

MOA HAWAII'
Officers & Directors

Frances Okazaki
President

Lester Nakamura
Vice-President

Roy Goshi-Otaguro
Secretary

Steve Tomino
Treasurer

Jessie Nakata
Asst. Treasurer/Director

Alan Aranaydo
Director

Brian Nakano
Director

Shawn Hamada
Director

Gladys Yoshizawa
Director

MOA HAWAII' STAFF

Norman Oshiro
Executive Director

Alan Aranaydo
MOA Wellness Center Director

Roy Goshi-Otaguro
Arts & Culture Program Manager

Teri June Amuro
MOA Wellness Center
Assistant Director
Healthy Life Network Manager

Ruby Gines
Administrative Assistant

Dick Mills
Administrative Assistant

Daniel Mills
Nature Farm Manager

Tom Gibson
Farm Worker

Aimee Metzko
Food Service Worker

Phone: (808) 952-6900

Fax: (808) 566-6911

E-mail: info@moahawaii.org

Website: www.moahawaii.org

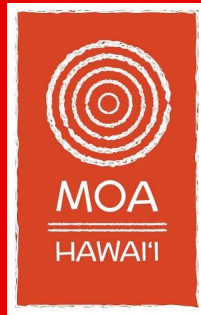
MOA Wellness Center

Office Hours

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

1st Wed 12:00-8:00pm

Sat. 9:00am-1:00pm



MOA Hawai'i Newsletter

VOLUME 2, ISSUE 12

DECEMBER 2015

Executive Director's Message

Aloha,

The theme for December is 'Celebrating Life'.

The holiday season is a time to reflect on our accomplishments for the year and a time to celebrate with our families and friends. As we celebrate the ending of 2015 and beginning of 2016, let's all try to consider how to make others happy.

In his essays, Mokichi Okada wrote about the secret to happiness.

"It is enough if we give first consideration to reality and become happy people while we are living. Consequently, more than anything else, it is discovering the basis of the foregoing and putting it into practice. Then, what is that method? It is making others happy. It is simply this one thing, which we are always talking about.

However, the best way for that is what I have been practicing for a long time. Since it is producing wonderfully favorable results, I am writing this article because I want to explain it.

First, to state the foregoing simply, it is performing good deeds as much as possible. It is making it a policy to constantly try to do some good whenever there is time. For example, if it makes people happy and benefits society, a wife would make sure her husband works cheerfully. A husband would make it a rule to be kind to his wife to make sure she has peace of mind and is happy. It is natural for parents to love their children, but they would make sure to exercise wisdom and think about their children's future. It would not be a feudalistic relationship of absolute power and control, but parents would make sure their children willingly and honestly submit to them with admiration and devotion, and allow them to study pleasantly. Moreover, in all everyday circumstance, one would make sure to bring hope to the other party, and devote oneself as much as possible with the principle of love and kindness toward both superiors and subordinates. Politicians would set an example by putting their own matters aside entirely and making the wellbeing of citizens their number one priority. Of course, ordinary citizens would also devote themselves to make efforts to perform good deeds, exercise wisdom, and work hard. Thus, it is certain that people will become happy as much as they have performed many good deeds. ..." (October 1, 1949)

Mahalo!
Norman Oshiro
Executive Director

INSIDE THIS ISSUE:

Members' Testimony

Nature Garden/Kohrinka/
Supporter

December Calendar

Kohrinka

Butternut Squash Soup Recipe
Hawaii Nature Farm Update



Members' Testimonies

Many amazing stories come out of the Purifying Therapy offered at the MOA Wellness Center. Purifying Therapy is a form of bio-energy healing based on Mokichi Okada's (1882-1955) unique vision and many years of healing practice. Okada viewed any illness and suffering as a form of purification. The therapy offers energy to areas in our body where "spiritual clouds" have manifested as toxins, the cause of human suffering, and enhances the natural healing abilities innate in humans.



Aloha, my name is Kimiko Takamiya.

I was born and raised in Okinawa and moved to Hawaii in 1951 with my family. After I married my husband, we started a family on the beautiful island of Maui. My husband passed away in 2010 and I moved to Oahu to live with my daughters.

I visited Maui often with my senior center group and was introduced to MOA Maui. I was deeply moved by the founder Mokichi Okada's vision of creating a world of beauty filled with people of good nature. I was also moved by the simplicity of his programs based on his view on the universe, nature, etc. When I moved to Oahu, I wanted to volunteer and also receive the benefits of MOA's programs; but unlike Maui, I had difficulty getting from one place to another by car or bus. I could not participate in the MOA programs as much as I wanted to. However, after 3 years of living on Oahu, thanks to my family's understanding

and support, I was allowed to find an apartment that was close to both my daughter's work place and the MOA Wellness Center. Now that I have moved closer to MOA, I have begun to use my time to visit the MOA Wellness Center frequently and even visited the Nature Farm in Mililani.

While I helped with pulling weeds at the farm, I enjoyed seeing two young men working hard to produce vegetables and fruits that are good for us to consume.

I visit the MOA Wellness Center often to receive Purifying Therapy and to help to serve food for the café at the center. When MOA resumes the Healthy Food Advocate Course, I would like to take the course to learn MOA's way of thinking on diet and to become certified to help others to begin healthy eating habits.

I also attend the MOA Kohrinka Ikebana Flower Class twice a month. I began taking MOA Kohrinka on Maui and I am happy to continue the class here on Oahu. I have lots of fun arranging flowers, together with my sister and her mother-in-law (who is 100 years old), along with the younger students of the class.

However, of all the programs, my favorite is Purifying Therapy. I have taken the MOA certification course and I am certified as a Basic Level Therapist. Ever since I was introduced to the therapy, it has helped to enhance my wellbeing and keep up my health whether it is stiff shoulders, stomachache or low back pain. I feel energized and feel good afterward. I am always amazed at how quickly my stiffness and pain disappears after the therapy.

In 2012, I traveled to Japan with my MOA friends and visited the MOA museums and gardens. I also visited the Tokyo Wellness Center and the Nature Farming Research Center in Atami. I was inspired to see such large-scale farming, wellness center and museum being operated; and from those facilities as the central site, how health promotion is being achieved through the MOA Wellness Program. I hope to visit again next year.

As you learned from my article, MOA keeps me not only healthy but also busy. I am so happy I am able to make many visitors happy through my volunteer work at the MOA Wellness Center. I have also made many new friends on Oahu by coming to the center. I hope you will come and visit me at the center and receive the benefits of Purifying Therapy, as well as the natural food cooking classes, cafés, and art programs.

To learn and experience Purifying Therapy, call the MOA Wellness Center to schedule your appointment. The first experience is complimentary.

MOA Nature Garden

Nuuanu Micro Urban Farm

By Tom Gibson



“Human beings live and breathe within the context of nature and are nurtured by the power of nature.” Mokichi Okada

December is a month of many celebrations and gatherings of friends and family. Remembering to include healing, healthy activities and foods that remind us that feeling great in our bodies, is a celebration of life itself.

The continuation of the transformation of the quarter acre at Nuuanu to a market farming style, using nature farming principles is progressing well. With continued assistance from volunteers throughout the year, I see the beauty of nature

farming taking shape.

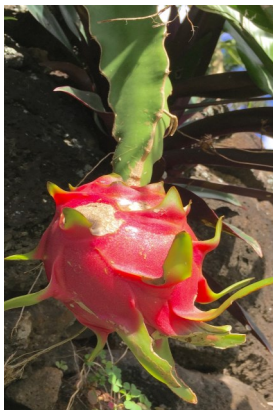
In the ground now are Daikon, Tatsoi, Green Onion, Carrots, Chioggia Beets, Manoa Beans, Manoa Lettuce, Kale, Cucumbers and Soybeans.

New Tomato plants are growing into the supporting fence; as I watch for blooming to start. The Long Green Squash row is fruiting. Another Papaya tree has joined the others with ripening fruit for the harvest. The Limes are not so pretty but the juice is mild and delicious. The Jabong tree is very heavy with fruit, slowly ripening.

Moringa, Chaya, Ginger and Turmeric are growing well. The Taro is sending out beautiful flowers that have the look of a creamy elegant Calla Lily. It turns out that the “night blooming Cereus” that recently bloomed is actually a Dragonfruit or Pitaya. I will encourage the spreading of this extremely healthy and delicate tropical fruit.

Mahalo for your continued support of the Nature Farming program. You are invited on 3rd Sundays to experience the healing beauty of nature farming in Nuuanu Valley.

Happy Holidays and Aloha Nui Loa, Tom



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**. Pledges and gifts for higher amounts can be made as monthly or quarterly gifts. Donations to MOA Hawai'i are tax deductible.

MOA HAWAII' DECEMBER 2015

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
 MWC Hours of Operation: M T Th F 9:00am–5:30pm, 1st Wed 12:00-8:00pm, Sat. 9:00am–1:00pm

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Dr. Garcia 10:00am-12:00pm	2 OHWP @ Kaneohe Community Center 8:30-10:30am MOA Wellness Center Office Hours 12:00-8:00pm MOA Board Meeting 6:30pm			5 Yamuna Body Rolling 9:30-10:45am
6	7	8 Dr. Garcia 10:00am-12:00pm Iwata *Kohrinka, 9:30am-12:00pm Shoda/Suenaga *Kohrinka, 12:30-2:30pm	9 OHWP @ Kaneohe Community Center 8:30-10:30am	10	11 Okinawa Soul Food Café 11:30am-1:00pm	12 Takane/Kikuchi *Kohrinka 9:30am-12:00pm Shodo Class (Japanese Calligraphy) @ TNH Social Hall 10:30-11:30am OHWP @ Valley of the Temples Byodo-in 12:00-3:00pm
13	14 Introduction to MOA Hawaii 10:00am or 6:00pm	15 Dr. Garcia 10:00am-12:00pm Nakata *Kohrinka 6:30pm	16 OHWP @ Kaneohe Community Center 8:30-10:30am Iwamoto Continuous Care Branch @ 7:00pm	17 Nakata *Kohrinka 4:30pm	18	19 Otaguro/Tom *Kohrinka 10:00am-12:00pm Ebesugawa/ Nakano/Suenaga *Kohrinka 1:00-3:00pm
20 MOA Garden Volunteer Day 9:00am-12:00pm	21 Natural Foods Café 11:30am-1:00pm	22 Dr. Garcia 10:00am-12:00pm	23	24 MWC Office Hours 9:00am-1:00pm	25 CHRISTMAS DAY (HOLIDAY)	26 Yamuna Body Rolling 9:30-10:45am
27	28	29 Dr. Garcia 10:00am-12:00pm Takane/Kikuchi *Kohrinka 9:30am-12:00pm Nakata *Kohrinka 6:30pm	30	31 MWC Office Hours 9:00am-1:00pm Toshikoshi Soba, End of the Year Buckwheat Noodle 11:00am-12:00pm		* Kohrinka (Flower Arranging) Classes are held at the Toho No Hikari Social Hall, 3510 Nuuanu Pali Drive

Kohrinka

MOA practices and teaches a unique style of flower arrangement called Kohrinka. It is a style of ikebana [flower arrangement] taught by our MOA Hawaii flower instructors as a part the health and wellness program. Kohrinka consists of three kanji characters which translate into the English words for light, circle and flowers. The name Kohrinka was derived from MOA's founder Mokichi Okada [1882-1955] calligraphy brush name, "Kohrin" [Circle of Light]. True to the meaning of the kanji characters, Kohrinka includes the desire to create societies filled with brightness and warmth.

Kohrinka classes began in January 2007 with over 30 instructors certified by Mokichi Okada Arts and Culture Foundation. Nine years later classes continue on the islands of Oahu, Maui and Big Island. Kohrinka classes are held by teachers with varying backgrounds and share their knowledge of Kohrinka through guided practice.

There are many talented MOA Kohrinka instructors and Mrs. Jessie Nakata is one of them.. Students in Jessie's class come from many different backgrounds. Who are completely new to flower arranging all the way to students certified as instructors. Jessie challenges students with different themes and arrangement guidelines.

Students who have taken the class have said, "When I had no idea what to do with flowers. I was asked to look carefully the chosen material that I like from various angles. Today, I learned to really look at not only flowers but best of my relations with my family, co-workers and friends. I am learning to look into the best of others."

Nature, life, and healing are themes of Kohrinka based on Okada's vision. Kohrinka classes focus on leading people to happiness through their interaction with each flower. At the Wellness Center, flower therapy will elevate your mind and spirit. In addition, MOA can create a personal flower class for you and your family and friends to introducing flower arranging. If you are interested in any of those classes, seminars or therapies, please feel free to contact MOA!



Chef's Corner

Butternut Squash Soup

Ingredients:

3 tablespoons butter	1 quart vegetable stock
1 tablespoon olive oil	1 bay leaf
2 cups butternut squash, cubed	1 tablespoon honey
2 cups turnip, cubed	1/4 teaspoon ground black pepper
1 cup celery, thinly sliced	1/4 teaspoon ground nutmeg
1 onion, diced	3/8 teaspoon ground coriander
3 cloves garlic, minced	1/8 teaspoon cayenne pepper
	salt to taste (optional)

Directions:

1. Heat the butter and olive oil in a skillet over medium heat. Stir in the butternut squash, turnip, celery, onion, and garlic. Cook and stir until the vegetables begin to brown, about 10 minutes. Meanwhile, heat the vegetable stock in a large pot over medium heat until simmering.
2. Transfer the vegetables to the simmering stock, and add the bay leaf, honey, pepper, nutmeg, coriander, cayenne pepper, and salt. Continue simmering until all the vegetables are softened, about 20 minutes. Remove the bay leaf before serving.

Hawaii Nature Farm in Mililani

Updates

- The soil is improving, and we are able to grow a variety of fruits and vegetables.
- We now have about 30 beehives and will be harvesting honey soon.
- We are open to receive volunteers at the Mililani farm.
 - The address is 94-840 Lanikuhana Ave., Mililani
 - Our farm is located about a mile from the guard station.
 - Call Norman at (808) 281-2331 so he can leave your name with the security guard.
- We need help with keeping the weeds under control—especially after it rains—and welcome all volunteers.
- The 3rd Sunday of each month has been designated as Volunteer Farm Day.
 - Join us as we connect with nature and beautify the farm.
- Thank you to all volunteers and to those who donated plants and money to purchase fruit trees.



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