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Teri June Amuro
MOA Wellness Center/
Healthy Life Network Manager

Soraya Garcia
MOA Wellness Center
Administrative Assistant

Phone: (808) 952-6900

Fax: (808) 566-6911

E-mail: info@moahawaii.org

Website: www.moahawaii.org

MOA Wellness Center

Office Hours

Mon-Fri 9:00am-5:30pm

Sat. 9:00am-1:00pm

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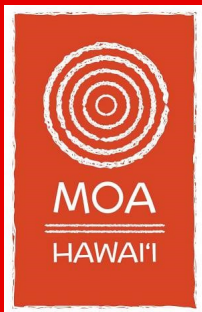
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MOA Hawai'i Newsletter

VOLUME 1, ISSUE 12

DECEMBER 2014

Executive Director's Message

Aloha Everyone,

The holiday season is a time for reflection on our accomplishments for the year and a time to celebrate life with our families and friends.

In our pursuit of material prosperity we have ignored the invisible, energetic, and spiritual aspects of our lives. The consequences of this lack of respect of spiritual values have resulted in our losing order and integrity, and our way of life as human beings is reaching a critical point. Gaining material wealth such as consumer goods and money, and extreme individualism, people intoxicated by their never-ending wants, and their neglect for social rules and standards is deteriorating the natural environments, societies and our families.

It is time to re-focus on the spiritual dimension and re-awaken our innate sensitivity to the beauty of life. It is hoped that we can develop a world that allows us to regain those pure and refined sensitivities that help us to live rich and fulfilling lives, rediscover the meaning of life, recognize how blissful it is to be alive, and find new ways of living based on the true meaning of humanity.

Enjoying the beauty of flowers, soothing music, eating organic foods, giving and receiving Okada Purifying Therapy, taking a walk in nature or swimming in the pristine Pacific Ocean, will definitely bring more happiness, joy and good health into our daily life.

We have been sharing people's testimony regarding their positive experiences since becoming a MOA member and would like to continue sharing the story of others with all of you. If you have something to share with us, please contact any of the MOA Hawai'i staff. I would like to take this opportunity to thank everyone who shared their story and have inspired all of us. You are all great examples of Mokichi Okada's philosophy.

Mahalo,

Norman Oshiro
Executive Director



Member Testimony

By: Jean Hara

I was at first hesitant to take the OPT Basic course due to constant pain from my herniated L4/L5 disc. The thought of trying to memorize body parts and terminology did not appeal to me in my condition. I first learned about the Mokichi Okada Association (MOA) when members administered OPT, flower therapy, tea ceremony therapy, and massage therapy as a part of Dr. Terry Shintani's 10-day health program. In an effort to reduce the pain I was feeling down my right leg and foot, I hoped to participate in holistic and alternative methods of therapy and diet to reduce the pain without any more surgery since a failed L4-5 discectomy left me with the same level of pain and discomfort. I scheduled myself for two hours of OPT per week with massages as needed.

Norman, Danny, Mr. and Mrs. Suzuki, Mr. Morimoto, Mr. Kikuchi, Teri, and many other MOA members encouraged me to take the OPT Basic Course, but did not pressure me to do so. After a car accident (someone hit me from behind), my condition worsened and I knew I needed surgery to correct the pain and weakness in my foot. Instead of taking the OPT Basic Course, I went to Virginia for 3½ months to have my L4/L5 and L3/L4 discs successfully removed and fused, and to rest and recuperate. Over a year after my return, I finally decided to take the OPT Basic Course. It was wonderful I was assured that I did not have to memorize all those parts of the head and spine; I had to practice clearing my mind and focusing on a light beam of energy at focal points; and I needed to be grateful for the opportunity to share my energy with another person. Each time I practice administering OPT, I say a prayer, asking God to help me rid myself of negative thoughts and help me to give the person positive energy. I also am thankful for all that God has given me and that He is allowing me to give part of myself to another person.

On a recent trip to Virginia, I self-administered OPT on my knee, which was throbbing. By the end of my nine-hour plane ride, my knee was fine and I walked down the ramp onto the tarmac without incident. I administered OPT on my grandson at midnight while he was asleep and he immediately sat up and said he had to use the restroom. He went back to sleep immediately and was in a great mood the next day when we caught a Metro Bus and Metro Rails, walked over two long bridges to the various Washington, D.C. monuments and museums, and returned in the late afternoon. In retrospect, I should have taken the OPT Basic Course earlier...however, it is never too late to improve your quality of life by surrounding yourself with positive activities, positive people, and positive energy.

Hawaiian Peppers

By: Tom Gibson

Toward the rock wall that divides the MOA Demonstration Garden from the Pali Highway are three lively plants that produce the snappiest vegetable in the garden. A member of the Capsicum genus is our very own humidity loving Hawaiian Sweet Hot Chili Pepper. These "so called annual" plants in Nuuanu are exceptional in their duration of abundant production. Believed to have originated in Portugal and sometimes referred to as the Waiialua Chili Pepper, our bushes have not only been producing for the last year and a half, but they are over 3 feet tall.

These peppers do double duty: They add a complex sweet and richly hot flavor to sauces and dressings and are mashed into a spray to control insect colonies by gardeners.

Small white flowers emerge among the smooth dark green leaves that fruit into Jalapeno shaped peppers. As the slim green pointed peppers ripen to bright red, its interesting flavor rivals any pepper.

When the bush is covered with these brilliant red firecrackers, it adds a vibrant beauty to the garden and adds some warmth to your diet with this Hawaiian favorite.



MOA Nature Garden

Schedule of Activities:

We are now in the winter season. The garden has been planted with nitrogen fixing "green manure" to improve our soil in anticipation of planting new crops in the months ahead. In addition to green manure, we are adding mulch and compost to the beds to improve the character and health of our soil. This will be one of the main projects during the winter months.

We are watching our Jabong tree as there are many large fruits getting closer to being ripe. Our Star Fruit season is now pau; a truly great Star Fruit season.

The patch of Long Squash is still fruiting abundantly as is the Kabocha Squash.



The Green Onions are beautiful and tasty and will be harvested this month. We are adding compost and mulch to the herb areas—Garlic Chives, Mint, Shiso, and Rosemary.

Multiple varieties of beans and tomato starts are almost ready to be planted. In the month ahead, the lettuce and spinach beds will be loaded with a continuing cycle of plantings and harvestings.

Everyone is always welcome at our Nature Garden. Mahalo



MOA Kahrinka 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 Kahrinka 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
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

- Class Fee: \$10 Per Session (includes flowers)
- \$5 for students under 18 yrs.

New Students

- One time initiation fee to join MOA (\$25)
- Textbooks
 - MOA Kahrinka Textbook (\$20)
 - MOA Kahrinka Guidebook (\$8)
 - Kahrinka Notebook (\$1)



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:
(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.**

MOA HAWAII'

DECEMBER 2014

MOA HAWAII' • 600 QUEEN STREET C-2 • HONOLULU, HI 96813
 Phone: 808-952-6900 • Fax: 808-566-6911 • Website: www.moahawaii.org • Email: info@moahawaii.org
 MOA Wellness Center Hours of Operation: M-F 9:00am-5:30pm, Sat. 9:00am-1:00pm

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>1</p> <p>Ceramic Jewelry Class 9:30am-12:30pm</p> <p>Natural Food Café 11:30am-1:00pm</p>	<p>2</p>	<p>3</p> <p>OHWP @ Kaneohe Community Center 8:30-10:30am</p> <p>MOA Board Meeting 6:30pm</p>	<p>4</p> <p>OHWP Extended Session 9:00am-1:00pm</p>	<p>5</p> <p>OHWP Extended Session 9:00am-12:00pm</p>	<p>6</p> <p>OHWP Intensive Session 9:00am-4:00pm</p> <p>Photography Class 5:00-6:00pm</p>
<p>7</p>	<p>8</p> <p>Ceramic Jewelry Class 9:30am-12:30pm</p>	<p>9</p> <p>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, 12:30-2:30pm</p> <p>Nakata *Kohrinka 6:30pm</p>	<p>10</p>	<p>11</p> <p>Nakata *Kohrinka 4:30pm</p>	<p>12</p> <p>Okazaki/Liu *Kohrinka, 7:00-9:00pm</p>	<p>13</p> <p>Takane/Kikuchi Kohrinka 9:30am-12:00pm</p> <p>Benefits of Stretching 10:00-11:30am</p> <p>Shodo – Japanese Calligraphy Class 2:00-3:00pm</p> <p>OHWP @ Valley of the Temples Byodo-in 12:00-3:00pm</p>
<p>14</p>	<p>15</p> <p>Ceramic Jewelry Class 9:30am-12:30pm</p>	<p>16</p> <p>Dr. Garcia 10:00am-12:00pm</p> <p>Nutritionist 9:30am-12:00pm</p>	<p>17</p> <p>Iwamoto Continuous Care Mililani Branch 7:00pm</p>	<p>18</p>	<p>19</p> <p>Easy to Make and Delicious Okazu 11:00am-1:00pm</p>	<p>20</p> <p>Otaguro/Tom *Kohrinka 10:00am-12:00pm</p> <p>Ebesugawa/ Nakano/Suenaga *Kohrinka 1:00-3:00pm</p>
<p>21</p> <p>MOA Garden Volunteer Day 9:00am-12:00pm</p>	<p>22</p> <p>Ceramic Jewelry Class 9:30am-12:30pm</p>	<p>23</p> <p>Dr. Garcia 10:00am-12:00pm</p> <p>Nutritionist 9:30am-12:00pm</p>	<p>24</p>	<p>25</p> <p>CHRISTMAS DAY HOLIDAY</p>	<p>26</p> <p>Suenaga Kohrinka 9:30am-12:00pm</p>	<p>27</p> <p>Takane/Kikuchi Kohrinka 9:30am-12:00pm</p>
<p>28</p>	<p>29</p>	<p>30</p> <p>Dr. Garcia 10:00am-12:00pm</p> <p>Nakata *Kohrinka 6:30pm</p>	<p>31</p>	<p>JAN 1</p> <p>NEW YEARS DAY HOLIDAY</p>	<p>2</p>	<p>3</p>

Foods and Celebrations

By Mai Fujii, MOA Natural Foods Program Manager



Thanksgiving, Christmas, New Year's ... people like celebrations. Our life is a full of celebrations from the day of birth to death. Food is an important part of many celebrations in all nations of the world, and is used and selected for a number of reasons. At the same time, the way that food is used in celebrations varies depending on cultures or regions of a country and it shows unique cultural differences among the nations. Why are food and celebrations so related together? Let's think about reasons of why we prepare foods for celebrations.

1. Food is used to learn cultural experiences through celebrations. The food that we used for celebrations in our own homes as children are more than likely to become a part of the foods we use to celebrate as adults. Also, by using certain foods for celebrations, we learn and respect our own culture and customs deeply and we can pass it on to our next generation.
2. Food is offered to god/goddess to express a feeling of gratitude and respect. Many countries use food as an offering to god/goddess. For certain occasions, food is used to wish for prosperity. For example, Tsukimi Dango (rice dumplings) and chestnuts are offered to honor the beautiful autumn full moon, and for the fall harvest season for rice and many vegetables in Japan.
3. Food and celebrations unite people. When we celebrate, it is usually with people we love and trust or are trying to get to know. An important aspect of food and celebrations is to gather people around a table; makes the atmosphere comfortable and welcoming.
4. Food brings old memories and events. The smell of food is powerful in that a certain meal and its smell can remind a person of old memories and events. For example, turkey reminds many people in North America of Thanksgiving; apple cider and cinnamon of Christmas.

Mr. Okada states that "Harmony and balance are fundamental characteristics of the universe." Food brings harmony and balance to ceremonies, gathers people and shares happiness and gratitude with each other. Foods connect the universe and human beings. Therefore, when you prepare foods for this holiday season, let's keep in mind these four points and enjoy the times with your love ones.

Sources:

The Okada Wellness Program-Food and Exercise (2006).

Lesson Plan-FOOD AND CELEBRATION. Available at: <http://teacherlink.ed.usu.edu/tlresources/units/byrnes-celebrations/FOOD.html>



600 Queen Street, C-2,
Honolulu, Hawaii 96813
Tel: (808) 952-6900
Website: moahawaii.org



Nā 'Ohana Piha I Ke Aloha
Families Filled With Beauty

December 2014

Talking Story with Fujie Inouye

By Teri June Amuro



Mrs. Fujie Inouye, a longtime member, is 97 years old. She tells everyone that she will be 98 soon. She also tells everyone that she is “Makule,” that she is too old already. Too old? Here is a woman who still cooks, watches her favorite TV shows daily and has now started morning walks at the Pearlridge Shopping Center. I tell her “Age? It’s just a number. It doesn’t dictate what you do and when to stop living. Use your age to tell people how you remember when there was no such thing as television, only the radio!”

Back in August of 2013 while walking among the slot machines, Mrs. Inouye fell down. She stayed in a Las Vegas hospital for almost 3 weeks before the doctors determined that it would be okay for her to fly back to Honolulu. During her time in the hospital, she received OPT from her son and friends who went on the trip with her. She had taken a hard fall on her left side and came home with her left arm wrapped tight against her body to stabilize her shoulder. Once home, she continued to receive OPT from her son and network. After having her arm in a sling for one month, Dr. Leon Garcia came to visit her at home and examined her. Once the examination was through, he told her that she no longer needed the sling.



Mrs. Inouye receiving OPT from her son, Norman

Mrs. Inouye has been a participant in six “Extended Sessions” this year. According to her son, Norman, she could come to a regular day session but the Extended Session allows her to participate in the various activities that are a part of the 2 day session. Besides Flower and Tea Therapy, she is also served a healthy, nutritious lunch and participates with the fun stretching exercises. The OPT, flower and tea, lunch and stretching/exercise are all done in a group setting. Participation within a group enables her to meet new people, “talk story” with old friends, and to just sit back and watch the people around her.

Today, Mrs. Inouye told me that she wasn’t feeling well in the morning; but when she got to the Wellness Center, she felt much better and left feeling good. That made me feel good too!



Selfie with Mrs. Inouye

Center Hours for the MOA Wellness Center have changed:

Monday to Friday – 9:00 am to 5:30 pm

Saturday – 9:00 am to 1:00 pm

Sunday – CLOSED

Upcoming Events at the MOA Wellness Center

January 19 and 26 – Monday

9:30 am to 10:30 am

“Qigong Exercise and Healing” and “Beginning Tai Chi”

Focus on breathing, circulating qi and opening meridians to better balance the energy in the whole body. Cost \$10 per class

February 27 – Friday

2:00 pm to 3:30 pm

"How to Take Care of Your Whole Body, Mind and Spirit" – Free Class

Learn simple practices based on nature. Feel grounded, balanced and healthy.

Calm your daily living by learning to support the unique needs of your individual constitution.

Enhance your well-being by understanding how to work your own energy.

Next Extended Session – December 4 and 5



The Extended Session is for anyone who wants to receive Okada Purifying Therapy (OPT) over a two day period. This two day session was designed to enable the participant (or patient) to experience the Okada Health and Wellness Program (OHWP). The Program is made up of four (4) hours of OPT, flower and tea therapy, one (1) healthy, nutritious lunch and exercise. When Dr. Garcia is available, you get to consult with him prior to the start of the session and at the end of the session. The Program is done in a group setting, for example, all the beds and chairs are set up in one room for the therapists to administer OPT while being observed by the

Lead Therapists. The cost for this two day session is \$60 and includes lunch. If you have any questions, please call us at the Wellness Center – (808) 952-6900.



OPT Basic Course

If you are interested in taking the OPT Basic Course, please call us at the MOA Wellness Center at (808) 952-6900.



Millet Balls (Vegan)

Ingredients:

- 1 cup Millet (pearl millet, or other types of millet is fine)
- 1/2 Round Onion (medium size)
- Your favorite vegetables (carrots, celery, shiitake mushroom, etc.)
- 1/4 cup Japanese Panko
- 1 tsp Corn Starch
- 1 Tbsp. Miso
- 1 tsp. Soy Sauce
- A pinch of Black Pepper, Salt, and Turmeric
- Oils

Directions:

Soak 1 cup of millet in 1-1/2 cup water and a pinch of salt overnight. Next morning, cook millet in a rice cooker. Let it sit for 10 to 15 minutes after millet is cooked (Cooking direction is the same as cooking rice).

Chop onion finely. Chop other vegetables (carrots, celery, shiitake mushroom, etc.). Heat oil (I recommend using coconut oil for aromatic flavor) and cook onion. When onion is cooked well, add other vegetables and cook for another few minutes. Season with native sea salt and turmeric.

Mix 1 & 2 in a glass bowl and add panko, miso, soy sauce, a pinch of black pepper, turmeric, and corn starch. Mix well (if the mixture is too dry, add some water to moisten the mixture).

With your wet hands, take some mixture and form in a small, bite sized ball shape. Heat olive oil in a medium size frying pan, and fry the millet balls until they are browned on all sides.

Enjoy with your favorite sauce! Eat with rice or wrap with a lettuce leaf.

Nutrition benefits of millet:

Millet is a type of grain that appears tiny in size and round in shape, with a variety of colors including white, gray, yellow or red. Its texture is fluffy and creamy; it can substitute for starch like potatoes and rice. The native in Asia and Africa, this grain is super nutritious! Here is a comparison with medium-grain white rice:

1 cup of:	Calories (kcal)	Protein (g)	Fiber (g)	Mg (mg)	Potassium (mg)	Zinc (mg)	Vitamin B2 (mg)
Millet (cooked)	207 (15% ↓)	6.11 (138% ↑)	2.3 (383% ↑)	77 (321% ↑)	108 (200% ↑)	1.58 (203% ↑)	0.143 (477% ↑)
White Rice (cooked)	242	4.43	0.6	24	54	0.78	0.03

Source: USDA-Nutrition Database for Standard Reference. Available at: usda.gov/ndb/



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600 Queen Street, C-2
Honolulu, HI 96813