

**MOA HAWAII'  
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Natural Foods Program Manager

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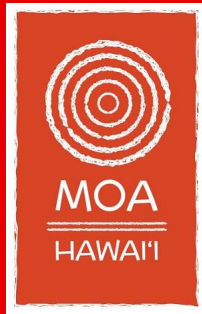
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# MOA Hawai'i Newsletter

VOLUME 1, ISSUE 9

SEPTEMBER 2014

## Executive Director's Message

Aloha,

Our theme for September is "Building Healthy Families." "Families Filled with Beauty" means:

1. Families that value respect and mutual understanding
2. A home that is happy and beautiful
3. A home filled with the spirit of gratitude
4. Families that value the interconnectedness of all life
5. Families that desire the happiness of others

Mokichi Okada said, "Filling the whole world with households that are free of illnesses, poverty, and conflicts ought to do it. Then, for the first time, the world will be able to bask in true peace." Please invite your family members to participate in the Okada Health and Wellness Program at our wellness center so that your families can become healthy in mind, body and spirit.

Dr. Steve Blake will be back with us again and will present a lecture on Reversing Diabetes with diet and lifestyle changes. I've known Dr. Blake for many years when I lived on Maui and he is a very dedicated supporter of MOA and our philosophies. Please encourage your family and friends to attend this free lecture if you or they suffer from diabetes.

AWESOME! That was my reaction to Irvin Yamada's photography class. Irvin challenges you to be creative and adventurous when taking photos. He will be sharing secret techniques of professional photographers. You don't even need a good camera to enjoy his classes. This will be an ongoing class if we can get more people to sign up.

We look forward to your participation at the wellness center in September.

Norman Oshiro  
Executive Director



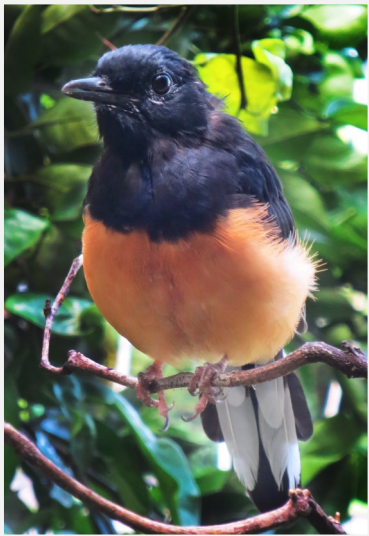
## New Member

Aloha! My name is Laurie Lum. I was introduced to MOA because I am a patient of Dr. Shintani and would come to the MOA Wellness Center for my appointments. There are lots of positive energy at the center and the people there are so nice. I started to ask questions about what MOA was all about so I decided to try the OPT, tea, and flower therapy sessions that was offered. I really enjoyed the experience and signed up for more OPT sessions and I also participated in the OPT Intensive Session. I found the sessions very relaxing and I feel it played a part in my blood sugar and blood pressure going down. I decided to sign up for the Basic OPT Course so I could help others along with being able to work on myself to

become healthier. Since signing up for the Basic OPT Course, I've completed the course and I'm now certified. I've also taken a cooking class, which I really enjoyed, and I look forward to participating in the many other things that MOA has to offer.

## Shama Thrush or the White-Rumped Shama

By: Tom Gibson



This bird is probably the most beautiful songbird that was introduced to the islands. Its voice is rich, low and clear. Basically, it can mimic all the other birds' calls. Thus, when you listen for this bird in the forest, you must not listen entirely for the song, but instead for the sound of the voice; deep and rich.

A slim build, weighing 1-1.2 ounces, the Shama Thrush grows from 9 to 11 inches in length. They have a long tail and feathers graduated in length. The male is a shiny black color with a brown belly, white feathers on the rump and the outer most part of the tail. Females are usually smaller than the males and have more grayish brown coloration with a light colored belly.

The Shama bird was introduced to Hawaii in about 1940. It mostly lives in lowland forests and woods. Nesting in holes, cracks and in bamboo, they also nest near the ground or in low trees.


Their diet contains primarily fruit and insects, such as grasshoppers, caterpillars, termites, and grubs. The juveniles are fed earthworms and other insects. Newly hatched chicks are fed their food by their parents.

The Shama is a timid bird that comes out mostly in the mornings and evenings, perching on limbs and singing a melodious song, which is uniquely recognized. It mostly chirps softly and whistles. The male can mimic other birds and human sounds easily.

This Shama follows me around the garden knowing that sometimes I will turn over some soil and he will have an easy meal of insects. He is very interested when I am adding layers to the compost pile and stays very close by to jump in for a quick bite. He sometimes nags me to get working but a beautiful song is usually right on the heels of a hearty insect meal.

## Building Healthy Families

By: Mai Fujii, Natural Foods Program Manager



Food is what enables life to be sustained, not only for human beings but also for all living creatures. We are meant to eat foods that are enjoyable and we get all the nutrition we need naturally when we enjoy our meals and eat foods that taste good. This is an important component of good health.<sup>1</sup>

At the same time, food provides an environment where family and/or friends can get together and have an opportunity to strength the quality of family relationships. There are many benefits of eating meals with family. In order to prove this statement, there was a large -scale survey conducted by CASA Columbia that measured the number of times children ate with their parents and the quality of the relationship between those children and their parents. The survey also investigated the relationship between family dining and the decreased risk of children using tobacco, alcohol, and other drugs.<sup>2</sup>

The survey first showed that 57 percent of teens reported they had dinner with their families at least five times a week. The survey found that teenagers, age 12-17, who had family dinners 5-7 times/week were more likely to report having high-quality relationships with their parents compared to teens who had family dinners 2 or less times/week. 9 out of 10 parents who ate dinner 5-7 times/week with their children said they know a great deal about their children while only 60% of parents who ate dinner 2 or less times/week with their children answered that they know a lot about their children's lives.<sup>2</sup>

In addition to these findings, the survey also found that teens that have high-quality relationships with their mother and father are less likely to use drugs, alcohol, or tobacco.<sup>2</sup> Overall, the survey showed that family dinners were strongly linked to teen substance use prevention.

The magic that happens at family dinners isn't the food on the table, but the conversations and family engagement around the table. Although the survey reported that 57 percent of teens had dinners frequently with their family, nearly half of the others did not have a chance to eat with their family often. Mothers and/or fathers should be more aware of the importance of eating with their children. A happy and beautiful home can be built simply by sitting around the dining table with family. Why not spend such a precious time with your family and enjoy meals?

Source:

<sup>1</sup>MOA International Food and Exercise, p10-11

<sup>2</sup>The National Center on Addiction and Substance Abuse at Colombia University The Importance of Family Dinners VIII (2012).

Want to make some yummy treats with your children/grandchildren? Here is a healthy, nutritious cookie you can easily make at home and enjoy with your family. It will take less than 1 hour to make, so why not try to bake cookies today?

**Vegan Oatmeal Raisin Cookies (Basic)**

Ingredients (about 15 cookies):

- 1-1/2 cup Whole Wheat Flour
- 3/4 cup Rolled Oats
- 1/3 cup Raisins
- 1/2 cup +1Tbsp. Maple Syrup
- 1/2 cup Almond Milk
- 1/2 cup Sunflower Oil
- 2 Tbsp. Coconut Oil
- 2 tsp. Baking Powder
- 1/4 cup Walnuts
- 1 tsp. Vanilla Extract
- 1/2 tsp. Salt

**Directions:**

In a large bowl, mix dry ingredients (flour, oats, raisins, baking powder, walnuts, and salt). In a separate bowl, mix liquid ingredients (maple syrup, almond milk, sunflower oil, coconut oil, and vanilla extract). Add liquid ingredients into dry ingredients.

Divide the dough (about golf ball size each). Shape and put on non-stick pan. Bake 20 minutes in 350 degrees F oven.

Tip: Once you know how to make vegan oatmeal cookies, other varieties are infinite! Experiment and find your favorite flavor! You can substitute the maple syrup with your favorite sweeteners, and you can also replace the almond milk with soy milk or coconut milk.

# Calling all Cooks!

We are looking for recipes to include in our MOA Cookbook. If you would like to share your favorite recipes, please send them in to the MOA Wellness Center or email them to [admin@moahawaii.org](mailto:admin@moahawaii.org).

All ingredients (if possible) must be organic or local and follow the MOA philosophy.

Recipes must be submitted by September 15, 2014. For more information, please contact Ruby Gines or Mai Fujii at (808) 952-6900.

**MOA Wellness Center Hours**

Monday	9:00am—6:00 pm
Tuesday	9:00 am—6:00 pm
Wednesday	9:00 am—6:00 pm
Thursday	9:00 am—6:00 pm
Friday	9:00 am—6:00 pm
Saturday	9:00 am—5:00 pm
Sunday	Closed



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