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MOA Wellness Center

Office Hours

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

Sat. 9:00am-1:00pm

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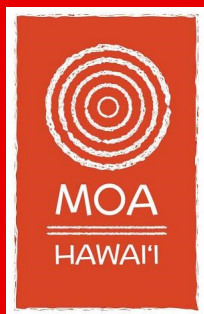
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MOA Hawai'i Newsletter

VOLUME 2, ISSUE 2

FEBRUARY 2015

Executive Director's Message

This month's theme is *Makoto* (love and sincerity).

According to Mokichi Okada, "The key to solving all problems—global, national, and individual—is the single word *makoto*. Makoto is the way of truth. What is a person of makoto like? Someone who desires the happiness of others, has a spirit of altruistic love, is kind and modest, has a warm personality, and has powerful healing power. Let's try to become a person brimming with makoto.

February 4, is *Risshun* the first day of spring. Okada found this day to be an auspicious day; and therefore, began many things on this day. If you've been procrastinating about starting something, this would be a good time to begin.

Mahalo,
Norman Oshiro
Executive Director



We would like to thank everyone who attended the MOA New Years Party. We hope you all had a great time and enjoyed the food and entertainment. See you next year!

Long Green Squash

By: Tom Gibson

One of our most abundant and consistent crops in the garden is squash. Long green squash is often considered to be of African decent but it is also common in Europe, Asia and the Americas. The long squash is a summer squash similar to zucchini; thin skinned and easy to bruise. (Winter squashes have thick rinds)

It is grown in warm climates. The outer skin can go from yellow to green while the inner flesh is firm textured, white in color and contains seeds. The long squash has a mild flavor, which becomes increasingly bitter as it matures.



Squash and gourds are actually fruits! Because they aren't sweet, they are typically used as vegetables. But by botanical definition, fruits have their seeds on the inside. Squash are fruit, like tomatoes.



In North America the word “squash” is derived from “askutasquash,” which literally means, “a green thing eaten raw” in the language of the Nahahiganseck Sovereign Nation, a community of Native Americans who lived in the area surrounding present-day Rhode Island.

Why do we want to eat Squash?

Squash delivers substantial amounts of magnesium potassium, calcium, vitamins A, C and E (vitamin E is found in the seeds).

High in nutrients and flavor, squash is also remarkably high in antioxidants and beta-carotene. Its versatility of preparation makes it an easy addition in any kitchen.

Food and Makoto

By Mai Fujii, MOA Natural Foods Program Manager

Delicious foods, graceful architectural design, beautiful gardens, and well-made clothes—none of these play a role that is simply utilitarian. They have in common the fact that they also bring us pleasure. When we enjoy our food, we become well-nourished in the process and our lives are sustained. If food, clothing and shelter existed only because they were necessary for survival, how dreary life would be! It is obvious, too, that human beings do not engage in the act of procreation simply out of biological necessity. If we stop and think about it, we realize, on the one hand, that human beings are born with the instinct to derive pleasure from both Nature and from man-made things; and, on the other hand, that it is appropriate for us to do so.¹

誠

Makoto



Taste is a quality that belongs to the subtle realm and things that taste good have strong spiritual power. The taste of food also depends on the state of mind of the person who is preparing it. Food prepared with love taste good. Food prepared with resentment taste bad. You can always tell the state of mind of the cook by the way something tastes. Food tastes differently depending on the heart of the person who prepared it. Therefore, food prepared outside the home often lacks authenticity. Food prepared at home taste good because it is imbued with the authenticity of having been prepared especially for us.²

We should always thank our food; when you eat, bless the food and water you drink, chew your foods, and pray for those who do not have food and water. Also, give thanks to people who harvest, deliver, and sell foods. Have you noticed that homemade meals taste much better than foods that are prepared by machines or in a fast manner? Homemade meals taste delicious because it is made with *Makoto*. The food is a source of life spring. We can prepare better quality food with a heart of *Makoto* and show appreciation to foods that are given to us. Doing so with love and sincerity, *Makoto*, is a way of showing appreciation toward those things.

Sources:

¹ The Okada Wellness Program- Food and Exercise. (2008) p21

² The Okada Wellness Program- Food and Exercise. (2008) p22

MOA Nature Garden

Schedule of Activities:

Crotalaria cover crop is now growing on many of our beds to refresh the soil with nitrogen. We are working on renewing the health of our soil. Double dug beds are being heavily mulched before the dug soil is placed back into the bed. We are also making a large soil mound that powerfully breaks down the mulch into compost and then to rich, healthy soil.

Other parts of the garden are being improved with our compost and vermicompost made on site. We collect food waste from interested families; Kokua Market, Andy's of Manoa, and Red Ginger Café and are able to collect one of the two main ingredients to add to the alive thermophilic compost pile. Shredded tree mulch delivered by a local tree trimmer is the second ingredient for this essential process that conforms to the Nature Farming principles. The compost and soil are used to refresh the exhausted plant beds to support the intense growing of Nature Farmed and organic crops.

The Mizuna bed is being transformed to grow Manoa Lettuce. A new Kale bed is very close to begin harvesting. Nasturtium, basil, peppers, squash, chives, spinach are settling into their beds and growing. New pole beans and tomato starts are finding their supports and growing well. The garden paths are almost all mulched or sheet mulched, which helps to support the health of our garden and cut down on weeding time.

Please feel free to visit us over the winter; an interesting and busy time in the garden. The best of health to everyone in the coming new year!



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

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 Kohrinka Textbook (\$20)
 - MOA Kohrinka Guidebook (\$8)
 - Kohrinka 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

FEBRUARY 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
 MOA Wellness Center Hours of Operation: M-F 9:00am–5:30pm, Sat. 9:00am–1:00pm

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3 Dr. Garcia 10:00am-12:00pm Nutritionist 9:30am-12:00pm Nakata *Kohrinka 6:30pm	4 OHWP @ Kaneohe Community Center 8:30-10:30am MOA Board Meeting 6:30pm	5 Nakata *Kohrinka 4:30pm	6 Miso Making Workshop 11:00am-12:30pm	7 Photography Class 1:00-3:00pm
8	9 OHWP @ Pearlridge Shopping Center 8:30-10:30am	10 Dr. Garcia 10:00am-12:00pm Nutritionist 9:30am-12:00pm Iwata *Kohrinka, 9:30am-12:00pm Shoda/Suenaga *Kohrinka, 12:30-2:30pm	11 OHWP @ Kaneohe Community Center 8:30-10:30am	12	13 Okazaki/Liu *Kohrinka, 7:00–9:00pm	14 Takane/Kikuchi Kohrinka 9:30am-12:00pm OHWP @ Valley of the Temples Byodo-in 12:00-3:00pm
15 MOA Garden Volunteer Day 9:00am-12:00pm	16 PRESIDENTS' DAY (Holiday)	17 Dr. Garcia 10:00am-12:00pm Nutritionist 9:30am-12:00pm Nakata *Kohrinka 6:30pm	18 OHWP @ Kaneohe Community Center 8:30-10:30am Iwamoto Continuous Care Mililani Branch 7:00pm	19 Nakata *Kohrinka 4:30pm	20 Miso Making Workshop 11:00am-12:30pm	21 Shodo – Japanese Calligraphy Class at TNH Social Hall 10:30-11:30am
22	23 OHWP @ Pearlridge Shopping Center 8:30-10:30am Natural Food Café 11:30am-1:00pm	24 Dr. Garcia 10:00am-12:00pm Nutritionist 9:30am-12:00pm	25 OHWP @ Kaneohe Community Center 8:30-10:30am	26 OHWP Extended Session 9:00am-12:00pm	27 OHWP Extended Session 9:00am-12:00pm Suenaga Kohrinka 9:30am-12:00pm How to Take Care of Your Whole Body, Mind and Spirit 2:00-3:30pm "Introduction to MOA Hawaii" 6:30pm	28 OHWP Intensive Session 9:00am-4:00pm Takane/Kikuchi Kohrinka 9:30am-12:00pm Otaguro/Tom *Kohrinka 10:00am-12:00pm Ebesugawa/ Nakano/Suenaga *Kohrinka 1:00-3:00pm
						* Kohrinka (Flower Arranging) Classes are held at the Toho No Hikari Social Hall, 3510 Nuuanu Pali Drive



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Nā 'Ohana Piha I Ke Aloha
Families Filled With Beauty

February 2015



The Golden Tea Room currently displays a painting of a "shishi" or imperial guardian lion dog. According to the owner of the painting, Chado Urasenke Tea Instructor, Sokyō Uchiyama, the painting was done by Yoshinobu Tokugawa (1837 – 1913) the 15th and last Shogun of the Tokugawa Shogunate of Japan. Come visit the Wellness Center to view this piece of history!

Intensive OPT (Okada Purifying Therapy) Session

This one day session will be held on Saturday, January 31, 2015 from 9:00 am to 4:00 pm. The day starts with a consultation with Dr. Garcia then 3 hours of OPT with breaks in-between. A healthy and nutritious lunch is served at 12 noon. At 1 pm you receive the remaining three hours of OPT with breaks and then a final consultation with Dr. Garcia. Cost is \$70. If you are interested in participating in this session, please call us at (808) 952-6900.

Extended OPT (Okada Purifying Therapy) Session

The next session will be held on Thursday, February 26 and Friday, February 27. If you would like to participate in this session or have any questions regarding the Extended Session, please call us at (808) 952-6900.

Upcoming Events at the MOA Wellness Center

January 26, Monday – 9:30 am to 10:30 am
Qigong Exercise and Healing and Beginning Tai Chi
\$10.00 per class taught by Gerri Nishida



Qigong Exercise with Gerri

February 27, Friday – 2:00 pm to 3:30 pm

“How to Take Care of Your Whole Body, Mind and Spirit”

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.

FREE Class taught by Myra Lewin

Please call us at (808) 952-6900 to reserve your space for this event!

Basic OPT Therapist Continuing Education (FOCUS on detecting fever)

Classes will be offered once a month for the next six months for those who have completed the OPT Basic Course and are interested in furthering their knowledge and application of OPT. The next class will be offered on February 12, 2015 at 1 pm in the 'Ohana Room at the MOA Wellness Center. Please call us at (808) 952-6900 if you are interested in taking this class.

MOA Wellness Center OPT Therapist Continuing Education (FOCUS on Concretions and Key Points)

Classes will be held at the MOA Wellness Center.

Please call us at (808) 952-6900 if you are interested in taking this class.

MOA Massage or Reflexology by Norman Oshiro

15 minutes = \$15.00 (MOA members pay \$12.50)

30 minutes = \$30.00 (MOA members pay \$25.00)

1 hour = \$55.00 (MOA members pay \$45.00)

MOA Hawai'i Plant Sale

If you are feeling overwhelmed with the number of potted plants in your garden and would like to find them a good home, MOA Hawai'i is having its biannual plant sale on March 22 from 9:00 am to 1:00 pm. Donations are being accepted at the MOA Nature Garden located behind the Toho No Hikari Church at 3510 Nuuanu Pali Drive. If you have any questions, please call Tom Gibson at (808) 284-8129.



MOA Nature Garden
3510 Nuuanu Pali Dr
Honolulu, HI 96817

Eggplant Gratin

Ingredients: (Serves 4)

4 medium Eggplants
3/4 cup Pumpkin
4 medium Tomatoes
1 clove Garlic
2 Bay Leaves
3 oz Shredded Cheese*
Olive Oil
Salt and Pepper to taste



Directions:

Slice eggplant into 1 inch round pieces, slice pumpkin into ½ inch pieces, and fry.

Boil tomatoes for a few seconds and remove the skin. Dice into rough pieces. Mince garlic.

Heat olive oil in a fry pan, add garlic and cook on medium-low heat. Add tomatoes, bay leaves and season with salt and pepper. Continue cooking until the sauce thickens.

In a gratin dish, layer the pumpkin and eggplant alternately, and pour 3) on top. Sprinkle shredded cheese on top*.

Bake in 400°F (200°C) oven for about ten minutes. Garnish with dried parsley flakes.

*you can omit cheese, or substitute with vegan cheese if you are vegan.

Nutritional Tip:

Eggplant is a nightshade vegetable** that is used in many cuisines. It can be cooked using many different methods such as frying, baking, broiling, and pickling. Eggplants have an approximately 95% moisture content, is low in calorie and has a cooling property. They are available in different shapes and colors depending on the regions they grow in. The purple pigment of the skin contains anthocyanin, a phytochemical that maintains human health, such as anti-aging effects. Enjoy cooking eggplant in a variety of ways.

**other nightshade vegetables include tomato and potato



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