

MOA HAWAII
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MOA Wellness Center

Office Hours

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

1st Wed 12:00-8:00pm

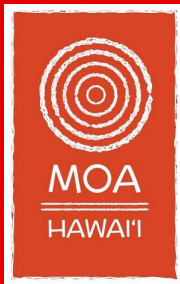
Sat. 9:00am-1:00pm

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MOA Hawai'i Newsletter

VOLUME 3, ISSUE 1

JANUARY 2016

Executive Director's Message

Hau'oli Makahiki Hou! Happy New Year!

On January 1, 1936 Mokichi Okada said, "... what are sicknesses apart from those of physical bodies of human beings? That is the sickness that exists even in the thoughts of human beings. More specifically, people who have impure thoughts are sick. All wrongdoing, corruption, and depravity that are the true causes of social anxiety are nothing but symptoms that result from this pathological thought. That is, society, which is based on aggregates of individuals, is unsound because of the unwholesome thoughts of individuals; and the appearance of unhealthy aspects of society is a natural outcome. ...

And, these thoughts are something like incurable pulmonary tuberculosis. Moreover, it seems that these persons of hopeless pathological thought are rather numerous in the intellectual class, so it is truly disturbing that young people of today are being tainted by that. Therefore, I call this tuberculosis of thought. In addition, all spheres [of human society] like the international [community] and religious world are respectively suffering from major, intermediate, and minor intractable diseases. The existing circumstances of today's world and societies are such that everyone is tormented by that.

As described above, the fundamental source of all human suffering today is sickness in all spheres. ...

Therefore, our ultimate objectives are making sound bodies and thought, healthy nations and societies, and a wholesome world. ... To reiterate, our mission refers to healing the sickness of the whole of creation based on healing the sicknesses of human beings in spirit, mind, and body."

If you have not made your new year's resolution yet, you may want to consider making your resolve to improve your thoughts. By incorporating the Okada Health and Wellness Program into your daily life, your thoughts will become more wholesome.

Art and Culture Program: By appreciating man-made and nature's beauty, you become more joyful which improves your thoughts, heightens your aesthetic sensitivity, developing peace-loving thoughts.

Purifying Therapy: Purifies your spirit; purifies your thoughts and causes your body to be sound.

Nature Farming and Natural Foods: Current scientific research shows that lifestyle-related illnesses and our moods and thoughts are related to our diet. Try to eat clean foods full of energy.

If you are not certified as a Purifying Therapy Basic Therapist or would like to re-certify as a Purifying Therapy Basic Therapist, please call the MOA Wellness Center at 952-6900.

Norman Oshiro
Executive Director

NATURE FARMING

Conversion to Nature Farming Requires a Certain Amount of Time

“We have to keep in mind that all seeds and soil have a lot of fertilizer toxin at first; and therefore, it takes quite some time until such toxin would disappear and can observe good results. Depending on the kind of vegetables, however, good results may be seen from the first year of practice and it gets better each year. Therefore, people would be amazed at the results they would find after all the fertilizer toxin disappears.

When you suddenly stop using fertilizers, the soil would not be able to exercise its intrinsic power immediately. Since crops also do not have the fertilizer they relied on for absorbing nutrients, crop production weakens at first. After a certain time, however, fertilizer toxin gradually disappears and the soil regains its original quality. At the same time, as the fertilizer toxin in the seeds disappears, their natural ability of absorbing nutrients from the soil returns. Both regain their original ability, and you would see that they start exercising their original power right before the time of harvest.”

We are in our 9th month of farming the Mililani Agricultural Park land. Just as Okada said, the land was full of fertilizers, herbicides and pesticides. As a result, we had poor crop production, disease and pest infestations. After growing and incorporating green manure crops (annual rye, crotalaria, oats, sorghum, cowpea, alfalfa, and clover) and letting crops go to seed, we are seeing improvements in the quality of the crops. Some of the crops, which are second generation, look better and less affected by disease and pests. It will take more time before we produce true Nature Farmed crops, but we are slowly purging the land and seeds of toxins.

We thank all of you who have supported our efforts by purchasing the produce. We can promise you that the produce are free of added toxins and are grown with lots of love.



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

JANUARY 2016

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
* Kohrinka (Flower Arranging) Classes are held at the Toho No Hikari Social Hall, 3510 Nuuanu Pali Drive					1 New Year's Day (Holiday) MWC CLOSED	2
3	4	5 Dr. Garcia 10:00am-12:00pm Iwata *Kohrinka, 9:30am-12:00pm Shoda/Suenaga *Kohrinka, 12:30-2:30pm	6 MOA Wellness Center Office Hours 12:00-8:00pm MOA Board Meeting 6:30pm	7	8 Okinawa Soul Food Café 11:30am-1:00pm Okazaki/Liu *Kohrinka, 6:30–8:30pm	9 Takane/Kikuchi *Kohrinka 9:30am-12:00pm OHWP @ Valley of the Temples Byodo-in 12:00-3:00pm
10	11 OHWP @ Pearlridge Shopping Center 8:30-10:30am	12 Dr. Garcia 10:00am-12:00pm Nakata *Kohrinka 6:30pm	13 Introduction to MOA Hawaii 10:00am or 6:00pm	14 Nakata *Kohrinka 4:30pm	15	16 Shodo Class (Japanese Calligraphy) @ TNH Social Hall 10:30-11:30am
17 MOA New Year's Party @ TNH Social Hall 10:30am-1:00pm	18 Martin Luther King Day (Holiday) MWC CLOSED	19 Dr. Garcia 10:00am-12:00pm	20 OHWP @ Kaneohe Community Center 8:30-10:30am Iwamoto Continuous Care Branch @ 7:00pm	21	22 Suenaga Kohrinka 9:30am-12:00pm	23 Takane/Kikuchi Kohrinka 9:30am-12:00pm Otaguro/Tom *Kohrinka 10:00am-12:00pm Ebesugawa/ Nakano/Suenaga *Kohrinka 1:00-3:00pm
24	25 OHWP @ Pearlridge Shopping Center 8:30-10:30am Natural Foods Café 11:30am-1:00pm	26 Dr. Garcia 10:00am-12:00pm Nakata *Kohrinka 6:30pm	27 OHWP @ Kaneohe Community Center 8:30-10:30am	28 OHWP Extended Session 9:00am-1:00pm Nakata *Kohrinka 4:30pm	29 OHWP Extended Session 9:00am-12:00pm	30 OHWP Intensive Session 9:00am-4:00pm
31 Mililani Farm Volunteer Day 9:00am-12:00pm						

MOA MEMBERS SPECIAL!



Start your New Year with the Okada Health and Wellness Program

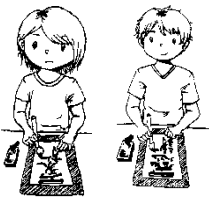
Purchase the 10-Purifying Therapy Sessions for \$100 by December 31, 2015 before the price increases to \$125 on January 2016. (expires one year from the date of purchase.)

New packages beginning January 1, 2016:

- 5 Purifying Therapy Sessions \$75.00
- 10 Purifying Therapy Sessions \$150.00
(Plus 2 appointments with Dr. Garcia)
- 10 Purifying Therapy Sessions \$160.00
(Plus 10 Art Therapy [tea and flower] Sessions)

Introduction to MOA Hawai'i Wednesday, January 13, 2016 10:00 am OR 6:00 pm

Learn about the Okada Health and Wellness Program (OHWP) which consists of: Purifying Therapy, Art and Culture Program, Nature Farming and Natural Foods Program, and the Ultimate Wellness Program.



Shodo (Japanese Calligraphy) Saturday, January 16, 2016 10:30 -11:30 am

Class meets at the Toho No Hikari social hall
Maximum of 10 students per class

\$12 per class for MOA Members; \$13 per class for non-members; \$10 per class for students grades K-12. Ink, paper, brush will be provided.

Learn to make ink and use a brush. Experience peace of mind and relaxation while enjoying Japanese Calligraphy; a traditional Japanese art.

Please RSVP by contacting the MOA Wellness Center at (808) 952-6900.



Okinawa Food Café
Friday, January 8, 2016
11:30 am – 1:00 pm

Come and enjoy an Okinawan-style non-crunchy tempura lunch

~Menu ~

Okinawa Tempura (Vegetables like sweet potato, carrots, etc.; Fish and Squid);
Organic Brown Rice, Miso Soup, Ice Cream with Powdered Matcha Tea, Green Tea

\$ 13 for MOA members

\$ 18 for Non-members

*Maximum of 20 people (**Please RSVP by January 6**). Cancellations: 100% refund 72 hours before the event, 50% refund before 24 hours, and no refund within 24 hours)*



Natural Foods Café
Monday, January 25, 2016
11:30 am – 1:00 pm

Enjoy a nutritious and delicious lunch using organic/local ingredients with a welcoming atmosphere in the MOA 'Ohana Room by the MOA certified healthy food advocates.

~Menu ~ to be announced

\$ 15 (includes tax)

*Maximum of 15 people (**Please RSVP by January 22**). Cancellations: 100% refund 72 hours before the event, 50% refund before 24 hours, and no refund within 24 hours)*

Please RSVP by contacting the MOA Wellness Center at (808) 952-6900.

Mizuna¹



Mizuna is a spring to early summer green from the mustard family. The botanical name for mizuna is *Brassica rappa* Japonica Group. Its leaves are finely dissected and glossy green on long, slender stems. The leaves look something like a dandelion green.

Mizuna grows in a rosette to about 9 inches (23 cm) tall and 16 inches (45 cm) wide.

Mizuna has a mild and tangy flavor. You will find the flavor of mizuna peppery-fresh but not overpowering.

Mizuna leaves can be mixed with other salad greens and mesclun or added to soups and stir fries at the end of cooking.

You can toss young mizuna leaves, which are mild tasting, in a mixed salad. Larger leaves, which can have a mustardy or bitter-green tang, are best cooked briefly. Mizuna is sometimes called pot herb mustard.

Choose mizuna with fresh, bright, fully green leaves.

Mizuna will keep in the refrigerator for up to 5 days. Rinse and dry the leaves before refrigerating. Wrap them in a paper towel and store them in a plastic bag.

Small-leafed mizuna can be served raw. Use larger leaves for cooking. Leaves can be cut into short sections and steamed, boiled, stir fried, or included in soups or one-pot casseroles. Boil or steam mizuna in bite size pieces.

Source:

harvesttotable.com/mizuna



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