



MOA Hawai'i Newsletter

VOLUME 7, ISSUE 3

MARCH 2020

Hawaii Children's Paintings Displayed in the 31st Annual MOA Museum of Art Children's Painting Exhibition

This year three paintings from Hawaii were chosen to be part of the 31st Annual MOA Museum of Art Children's Painting Exhibition. This exhibition is on display now at the MOA Museum in Atami Japan. Best Of Show winners from each district exhibition were submitted last year to Japan. Only 300 paintings are chosen to be displayed out of the thousand other Best of Show paintings submitted from throughout Japan and 11 other countries throughout Asia, North and South America and Europe representing 439,893 paintings. Congratulations to Tiffany Ishida of Waialae Public Charter School, Liliana Inomata of Hokulani Elementary School, and Dylan Cowan of Aikahi Elementary School.

Thirty of these paintings will be part of the State Exhibition at the State Capital Chamber's Level along with 28 paintings from each district exhibition and 20 paintings from Sister City Nagaoka. The Opening Ceremony will be on 10:00 a.m. May 30, 2020, State Capital Auditorium. Our three representative winning paintings will also return at that time on its world tour.



Lone Traveler

Artist: Tiffany Ishida
East Oahu District
School: Waialae
Public Charter
School
Grade: 5
Age: 10 years old

"I feel proud of myself. The painting came out better than I thought it would. It is a person alone in the rough waves. It is like life when we feel all alone sometimes. I am very happy that I won. For art, it made me feel that I can be good at it."

32nd Annual MOA Museum of Art Children's Painting Contest Awards Ceremonies and Exhibitions

Hilo / Kona District: Prince Kuhio
Shopping Center
Exhibit: March 30 to April 5
(Mon-Sun)
Awards Ceremony: Saturday,
April 4, 2020 at 10 am

Nuuanu / Kalihi / Manoa: Lanakila
Multipurpose Senior Center
Exhibit: April 10 to 11 (Fri-Sat)
Awards Ceremony: Saturday,
April 11, 2020 at 10 am

Morning Tea Meditation



Tea Meditation Practice
Saturday & Sunday 7:30 am—8:15 am
MOA Wellness Center

A lot of people have been asking me, what is the Tea Meditation you are doing? This is something I started because I wanted to bring meditation to MOA for myself and the community. So now, every Sunday and Saturday mornings at the MOA Wellness Center I slowly make myself some tea, being as mindful and present as I can. Then I find a comfortable place to sit with my tea, and right before I take my first sip I pause giving space for gratitude. As I am slowly drinking my tea, I am trying to take everything in— what I see, smell, taste, feel and hear. Finally after my last sip I take one more moment to give thanks. Then I sit quietly, clearing my mind, focusing on my breath and start to meditate. Finally I end with writing in my gratitude journal thinking about everything that I am grateful for this past week. I welcome anyone who wants to come spend their Sunday and Saturday mornings to join me to practice mindfulness, meditation and gratitude. This is definitely something anyone can do at home too, so even if you can't make it out here feel free to start your own practice and we can be tea meditation buddies in spirit.

Cheers! Aisha Asami

Thank you to everyone who came out to my naturally colored sweets class! There are so many beautiful fruits, vegetables, spices, herbs and teas out there that we can use to add color to our food. Why use artificial food coloring made from petroleum when we can add the same color with beets or turmeric? I know that description of the class “naturally colored sweets” was a little ambiguous so I'm so glad people took a chance and decided to try it anyway. In this class we made vegetarian or char siu manapua using naturally colored dough to differentiate between flavors. And while we waited for the manapua to finish steaming, I had people decorate cookies painting on designs with powdered turmeric, pea flowers and beets mixed with some vodka for paint. It was so much fun! Next month on March 13th from 12:00 – 2:00 we will be making konnyaku from scratch. I hope to see you there!

This next month, I want to give people an opportunity to work on their digestion. I will be starting an elimination diet information session on March 9th at 5:00 pm on Facebook live. Day 1 of this diet begins on March 16th. If you have any questions, please contact Aisha via email at moa808hawaii@gmail.com.

MOA Taiso...Let's Get Moving!

Every Wednesday from 9:30 am to 11:30 am...join us! Donations are accepted and appreciated



Taiso Participants Explain Why They Come to the Class

I used to take Yoga classes but I feel this type of exercise is good for my body. Not only that, when I watch our instructor, Aisha, she makes me feel happy and calm. I feel so good just watching Aisha... H.S.

I do exercises on my own. But the stretches that Aisha does is different and I feel it working on my body... T.N.

I enjoy exercising with other people. I wish everyone would do this. What you eat is very important but exercise is good to dear your mind... T.D.

March Message from:

Executive Director, Norman Oshiro

“The basic principle of Nature Farming is to let the soil exercise its intrinsic power.



The basis of Nature Farming is to respect and love the soil and try not to pollute it. Then, it is natural that the soil will be satisfied and perform its work with joy. In using the analogy of human beings, we can become a healthy person with good energy because nothing comes in the way.

The fundamental principle of Nature Farming is to let the soil itself exercise its power to the fullest. That is, not to add impure substances such as man-made fertilizers and keeping the soil clean. Then, the soil would have nothing that comes in the way and can fully exercise its intrinsic power. It is also interesting that the theory of having the soil rest is wrong as well. The soil can perform better the more they produce crops

It is because the soil will naturally be equipped with its necessary ability to produce certain crops while producing such crops continuously.”

Join me on Wednesday, March 25, 2020 at 9:30 am at the MOA Wellness Center for a discussion on Nature Farming.

Introduction to Peer Support Program

Peer support programs teach skills & offer support to help people experiencing mental health challenges lead meaningful lives in the community. Peer support programs promote recovery; enhance hope and social networking through role modeling and activation; and supplement existing treatment with education, empowerment, and aid. As a part of the OPT education and training, it is recommended that only OPT therapists and staff attend this introduction presentation that will be held on March 21st, Saturday at 3:00 pm.

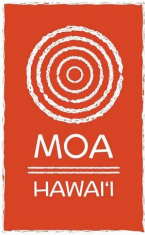
2020 JAPAN STUDY TOUR WITH STEVE ICHIKAWA



**JUNE 1-16, 2020 (tentative)
(16 days / 14 nights)
Tokyo, Atami, Niigata Prefecture, including Sado Island**

The dates and itinerary of the tour may change without notice. If you and your family or friends are interested in joining the June tour, please see Steve at MOA or call (808) 952-6900 for more details.

The April tour is fully booked, thank you very much for your support of this April tour (4/6 - 17/2020). The November tour is now in its planning stages.



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
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.**

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

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, 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 Encencio, 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
Website: www.moahawaii.org

