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Natural Foods Program Manager

Roy Goshi-Otaguro  
Arts & Culture Program Manager

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MOA Wellness Center/  
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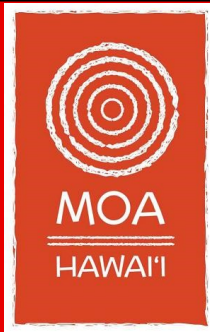
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# MOA Hawai'i Newsletter

VOLUME 1, ISSUE 3

MARCH 2014

## Executive Director's Message

Aloha,

March is National Nutrition Month with the theme "Enjoy the Taste of Eating Right" sponsored by the Academy of Nutrition and Dietetics. The campaign is designed to focus attention on the importance of making informed food choices and developing sound eating and physical activity habits. NNM also promotes the Academy and its members to the public and the media as the most valuable and credible source of timely, scientifically based food and nutrition information. Visit them at <http://www.eatright.org/nnm/#.UwQaNFOYYqR>

Mai Fujii, our MOA Nutritionist has been conducting classes on how to make your own healthy foods like miso, natto, tofu and soba. She has been conducting Natural Food Advocate classes in Japanese and soon in English. Call the MOA Wellness Center and reserve a spot for the up-coming classes. Mai also provides individual nutritional guidance at the MOA Wellness Center and at individual homes in the networks.

Vegan Chef Ori-Ann Li attended culinary schools in Europe and North America. She studied at the famed French culinary arts institute Le Cordon Bleu at both its Paris and Ottawa campuses, took courses from Natural Gourmet Institute in New York City and received chef's training at a well-established vegetarian cooking school in England. She has traveled to 13 countries and 33 cities to study ethnic cuisines. As a creative thinker and dedicated gourmet chef, she enjoys introducing to her readers and viewers exciting new ways to eat healthy, tasty, organic and vegan. She also enjoys giving lifestyle consultation to individuals and groups, helping them to improve their quality of life. She is trained and certified in Ayurvedic (A.N.A.) and traditional Chinese nutrition and Plant-based Nutrition at Cornell University/T. Colin Campbell Foundation.

Ori-Ann has been conducting classes at the MOA Wellness Center and at individual homes. If you are interested in gathering your family and friends and invite her to your kitchen, call Ori-Ann at 391-2881.

Dr. Terry Shintani, MD, JD, MPH, KSJ, is a physician, attorney, nutritionist, author, lecturer, radio show host and community advocate. Dr. Shintani's primary specialties

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include Lifestyle Medicine, Obesity, Traditional Oriental Medicine and Macrobiotics. He deals primarily with adult chronic diseases and works with patients in a whole person approach to safely reverse their illness, lose excess weight, and gradually wean them of medications that become unnecessary.

He received his master's degree in nutrition at Harvard University and both his medical degree and his law degree from the University of Hawai'i. He is board certified in preventive medicine. He also was trained at the Kushi Institute in the fields of Oriental Medicine and Macrobiotics.

In 1989 he started the Waianae Diet Program to help improve the health of the Hawaiian people. In 1993, his program won the highest national award from the U.S. Secretary of Health and Human Services. He is the author of 9 books including the Eat More, Weigh Less® Diet, the HawaiiDiet, and the Good Carbohydrate Revolution. He has been featured in Newsweek, CBS "This Morning," CNN News, ABC national radio, Dateline NBC; and as of 1995, he appears in the Encyclopedia Britannica.

Dr. Shintani has been working with MOA for over a decade in the promotion of healthier lifestyles.

You may also schedule an appointment to see Dr. Shintani by calling 566-6922.



## Visit to Mouna Farms By: Norman Oshiro

Our tour of Mouna Farm Art and Culture Village on February 8, 2014 was an awesome experience. Mouna is the Sanskrit term for "Inner Silence." When you step out of your vehicle and enter the 4-1/2 acre village in Waianae you feel the heart of the owner, Sooriya Kumar. You see an organic vegetable garden, open kitchen, open workshop, tents where WWOOF (Willing Workers on Organic Farms) are camped while they volunteer their heart to this amazing place. The welcoming spirit was highlighted by an amazing rice pudding dish made by Sonya.

Sri Lankan artist Sooriya Kumar's creation of copper art is continuous prayer. "I become one with the piece I make – you can see it in the angel of annunciation whispering to Mother Mary – I am merged with that angel. It is my meditation, my bliss. I give my life and soul to the sculpture." According to Sooriya, he was healed by his sacred art: "Otherwise I would have been a bitter, angry man." Mr. Sooriya's father, the leader of a village in Sri Lanka, was assassinated in front of his mother, due to the civil war there, but Sooriya forgave the assassins. Mr. Sooriya was awarded the Forgiveness Hero Award for his outstanding life work promoting peace and forgiveness through his art and work at the Waianae Comprehensive Center for the past 40 years. Today, Sooriya welcomes anyone with the desire to find your "inner silence" to visit Mouna Farm Art and Culture Village.



**Beauty Through the Eyes of Our Children**  
**26th Annual MOA Museum of Art Children's Painting Contest**

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

**Mokichi Okada Association's (MOA) Objective**

To encourage children to appreciate the natural beauty of nature around us—at home, at school, at the beach, at the playgrounds...looking at the scenery, plants and animals and Mother Nature...and to share...through their painting the beauty they see or feel in their relationships with family, friends, school and community...a painting that makes others smile or makes them feel good and happy.

This contest is open to all children grades K through 6, only up to age 12. One entry per child.

Please submit your entries to the appropriate districts below:

Hilo District

Submittal Deadline: March 9, 2014

Windward District

Submittal Deadline: Wednesday, March 12, 2014

Nuuanu-Kalihi-Manoa Districts

Submittal Deadline: Friday, March 28, 2014

Kahala District

Submittal Deadline: Thursday, April 3, 2014

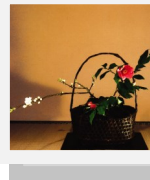
Pearlridge District

Submittal Deadline: Wednesday, April 9, 2014

Maui District

Submittal Deadline: Friday, April 18, 2014

For more information, please contact Roy Goshi-Otaguro at (808) 222-2031 for Oahu; Lori Murakami at (808) 871-4296 for Maui; and Alton Higaki at (808) 222-2078 for Hilo.



MOA Kōhinka 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 Kōhinka curriculum stresses three basic concepts:

- 1) Care for the flowers
- 2) Care for the implements
- 3) Etiquette in arranging. The joy of arranging beautiful flowers will enrich your life.

**Nuuanu** (3510 Nuuanu Pali Drive)

Jessie Nakata & Steve Ichikawa

2nd & 4th Tuesday 6:30 pm—8:30 pm

2nd & 4th Thursday 4:30 pm—6:30 pm

**Kahala**

Karen Takane & Yasuo Kikuchi

2nd & 4th Saturday 9:30 am—12:00 pm

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

**Cost**

\*Initial MOA Membership \$25

\*Required Text Books

MOA Kōhinka Text \$20

MOA Kōhinka Guidebook \$10

Kōhinka record note book \$1

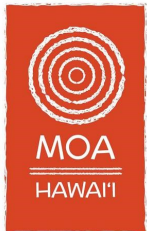
(Photo collection of Mokichi Okada's flower arrangements)

\*Class Fee

Per Session \$5

\*Additional Cost for Flowers

Usually \$5—\$7



**The MOA Support 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 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)

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.



# MOA HAWAI'I MARCH 2014

MOA HAWAI'I • 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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
*Kohrinka (Flower Arranging) Classes are held at the Toho No Hikari Social Hall, 3510 Nuuanu Pali Drive						<b>1</b> Girl's Day Tea Ceremony 10:00am-2:00pm
<b>2</b>	<b>3</b> Yoga 5:00-6:00pm	<b>4</b> Dr. Garcia 10:00am-12:00pm  Nutritionist 9:30am-12:00pm  Yoga 5:00-6:00pm	<b>5</b> OHWP @ Kaneohe Community Center 8:30-10:30am  MOA Board Meeting 6:30pm	<b>6</b> Soba Making Workshop 11:00am-12:30pm  Yoga 5:00-6:00pm	<b>7</b> Yoga 5:00-6:00pm	<b>8</b> Takane/Kikuchi Kohrinka 9:30am-12:00pm  Basic Theory of Chinese Medicine 10:00-11:30am  OHWP @ Valley of the Temples Byodo-In 12:00-3:00pm  Miso Making Workshop 4:00-5:30pm
<b>9</b>	<b>10</b> OHWP @ Pearlridge Shopping Center 8:30-10:30am  Yoga 5:00-6:00pm	<b>11</b> Dr. Garcia 10:00am-12:00pm  Nutritionist 9:30am-12:00pm  Iwata *Kohrinka, 9:30am-12:00pm  Shoda/Suenaga *Kohrinka, 12:30-2:30pm  Shodo - Japanese Calligraphy Class 2:00-3:00pm  Yoga 5:00-6:00pm  Nakata/Ichikawa *Kohrinka, 6:30pm	<b>12</b> OHWP @ Kaneohe Community Center 8:30-10:30am	<b>13</b> Nakata/Ichikawa *Kohrinka, 4:30pm  Yoga 5:00-6:00pm	<b>14</b> Yoga 5:00 - 6:00pm  Okazaki/Liu *Kohrinka, 7:00-9:00pm	<b>15</b> Basic Theory of Chinese Medicine 10:00-11:30am
<b>16</b> Nuuanu Garden Volunteer Day 9:00am-12:00pm	<b>17</b> Yoga 5:00-6:00pm	<b>18</b> Dr. Garcia 10:00am-12:00pm  Nutritionist 9:30am-12:00pm  Yoga 5:00-6:00pm	<b>19</b> OHWP @ Kaneohe Community Center 8:30-10:30am  Iwata Continuous Care Aiea Branch 9:30am-4:00pm  Iwamoto Continuous Care Mililani Branch 7:00pm	<b>20</b> Miso Making Workshop 11:00am-12:30pm  Yoga 5:00-6:00pm	<b>21</b> Otaguro/ Fujioka *Kohrinka 9:30am-12:00pm  Yoga 5:00-6:00pm	<b>22</b> Takane/Kikuchi Kohrinka 9:30am-12:00pm  Basic Theory of Chinese Medicine 10:00-11:30am  Otaguro/Tom *Kohrinka 10:00am-12:00pm  Benefits of Stretching 12:00-1:30pm  Ebesugawa/ Nakano/Suenaga *Kohrinka 1:00-3:00pm
<b>23</b> Kanikapila Time 2:00pm	<b>24</b> OHWP @ Pearlridge Shopping Center 8:30-10:30am  Yoga 5:00-6:00pm	<b>25</b> Dr. Garcia 10:00am-12:00pm  Nutritionist 9:30am-12:00pm  Shodo - Japanese Calligraphy Class 2:00-3:00pm  Yoga 5:00-6:00pm  Nakata/Ichikawa *Kohrinka 6:30pm	<b>26</b> OHWP @ Kaneohe Community Center 8:30-10:30am  Iwata Continuous Care Aiea Branch 9:30am-4:00pm	<b>27</b> OHWP Extended Session 9:30am-1:00pm  Nakata/Ichikawa *Kohrinka, 4:30pm  Yoga 5:00-6:00pm	<b>28</b> OHWP Extended Session 9:30am-12:00pm  Kobayashi *Kohrinka 9:30-11:00am  Suenaga *Kohrinka 9:30am-12:00pm  Yoga 5:00-6:00pm  "Introduction to MOA" 6:30pm	<b>29</b> OHWP Intensive Session 9:30am-1:00pm  Basic Theory of Chinese Medicine 10:00-11:30am
<b>30</b>	<b>31</b> Yoga 5:00-6:00pm					



# Low-Carbohydrate Diet Myth

By Mai Fujii

Natural Foods Program Manager



I often hear people say, they avoid eating rice or bread because those foods make you fat or it's not good for you. Is it really true? Carbohydrates (CHOs) are found in many foods, including grains, fruits, vegetables, milk, nuts, legumes, and are a major source of energy in the diet. From a nutritional standard point, an ideal diet consist of 45~65% CHOs, 10~35% protein, and 20~35% fat for overall calorie intake per day\*. In other words, half or more of your daily calories should come from CHOs. CHOs are necessary in our diet because it is a primary source to manufacture the body's fuel and provide fuel for the brain and the central nervous system. Therefore, an extreme low-carbohydrate diet can damage your body's system and it is not recommended. Instead of limiting CHOs intake, I would recommend choosing types of CHOs food wisely. For example, sweets, cookies, candy, soft drinks, white breads, crackers and breakfast cereals are foods that are high in CHOs and are highly processed or refined. They raise blood sugar levels rapidly and is also easily stored as fat. Therefore, highly processed or refined foods should be avoided from your diet. On the other hand, unrefined foods including brown rice, beans, fresh fruits and vegetables contain lower amounts of CHOs and contain more nutrients, including vitamins and minerals. Also, these foods contain fiber, which helps lower blood sugar levels with CHOs foods.

Choose fresh, whole foods and gratitude to a life force of foods that are given to us.

\*Based on "The Acceptable Macronutrient Distribution Range (AMDR)"



## Natto Omelet

### Ingredients:

- 1 pack (or 50g) Organic Natto
- 3 Organic Eggs
- ½ tsp Dashi (broth) Powder
- 1 tsp Soy Sauce
- 1-2 stalks Green Onion (Negi)

### Directions:

Stir Natto well. In a large bowl crack eggs and stir, then add natto, dashi powder, and soy sauce. Chop 1 or 2 stalks of green onion finely and add to the mixture.

Heat a medium size pan over medium-high heat. Pour in the mixture and quickly stir a few times, flip over and fold into two to make an omelet. Serve while it is warm.



## Natto Gyoza

### Ingredients:

- 1 pack (or 50g) Organic Natto
- 1 oz Cheese Slice (optional)
- Cabbage (shredded)
- Shiso Herb
- Green Onions (Negi)
- 1 tsp Soy Sauce
- 20 Gyoza Wrappers

### Directions:

In a medium size mixing bowl, stir natto, slice cheese and soy sauce. Add shredded cabbage, shiso, and negi for flavoring.

Wrap the natto filling in the gyoza wrapper. Be sure not to overfill the wrapper with filling. Fold into half and put a light potato starch water mixture at the edge of the wrapper.

In a medium size pan, heat oil on medium heat. Add gyoza and fry for a few minutes. Add water and cover the pan with a lid, cook for several minutes until most of the water is gone. Take off the lid and cook until the remaining water is gone.

Flip over the gyoza on a plate. Serve with gyoza dipping sauce.

MOA Hawai'i is looking for part-time after school art program instructors. If you or anyone you know would like to work with children in an after school setting, please contact Roy Goshi-Otaguro at 222-2031. The following are the days, times and locations of the classes that we need help at.

- Ma'ema'e Elementary School  
Monday's 2:00 PM—5:00 PM
- Momilani Elementary School  
Friday's 1:00 PM—4:00 PM
- Wai'ala'e Elementary School  
Thursday's 2:00 PM—5:00 PM



**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

**Nature Farming Tip of the Month**

*Make sure you don't put too much compost into the soil.*

*There is also the view that vegetables grow through the nutrients of compost. On the contrary, however, putting too much compost into the soil induces diseases or attracts insect pests that damage crops. Just like human beings, taking in too much nutrients is stressful even for crops and they become susceptible to diseases. Insect pests like aphids are attracted to remove excess nutrition. You must be careful not to add too much nutrients in the soil to grow delicious and healthy vegetables.*



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