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MOA Wellness Center

Office Hours

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

Sat. 9:00am-3:00pm

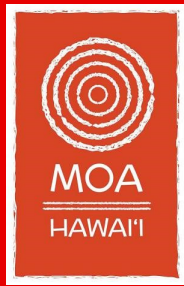
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MOA Hawai'i Newsletter

VOLUME 5, ISSUE 3

MARCH 2018

EXECUTIVE DIRECTOR'S MESSAGE

Aloha!

This month, we are focusing on
"nutrition."

"Generally, when foods enter the body, the functions of the digestive organs cause transformations to only the necessary nutrients and to only the necessary amounts. Because of that, strictly speaking, it is the ratio of fifty percent nutritional elements of foods, and fifty percent vitality of the function of the digestive organs to transform foods. That is, the digestive organs are the nucleus. The reason is, as long as the digestive organs are sound, they can transform even simple foods into nutrients. Anyone knows it is a fact that one will suffer from malnutrition if the functions of one's digestive organs are weakening, no matter how much food one eats. Even considering this, it is obvious that nutrients are secondary and the function of digestive organs is primary."

Mokichi Okada, July 1936

MOA SEMINAR: You are all invited to hear more of Mokichi Okada's philosophy regarding "nutrition" at the MOA Wellness Center on Wednesday, March 28, 2018 at 9:30 a.m.

Norman Oshiro
Executive Director

9 Hidden Toxins Lurking in Your Food

Source: (<https://articles.mercola.com/sites/articles/archive/2009/09/01/9-hidden-toxins-lurking-in-your-food.aspx>)

Dr. Mercola is a well-known physician and a multiple New York Times Best-selling Author. He started his website, Mercola.com in 1997; the world's #1 Natural Health site. He is a recognized, licensed Physician and Surgeon in the state of Illinois. He first opened his practice outside Chicago in 1985 and has treated over 20,000 patients.

Here are some tips to help you steer clear of hidden toxins that masquerade as safe products.

1. Stay away from processed meats like bacon, hot dogs, and sausage. Sodium nitrate can also cause the formation of nitrosamines in your system, which can lead to cancer.

2. Reduce the amount of canned food you consume. Cans are commonly lined with bisphenol-A, an organic compound that may be associated with diabetes and heart disease.

3. Skip the diet soda and artificial sweeteners. Prolonged exposure to aspartame, a neurotoxic chemical additive in these products, can lead to nerve cell damage, dizziness, and headaches.

TOXINS (continued on pg. 4)

MOA Museum of Art Children's Painting Award Ceremonies and Exhibitions

This year marks the 30th year that Hawai'i has participated in the annual MOA Museum of Art Children's Painting Contest and Exhibitions. We have participated in this contest since it was started by the MOA Museum of Art in 1989.



"My Morning in Haleakala"
Hazel Potratz, Grade 5,
Kamehameha Schools Maui

Through the painting exhibitions, MOA Hawai'i was able to introduce the MOA Wellness Program to society. Doing the Wellness Program hand in hand with the various awards ceremonies, the program was expanded to the monthly Health Promotion Seminars at Pearlridge Center and Valley of the Temples Byodo-In. The Wellness Program openly practiced at various public venues gave us the confidence to open our Jōin Clinic, the predecessor to our MOA Wellness Center. Various occurrences happened between the relationship of the Children's Painting Exhibitions and the Wellness Program over the 30 years, which included validations of the program helping many people that led to MOA Pendant recipients.



Silver Award—"Along the Beach"
Elysia Alison, Gr. 3, Makalapa Elementary

The Wellness Center proudly displays paintings from previous Children's Painting Exhibitions from around the world. This caught the attention of a MOA member from Nagaoka, Honolulu's Sister City. In no time, she connected our children's painting exhibition with Nagaoka's exhibition and getting the two mayors involved because of the sister city relationship. This will be the second year that Nagaoka will have 6 Best of Show paintings from Hawai'i displayed plus the Mayor's Award paintings—2 from Hawaii and 2 from Nagaoka.

The State Exhibition will be held at the Honolulu Museum of Art Linekona Art School Gallery from May 26-30 and will feature the paintings from all district shows held at various shopping centers—Prince Kuhio Shopping Center (Hilo), Queen Ka'ahumanu Center (Maui), Toho No Hikari Hall, Kahala Mall, Pearlridge Center, and Windward Mall.

In addition, 30 paintings from this year's MOA Museum of Art international competition, including 2 from Hawai'i, and 19 paintings from MOA Nagaoka, through the cultural exchange program with MOA Hawai'i, will be displayed.

Following the awards ceremony, the Health Promotion Seminar by MOA volunteers will be offered to introduce the MOA Wellness Program to the public. Participants will be able to receive Purifying Therapy, flower and tea therapy.

Please come and be part of these events and invite your friends. It will be a good opportunity to introduce them to what MOA is about.

AWARDS CEREMONIES & EXHIBITIONS

HILO DISTRICT: Prince Kuhio Shopping Plaza

Exhibit - March 4-11

Awards Ceremony - Sat., March 10, at 11:30 a.m.

HONOLULU DISTRICT: Toho No Hikari Hawaii Social Hall (3510 Nuuanu Pali Drive)

Exhibit - March 30-31

Awards Ceremony - Sat., March 31, at 10:00 a.m.

EAST OAHU DISTRICT: Kahala Mall

Exhibit - April 6-8

Awards Ceremony - Sat., April 7, at 10:00 a.m.

WINDWARD OAHU DISTRICT: Windward Mall

Exhibit - April 20-22

Awards Ceremony - Sat., April 21, at 10:00 a.m.

MAUI DISTRICT: Queen Ka'ahumanu Shopping Center

Exhibit/Awards Ceremony - Sat., April 28

Exhibit - 10:00 a.m. - 2:00 p.m.

Awards Ceremony - 11:00 a.m.

LEEWARD/CENTRAL OAHU DISTRICT:

Pearlridge Center-Uptown

Exhibit - May 4-6

Awards Ceremony - Sat., May 5, at 10:00 a.m.

STATE EXHIBITION AND OPENING CEREMONY:

Honolulu Museum of Art Linekona Art Gallery

Exhibit - May 26-30

Opening - Sat., May 26, at 10:00 a.m.

("Best of Show" paintings from Hawaii, 30 paintings from the MOA Museum of Art International Competition (including 2 from Hawaii), and 19 paintings from MOA Nagaoka will be displayed.)

MOA ツアーで日本の美とおもてなしを満喫しよう!
**LET'S VISIT JAPAN (October 12 to November 3, 2018) WITH FELLOW
MOA MEMBERS, FAMILY AND FRIENDS**

Mokichi Okada [1882 – 1955], the founder of MOA, shared his vision of healthy individuals, communities and nations through the promotion of Integrative Medicine where Western medicine and alternative medicine work together; in particular, with exercise, healthy eating habits, enjoyment of fine arts, and energy healing like Purifying Therapy. He also talked about rebuilding Japan right after the war through the promotion of tourism centered on highlighting the beauty of Japan like the four distinctive seasons and hospitality.

Today, Japan is booming with tourism. They expect to reach 30 million visitors by the 2020



Kinkaku-ji in Kyoto

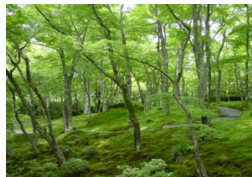
Tokyo Summer Olympic. Only years ago many visitors were visible in big cities like Tokyo and Osaka or in famous areas like Kyoto and Nara.

Today, foreign visitors are enjoying Japan, including the rural areas where few Japanese were visiting.

The MOA Museum of Art, which was established in 1982, was renovated last year. The exterior of the building is still modern European; however, the interior was renovated perfectly to showcase Japanese art. To introduce the new MOA Museum of Art, the Hakone Museum of Art, Izunokuni City's health oasis with 247 acres of Nature Farming plots, and the MOA Wellness Center of Japan, the MOA Tour is held once or twice a year. It is known to be educational, fun, interesting, and reasonably priced.

The tour (13 days and 11 nights) will arrive in Osaka and head to Kyoto, Kurobe, Atami, Izunokuni, Hakone, then to Tokyo before returning to Honolulu.

THE HIGHLIGHTS:



Moss Garden

Enjoy a real tea ceremony experience, a tea sweets making class in the secret town of Kurobe in Toyama Prefecture; and sightseeing in Osaka, Kyoto, Atami, Izunokuni, Hakone and Tokyo.

The foliage in the mountains of Tateyama in Toyama [caldera ride] and at the Hakone Museum of Art should be very beautiful.

In 2017, the Hakone Museum of Art had 60,000 visitors in one month to view the foliage of its maple and moss garden.

At the MOA Museum of Art, in addition to its special exhibition, we will be participating in a tea ceremony where we will actually touch and hold the fine artworks from the Museum's collection.

Shibuya in Tokyo is now considered the hottest spot for Halloween where thousands gather with costumes to enjoy the night. We will be in the heart of Japan's Halloween.

In Kyoto, we will visit shrines. The hot springs will be enjoyed in Toyama and Atami. Throughout the tour, you will enjoy local specialty foods from the ocean and mountains.

Call 952-6900 for an application for the October 2018 MOA Tour.

Health Promotion Seminars

(open to the public)

Pearlridge Center-Uptown

8:30 – 10:30 a.m.

Monday, March 12 and 26

Kaneohe Community & Senior Center

8:30 – 10:30 a.m.

Wednesday, March 7, 14, 21, 28

Valley of the Temples Byodo-in

12:00-3:00 p.m.

Saturday, March 10

TOXINS (continued from page 1)

4. Opt for organic chicken. The Institute for Agriculture and Trade Policy discovered traces of arsenic in non-organic chickens. Exposure to this disease. Another study also found numerous antibiotic-resistant bacteria in conventional poultry.

5. Avoid manufactured snacks. Hydrogenated oils are used to lengthen the shelf life of products like crackers and cookies, but they are also associated with diabetes and heart disease. Snack foods are also generally loaded with salt, corn syrup and other unhealthy ingredients.

6. Stay away from artificially-colored foods like candy, maraschino cherries, and gelatin. Mice and rats exposed to blue 1 and 2, red 3 and yellow 6 suffered from brain, adrenal gland, thyroid, and kidney tumors.

7. Always buy organic produce. Lingering pesticides can lead to nervous and reproductive system damage, not to mention cancer.



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