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MOA Wellness Center

Office Hours

Mon-Fri 9:00am-6:00pm

Sat. 9:00am-5:00pm

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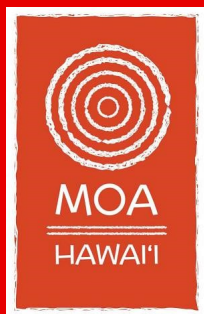
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MOA Hawai'i Newsletter

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Executive Director's Message

Aloha,

Our theme for November is "Gratitude."

Mokichi Okada said, *"It is certainly truth that gratitude produces gratitude and discontent gives rise to discontent.... Based on this principle, it is a fact that people who are always grateful become happy people naturally, and people who are always expressing complaints of discontent and dissatisfaction become unhappy people...."* (September 3, 1949)

This is the main principle that members of MOA should follow. Let us be grateful for the purification process that Great Nature allows us to experience. Everything that happens to us is good. Even if we feel it is negative, we should find the positive in it.

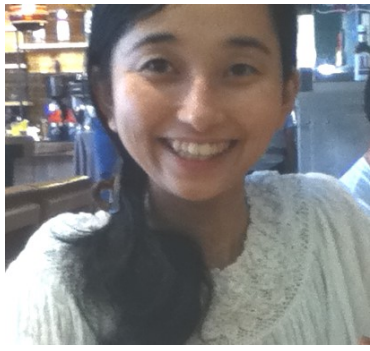
(Acclaimed author Louise Hay is considered the mother of positive thinking.... "The law of attraction is that our thinking creates and brings to us whatever we think about," she says. "It's as though every time we think a thought, every time we speak a word, the universe is listening and responding to us.")

So, let us remind ourselves daily in this month of "Thanksgiving" of this key principle and observe the positive changes in our life situations. Have gratitude in our thoughts and show it in our actions.

I want to personally thank each and every one of you who participated in the Foodland "Give Aloha" Program. MOA Hawai'i received \$12,335.03 in donations from this drive.

MAHALO!

Norman Oshiro
Executive Director



Member Testimony

Aloha! My name is Anri Ueno, I moved to Hawai'i from Japan in January 2014. After living in Hawai'i for 4 months, I suddenly developed Atopic Dermatitis.

While I was seeking help to better my condition, I was introduced to the MOA Wellness Center through my friend, Mai, who works there as the Natural Foods Program Manager. I have been receiving reflexology and OPT once a week since August. While there are many causes for Atopic Dermatitis such as diet, stress, and constitution, I think facing my condition by myself had made me think too much and worry too much about it. Thus, finding a place like the MOA

Wellness Center, where I can trust the staff to assist me in my healing and improve my condition, has saved me and relieved my anxiety.

At my initial visit for reflexology with Norman, the treatment hurt a lot because I had built up a lot of stiffness/concretions in my body. I started feeling the movement of my stomach immediately during the session. As I returned weekly, I sensed that stiffness was being relieved and felt the flow of energy throughout my body. While receiving OPT, I try to be mindful of taking deep breaths. It is the time when I can listen to my body very carefully. I can see my body changing these days and my Atopic Dermatitis has improved since I have received reflexology and OPT. Norman's gentle, warm hands put my body and mind into a deep relaxation mode. Everyone has natural healing abilities; but by working synergistically with others, it has produced greater healing.

I think that the key to healing any mental and/or physical illness is to listen to one's own body, mind and soul, and find a person or organization that you can trust and ask for help. Norman and Mai-chan, thank you!!

Eating with Gratitude

By Mai Fujii, Natural Foods Program Manager

Eating is our daily routine. We eat food at home, restaurants, school and/or work ... You may prepare food for yourself and your family, or someone cooks food for you. Have you thought where the foods we eat come from?

We get our foods from crops in rice fields and cultivated fields, livestock raised on ranches, and aquatic products caught from the ocean, and rivers and streams in nature. Crops include the earnest and industrious efforts of producers who have surrounded nature's rigors such as heat, cold, wind and rain. Crops produced this way also contain the efforts and labor of many people who transport, process, and display them in stores.¹ In Hawaii, we are located approximately 2,500 miles from the continental United States and about 85--90% of Hawaii's foods are imported.² While our self-sufficiency is very low, there are many farmers' markets and supermarkets that sell locally grown produce nowadays. It is a good sign that more and more people are aware of eating foods that are grown locally, and supporting local farmers to sustain their businesses.

We buy these ingredients, think about the kind of dishes they will make, and cook them. Also, there are people who buy cooked, prepared foods and bento box lunches. We eat out once in a while. Even at such times, there are people who have cooked and prepared those foods.

We starve if we do not eat. Being able to eat is a sign of health. Let's have gratitude for nature that nurtures the lives of crops, for the life that became our food, and for the people who have produced crops and prepared foods. And also, let's be grateful even to ourselves for being able to eat these foods.¹

Source:

¹The Energy Diet, p68

² Increased Food Security and Food Self-Sufficiency Strategy. (2012) Available at <http://files.hawaii.gov/dbedt/op/spb/INCREASED FOOD SECURITY AND FOOD SELF SUFFICIENCY STRATEGY.pdf>

MOA Nature Garden

Schedule of Activities:

For the month of November, we are shifting seasons in the garden. Beds are being turned over, dug deep and mulched. We will be planting nitrogen fixing "green manure" crop before lying in new crops in the months ahead.

Currently we are harvesting a bumper crop of Starfruit. Our quintet of Papayas is still fruiting with regularity. Soon to be ripening on our Jabong tree are quite large fruits.

The patch of Long green squash is abundantly fruiting. The Kabocha squash is slowly approaching harvest. We have garlic Chives, mint, Shiso and Rosemary in the herb section. We are replanting three varieties of basil.

The beans went through their cycle fast and we are pau. The next planting will be much larger. It feels like the tomato area might be pau as well. So we will be composting and re-planting that area as well.

A mini row of UH Hawaii sweet corn has been test planted to see how it will do in our windy and wet Nuuanu Valley garden.



The vegetables from the garden will be harvested and delivered to the MOA Wellness Center every Monday.

The "Open Garden" is on the third Sunday, November 16th from 9:00 a.m. to Noon. Everyone is always welcome at our Nature Farm Garden. Please come and bring your friends and family who are interested in growing organic vegetables. 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 Support 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 () _____

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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 HAWAI'I NOVEMBER 2014

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 MOA Wellness Center Hours of Operation: M-F 9:00am-6:00pm, Sat. 9:00am-5:00pm

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|-------------------------------------------------------------------------------------------------------------------------|-----------|------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------|---------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| *Kohrinka (Flower Arranging) Classes are held at the Toho No Hikari Social Hall, 3510 Nuuuanu Pali Drive | | | | | | 1 Photography Class 1:00-3:00pm |
| 2 | 3 | 4 Dr. Garcia 10:00am-12:00pm Nutritionist 9:30am-12:00pm Nakata *Kohrinka 6:30pm | 5 OHWP @ Kaneohe Community Center 8:30-10:30am MOA Board Meeting 6:30pm | 6 Nakata *Kohrinka 6:30pm | 7 | 8 Takane/Kikuchi Kohrinka 9:30am-12:00pm Benefits of Stretching 10:00-11:30am OHWP @ Valley of the Temples Byodo-In 12:00-3:00pm Shodo Class (Japanese Calligraphy) 2:00-3:00pm |
| 9 | 10 | 11 VETERANS DAY (HOLIDAY) | 12 OHWP @ Kaneohe Community Center 8:30-10:30am | 13 | 14 Okazaki/Liu *Kohrinka, 7:00-9:00pm | 15 |
| 16 Nuuuanu Garden Volunteer Day 9:00am-12:00pm | 17 | 18 Dr. Garcia 10:00am-12:00pm Nutritionist 9:30am-12:00pm Nakata *Kohrinka 6:30pm | 19 OHWP @ Kaneohe Community Center 8:30-10:30am Iwamoto Continuous Care Mililani Branch 7:00pm | 20 Nakata *Kohrinka 6:30pm | 21 Ayurvedic Cooking Class 11:00am-1:00pm "Introduction to MOA" 6:30pm | 22 Takane/Kikuchi Kohrinka 9:30am-12:00pm Otaguro/Tom *Kohrinka 10:00am-12:00pm Ebesugawa/ Nakano/Suenaga *Kohrinka 1:00-3:00pm |
| 23 | 24 | 25 Dr. Garcia 10:00am-12:00pm Nutritionist 9:30am-12:00pm | 26 OHWP @ Kaneohe Community Center 8:30-10:30am | 27 THANKSGIVING DAY (HOLIDAY) | 28 MOA Wellness Center CLOSED Suenaga *Kohrinka 9:30am-12:00pm | 29 |
| 30 | 31 | | | | | |

Star Fruit¹

By: Tom Gibson

Star fruit, also known as carambola, is a star shaped tropical fruit with sweet and sour flavor. It is native to the Malayan peninsula and is cultivated in many parts of Southeast Asia, Pacific Islands and China for its fruits.

Star fruit is a small, bushy evergreen tree that grows very well under hot, humid, tropical conditions. The plant bears small lilac color, bell-shaped flowers in clusters, which subsequently develop into oblong shaped fruits with characteristic five angled edges (sides or ribs) that appear like a starfish in cross sections. Both sweet and sour varieties are ready for harvesting when the plants reach about 3-4 years old.

Star fruit is one of the very low calorie exotic fruits. The 100 g fruit provides 31 calories, which is much lower than any other popular tropical fruits. The fruit along with its waxy peel provides a good amount of dietary fiber. Star fruit contains good quantities of vitamin-C. Vitamin C is a powerful natural antioxidant. 100 g of fresh fruit provides 34.7 mg or 57% of daily-required levels of vitamin C. Star fruit is rich in antioxidant phyto-nutrients polyphenolic flavonoids. Some of the important flavonoids are quercetin, epicatechin, and gallic acid. Total polyphenol contents (Folin assay) in this fruit are 143 mg/100 g. In addition, the fruit is a good source of B-complex vitamins such as folates, riboflavin, and pyridoxine (vitamin B-6). It also contains small amount of minerals and electrolytes like potassium, phosphorus, and zinc and iron.

Only the sweet variety of star fruits are eaten fresh, or mixed with other fruits in salads. Fresh fruits can also be juiced and used in cocktails with other complementing tropical fruit juices. Sour type fruits are favored in cooking as they give unique tart flavor to poultry, meat, and seafood dishes. Cut sections of fresh fruit may be added to stews, curries, and stir-fries with chicken, and fish and shrimp. The fruit can be used to make sauce, pickle, chutney, tarts, and jam.

Star fruit is one of the plant sources that contain the highest concentration of oxalic acid; 100 g of fresh fruit contains 50,000-95,800 ppm of oxalic acid. Oxalic acid has been considered as anti-nutrient compound as it interferes with absorption and metabolism of several natural minerals such as calcium, magnesium, etc. It also predisposes to a condition known as oxaluria, a condition which may leads to the formation of oxalate kidney stones. In some people with impaired kidney function, its consumption would result in renal failure and may cause death. People with known kidney disease should, therefore, avoid eating star fruit.

Source:

¹<http://nutrition-and-you.com/star-fruit.html>



The holiday season is coming! We celebrate this season with lots of feasts. Of course, dessert is a must item. The following is a unique and healthy option using locally grown breadfruit for making a cake.

Vegan Breadfruit ('ulu) Cake

Ingredients (use organic if possible)

- 1 cup and 2 Tbsp. (140g) flour
- 2 tsp baking powder
- 1/4 tsp salt
- 1/2 cup coconut oil
- 1/4 cup sugar
- 1 tsp vanilla essence
- 1/2 pint, or 1/2~1 mashed ripe breadfruit (depending on size)
- Dry fruits such as raisins, papaya, dates (a handful)
- 3~4 Tbsp. orange or mango juice (to give a soft consistency)

Directions

Combine flour, baking powder, salt, sugar, and dry fruits. Then, add coconut oil and vanilla essence, mashed breadfruit and juice. Mix well.

Put the mixture in a greased 6-inch diameter baking pan and bake at 350°F for about

35~40 minutes. (Check to see if it is golden brown and well done.) Let it cool down and slice into 8 pieces.

Nutritional benefits about Breadfruit

Breadfruit is a starchy, staple food grown in tropical regions, including Hawai'i. It consists of about 25% carbohydrates and 70% water. Other nutrients such as vitamin C, potassium, zinc, and thiamin (B1) are also found in breadfruit, and it is high in fiber (about 5 g fiber/100g breadfruit) and low in fat (0.2g fat/100g breadfruit)¹. Breadfruit can be eaten as a substitute for rice or bread with many nutritional benefits.

Source: ¹ <http://en.wikipedia.org/wiki/Breadfruit>



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