



# MOA Hawai'i Newsletter

VOLUME 7, ISSUE 1

JANUARY 2020

## Here's What Happened in 2019



Tea Instructors who came for the Honolulu Festi-



Journeys to Wellness



Children's Painting State Exhibition and Open-



Flower Arranging with the Cherry Blossom



**MOA WHITE ELEPHANT SALE**

- Softly used clothes
- Good Books
- Wildflower Honey
- Tea Sets
- Bath Goods
- Plants
- Household Items

**NOV 30- DEC 7, 2019**

**MON-FRI 9 AM-5PM**

**SAT 9AM-3PM**

**MOA WELLNESS CENTER MULTIPURPOSE ROOM**



New Years Par-



Visitors from Japan



Children and Youth Day on the grounds of the



Lanakila Multipurpose Senior Center Health and Wellness Fair



Flower Circle at the Children's Painting Exhib-



## MOA Taiso

We have been getting requests from people at MOA asking for opportunities to exercise more and we listened! Now introducing: MOA Taiso. In Japan they have something called Rajio Taiso (ラジオ体操) that started in the 1920s where an exercise program is played on the radio (and now television) for people to exercise together. Taiso is made up of two characters 体 (tai) which can be translated to body and 操 (sō) which can be translated to mean manipulation. Put together taiso 体操 is equivalent to what we call calisthenics. Every Wednesday at 9:30 am we will be hosting an easy movement class for people looking to start getting into shape in the MOA Wellness Center's Ohana Room. We will be featuring easy exercise videos that people can do at home. This class will be donation based and is open for anyone to come join. Let's start moving together! Aloha, Aisha



**MOA Hawai'i Presents**

## **Starting from Scratch: Miso Making Workshop**

By Aisha Asami, MOA Nutrition Program Manager



**Friday, January 10, 2020**  
**12:00 pm – 2:00 pm**

*At the MOA Wellness Center 'Ohana Room*  
*600 Queen Street, C-2*  
*Free parking, entrance from South Street*

**COST (miso making kit included):**

**\$30 for non-MOA members; \$25 for MOA member**

***Maximum of 15 people***

*(Please **RSVP by January 3rd**). Cancellations: 100% refund 72 hours before the event, 50% refund before 24 hours, and no refund within 24 hours)*

**RSVP MOA Wellness Center - 952-6900**

# MOA Hawaii's

## *Starting From Scratch cooking series*

Every second friday of the month from 12:00 - 2:00 COME LEARN and PARTICIPATE in our cooking workshops and enjoy a light lunch. Classes are held at MOA Hawaii located on 600 Queen Street C-2 Honolulu, HI 96813. Please call (808) 952 -6900 to reserve your seat a week in advance (15 people maximum). \$30 non-members \$25 MOA members

### JANUARY

**10** Miso  
12:00 - 2:00 pm

miso soup + miso onigiri + miso vegetables

### FEBRUARY

**14** Naturally colored sweets  
12:00 - 2:00 pm

steamed buns + dessert

### MARCH

**13** Konnyaku  
12:00 - 2:00 pm

oden + konnyaku salad

### APRIL

**10** Soba Noodles  
12:00 - 2:00 pm

hot soba

### MAY

**08** Tofu  
12:00 - 2:00 pm

tofu salad + tofu soup

### JUNE

**12** Pickles & BBQ Spices  
12:00 - 2:00 pm

BBQ sticks + pickled vegetables

### JULY

**10** Shio Koji  
12:00 - 2:00 pm

shio koji vegetables + marinated meat

### AUGUST

**14** Tofu  
12:00 - 2:00 pm

tofu salad + tofu soup

### SEPTEMBER

**11** Miso  
12:00 - 2:00 pm

miso soup + miso onigiri + miso vegetables

### OCTOBER

**09** Holiday Spices  
12:00 - 2:00 pm

spiced nut salad + pasta

### NOVEMBER

**13** Shio Koji  
12:00 - 2:00 pm

shio koji vegetables + marinated meat

### DECEMBER

**11** Soba Noodles  
12:00 - 2:00 pm

hot soba

These classes and times are subject to change due to attendance and room availability



# MOA Study Tour To Japan, November 5 to 15, 2019

By Richard Mills



Once upon a time in a land and culture not so far away, a group of travelers left the comfort of home to explore the "Land of the Rising Sun" in all its autumn glory. From the fast-paced city life of Tokyo and Osaka, through the ancient and wondrous temples of Kyoto, to the Western ports of Wakayama, each MOA tour traveler learned of ancient and modern ways while enjoying the bounty gathered from the forests, farms and oceans of Japan. At least this is how page 1 reads in our tour book. Steve Ichikawa organized and directed another adventure packed study tour to Japan. Our tour began after the bountiful hotel breakfast.



We made a quick walk to the MOA Wellness Center in Shinagawa for a seminar on community enrichment, purifying therapy and a delicious organic lunch. Our guide was administrator Taisei Ishikura. From Tokyo we traveled by train to Hakone and then back to Atami for a visit to MOA Museum of Art. Beautiful weather followed us everywhere we went. In Atami we experienced indigo dying and some shopping at Daiso, of course.



From here the group traveled by train to Osaka and spent some time in the "hot spot" Dotonbori district. We were treated to a great cabaret style show called

"GOTTA GOTTA". This had to be the high point of the trip. How could you not have fun watching a kabuki guy, a Harajuku girl, a tap dancer with a shrimp on his tall black hat and a shamisen player.

Tofukuji Temple is a large Zen temple in southeastern Kyoto that is particularly famous for its spectacular autumn colors. Toji Temples' pagoda is a symbol of Kyoto. It so happened that the temple was open to the public due to the coronation of the new Emperor bringing in the Reiwa era. We were able to view the guardian Buddha's in the temple that day.

Jean Hara and Delphine Shea step back in time to the Edo Era at the Osaka museum of living and housing.

We experienced Shirahama's Adventure World with a Safari ride, panda viewing and amazing aquariums filled with penguins, polar bears and otters. Kelleen Chun and her mom Jan fed the trained dolphins within a training pool before the show. Never had anyone seen so many different types of animals in one place.

Heading west to southwest to Wakayama our travels brought us to Shiomisaki Cape, the southern most location in Honshu, along with lunch of local ramen and maguro burgers! Our coach bus transported us to Katsuura town for a view of the Nachinotaki waterfall, the tallest waterfall in Japan. A few of us hiked to the temple area above.

Beautiful trays and bento boxes were completed by travelers in the makie tradition. Our final nights were spent at Wakayama Marina City Hotel where we ate fresh, never frozen maguro and walked the European "Porto Europe" near the hotel.

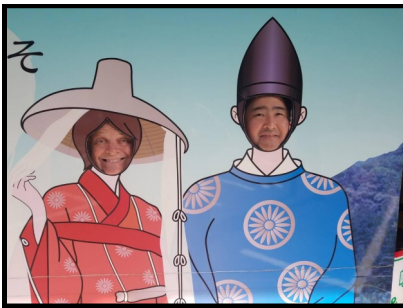


Jean Hara and Delphine Shea step back in time to the Edo Era at the Osaka museum of living and housing.





On the final day of travel we visited the Buddhist sacred grounds at the Garan of Koyasan, Kongobuji Temple. It was truly a trip to remember with memories and new friendships made in Japan.



**Mahalo, Steve!!!**



And over on Maui: At the Chrysanthemum festival on December 7, 2019 which was held at the Kihei Community Center, MOA offered flower circle



and At the Caregivers Conference held on November 22, 2019 at the Grand Wailea resort. Some of the comments heard were, “We look forward to doing the flowers every year,” “This is the highlight of the event” and “The flowers makes me happy “

### Holiday Get-together 2020





*January Message from:*

## Executive Director, Norman Oshiro

January 2020 Message

Aloha and Happy New Year:

Thank you all for your continued support for our organization and what we stand for. We are currently in a time of fast and remarkable changes, good and bad in this world. Here is an example of how Mokichi Okada explained some of these changes in his manuscripts.

*“When people look at something, it is not easy for them to see the thing itself without a little distortion. Grasp of the true state of anything is truly difficult. Why is this?”*

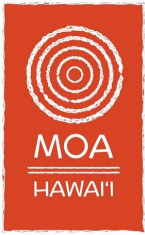
*Fundamentally speaking, various concepts like education, tradition, and custom form a kind of collective barrier. Hardly anyone realizes that this barrier lies dormant in all human beings. For that reason, this barrier obstructs their observation of things. For example, even when people study a new religion, this barrier is truly obstructive because they assume that all new religions are superstitious, heretical, and phoney. Working adults of today are continuously receiving journalists’ opinions through their eyes from newspapers and periodicals. They also receive [journalists and other people’s] opinions through their ears from radio broadcasts and common gossip. For that reason, this barrier is being steadily developed deeply and firmly. Such people cannot readily accept miracles as they stand even when they witness illnesses that physicians cannot cure being healed through faith. Before anything else, they become suspicious and doubtful. This is due to the barrier. The concept that medical science cures illnesses forms the core of the barrier, so if illnesses are cured, they rationalize in various ways that the time for those people to recover had come. We are continually experiencing such people completely distorting facts.*

*The philosophy of intuition corrects the human tendency of making mistakes in this way. More specifically, people would become open-minded when they look at anything without any preconceived ideas and without being obstructed by barriers. What should they do for that? They would become the selves of the moment. That is, they would not make mistakes by grasping the essence of the very impression of anything in itself that they sensed by intuition in the moment they see it. Accordingly, if people have witnessed intractable diseases actually being undoubtedly healed with this perspective, they should believe those concrete examples as they stand. That is the reasonable way of looking at everything. However, people think that cannot be—it is impossible that anything, which is incurable through machines and medicines, would be cured by the likes of something invisible that is the same as nothing. That is because the barrier is already obstructing their thinking. In addition to that, other people say, That is a superstitious belief! That cannot be true! That is to say, the barriers of other people have supported their barriers. Therefore, one must be very cautious of this point. The foregoing is only a general idea of the philosophy of intuition.*

*Next, all things are in a state of flux refers to everything constantly changing without a moment’s pause. For example, the self of yesterday and today are surely different in some way. No, the self of even five minutes ago is different from the self at this moment. The world yesterday is not identical to the world today. Of course, this is also true for society, culture, and international relationships. Therefore, one must clearly look at people’s ways of thinking and changes, and nothing else. That is the reasonable way of looking at everything. According to this principle, we should change our ways of thinking about religion and culture. Nevertheless, people criticize new religions through religious viewpoints of hundreds or even thousands of years ago, so it is a matter of course that they cannot gain a correct understanding of new religions. This is the theory of all things being in a state of flux.”*

(Jikan Series, Volume 12; January 30, 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:  
Phone:(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.**

### ADDRESS CHANGES

To keep us up-to-date on your current address, please complete the MOA supporter form if you've moved.

### 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, Cooking classes, Calligraphy classes, Flower Arranging (Kohrinka) classes and various upcoming MOA classes offered.

**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: Ceronda Enocencio, Brianna Akama, 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

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