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Natural Foods Program Manager

Roy Goshi-Otaguro  
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Danny Asami  
OPT Program Manager

Teri June Amuro  
MOA Wellness Center/  
Healthy Life Network Manager

Phone: (808) 952-6900

Fax: (808) 566-6911

E-mail: [info@moahawaii.org](mailto:info@moahawaii.org)

Website: [www.moahawaii.org](http://www.moahawaii.org)

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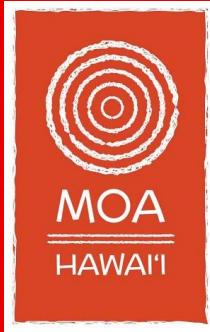
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# MOA Hawai'i Newsletter

VOLUME 1, ISSUE 2

FEBRUARY 2014

## Executive Director's Message

Aloha and Kung Hee Fat Choy,

Thank you again, to all of you who volunteered your precious time and donated your precious money so that Mokichi Okada's vision of creating a New Civilization will be realized in the near future.

Sen no Rikyū (1522-1591, also known simply as Sen Rikyū), is considered the historical figure with the most profound influence on chanoyu, the Japanese "Way of Tea", particularly the tradition of wabi-cha. He was also the first to emphasize several key aspects of the ceremony, including rustic simplicity, directness of approach and honesty of self. Originating from the Edo Period and the Muromachi Period, these aspects of the tea ceremony persist.

On Saturday, March 1, 2014, the MOA Wellness Center will be hosting a special tea ceremony honoring Sen no Rikyū as well as the traditional Japanese Girls Day. A special lunch of traditional Japanese cuisine (Cha-Kaiseki) will be served along with tea ceremony experience (provided by Sokyo Uchiyama Sensei, tea instructor of Chado Urasenke) for \$25. This will be limited to the first 30 people that sign-up. Others will be able to experience the tea ceremony for \$10 from 10 AM – 3 PM.

The MOA Wellness Center will be holding monthly OHWP Extended Sessions on the last Thursday (9:30 AM–1:00 PM) and Friday (9:30 AM–12:00 PM) of each month. The purpose of the extended OHWP is to give participants who are experiencing health challenges to receive the OHWP for an extended period of two consecutive days totaling six hours. The program consists of Tea and Flower Therapy, Okada Purifying Therapy, Nutrition, Exercise and consultation with Dr. Garcia. The cost for the two days is \$60 (includes a meal on the first day). For those wishing to participate as a therapist or participant please call 952-6900.



## Health Promotion Seminar at the Pearl City Library

By: Danny Asami



“I feel more relaxed and positive” was just one of the comments heard at the Health Promotion Seminar at the Pearl City Public Library Adult Reading Room on Sunday, January 12. Librarian Kapua Ruiz invited MOA Hawai'i to present our Health and Wellness Program to the public. Sixteen participants attended the free seminar and experienced the Okada Purifying Therapy (OPT) for the first time.

Dr. Leon Garcia, Medical Director of the MOA Wellness Center (MWC), opened with a short lecture on MOA's history and philosophy in the course of Mokichi Okada's life and background. Garcia spoke further about Okada's perspective on modern medicine in his time and how our current healthcare system could address public health needs by incorporating holistic living practices (i.e., eating natural foods, promoting arts and culture) in harmony with Nature as professed by Okada. He went on to highlight the trend towards integrative medicine and how the MOA Wellness Center in partnership with the University of Hawai'i John A. Burns School of Medicine's Department of Complementary and Alternative Medicine offers modern medical support in conjunction with non-traditional healing modalities. Garcia focused on how OPT can be simply and seamlessly integrated with therapies old and new by allowing individuals to empower the natural healing ability for themselves and others. Following this introduction, Garcia fielded questions from the audience on topics ranging from the spiritual aspect of OPT to whether OPT could benefit those with emotional and psychological issues.

Danny Asami then provided a brief demonstration with Ruiz's assistance of the thorough detection procedure to locate the root cause of illness, which is the accumulation of toxins in the body. The audience was presented with examples of how everyone's energetic or spiritual body coincides with the physical body. Many were delighted to hear that anyone can learn to do OPT and through this bio-field energy treatment immediately improve their body's innate ability to purify and heal itself.

After the presentation, each participant and even the library's security guard received OPT on a one-on-one basis for about 20 minutes from a MOA volunteer. At the end of the hour-long seminar, people left with a sense of gratitude as well as increased feelings of relaxation and understanding on the nature of human health. Some expressed interest in learning more about MOA and visiting the new MWC at Keola La'i in downtown Honolulu. A handful of attendees actually visited the Okada Health and Wellness Program at the Pearlridge Shopping Center the following day to experience MOA's tea therapy, flower therapy, and receive more OPT.

One such participant is a pharmacist who reported experiencing some form of purification after receiving OPT and requested information to sign up for the OPT Basic Certification Course. Ruiz said the library is looking forward to have MOA Hawai'i present another Health Promotion Seminar in April or May.



# FEBRUARY 2014

# MOA HAWAII

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>*Kohrinka (Flower Arranging) Classes are held at the Toho No Hikari Social Hall, 3510 Nuuanu Pali Drive</p>						<p><b>1</b> Traditional Okinawan Cooking Class 5:00-7:00pm</p> <p>Everyday Vegan &amp; Healing Foods 1:00-3:30pm</p>
<b>2</b>	<p><b>3</b> Yoga 5:00-6:00pm</p>	<p><b>4</b> Dr. Garcia 10:00am-12:00pm</p> <p>Nutritionist 9:30am-12:00pm</p> <p>Yoga 5:00-6:00pm</p>	<p><b>5</b> OHWP @ Kaneohe Community Center 8:30-10:30am</p> <p>Yoga 5:00-6:00pm</p> <p>MOA Board Meeting 6:30pm</p>	<p><b>6</b> Natto Workshop 11:00am-12:30pm</p> <p>Yoga 5:00-6:00pm</p>	<p><b>7</b> Yoga 5:00-6:00pm</p>	<p><b>8</b> Mouna Farms Tour 8:30am-2:00pm</p> <p>Arts &amp; Culture Meeting 9:30am</p> <p>Takane/Kikuchi Kohrinka 9:30am-12:00pm</p> <p>OHWP @ Valley of the Temples Byodo-In 12:00-3:00pm</p>
<b>9</b>	<p><b>10</b> OHWP @ Pearlridge Shopping Center 8:30-10:30am</p> <p>Yoga 5:00-6:00pm</p>	<p><b>11</b> Dr. Garcia 10:00am-12:00pm</p> <p>Nutritionist 9:30am-12:00pm</p> <p>Iwata *Kohrinka, 9:30am-12:00pm</p> <p>Shoda/Suenaga *Kohrinka, 12:30pm-2:30pm</p> <p>Shodo – Japanese Calligraphy Class 2:00-3:00pm</p> <p>Yoga 5:00-6:00pm</p> <p>Nakata/Ichikawa *Kohrinka, 6:30pm</p>	<p><b>12</b> OHWP @ Kaneohe Community Center 8:30-10:30am</p> <p>Basic OPT Course 6:00pm</p> <p>Yoga 5:00-6:00pm</p>	<p><b>13</b> Nakata/Ichikawa *Kohrinka, 4:30pm</p> <p>Yoga 5:00-6:00pm</p> <p>OPT Therapy Practice 6:00pm</p>	<p><b>14</b> Yoga 5:00 - 6:00pm</p> <p>OLA Screening 6:30pm</p> <p>Okazaki/Liu *Kohrinka, 7:00-9:00pm</p>	<p><b>15</b> Shodo – Japanese Calligraphy Class 10:00-11:00am</p>
<p><b>16</b> Nuuanu Garden Volunteer Day 9:00am-12:00pm</p>	<p><b>17</b> <b>PRESIDENTS' DAY (HOLIDAY)</b></p>	<p><b>18</b> Dr. Garcia 10:00am-12:00pm</p> <p>Nutritionist 9:30am-12:00pm</p> <p>Yoga 5:00-6:00pm</p>	<p><b>19</b> OHWP @ Kaneohe Community Center 8:30-10:30am</p> <p>Iwata Continuous Care Aiea Branch 9:30am-4:00pm</p> <p>Yoga 5:00-6:00pm</p> <p>Iwamoto Continuous Care Mililani Branch 7:00pm</p>	<p><b>20</b> Yoga 5:00-6:00pm</p>	<p><b>21</b> Otaguro/Fujioka *Kohrinka 9:30am-12:00pm</p> <p>Yoga 5:00-6:00pm</p>	<p><b>22</b> Takane/Kikuchi Kohrinka 9:30am-12:00pm</p> <p>Otaguro/Tom *Kohrinka 10:00am-12:00pm</p> <p>Ebesugawa/Nakano/Suenaga *Kohrinka 1:00-3:00pm</p>
<p><b>23</b> Kanikapila Time 2:00pm</p> <p>Natto Workshop 4:00pm-5:30pm</p>	<p><b>24</b> OHWP @ Pearlridge Shopping Center 8:30-10:30am</p> <p>Yoga 5:00-6:00pm</p>	<p><b>25</b> Dr. Garcia 10:00am-12:00pm</p> <p>Nutritionist 9:30am-12:00pm</p> <p>Shodo – Japanese Calligraphy Class 2:00-3:00pm</p> <p>Yoga 5:00-6:00pm</p> <p>Nakata/Ichikawa *Kohrinka 6:30pm</p>	<p><b>26</b> OHWP @ Kaneohe Community Center 8:30-10:30am</p> <p>Iwata Continuous Care Aiea Branch 9:30am-4:00pm</p> <p>Yoga 5:00-6:00pm</p> <p>Basic OPT Course 6:00pm</p>	<p><b>27</b> OHWP Extended Session 9:30am-1:00pm</p> <p>Nakata/Ichikawa *Kohrinka, 4:30pm</p> <p>Yoga 5:00-6:00pm</p> <p>OPT Therapy Practice 6:00pm</p>	<p><b>28</b> OHWP Extended Session 9:30am-12:00pm</p> <p>Kobayashi *Kohrinka 9:30-11:00am</p> <p>Suenaga *Kohrinka 9:30am-12:00pm</p> <p>Yoga 5:00-6:00pm</p> <p>“Introduction to MOA” 6:30pm</p>	<p><b>March 1</b> Special Tea Ceremony Sen No Rikyu and Girl's Day 10:00am-3:00pm</p>

MOA HAWAII • 600 QUEEN STREET C-2 • HONOLULU, HI 96813

Phone: 808-952-6900 • Fax: 808-566-5611 • Website: [www.moahawaii.org](http://www.moahawaii.org) • Email: [info@moahawaii.org](mailto:info@moahawaii.org)

MOA Wellness Center Hours of Operation: M-F 9:00am-6:00pm, Sat. 9:00am-5:00pm



## The Heart of Nature Farming

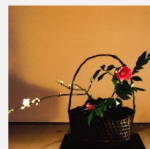
*Not only is Nature Farming an agricultural method that does not use chemical fertilizers and agricultural chemicals, it also cultivates crops while making full use of the potential of soil by improving the soil structure*

*and building new topsoil. More than anything else, Nature Farming stresses the importance of feelings of love toward soil and crops, and feelings of gratitude toward Nature for the health of people who eat Nature Farming-produced vegetables. Both soil and crops are living things. If you look after soil and crops with love, both will surely respond to your feelings.*

*(Source: MOA Nature Farming and Culture Agency: Enjoying Growing Vegetables Home Gardens Through Nature Farming Practice Book)*

### Reminders

The MOA Nature Farming Demonstration Garden is a ¼ acre plot located in the back of the Toho No Hikari Church, 3510 Nuuanu Pali Drive. There is a hands on work day every 3<sup>rd</sup> Sunday of each month and everyone is welcomed to attend. We are increasing the production of the garden and need more **help** to keep up with planting, harvesting, weeding and watering of the garden. If anyone is interested in working with nature and learning about Nature Farming please come on the 3<sup>rd</sup> Sunday or call Tom at 284-8129 and schedule a time that is more convenient for you. You can also email him at [garden.moahawaii@gmail.com](mailto:garden.moahawaii@gmail.com).



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

### Nuuanu (3510 Nuuanu Pali Drive)

Frances Okazaki & Jon Liu

2nd Fri. 7:00 pm—9:00 pm

Jessie Nakata & Steve Ichikawa

2nd & 4th Tues. 6:30 pm—8:30 pm

2nd & 4th Thurs. 4:30 pm—6:30 pm

Bless Ebesugawa & Brian Nakano & Hiroe Suenaga

4th Sat. 1:00 pm—3:00 pm

Roy Goshi-Otaguro & Ruby Fujioka

2nd Fri. 9:30 am—12:00 pm

Roy Goshi-Otaguro & Phyllis Tom

4th Sat. 10:00 am—12:00 pm

Hideko Iwata

2nd Tues. 9:30 am—12:00 pm

Ruth Kobayashi

4th Fri. 9:30 am—11:00 am

Hiroe Suenaga

4th Fri. 9:30 am—12:00 pm

For more information, please contact Arts & Culture Manager Roy Goshi-Otaguro @ 222-2031.

### Cost

\*Initial MOA Membership \$25

\*Required Text Books

MOA Kohrinka Text \$20

MOA Kohrinka Guidebook \$10

Kohrinka record note book \$1

(Photo collection of Mokichi Okada's flower arrangements)

\*Class Fee

Per Session \$5

\*Additional Cost for Flowers



## The MOA Support System

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 Hawai'i are tax deductible.

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 of 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)



# Washoku (Traditional Japanese Cuisine)

By: Mai Fujii

What is your favorite cuisine? Hawai'i is a diverse state that has many cultures, which co-exists with many ethnicities. With a large percentage of Asian population, we can find many Asian grocery markets and restaurants. Japanese food is one of the most popular cuisines among local people.

**Washoku** (和食) means traditional Japanese cuisine. It includes the food, ingredients, preparation and way of eating in Japan. On December 4, 2013, UNESCO registered *Washoku* as an Intangible Cultural Heritage, a social custom handed down from generation to generation that expresses the Japanese people's respect for nature. The four characteristics that typify *Washoku* are:

- 1) The diversity and freshness of ingredients, and respect for their inherent flavors.
- 2) An exceptionally well-balanced and healthy diet.
- 3) An expression of natural beauty and the changing seasons.
- 4) Close links with annual events, such as New Year's festivities.

*Washoku* culture is not only a way of cooking and recipes, but by using words such as "*Itadakimasu*" and "*Gochisousama*",

you are expressing appreciation for the food and thanking and showing appreciation to the host. The word "*mottainai* (don't waste)" is often used to express the sustainable use of natural resources such as drying and pickling of natural ingredients.

A basic meal consists of rice as a main staple food, with miso soup and other dishes in its own separate serving dish. Seasonal and regional ingredients are actively used. Fish is common in the traditional cuisine that is not only used as a main dish, but also is used for *dashi* (broth). Different methods of cooking and preparing foods are utilized to bring out the natural flavors of the food.

In the Okada Health and Wellness Program, we emphasize Japanese cuisine that is a highly plant-based diet based on Mokichi Okada's philosophy on diet. We emphasize that one should follow a diet that is his/her heritage while eating with gratitude for our food. Mokichi Okada explains that the principles of eating correctly are based on the laws of Nature.

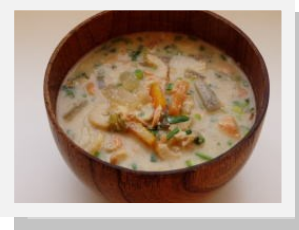
The five essential practices of the dietary plan are:

- Choose foods that are full of life-giving potency.
- As you enjoy your meal, maintain a sense of gratitude towards the food and the people who prepared it.
- Season your food lightly.
- Eat mainly grains and vegetables.
- Maintain a healthy balance in eating and exercising.

Start practicing these five essential practices and enjoy delicious foods!



## Kasujiru Recipe (Soup made with sake lees)



Kasujiru is a Japanese soup made by dissolving sake lees, or a mix of sake lees and miso, in broth and adding some ingredients, which are often carrot, daikon (Japanese radish), pork or fish. Sake lees are the left over from sake production, and are high in nutrition that contains a high amount of protein, fiber, B vitamins, and zinc. There are many health benefits for sake lees, including helping to regulate blood pressure, manage blood sugars, improve blood circulations, helping to prevent/delay osteoporosis, and reduce LDL-cholesterol. Sake lees also contain fiber, thus it is good for constipation. For external use, sake lees can be used for skin care. Enjoy the benefits of sake lees as a delicious soup!

\*sake lees contain alcohol, so please be aware of it and don't feed an infant, a child or people who cannot drink alcohol.

### Ingredients (serving 4):

- 1 medium Carrot
- 1/2 Daikon
- 2 Abura-age (deep-fried bean curd)
- 6 oz Pork Shoulder
- 3.5 oz Sake Lees
- 1 Tbs Miso
- 2 tsp Shoyu
- Salt for taste

### Directions:

Blanch the pork to the extent that its surface becomes marbled from boiling water with a few drop of sake. Blanch the abura-age for 20 seconds to remove oil. Cut the pork into bite size pieces and slice abura-age into thin pieces. Shred the carrot and daikon.

In a pot, place purified/drinking water and add pork, abura-age, carrot and daikon. Bring it to a boil. When it is boiled, turn heat lower and cook vegetables for several minutes. Remove scum and the fat content on the surface.

Turn off the heat, and add 2 tsp shoyu. Add 1 tsp salt and taste. If you feel it needs more salt, add some more until the soup is flavorful.

Add sake lees and miso. Turn heat to low flame and dissolve slowly.

Serve in a bowl and garnish with Japanese parsley if available. Enjoy

Alternative: Substitute pork with salmon. Vegetable broth for vegans.

Source: <http://www5.plala.or.jp/fmartkovama/sakekasu.htm>  
(in Japanese)

**MOA Wellness Center  
Administrative Assistant**

This position is responsible for the reception duties of the MOA Wellness Center. Attend to visitors and deal with inquiries on the phone and face to face. Supply information regarding the organization to the general public, participants and customers.

Duties also include being a practitioner’s assistant for the University Integrative Medicine.

Deadline for application is **February 7, 2014**. Call Ruby at 952-6900 or email [info@moahawaii.org](mailto:info@moahawaii.org) to apply.

**MOA Hawaii  
Board of Directors Election**

- Three existing director positions ends March 31, 2014
- Two new director positions have been added
- All positions will expire 2016 and three will expire in 2019
- Qualifications: 20 years or older; MOA Hawaii member for 3 years or more

Nominations for the five director positions are due via email at [info@moahawaii.org](mailto:info@moahawaii.org) or written and submitted at the MOA Wellness Center by **Saturday, February 15, 2014**. For more information please contact Norman Oshiro/Ruby Gines at (808) 952-6900.



**MOA Wellness Center Hours**

Monday	9:00am—6:00 pm
Tuesday	9:00 am—6:00 pm
Wednesday	9:00 am—6:00 pm
Thursday	9:00 am—6:00 pm
Friday	9:00 am—6:00 pm
Saturday	9:00 am—5:00 pm
Sunday	Closed



MOA Hawai'i  
600 Queen Street, C-2  
Honolulu, HI 96813

