT Continuing Education Class**, a small \$5 donation is helpful
- Apr 24, Wednesday, 9:30 am to 11:00 am, **MOA Discussion on "Art and Beauty"**, a small \$5 donation is helpful
- Apr 25, Thursday, 9:00 am to 1:00 pm, **Okada Health and Wellness Program (OHWP) Lifestyle Improvement Program**, Day 1 of 2 includes Okada Purifying Therapy (OPT), Dr. Garcia consultations, tea and flower therapy, simple exercises and lunch. Cost for both days is \$60
- Apr 26, Friday, 9:00 am to 11:30 am, **Okada Health and Wellness Program (OHWP) Lifestyle Improvement Program**, Day 2 of 2, includes Okada Purifying Therapy (OPT), Dr. Garcia consultations
- Apr 27, Saturday, 9:00 am to 3:00 pm, **Okada Health and Wellness Program (OHWP) Lifestyle Improvement Program**, includes Okada Purifying Therapy (OPT), Dr. Garcia consultations & lunch. Cost is \$70.
- Apr 27, Saturday, 10:00 am-2:00 pm, **31st Annual Children's Painting Contest - Maui Exhibit** at Queen Ka'ahumanu Center; **Awards Ceremony at 11:00 am**
- Apr 27, Saturday, 2:00 pm to 4:00 pm, **OPT Continuing Education Class**, a small \$5 donation is helpful. This class will be held at Toho No Hikari, 3510 Nuuanu Pali Drive

**MOA Wellness Center Office Hours:** Monday to Friday 9:00 am to 5:00 pm, Saturday 9:00 am to 3:00pm  
Phone: (808) 952-6900 Fax: (808) 566-6911 Email: [moa808hawaii@gmail.com](mailto:moa808hawaii@gmail.com)  
Website: [www.moahawaii.org](http://www.moahawaii.org)

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