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MOA Wellness Center

Office Hours

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

Sat. 9:00am-3:00pm

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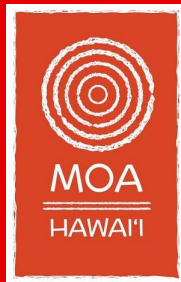
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MOA Hawai'i Newsletter

VOLUME 5, ISSUE 12

DECEMBER 2018

2018 Autumn Study Tour to Japan

The 2018 MOA Autumn Study Tour to Japan was not an "all study, no play." The travelers got to enjoy the touring as well. A common interest among all was to experience the natural beauty of Japan while enjoying the never-ending variations of the cuisine. There were



many different kinds of dishes served at breakfast, lunch, and dinner. Even the snacks and desserts were vast! There was *omiyage* (souvenirs) at every corner.

The group, itself, was comprised of seasoned and not-so-seasoned travelers. Thirteen hearty souls lead by Steve Ichikawa participated in the adventure. This was Janette Lee's first trip to Japan. She is a

certified Bontemae Tea Specialist and Art Advocate for MOA Hawaii.

After gathering our luggage, upon arriving at Osaka International Airport, we spent a great day traveling around the greater Osaka area.



We then arrived in Namba, a district in Osaka, where we spent the night at an *apa* hotel. The following day we visited the tea capitol in the Uji district where we got to grind our



own *tencha matcha* tea from the local tea tree farms. Best of all we got to drink it too!

We then traveled to Fushimi Inari Shrine, made famous for its 1000 *torii* (traditional Japanese gate) tunnel. We sent blessings to those who had family and friends with health and life challenges.

The adventure continued as we explore Toyama City, where we find many shopping areas, tons of good food and *kaki* (persimmon). Shown in the photo on the bottom right, you can see us making flower *kashi* (candy). We had many opportunities to explore our creative side on this trip.

Catching a flurry of taxis, buses and trains we got to experience the sights through the Toyama region.



(continue on page 2)



(continued from page 1) Through rail lines, rope ways, buses and trolley cars we traversed the Tateyama Kurobe Alpine route. We viewed powerful waterfalls flowing from the dam to power the Toyama region. We arrived at the Unazuki Kosukai Hotel, our home for a few days, for some amazingly, delicious formal dinners. The colors of autumn foliage: oranges, reds, gold and yellows surround us. Temperatures went as low as 30 to 40 degrees Fahrenheit. It was a bit nippy for us local folks. Our day ended with a delicious *kaiseki* (traditional multi-course dinner) dinner of local seafood and delicately prepared and artistically displayed vegetables. We were all able to enjoy the relaxing *onsen* (Japanese hot spring) on the premises.



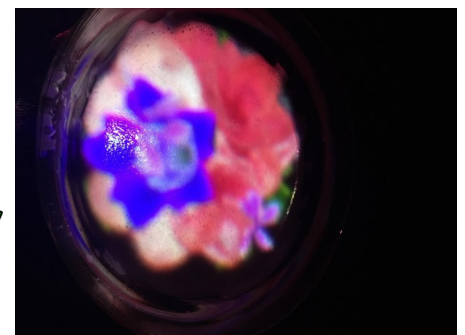
A beautiful view of Mt. Fuji or *Fujisan* from our van on our way to another apa hotel central to our Tokyo activities. We passed through Atami to visit the MOA Museum and then continued on to Hakone to enjoy the MOA grounds. We had an organic lunch and tea service while there. In the picture on the left, Jan Mills is standing with a MOA guide. Our MOA guide helped us to explore the unbelievable beauty of the grounds and the legacy of Mokichi Okada.

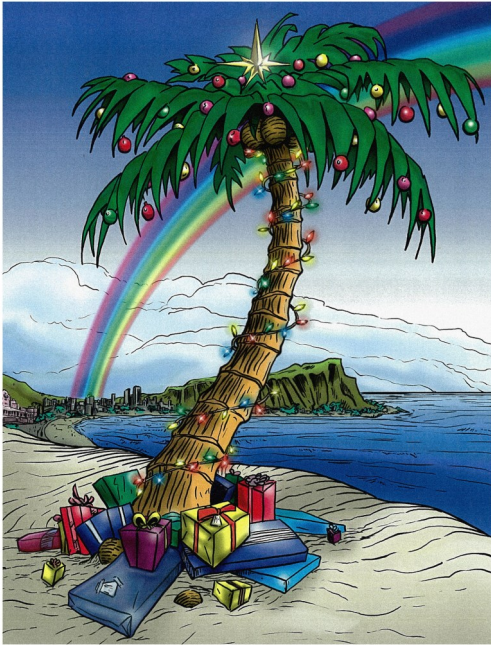
In the picture above, Shane Shiroma, 2nd from the left, stands between our tea *sensei* (teacher) Ishikawa and *sensei* (teacher) Kobayashi. Starting from the far right in the picture above, we see Richard (Dick) Mills, Sheri Gon, Ellen Kondo and Janette Lee. They are all smiling because they have just completed the Bontemae tea ceremony test. We celebrated

completing our tea test by having a cup of matcha tea.

Our day in Odaiba, an artificial island (landfill materials) in Tokyo Bay, is the home to many convention centers and entertainment venues. We were able to visit the Toyosu fish market, a week after it opened for the first time. WE all enjoyed the very freshest of fish preparations in the new venue. The Toyota City exhibit was not too far away from where we were. It featured exhibits appealing to young and old alike. The development of LED light technologies is at its highest level. Definitely uplifting! To the bottom, on the far right is an image of a tea bowl which we sipped from while the colors drifted across the cup.

We arrived home after a fulfilling 11 day trip to Japan with memories we will long remember. Mahalo to Steve Ichikawa for making this trip possible.





EXECUTIVE DIRECTOR'S MESSAGE

December 2018 Message

Okada stated the following on how to be happy and fortunate.

“Above all, you should observe Nature. In Nature, progress and improvement are perpetual and continue without a moment’s rest. Nature is constantly renewing itself. Look! The number of human beings increases yearly. Yearly, earth’s land is also being developed.

Transportation, buildings, and machinery are always progressing. Nothing retrogresses. Grasses and trees continually grow toward the sky; not a single one is growing downward. Every human being should look at Nature, and emulate how, without exception, all things progress and improve. This is truth.

Even I persevere to make the effort not to become neglectful and to keep myself improving and progressing—more this year than last year, more next month than this month. However, while saying that, to only improve your materialistic enterprise, vocation, profession, or station in life alone will be like floating matter without roots—really being just rootless weeds. There certainly must be progress and improvement of your soul, improvement of your character. With this attitude, continue to build your own character one step at a time without haste. You must not be impatient! Even just a little improvement and progress is fine. Inevitably, over time, you will become an honorable person. Look, already you are becoming an honorable person just by having the attitude that you will practice this. If you endeavor steadfastly in that manner, it is certain that you will receive society’s trust, everything will go smoothly, and you will become a happy and fortunate person.” (Be a Modern Person; October 11, 1950)



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) _____

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City _____ State ____ Zip Code _____

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Email _____

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

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 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 Hawai'i are tax deductible.

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

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

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 (Kohrinka) classes and various other classes offered.

Upcoming Events at the MOA Wellness Center:

December 8, Saturday, 10:00 am to 11:00 am, "Calligraphy (Shodo) class"

Cost is \$12 for members, \$13 for non-members, \$10 for students kindergarden to 12th grade

Location: Toho No Hikari Social Hall, 3510 Nuuanu Pali Drive, Honolulu, HI 96813, ph 952-6900

December 17, Monday, 6:00 pm to 8:30 pm, "Flower Arranging (Kohrinka) Class w/ Norman Oshiro

Cost is \$25 annual membership dues + \$10 per session + \$5 for flowers + \$20 for textbook

Call to reserve your seat at 952-6900

December 19, Wednesday, 9:30 am to 11:00 am, "Celebration of Life" seminar

Call to reserve your seat at 952-6900

December 21, Friday, 11:00 am to 12:30 pm, "Nutrition class"

Cost is \$10 for members, \$15 for non-members, call to reserve your seat at 952-6900

December 21, Friday, 3:00 pm to 4:30 pm, "Introduction to MOA"

Call to reserve your seat at 952-6900



December 25, Tuesday, Merry Christmas!

The Wellness Center is Closed

No Extended Sessions or Intensive Session will be held this month



Last month Mallori presented a class on "Staying Healthy Through the Holidays." It also included a healthy lunch that she made for the class. She used quinoa, kale, pomegranate seeds, garbanzo beans, pickled cabbage, and kabocha.

The next class will be held in January 2019. There will be no class held in December. More information on her next class will be given at a later date. Mallori's class is usually held on the 3rd Friday of each month at 11:00 am.



MOA Hawaii!
600 Queen Street, C-2
Honolulu, HI 96813

