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Roy Goshi-Otaguro  
Arts & Culture Program Manager

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](mailto:info@moahawaii.org)

Website: [www.moahawaii.org](http://www.moahawaii.org)

**MOA Wellness Center**

**Office Hours**

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

Sat. 9:00am-1:00pm

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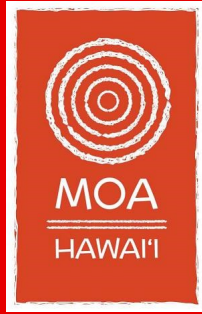
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# MOA Hawai'i Newsletter

VOLUME 2, ISSUE 3

MARCH 2015

## Executive Director's Message

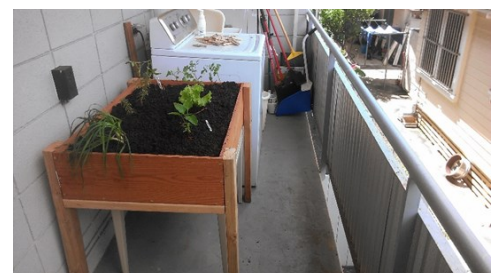
During the month of March, we are focusing on *nutrition*.

Mokichi Okada said:

*"Nutritional science is normally concerned with things that can be calibrated, such as, vitamins and the number of calories. It misses the point, however, because the subtle or spiritual aspect of food is the true foundation of nutrition. However, this spiritual aspect cannot be measured in a test tube so there is no way for today's scientists to understand it, no matter how much research they do. Calories, vitamins, protein and carbohydrates are the empty husks left over when you take away the spiritual essence of food."*

When food loses its spiritual essence, it becomes spoiled, rotten and loses its taste. When the food is fresh, it has a strong spiritual essence, smells good and taste delicious. To get the freshest food, eat locally grown organic food rather than something imported from thousands of miles away. Let's all be more aware of the foods we eat and the way it's produced as it affects our health and our environment.

The best way to ensure that the food you are eating is fresh and uncontaminated is to grow your own food. Our MOA Nature Farm staff is more than willing to assist you in creating a backyard garden with you. If you don't have a yard, then they can build you a garden box that will be custom fit for your available space.





## Sandra Lai Testimony

I joined Mrs. Karen Takane's first MOA Kohrinka class in May 2010. Her classes have inspired me to appreciate and enjoy the beauty of nature and to better observe how plants grow. Mrs. Takane always encourages students to share our flowers at libraries, schools, and hospitals. I had the opportunity to do so in the last couple of months when my husband was admitted to a skilled nursing facility. In summer of 2013, he was severely injured in a pedestrian accident. He was hit by a car while walking our dog in a marked crosswalk. He now resides at Manoa Cottage Kaimuki which has a small and very tidy reception area which previously had no fresh flowers. I volunteered to create and display single flower and large arrangements using the flowers from Mrs. Takane's class. The largest arrangement was the New Year's arrangement shown in the picture. It was enjoyed by many.

Staff and visiting family members would often comment about the arrangements, but I thought that the patients were not aware of them because many have Alzheimer dementia. Very recently, I was pleasantly surprised when a nurse told me that when patients are escorted in wheelchairs around the neighborhood, upon returning to the reception area, some ask to sit in front of the flowers to "discuss" them, so joyful to hear this. I'm very grateful to MOA teachers Mrs. Karen Takane and Mr. Yasuo Kikuchi and his wife Fumiko for their inspiration and teaching.

*Message from MCK to Sandra Lai:*

*Manoa Cottage Kaimuki would like to extend a special mahalo to Mrs. Sandra Lai for the beautiful flower arrangements she creates for our front reception area. Her newest addition is a special Kadomatsu to welcome the New Year. Thank you, Sandra, for sharing your talent and for filling MCK with beauty and joy during the holidays.*



## MORINGA OLEIFERA

By Tom Gibson

*Moringa*, sometimes called *Marunggay*, is native to parts of Africa, India, Philippines and Asia, and is the sole genus in the flowering plant family Moringaceae. The name is derived from *murungai/muringa*, the Tamil/Malayalam word for drumstick. It contains 13 species from tropical and subtropical climates that range in size from tiny herbs to massive trees.

The most widely cultivated species is *Moringa Oleifera*, a multipurpose tree native to the foothills of the Himalayas in northwestern India and cultivated throughout the tropics and is the variety we are growing at the MOA Garden in Nuuanu.

Moringa is the most nutritious plant known to man, containing 92 nutrients, 46 antioxidants, 36 anti-inflammatories, and 19 amino acids. It includes all nine essential amino acids that your body needs to properly function but is unable to synthesize on its own.

Moringa is incredibly rich in enzymes as well. Enzymes allow chemical reactions in our bodies to take place and are critical to maintaining ideal physical and mental function.

This powerhouse tree has been shown to have positive effects on over 300 different diseases and ailments. Considered a safe food (GRAS by the FDA), only an estimated 1% of the population has an intolerance to Moringa. It is bioavailable, meaning the nutrition is in a form that the body recognizes and can absorb and process.

Moringa leaves can be eaten raw in a salad. The leaves can also be sautéed or added to soups and stews. The seed pods can be trimmed of its fibrous strips, chopped and added to stews.

*Sources: Wikipedia; Moringa Farm & Gardens (.com); Miricletrees.org; Vicky Domingo Hawaiian Farmer; Dr. Will McClatchey University of Hawaii Ethnobotanist*

## Food and Nutrition

By Mai Fujii, MOA Natural Foods Program Manager

March is National Nutrition Month. The theme for this year is “Bite into a Healthy Lifestyle” and is an educational campaign by the Academy of Nutrition and Dietetics to focus attention to the importance of making wise food choices and developing sound eating and physical activity habits.

Today, many people suffer from chronic diseases such as type 2 diabetes, coronary heart disease, stroke, and cancer. These health complications are strongly linked to excess body fat. In fact, obesity is the fifth leading cause of death that can be preventable. At least 2.8 million adults die due to obesity-related diseases each year<sup>1</sup>. At the same time, approximately \$147 billion was spent for obesity and/or obesity-related diseases in 2008<sup>2</sup>.

There are many studies showing that accumulation of excess body fat is related to diet and lifestyle. Excess calories and fats intake, consumption of too much sugar, refined foods, and processed foods promote body fats and damage the body functions. A sedentary lifestyle and unhealthy mental state also lead to overeating and storage of fats in your body. On the other hand, many chronic diseases that relate to excess body fat can be prevented by proper diet and lifestyle. What is a proper diet? It is a balanced diet that provides all the nutrients you need to maintain good health. What to eat, how much to eat, and how to eat are the three main points that should be considered in order to have balanced meals. Let's take a look at each point<sup>3</sup>:

### What to eat:

- 1) Eat fresh foods.
- 2) Eat organically grown, pesticide-free foods.
- 3) Eat a variety of grains & whole grains.
- 4) Eat a plant based diet.
- 5) Eat seasonal fruits and vegetables.
- 6) Eat more fish than meats.



### How much to eat:

- 1) Eat only 70-80% of your stomach capacity.
- 2) Make a plate for yourself to visualize how much food you eat at one time.

### How to eat:

- 1) Eat to the rhythm of your biological clock.
- 2) Chew moderately, eat slowly.
- 3) Sit and eat in a peaceful environment, and bring your focus on eating.
- 4) Enjoy a meal.

Diet is the primary strategy to maintain health, and to rejuvenate or heal one's body. It is not too late to modify your dietary habits to make it better. A balanced diet not only heals your body, but also heals and rejuvenates your mind and soul. When all three (body, mind, soul) become healthy, you acquire ultimate health.

### Sources:

<sup>1</sup>World Health Organization. Obesity and Overweight. Available at [http://www.who.int/mediacentre/factsheets/fs311/en/index/html](http://www.who.int/mediacentre/factsheets/fs311/en/index.html). Accessed January, 2015.

<sup>2</sup>Centers for Disease Control and Prevention. Causes and Consequences. Available at <http://www.cdc.gov/obesity/adult/causes/index.html>. Accessed January, 2015.

<sup>3</sup>Energy Diet. MOA International

# MOA Nature Garden

## Schedule of Activities:

The Crotalaria cover crop has been harvested and integrated into the beds; refreshing the soil with nitrogen. The photo here is of a fresh picked Crotalaria plant with the nitrogen containing nodules on its roots. As the roots compost into the soil, the nitrogen in the nodules is released into the soil.



The Mizuna bed is being transformed to grow Manoa Lettuce. Our new Kale bed is being harvested and a second bed of Kale is now growing. In addition, we are harvesting nasturtium, basil, peppers, squash and chives. We are just starting to harvest string beans and tomatoes. 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.

There is also a new plot in the garden which is based on the plot-style community garden. The 10'x10' fenced plot is seeded with: summer squash, lettuce, beets, cucumber and green onion. The central path for the plot has been sheet mulched. This demonstration community garden plot illustrates the variety and quantity of fresh organic vegetables that a small plot of land can produce for the kitchen.

On March 22, fourth Sunday, we will be having a plant sale at the MOA Garden. Landscape plants, house plants and garden crops will be available for a donation to the MOA Nature Farming program. If you have any potted plants to donate for the sale, please call Tom at 284-8129. Arrangements can be made to pick up the plants from your garden for this twice a year fundraiser for the MOA Nature Farming program.

Please feel free to visit us over the winter; on the 3<sup>rd</sup> Sunday Garden Volunteer Day on March 15, at the March 22 Plant Sale, or by arrangement. 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](mailto:info@moahawaii.org)  
Website: [www.moahawaii.org](http://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.



**Haruko Oshiro  
Extended Session Experience  
at the MOA Wellness Center**

"I love to dance. Ever since I was 6 years old I have been dancing. At the Obon festival, even if the ground had several inches of (rain) water I would continue to dance." Fast forward some eighty-five years later and Mrs. Haruko Oshiro demonstrates with her hands up in the air and her feet moving as if she were at a bon dance. Afterwards, she agreed to assist Teri June Amuro in describing what the two-day Extended Session entailed.

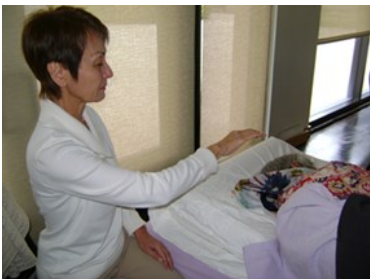


Day 1: The session began at 9:00 a.m. with a consultation with Dr. Leon Garcia, the Medical Director for the MOA Wellness Center. Dr. Garcia is a graduate of the University of Hawaii at

Manoa John A. Burns School of Medicine and is a medical internist. He volunteers 4 hours a week at the Wellness Center, not including time spent with the Extended and Intensive Sessions. Dr. Garcia's main office is located in Waipahu.



By 9:10 a.m., Mrs. Oshiro was in the room set-up for the Extended Session (in this case, the Multi-Purpose Room). Four beds were made up for the four participants in this two-day Extended Session. Mrs. Oshiro says that she decided to attend the Thursday and Friday session because her neck and forearms were red and itchy.



Her daughter, Wanda, was her OPT therapist on Thursday and with the guidance of Lead Therapists Yasuo Kikuchi and Kiichi Morimoto she received a better understanding of where the key points were on her mother's body.

After an hour of OPT, Mrs. Oshiro went to the Art Therapy Room for her session with the tea and

flower therapist. The tea is served through a simplified form of Bontemae Tea Ceremony. This tea experience is therapeutic in that it uses all five senses: *tasting* the distinct matcha flavor of the tea; *smelling* the aroma of the tea itself; *touching* the warmth of the tea bowl; *listening* to the sound of the water as it is being poured into the tea bowl; and *watching* as the tea is prepared for you.



Flower therapy is to experience beauty. Unlike Ikebana, which is about following guidelines in placement of the flower(s), flower therapy is about selecting a single flower, looking not only at the flower but also taking a good look at

its stem and leaves and placing it in a vase according to what you deem is the most beautiful side of the flower. We like to think that we selected the flower used but really, it is the flower that selects you. The energy radiating from the flower will help to uplift and/or help you in your healing process.

Once the tea and flower therapies were completed, Mrs. Oshiro went back to receive the second hour of OPT.



At 12 noon, a nutritious and healthy lunch was served. Mrs. Oshiro appreciates all organic healing foods. She says that she will eat anything they serve that is healthy.

If she is not growing it at home, she tries to buy only organic. Mrs. Oshiro says that when she prepares her own meals, she picks the vegetables she grows outside at the last minute for its freshness.

The lunch menu was prepared by Nutritionist Mai Fujii.



- \* Organic 50% polished brown rice
- Organic chicken stir fry with broccoli, carrots and celery.
- Seasoning: shio-koji, vegetable broth, garlic and black pepper

## Continue from page 5

- Kale and Molokai purple sweet potato salad with vegenaïse, agave, apple cider vinegar and salt
- \* Tofu with shio-koji
- \* Wakame, green onion, abura-age, miso soup
- \* Yokan for dessert

Once lunch was over, it was time to go home.



Day 2: The next day started off similar to the day before. Mrs. Oshiro received OPT during the first hour. The second hour was all about stretching and having fun doing it! Here, Dick Mills volunteers to teach stretching exercises for all those interested and involved with the Extended Session. He tries to make it fun and has a theme for each time he has a session. After 20 minutes, it's time to go back for the last hour of OPT.

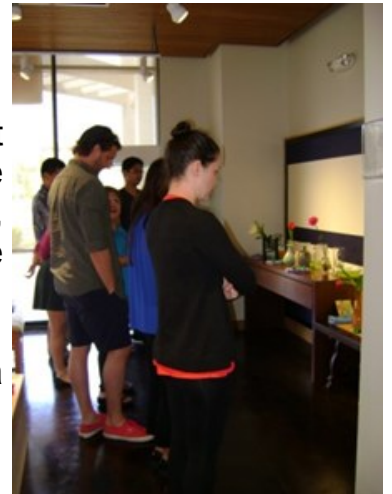
In that last hour, a second consultation is conducted with Dr. Garcia. Once you have seen the doctor, it's time to head home. "Look," says Mrs. Oshiro. "My neck and arms aren't as red and itchy as it was yesterday!" She leaves the Wellness Center happy and satisfied with her results.



## UH Medical Students OHWP Experience

On February 10, 12 medical students from the University of Hawai'i at Mānoa School of Medicine began their Complementary and Alternative Medicine rotation by visiting the MOA Wellness Center. On this day, they got a brief introduction to MOA, as well as participated in the Okada Health and Wellness Program (OHWP) therapies.

A big mahalo to all those who volunteered to help the students have a better idea of what MOA is all about!



# MOA HAWAII

## MARCH 2015

MOA HAWAII • 600 QUEEN STREET C-2 • HONOLULU, HI 96813  
 Phone: 808-952-6900 • Fax: 808-566-6911 • Website: [www.moahawaii.org](http://www.moahawaii.org) • Email: [info@moahawaii.org](mailto: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<br>Dr. Garcia<br>10:00am-12:00pm<br><br>Nutritionist<br>9:30am-12:00pm<br><br>Nakata *Kohrinka<br>6:30pm   | 4<br>OHWP @ Kaneohe<br>Community Center<br>8:30-10:30am<br><br>MOA Board Meeting<br>6:30pm  | 5<br>Nakata *Kohrinka<br>4:30pm                     | 6   | 7<br>Photography Class<br>1:00-3:00pm  |
| 8   | 9<br>OHWP @<br>Pearlridge<br>Shopping Center<br>8:30-10:30am  | 10<br>Dr. Garcia<br>10:00am-12:00pm<br><br>Nutritionist<br>9:30am-12:00pm<br><br>Iwata *Kohrinka,<br>9:30am-12:00pm<br><br>Shoda/Suenaga<br>*Kohrinka,<br>12:30-2:30pm | 11<br>OHWP @ Kaneohe<br>Community Center<br>8:30-10:30am<br><br>Tai Chi Class<br>11am-12pm  | 12<br>Shio Ko-ji Making<br>Workshop<br>11am-12:30pm | 13<br>Okazaki/Liu<br>*Kohrinka,<br>7:00–9:00pm  | 14<br>Takane/Kikuchi<br>Kohrinka<br>9:30am-12:00pm<br><br>OHWP @ Valley of the<br>Temples Byodo-in<br>12:00-3:00pm   |
| 15<br>MOA Garden<br>Volunteer Day<br>9:00am-12:00pm   | 16<br>Natural Food Café<br>11:30am-1:00pm                     | 17<br>Dr. Garcia<br>10:00am-12:00pm<br><br>Nutritionist<br>9:30am-12:00pm<br><br>Nakata *Kohrinka<br>6:30pm  | 18<br>OHWP @ Kaneohe<br>Community Center<br>8:30-10:30am<br><br>Tai Chi Class<br>11am-12pm<br><br>Iwamoto<br>Continuous Care<br>Mililani Branch<br>7:00pm | 19<br>Nakata *Kohrinka<br>4:30pm                    | 20<br>Ayurvedic<br>Cooking Class<br>11:00am-1:00pm  | 21<br>Shodo – Japanese<br>Calligraphy Class at<br>TNH Social Hall<br>10:30-11:30am   |
| 22<br>27 <sup>th</sup> Annual MOA<br>Museum of Art<br>Children's Painting<br>Contest Hilo Exhibit<br>at Prince Kuhio<br>Plaza<br>(March 22-29)<br><br>Plant Sale @<br>MOA Nature<br>Garden<br>9:00am-1:00pm | 23<br>OHWP @<br>Pearlridge<br>Shopping Center<br>8:30-10:30am | 24<br>Dr. Garcia<br>10:00am-12:00pm<br><br>Nutritionist<br>9:30am-12:00pm  | 25<br>OHWP @ Kaneohe<br>Community Center<br>8:30-10:30am<br><br>Tai Chi Class<br>11am-12pm  | 26<br>OHWP Extended<br>Session<br>9:00am-12:00pm    | 27<br>OHWP Extended<br>Session<br>9:00am-12:00pm<br><br>Suenaga Kohrinka<br>9:30am-12:00pm<br><br>"Introduction to<br>MOA Hawaii"<br>6:30pm | 28<br>OHWP Intensive<br>Session<br>9:00am-4:00pm<br><br>Takane/Kikuchi<br>Kohrinka<br>9:30am-12:00pm<br><br>Otaguro/Tom<br>*Kohrinka<br>10:00am-12:00pm<br><br>27 <sup>th</sup> Annual MOA<br>Museum of Art Children's<br>Painting Contest Hilo<br>Award Ceremony @<br>11:00AM<br><br>Ebesugawa/<br>Nakano/Suenaga<br>*Kohrinka<br>1:00-3:00pm |
| 29  | 30  | 31<br>Dr. Garcia<br>10:00am-12:00pm<br><br>Nutritionist<br>9:30am-12:00pm  |   |   |   | * Kohrinka<br>(Flower Arranging)<br>Classes are held at the<br>Toho No Hikari Social<br>Hall, 3510 Nuuanu Pali<br>Drive  |

Many Japanese seasonings are made using the fermentation process, including soy sauce, miso, and vinegar. Shio-koji is a Japanese seasoning that is becoming popular today. It is koji that has been fermented in salt and water. It is a live food that is rich in enzymes and brings out the umami in foods. Shio-koji can be used in place of salt in any dish or as an ingredient in sauces. The saltiness is mild and sweet, and it is excellent when marinating fish or meat.

### **Shio-koji Chicken and Vegetable Stir Fry** **Ingredients (Serves 4)**

1 lb. organic chicken thighs  
1 medium carrot  
1 bunch broccoli  
3 stalks celery  
2 cloves garlic  
2 Tbsp. Japanese sake for cooking  
1 Tbsp. shio-koji  
1 cube vegetable broth  
1 Tbsp. oil for cooking  
2 tsp sesame oil  
¼ tsp black pepper

#### **Directions:**

Cut chicken thighs into bite size pieces. Marinate with shio-koji for at least 1 hour.

Slice carrot and celery, separate broccoli into bite size pieces. Mince garlic.

In a large fry pan, heat cooking oil (sunflower oil, olive oil, etc.) and sesame oil on medium heat. Add garlic and stir for a minute. Add chicken and cook both sides (does not need to be cooked fully). Then, add vegetables, stir well, and cook for about 5 minutes.

Add vegetable broth and black pepper; turn down the heat to medium-low, cover with lid and cook for another 5 to 10 minutes. Stir occasionally to prevent burning.

When chicken is fully cooked and the volume of the vegetables reduces to half the amount, turn off the heat.



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600 Queen Street, C-2  
Honolulu, HI 96813