

**MOA HAWAII'**  
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Ruby Gines  
Executive Assistant

Mai Fujii  
Natural Foods Program Manager

Roy Goshi-Otaguro  
Arts & Culture Program Manager

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Healthy Life Network Manager

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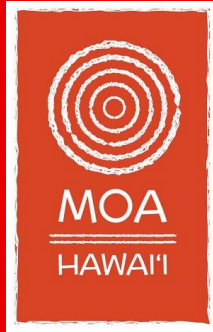
**26th Annual MOA Museum of  
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# MOA Hawai'i Newsletter

VOLUME 1, ISSUE 5

MAY 2014

## Executive Director's Message

Aloha,

May is Nature Farming month for us at MOA Hawai'i. Mokichi Okada said, *"The most important thing to understand about optimal health is that, on the deepest level, it is a natural result of conformity to and respect for Nature"* and *"The basic principles of Nature Farming are to respect and love the soil and not to pollute it. If we follow these principles, the soil is contented and performs its natural activities with pleasure. If we compare the soil to a person, it is similar to the way an Individual enjoys a lively state of health when he or she suffers no harm to the body."*

I would like to invite all of you to our MOA "Open Garden" Day, held every 3<sup>rd</sup> Sunday of each month at our Nature Garden in the back of the Toho No Hikari Church. Each month we have a special theme. Last month it was on the various ways of composting—worm, Bokashi, and thermophilic composting. Stay tuned for future themes.

Tom Gibson and Brian Metzko are there on most days to guide you through the garden and answer any questions you may have regarding Nature Farming. Vegetables from the MOA garden are harvested, packed and delivered to the MOA Wellness Center every Monday. Thank you to Kelly Shattuck for assisting on Mondays. Anyone interested in volunteering at the garden, call Tom Gibson at 284-8129.

We are having a plant sale on Sunday, May 18, at the Nature Garden so if anyone is looking for plants to start or add to your garden, please join us. If anyone wants to donate plants

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for the sale, please drop them off at the MOA Nature Garden or call Tom at 284-8129.

A special viewing of the “Life in the Soil” video, which was produced in the 1990’s, will be shown on Wednesday, May 28, from 6:30-8:00 p.m. at the Wellness Center. If you would like to see nature at work microscopically in the compost pile, this video is for you.

The 26th Annual MOA Museum of Art Children’s Painting Contest and Exhibitions continues at Kahala Mall and at the Queen Ka’ahumanu Center on Maui on May 3 and Pearlridge Shopping Center on May 10. The Statewide Exhibition will be at The Honolulu Museum of Art, Linekona Art School, from May 31 to June 7. Paintings from all islands and international paintings will be displayed in the Gallery during museum hours. An Opening Ceremony for the Exhibition will be held on Saturday, May 31, 2014 at 10:00 a.m.

If you would like to volunteer your services, contact Roy Goshi-Otaguro.



### **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.

# 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

## 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 3, 2014, at 10:00 a.m.

## Leeward/Central Oahu District

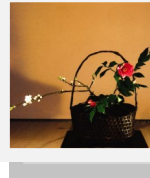
Exhibit: May 9-11, 2014 at Pearlridge Center  
Paintings displayed during mall hours  
Awards Ceremony—Saturday, May 10, 2014, at 10:00 a.m.

## 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.



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 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 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
  - 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 HAWAII'

## MAY 2014

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

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></p> <p>OHWP Extended                      Session                      9:30am-1:00pm</p> <p>Yoga                      5:00-6:00pm</p>	<p><b>2</b></p> <p>OHWP Extended                      Session                      9:30am-12:00pm</p> <p>Yoga                      5:00-6:00pm</p>	<p><b>3</b></p> <p>OHWP Intensive                      Session                      9:30am-4:00pm</p> <p>Children's Painting Contest                      Maui District                      Awards Ceremony @                      Queen Kaahumanu Center                      10:00am-2:00pm</p> <p>Children's Painting Contest                      East Oahu District                      Awards Ceremony @                      Kahala Mall                      10:00am                      Exhibit: May 2-7</p>
<p><b>4</b></p> <p>Natural Food                      Seminar @                      Pearl City Library                      2:00-3:30pm</p>	<p><b>5</b></p> <p>Yoga                      5:00-6:00pm</p>	<p><b>6</b></p> <p>Dr. Garcia                      10:00am-12:00pm</p> <p>Nutritionist                      9:30am-12:00pm</p> <p>Yoga                      5:00-6:00pm</p>	<p><b>7</b></p> <p>MOA Board Meeting                      6:30pm</p>	<p><b>8</b></p> <p>Soba Making Workshop                      11:00am-1:00pm</p> <p>Yoga                      5:00-6:00pm</p>	<p><b>9</b></p> <p>Yoga                      5:00 - 6:00pm</p> <p>Okazaki/Liu                      *Kohrinka,                      7:00-9:00pm</p>	<p><b>10</b></p> <p>Takane/Kikuchi                      Kohrinka                      9:30am-12:00pm</p> <p>Children's Painting Contest                      Central Oahu District                      Awards Ceremony @                      Pearlridge Shopping                      Center-Uptown Mall                      10:00am                      Exhibit: May 9-11</p>
<p><b>11</b></p>	<p><b>12</b></p> <p>OHWP @                      Pearlridge                      Shopping Center                      8:30-10:30am</p> <p>Yoga                      5:00-6:00pm</p>	<p><b>13</b></p> <p>Dr. Garcia                      10:00am-12:00pm</p> <p>Nutritionist                      9:30am-12:00pm</p> <p>Shoda/Suenaga                      *Kohrinka,                      12:30-2:30pm</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>14</b></p>	<p><b>15</b></p> <p>Nakata/Ichikawa                      *Kohrinka,                      4:30pm</p> <p>Yoga                      5:00-6:00pm</p>	<p><b>16</b></p> <p>Yoga                      5:00-6:00pm</p>	<p><b>17</b></p>
<p><b>18</b></p> <p>Plant Sale @ MOA                      Nature Garden                      9:00am-1:00pm</p> <p>Soba Making                      Workshop                      11:00am-1:00pm</p>	<p><b>19</b></p> <p>Yoga                      5:00-6:00pm</p>	<p><b>20</b></p> <p>Dr. Garcia                      10:00am-12:00pm</p> <p>Nutritionist                      9:30am-12:00pm</p> <p>Yoga                      5:00-6:00pm</p>	<p><b>21</b></p> <p>Iwata                      Continuous Care                      Aiea Branch                      9:30am-4:00pm</p> <p>Iwamoto                      Continuous Care                      Mililani Branch                      7:00pm</p>	<p><b>22</b></p> <p>Yoga                      5:00-6:00pm</p>	<p><b>23</b></p> <p>Kobayashi                      *Kohrinka                      9:30-11:00am</p> <p>Suenaga/Iwata                      *Kohrinka                      9:30am-12:00pm</p> <p>Yoga                      5:00-6:00pm</p>	<p><b>24</b></p> <p>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>25</b></p>	<p><b>26</b></p> <p>Memorial Day                      (Holiday)</p> <p>OHWP @                      Pearlridge                      Shopping Center                      8:30-10:30am</p>	<p><b>27</b></p> <p>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>28</b></p> <p>Iwata                      Continuous Care                      Aiea Branch                      9:30am-4:00pm</p> <p>Nature Farming                      Video Presentation                      Life in the Soil                      6:30-8:00pm</p>	<p><b>29</b></p> <p>OHWP Extended                      Session                      9:30am-1:00pm</p> <p>Nakata/Ichikawa                      *Kohrinka,                      4:30pm</p>	<p><b>30</b></p> <p>OHWP Extended                      Session                      9:30am-12:00pm</p> <p>Veggie Cuisine                      Workshop                      10:00am-2:00pm</p> <p>"Introduction to MOA"                      6:30pm</p>	<p><b>31</b></p> <p>OHWP Intensive                      Session                      9:30am-4:00pm</p> <p>Children's Painting                      Contest State of                      Hawaii Exhibition                      Opening Ceremony @                      The Honolulu Museum of                      Art, Linekona Art School                      10:00am                      Exhibit: May 31--June 7</p>

## Benefits of Eating Local and Organic Produce

By: Mai Fujii

Natural Foods Program Manager

The words “organic” and “locally grown” have become popular terms used for many products, including fresh produce, cosmetics, and daily necessities.

The United States Department of Agriculture (USDA) defines organic as “a labeling term that indicates that the food or other agricultural product has been produced through approved methods ....”<sup>1</sup> These approved methods have set the standard for U.S. organic products as follows:

**Organic crops.** The USDA organic seal verifies that irradiation, sewage sludge, synthetic fertilizers, prohibited pesticides, and genetically modified organisms were not used.<sup>1</sup>

**Organic livestock.** The USDA organic seal verifies that producers met animal health and welfare standards, did not use antibiotics or growth hormones, used 100% organic feed and provided animals with access to the outdoors.<sup>1</sup>

**Organic multi-ingredient foods.** The USDA organic seal verifies that the product has 95% or more certified organic content. If the label claims that it was made with specified organic ingredients, you can be sure that those specific ingredients are certified organic.<sup>1</sup>

The USDA organic label assures you that products have been produced and meet the definition above. By choosing organic products, you can protect yourself from harmful chemicals that affect your health. In addition, growing organic crops and livestock helps to save the environment by protecting it from prohibited substances.

### Freshness is another key

Vegetables and fruits that are locally grown are fresh and have lots of nutrients and have a strong vital force. We receive both their nutrients and vital force in order to sustain healthy bodies.

MOA emphasizes choosing produce that are organically or locally grown or are grown using the MOA Nature Farming method. Eating those foods daily will improve your physical and mental health, and your quality of life.

Source:

<sup>1</sup> United States Department of Agriculture. *National Organic Program*. Available at: <http://www.ams.usda.gov/AMSv1.0/>

## Shirataki Kimpira w/Spinach

Hawaiian

chili pepper and stir until the liquid cooks out.



### Ingredients (Serving 4):

- 1 ¼ cup Spinach
- ½ cup Shirataki Noodle (found at Asian grocery store)
- 2 ½ lbs. Organic Chicken Breast
- 2 tbsp. Soy Sauce
- 3 tbsp. Mirin
- 1 Hawaiian Chili Pepper
- Sesame Oil
- 1 tsp. White Sesame Seed

Transfer into a serving dish and garnish with white sesame seed.

Option: you can substitute spinach with local kale or other dark green leafy vegetables. You can remove the organic chicken breast if you are a vegetarian.

Calorie per serving: 91 kcals

### Nutritional Tip:

Spinach is a highly nutritious green leafy vegetable and full of antioxidants. It contains essential vitamins and minerals including vitamin A (especially high in lutein), vitamin C, vitamin E, vitamin K, magnesium, manganese, folate, iron, vitamin B<sub>6</sub>, calcium, potassium, vitamin B<sub>9</sub>, folic acid, copper, protein, phosphorus, zinc, niacin, and selenium. Spinach is known to iron rich vegetable however, it contains several iron absorption-inhibiting substances such as oxalate that reduce actual usage of iron in body. Add lemon juice (vitamin C) enhances absorption of non-heme iron in spinach.

### Directions:

In boiling water add a pinch of salt and boil spinach lightly about 20-30 seconds. Cut spinach into 1 inch.

Boil shirataki noodle and cut into easy to eat lengths. Shred organic chicken breast finely.

In a fry pan, heat sesame oil in medium heat, and cook shredded chicken. When chicken is cooked, add shirataki noodle and cook a few minutes. Next, add spinach, soy sauce, mirin, and chopped



***If you have any unwanted plants,  
Please bring to MOA Hawai'i for our  
plant sale in May!***

***You can drop off your plants at the  
MOA Nature Garden located  
in the back parking area of the  
Toho No Hikari Church  
3510 Nuuanu Pali Drive.***

### ***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***

### **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  
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