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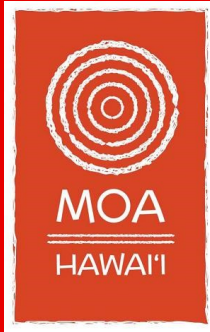
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MOA Hawai'i Newsletter

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Executive Director's Message

Aloha,

April is "Art and Beauty" month for us at MOA. Mokichi Okada said, "We must get rid of the brutal nature of people and improve their characters through art. ... To put it plainly, the spiritual power that radiates from the souls of artists touches the heartstrings of the souls of the general public through literature; pictures; paintings and drawings; musical instruments; and voice and dance. To be more precise, it is the strong connections between the souls of artists and the souls of the general public. Consequently, if the characters of artists are base, the general public also becomes base. If the characters of artists are noble, the sentiments of the general public will also be refined. Herein lays the preciousness of art. In other words, artists definitely must be leaders of the general public through their souls."

The purpose for the 26th Annual MOA Museum of Art Children's Painting Contest and Exhibitions is to support the character building of our future leaders and artists of the world—Our Children. Please check the schedule of the various children's painting exhibitions and contact Roy Goshi-Otaguro if you would like to volunteer your services.

On Wednesday, April 23, from 6:30-8:00 p.m., we will be having a flower appreciation workshop to introduce everyone to the power of flowers and to learn how flowers are the secret solution to bringing a positive outcome to any situation.

We have concluded with the voting for the new MOA Hawai'i Board of Directors, and I would like to thank everyone who participated. Congratulations to Shawn Hamada and Gladys Yoshizawa who were elected as new board members. Also, congratulations to Frances Okazaki, Lester Nakamura, and Steve Tomino who were re-elected to serve another term. We now have 9 board members.

MOA After School Program

By: Talia Goshi-Otaguro

Every year, the MOA After School Art for Kids and Japanese Language programs at Maemae Elementary School presents a program and exhibit of student work for the parents. Students submit their best work and we frame and exhibit their pieces in the school library. Since my favorite part of being an art teacher is producing quality work, seeing all of it framed and displayed is extremely rewarding. This year's show included fireworks done in glitter glue, spooky Halloween silhouettes, the Sochi Olympics, animals in marbled chalk, woven pieces, portraits, landscapes, totem poles and sprayed plants with oil pastel. The Japanese Language program displayed a sample worksheet from the younger students and a beautiful calligraphy from the older students.

The excitement started at 4:30 p.m. Some of the students pulled their parents through the door and dragged them all the way to their art piece. Others would explain how they created the work. Proud parents whipped out their phones and took photographs of their child with their painting. Some students wanted pictures of their favorite paintings made by their friends. Speeches were made celebrating and explaining the program and the hard work each student (and teacher) goes through making all those pieces of art. Finally, families participated in a flower circle and everyone got to take a small flower arrangement home. The exhibit is displayed in the school's library for a week so everyone at the school can enjoy the artwork. After that, those same pieces are submitted for the MOA Children's Painting Contest and maybe one of them will go to Japan!

One last thing to be said about being an art teacher is that, at the end of the day, it's really the children who make teaching worth it. As an after-school program, we have an opportunity to teach the same children year after year. And for the first time at Maemae Elementary I have a student who was there since kindergarten and will be graduating to middle school. I remember when she was little and would just sit and daydream in front of her paper. Now, she's older and coming in early to help the younger kids do their

artwork, and the work that she does in class is really impressive. It's a nice feeling to see them improve over the years and know that they liked the program enough to continue.



Beauty Through the Eyes of Our Children 26th Annual Children's Painting Contest and Exhibition

Sponsored by the MOA Museum of Art of Atami, Japan
and MOA Hawai'i

Hawaii District

Exhibit: March 24-30, 2014 at Prince Kuhio Plaza
during mall hours

Awards Ceremony: March 26, 2014 at Queen at 12:00 p.m.

Windward District

Exhibit: April 11-13, 2014 at Windward Mall – Center Court
Paintings displayed during mall hours

Awards Ceremony—Saturday, April 12, 2014, at 10:00 a.m.

Nuuanu-Kalihi-Manoa Districts

Exhibit: April 18-19, 2014 at Ward Warehouse Kaka'ako
Conference Room

Paintings displayed from 10:00 a.m. to 9:00 p.m. on April 18
(Good Friday) and 10:00 a.m. to 3:00 p.m. on April 19 (Saturday)

Awards Ceremony—Saturday - April 19, 2014 at 10:00 a.m.

Maui District

Awards Ceremony & Exhibit

May 3, 2014 at Queen Kaahumanu Center from
10:00 a.m. to 2:00 p.m.

East Oahu District

Exhibit: May 2-7, 2014 at Kahala Mall

Paintings displayed during mall hours

Awards Ceremony—Saturday, May 2, 2014, at 10:00 a.m.

Leeward/Central Oahu District

Exhibit: May 9-11, 2014 at Pearlridge Center

Paintings displayed during mall hours

Awards Ceremony—Saturday, May 10, 2014, at 10:00 a.m.

State of Hawaii Exhibition

The Honolulu Museum of Art, Linekona Art School

May 31, 2014 at 10:00 a.m.

Opening Ceremony for Exhibition

Exhibit: May 31 to June 7, 2014

Paintings from all islands will be displayed in the Gallery during
museum hours

If you are interested in volunteering for this event, please contact
Roy Goshi-Otaguro at (808) 222-2031 for more information.



Enjoying Meals

By Mai Fujii
Natural Foods Program Manager



Enjoying daily life is important. In particular, enjoying meals with gratitude becomes mental and physical nourishment.

1. The number one enjoyment is eating

From birth to death we cannot live without food and water. While foods supply nourishment to our bodies, our daily meals are a time to experience the seasons through the ingredients, converse with family members around the dining table, feel a sense of relief, and give richness, interest, and warmth to our lives. It is probably no exaggeration to say that meals are the number one enjoyment for people.

2. Arrange foods beautifully on suitable dishes, and set the table.

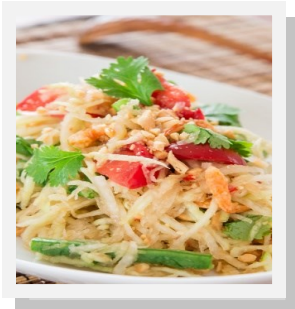
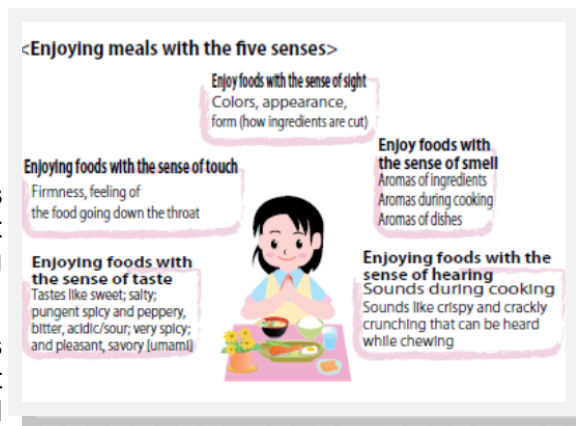
- If serving ready to eat prepared foods, arrange them decoratively on dishes instead of in their paper or plastic containers.
- Create a calm and pleasant atmosphere that looks and feels beautiful.
- Decorate the table with flowers and play a classical/peaceful music that makes you feel more comfortable.

3. Enjoy meals with your five senses.

- In cooking, the visual aspects, aromas and flavors, the feel on the tongue, and the firmness of foods are appreciated. Use these five senses: 1) sight, 2) smell, 3) touch, 4) taste, and 5) hearing to be more aware of the food you eat.

When a baby begins to eat baby food, it commits to memory flavors and aroma through foods. A baby develops all five senses as it repeats the actions of looking, touching, checking, and eating foods.

It is said that compliments of family members such as “This is delicious!” and “This smells good!” are also very important at mealtimes. These experiences influence brain development and extensively influence character development.



Green Papaya Salad Recipe

Papaya is a year-round seasonal fruit in Hawaii. While papaya is often eaten when it is ripe, unripe green papayas are also eaten in salads. Here, I'll share a classic Thai style green papaya salad recipe.

Instructions:

Put the fish sauce, fresh lime juice, Hawaiian chili pepper, garlic, and sugar in a blender. Puree the mixture. You can also mince the chili pepper and grate the garlic and whisk the dressing together.

Peel the papaya and slice it in half. Take out the white seeds using a spoon.

In a large bowl, shred the papaya using a mandoline.

Pound the green beans to tenderize. Add the green beans, cherry tomatoes, peanuts, and cilantro to the shredded papaya.

Pour the dressing on top and mix well. Serve immediately.

*Variations: You can also make a cucumber salad with this recipe. Substitute 2 Japanese cucumbers for a green papaya.

** If you like it spicier, add a few more Hawaiian chili peppers and garlic to give it an extra kick.)

Ingredients: (serve 2~4)

- 1 lb. (1 small) green papaya (pick a green unripe papaya which is very green)
- 1/3 cup (1 to 2) fresh lime juice
- 3 tbsp fish sauce (for vegan, substitute with soy sauce)
- 1 clove garlic
- 1 Hawaiian chili pepper (for spiciness)
- 10 cherry tomatoes (cut into half)
- 10 green beans (trimmed and cut into 1 1/2-inch pieces)
- 2 oz peanuts (crushed)
- 1 tbsp organic palm or brown sugar
- 1 bunch cilantro leaves for garnish

Welcome Aboard

Soraya Garcia
MOA Wellness Center
Administrative Assistant



Soraya Garcia has worked in the Medical field for 15 years. Soraya moved to Honolulu two years ago with her husband from Washington, DC. Soraya enjoys reading, music, exercising and most of all exploring different cultures. Soraya has three children and six grandchildren and she loves being a grandmother.

Okada Purifying Therapy



If you are interested in taking the OPT Basic Course, re-certification, or to practice your OPT skills please contact the MOA Wellness Center to schedule a time with one of our trainers.

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



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