

**MOA HAWAI'I
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MOA Wellness Center

Office Hours

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

Sat. 9:00am-1:00pm

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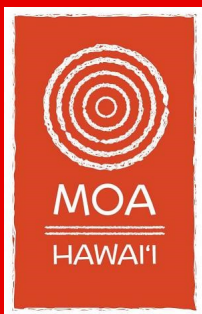
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MOA Hawai'i Newsletter

VOLUME 2, ISSUE 1

JANUARY 2015

Executive Director's Message

Hau'oli Makahiki Hou! Happy New Year!

On January 1, 1935, Mokichi Okada said: *"An ideal civilization will be born through the harmonious fusion of the vertical and horizontal [of the East and West]. This will become the path of bright light of eternal prosperity ... the three minor calamities of starvation, disease, and war will be completely eliminated. We will construct the World of Great Bright Light—a world without disease, poverty, or conflict—with eternal peace and prosperity. ..."* He explained how we should go about doing this: *"The world is comprised of people, who form countries. Countries are comprised of cities, towns, and villages, which are made up of families, and families are made up of individuals. Therefore, if the individual who constitutes the basic unit cannot be saved, then there is no way the world can be saved. ... When the individual is saved and perfected, then by extension, the entire world can be saved and perfected. Accordingly, the emphasis must be first placed on saving and perfecting the individual. Take for example, a single family as a model of the world. When the family is saved and attain the state of paradise, the whole world will be saved. ..."*

The MOA Wellness Center (MWC) works together with our Healthy Life Networks (HLN) to help each individual by promoting the Okada Health and Wellness Program (OHWP). Volunteers from Healthy Life Networks promote the prevention and treatment of lifestyle-related illnesses of the participants and their families through regular practice of OHWP. Let's start the new year by connecting with the MOA Wellness Center and a Healthy Life Network in your district and enjoy a healthy and prosperous 2015. Please call Teri June Amuro at 952-6900 for details.

If you are not certified as an OPT Basic Therapist or would like to re-certify as an OPT Basic Therapist, please call the MOA Wellness Center at 952-6900 to schedule your certification.

All current MOA Hawai'i members are invited to attend our annual MOA Hawai'i New Year's Party. The party will be held on Sunday, January 18, 2015, from 11:00 AM - 2:00 PM at the TOHO NO HIKARI HAWAII Social Hall at 3510 Nuuanu Pali Drive. Please RSVP to Ruby Gines at 952-6900 or by email to: admin@moahawaii.org. See you there!
Mahalo,

Norman Oshiro
Executive Director



Member Testimony By: Janice Lai

On Wednesday, September 3, 2014, Katherine Dang, Ralph Tamasaka and I accepted an invitation for a complimentary visit to the MOA Wellness Center to experience the art of healing through the Okada Health and Wellness Program. All three participants attend classes at the Kaneohe Community and Senior Center and receive therapy from the MOA volunteers on Wednesdays.

We were introduced by Mrs. Imanaka who gave excellent directions to the facility. The MOA Wellness Center is a facility where the Okada Health and Wellness Program and Integrative Medicine are offered to improve physical and spiritual health and the quality of life of its participants.

We arrived in time for our 10:00 a.m. appointment and were able to take in some of the decorations and pictures on the walls and display cabinets. We were then met by three therapists—Mr. Kikuchi and two volunteers who were visiting from Japan. We were led to a private room and received individualized attention to our ailments. If we had been blindfolded going to the facility, we would have believed we were at a regular medical office. Time flew by and soon 45 minutes had passed. We were then led to a special room containing a replica of a Japanese tea ceremony room (Golden Tea Room) that had been used hundreds of years ago. We were treated to an individualized tea ceremony and a flower therapy session where we each chose a flower. I chose an anthurium. After we arranged it and had a chance to enjoy it, the flowers were carefully wrapped for transporting home.

We left after having a wonderful experience.

Mizuna ¹ By Tom Gibson

Mizuna (*Brassica rapa var. japonica*) is botanically related to the turnip and has a mustardy-peppery bite, kind of like arugula toned down. It is also called Japanese Mustard, California Peppergrass, and even the very vague "Japanese Greens." It apparently is very cold hardy and grows even in Japan's winter, so that is why it is often used in ozoni.

Ozoni or zoni, has been a New Year's tradition since around 1400-1500 A.D. and also called mochi soup. It was originally a samurai battle food, using dried mochi cakes and dry goods that they could carry around with them and then prepare on the field of battle by adding water and whatever fresh greens they could rustle up, then making a stew. Somehow, it became a food of the common man, and later a traditional and lucky meal for Oshogatsu.

Oshogatsu, as the New Year's celebration is called, is the most important holiday of the year in Japanese culture. Instead of just celebrating from the 31st to the 1st, Oshogatsu celebrations can extend from December 28 to January 6.

Very Best Wishes for the New Year from the MOA Nature Garden

Source:

¹ Miss Mochi's Adventures



MOA Nature Garden

Schedule of Activities:

We are into our cool season in the garden. Many of our beds are growing nitrogen fixing "green manure" crops. As we deep mulch each bed and top mulch live crops into the soil we are reviving the soil for our coming season of growing; naturally. A large hot compost pile has just finished being built with food waste and brown mulch. It will age for three months and then become finished compost for our beds. January we will be harvesting another 100 pounds of vermicast; a natural soil amendment from our worm composting project. Nature farming mandates that all inputs to the garden be created by naturally composted processes rather than manufactured chemicals. Creating a healthy alive soil for growing the finest organic foods.

Our Jabong tree is hanging with very large fruits that are slowly turning a beautiful yellow. We should be harvesting soon. The patch of Long green squash is once again blooming. Also, we are harvesting an abundance of Kabocha squash from our rock wall hanging patch. We have garlic Chives, mint and Rosemary in the herb section. The Italian Basil starts are taking to their bed nicely. Green onions are beautiful and we are harvesting.

Green beans have been planted in the first arch and they are already growing upwards into the wire supports. The Mizuna is flourishing in our temperate winter climate. New Papayas are being planted around the garden as we start to retire our ageing trees.

Everyone is always welcome at our Nature Farm Garden. Mahalo



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 _____

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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 Hawaii are tax deductible.



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



Nā 'Ōhana Piha I Ke Aloha
Families Filled With Beauty

January 2015

Talking Story with Ruth Kobayashi



“Hey Teri, I got a story to tell you,” Mrs. Kobayashi says as she sits waiting for her Purifying Therapy appointment at the Wellness Center. “It’s about my time spent up at Maunalani Nursing and Rehab Center and the gratification I get while playing the piano for the seniors there.”

“As I sit there playing the piano, I watch their faces etched in deep thought thinking of years long past but not forgotten. The melodic notes bring back memories of sixty years past, of their youthful years and young loves. Little beginnings of a smile start on the once solemn, drawn faces as I continue to play the piano of the haunting melodic notes made famous by Barbra Streisand. “Again, again,” voices chime in. Soon the repeated song has ended and all thirty-some wheelchairs are taken to the dining room for lunch.

One resident, Betty, rolls her wheelchair to me and says to me as tears roll down her cheeks, “You play from your heart and you touched my heart.” I tell her, “Thank you for saying that since I was playing so that all of you could remember your loving past.”

For the next two years I would go to Maunalani to volunteer, whether it was to play the piano, do group singing or solo performing, or accompanying Rez, a resident there, with his vocal solos. What was once a small group of patients expanded to nearly thirty people, all in wheelchairs. Most of the patients that came suffer from Dementia, Alzheimer’s or Rheumatoid Arthritis while others were under hospice care.

I would play old American favorites as well as patriotic, Japanese, Filipino, Hawaiian, Irish, and camp songs. These were the basic materials performed and enjoyed. After observing the response of those patients with Dementia and Alzheimer’s, I agreed with the medical research on how the effect of live music and participation changes a person’s attitude.

As I continued to do this music therapy every month, I noticed different reactions on the faces of the patients when I play different kinds of music. Their faces reflected a range from flat indifference to smiles and pleasant expressions. When I start to play the Japanese songs, “Here is Happiness,” “Haru Ga Kita,” or “Sukiyaki,” the faces of the Japanese-American Seniors light up with recognition. A 96-year old 442nd army veteran loves to sing “Manuela Boy” every time I go there.

Volunteering for these seniors at Maunalani is gratifying for me. I am able to see changes that “live” music contributes to those residents. Most of all music touches both their hearts and minds.”

“Mokichi Okada,” she says in conclusion, “encourages MOA members to do volunteer work in the community. By doing so, the rewards are enormous because it’s given back ten-fold in return from the recipients’ heart, mind, and soul.”

Wishing everyone a Happy New Year 2015

Upcoming Events

January 19 (Martin Luther King Day Holiday) and 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

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

February 28, Friday – 9:00 am to 4:30 pm

“Balancing and Healing Within”

Breathing Practices and Yoga Asana (physical postures) – Morning
Ayurvedic Cooking Demonstration – Noon

Deep Subtle Energy Meditation to address the root causes of in-balance in your energy

\$125.00 for the full day, includes lunch

\$75.00 for half day, includes lunch

Taught by Myra Lewin

JOB OPENING: Administrative Assistant

Position Summary: Responsible for the reception duties of the MOA Wellness Center. Attends to the visitors and deals with inquiries on the phone and face-to-face. Supplies information regarding the organization to the general public, clients and customers. Please call (808) 952-6900 if you are interested in this position.

OPT Recertification Course

A new OPT Recertification Course will be offered in January 2015. If you are interested in taking this class, please call us at the Wellness Center (808) 952-6900 for more information.

Continuing Education and Training for Basic OPT Therapists

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 first class will be offered on January 15, 2015 at 1:00 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.

Continuing Education and Training for Intermediate OPT Therapists

Classes are being offered on the following days and times:

Monday, January 12 and 16 at 9:30 am

Wednesday, January 14 and 15 at 6:30 pm

Saturday, January 17 at 1:00 pm

Classes will be held at the MOA Wellness Center. Please call us at (808) 952-6900 if you are interested in taking this class. Let us know which day you want to attend this class.

MOA HAWAI'I JANUARY 2015

MOA HAWAI'I • 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
* Kohrinka (Flower Arranging) Classes are held at the Toho No Hikari Social Hall, 3510 Nuanu Pali Drive				1 NEW YEARS DAY (HOLIDAY)	2	3 Photography Class 1:00-3:00pm Yamuna Body Rolling 9:30-11:00am
4	5	6 Dr. Garcia 10:00am-12:00pm	7 MOA Board Meeting 6:30pm	8	9 Okazaki/Liu *Kohrinka, 7:00–9:00pm	10 Takane/Kikuchi Kohrinka 9:30am-12:00pm OHWP @ Valley of the Temples Byodo-in 12:00-3:00pm
11	12 OHWP @ Pearlridge Shopping Center 8:30-10:30am	13 Dr. Garcia 10:00am-12:00pm Nutritionist 9:30am-12:00pm Iwata *Kohrinka, 9:30am-12:00pm Shoda/Suenaga *Kohrinka, 12:30-2:30pm Nakata *Kohrinka 6:30pm	14	15 Nakata *Kohrinka 4:30pm	16 Ayurvedic Cooking Class 11:00am-1:00pm	17 Shodo – Japanese Calligraphy Class 10:30-11:30pm
18 MOA New Year's Party @ TNH Social Hall 11:00am-2:00pm	19 Tai Chi Chuan 9:30-10:30am	20 Dr. Garcia 10:00am-12:00pm Nutritionist 9:30am-12:00pm	21 OHWP @ Kaneohe Community Center 8:30-10:30am Iwamoto Continuous Care Mililani Branch 7:00pm	22	23 Suenaga Kohrinka 9:30am-12:00pm	24 Takane/Kikuchi Kohrinka 9:30am-12:00pm Otaguro/Tom *Kohrinka 10:00am-12:00pm Ebesugawa/ Nakano/Suenaga *Kohrinka 1:00-3:00pm
25	26 OHWP @ Pearlridge Shopping Center 8:30-10:30am Tai Chi Chuan 9:30-10:30am Natural Food Café 11:30am-1:00pm	27 Dr. Garcia 10:00am-12:00pm Nakata *Kohrinka 6:30pm	28 OHWP @ Kaneohe Community Center 8:30-10:30am	29 OHWP Extended Session 9:00am-12:00pm Nakata *Kohrinka 4:30pm	30 OHWP Extended Session 9:00am-12:00pm "Introduction to MOA Hawaii" 6:30pm	31 OHWP Intensive Session 9:00am-4:00pm

A New Beginning

By Mai Fujii, MOA Natural Foods Program Manager

January is the beginning of a new year. It is a time when we look back on events of the past year and greet the New Year with a new feeling. It is also a good time to determine our goals for the year.

This month is a perfect time to reset your body after having eaten a lot during the holidays. We often focus on getting enough nutrients from foods and we take supplements to cover some of our nutritional deficiencies. Mr. Okada emphasized that we should be careful of excessive nutritional intake. He stated that “people today are in danger of getting too much nutrition. Nutrients are the building blocks of the systems of the human body and when we take in too many nutrients, the systems become dull.”¹ How many of you eat foods only when your stomach is empty or you feel hungry? Okada also stated, “It is not good for you to eat when you still have food in your stomach because the food will start to ferment and produce toxins and that would interfere with the digestion of the new food. If you continue to add more food on top of that, your digestive system will gradually fail.”

Just as you rest your body after a long day of work, giving a break to your digestive system will replenish the energy for the digestive system. You can simply do this by skipping a meal or replacing a meal with fresh fruits.* Also, many foods can assist to rejuvenate the digestive system. I often drink a glass of water with fresh lemon juice and raw honey in the morning to purify my blood and cleanse my digestive system. I also drink boiled water with ginger between or after meals, or chew a piece of ginger with rock salt before meals to improve digestion, absorption, and assimilation of foods.

It is never too late to start something new. We all want to live a healthy and happy life and take good care for ourselves and others. Healthy eating is a fundamental component for a healthy body, mind, and soul. Let's start a great beginning of the year with gratitude toward all who support us to survive, as well as our body which works hard for us every day.

¹The Okada Wellness Program—Food and Exercise (2008)

*If you have certain health conditions or are on medication, consult your physician before you change your diet.



Rice Porridge with Seven Herbs (Nanakusa-gayu)

In Japan, there is a custom that the rice porridge containing the seven chopped vegetables called Nanakusa-gayu is eaten on the seventh day of January. People regard Nanakusa-gayu as a good fortune for longevity and health and intended to ward off evil. Nanakusa-gayu is also eaten to rest the digestive system after eating too much during the New Year's celebration.

Traditional seven herbs (Japanese parsley, shepherd's purse, cotton weed, *Stellaria media*, henbit deadnettle, turnip, and arugula) are used in the porridge, but they vary depending on availability and location. Here, I chose 7 ingredients that are easy to obtain in Hawaii. You can also adjust the ingredients to your liking.



Ingredients (3~4 serving):

1/4 cup of each vegetable: daikon (leaves), kale, mizuna, Chinese cabbage, cilantro, arugula
1 piece abura-age
2 cups cooked rice
1 quart water
1 tsp dashi (vegetable broth) powder
Salt for taste
Umeboshi (Japanese pickled plum) or tsukemono (optional)

Directions:

Wash all the vegetables. In a pot, boil water with a pinch of salt and cook the vegetables for 10~20 seconds. Rinse with cold water and chop fine. Cut abura-age into small pieces.

In a large pot, boil 1 quart of water. When water reaches the boiling point, add dashi powder and rice and cook on medium-low heat for 15~ 20 minutes.

Keep stirring to prevent burning.

When rice becomes thick and porridge consistency, add all the vegetables, abura-age and salt; adjust taste. Cook for a few minutes.

Serve immediately.

Umeboshi or tsukemono may be served on the side.



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