



**Hours of Operation:**  
Tuesday, Thursday, & Saturday 9:00 am to 5:00 pm  
Wednesdays & Fridays from 9:00 am to 1:00 pm  
Please call (808) 952-6900 for an appointment.

**VOLUME 11, ISSUE 3**

**MARCH 2024**



## Happy March!

**Please feel free to let us know how we can assist you.**

Toward the ultimate goal of a New Civilization, a world of harmony of spiritual and material cultures and a world where people's security of life is guaranteed, MOA is working to assist individuals and families to live a life filled with beauty.

By increasing the number of such individuals and families, we believe we will play a great role in the Healthy Mind and Body Community Enrichment. To do so, we are currently promoting Integrative Medicine toward the creation of New Medicine together with the Healthy Life Networks centered on the MOA Wellness Center. For that purpose, we provide the Okada Health and Wellness Programs [Nature Farming, Healthy Food and Eating, Exercise, and Arts and Culture] centered on Purifying Therapy as our Spiritual Care for individuals and families.

Thank you for your continued support for the movement to create New Medicine. If you have any question on our services and/or suggestion to improve our services, please contact Steve Ichikawa at (808) 222-2183 or [stevetichikawa@gmail.com](mailto:stevetichikawa@gmail.com).

## Wanna Feel the Warmth of the Sun, Cool Winds, & (Sometimes) Get Wet? Come work in Our Garden!

by Teri June Amuro, Nature Farming Program Coordinator

Aloha, I am Teri Amuro. Upon Norman Oshiro's retirement, I was given the task of maintaining the growth of the MOA Nature farmed vegetables. Nature farmed vegetables? The Nature Farming method does not use fertilizers or insecticides. It is all about improving the soil structure. But more importantly, "Nature Farming stresses the importance of feelings of love toward the soil and its crops, and feelings of gratitude toward Nature for the health of people who eat Nature Farm produced vegetables. Both soil and crops are living things. If you look after the soil and crops with love, both will surely respond to your feelings."<sup>†</sup> I can usually be found at the MOA garden<sup>‡</sup> daily unless I have any prior commitments.

Currently, I am spending some of my time in the kitchen of the Toho no Hikari property dehydrating turmeric, which I then grind into powder form and bottle. They are sold at the MOA Wellness Center. If you are interested in learning more about Nature Farming, call the Wellness Center at (808) 952-6900 and they will pass on your information to me. Mahalo!

<sup>†</sup> *Enjoy Growing Vegetables: Home Gardens Through Nature Farming*; MOA Nature Farming and Culture Agency 5/2010 First English Edition; published in Japanese 4/2006.

<sup>‡</sup> 3510 Nuuanu Pali Drive, just off Pali Highway, Kailua-bound.



## Nature Garden Volunteer Day Every 3rd Sunday

**This month it falls on March 17th, from 9 am.**

**Did you know? Much of the delicious greens and fruits sold at the MOA Wellness Center come from this garden! Want to commune with Nature? Get some fresh air? Absorb some vitamin D?**

**We at MOA Hawaii, led by Teri June Amuro, really appreciate your help!**

**Come on down to Toho no Hikari, 3510 Nuuanu Pali Drive.**



## MOA HAWAII ANNUAL GENERAL MEMBERSHIP MEETING

On Sunday, February 18, the MOA Hawaii Annual Membership Meeting resumed in person for the first time since 2018.

Brian Nakano prepared Kohrinka-style single-flower tulip centerpieces to welcome everyone with floral therapy.



With over 65 in attendance, General Manager Takemasa Kawai (at left) reviewed 2023, shared the MOA movement for 2024, and thanked all volunteers who financially and physically supported our programs and activities.

Dr. Danny Asami (at right), MOA Board Treasurer, gave the 2023 financial report via PowerPoint. He also acknowledged all volunteers for making things happen.



Everyone enjoyed an absolutely delicious lunch: the Healing Kitchen's popular Rainbow Sandwich, MOA Natural Foods Manager Aisha Asami's hearty lentil vegetarian soup, MOA Operations Manager Steve Ichikawa's hit-the-spot organic rice with corn (buttered and unbuttered), Dawn Kanno and Jan Mills supplied a mind-boggling variety of tasty desserts. Refreshing drinks were contributed by Reiko Stiver (Above, Aisha's awesome hibiscus) and Julie Suenaga (calamasi).



(Above, member Jennifer Terukina with Chef Nao Leonard of Healing Kitchen.)



(Continued on page 3)

# ODEN

is available for **\$5**. Pick-up is on Saturday the 23rd.  
Let the Front Desk know asap to guarantee your order. (808) 952-6900!





## **MOA HAWAII ANNUAL GENERAL MEMBERSHIP MEETING** (Continued from page 2)



(At left, MOA Wellness Center Front Desk dynamic duo, Laurie Ide and Charlene Gray man the reception table and to the right, all-around go-to-person Joyce Masui with Board Secretary Dawn Kanno.)



Shawn and Kalen Hamada with Anna Kim carried the attendees through a rousing MOA Word Bingo game (using elbow macaroni as markers!) handing out many prizes including organic rice and mochi from Japan, generously donated by the Hamada family.

Another game paired everyone in the hanabata-days “Jankenapo” (rock-paper-scissors). Through process of elimination Linda Iwamoto came out on top, which was no easy feat! She won a goodly amount of TP!

(Board Vice President Shawn Hamada awarding Linda Iwamoto the 1st prize.)



The day saw everyone enjoying good times, good food, and above all, it was wonderful seeing MOA as the common thread that had

people reconnecting with old friends not seen since before the pandemic and connecting with new people who joined MOA since 2019.



(At left, Dustin Ebesu and Rosemarie Tucker are all smiles; and at right, Stephen and Hiromi Bashore were able to squeeze us in on this trip home from Arizona.)



A huge “thank you!” to everyone who contributed to make this such a memorable meeting! And special thanks to our outstanding emcee, Dick Mills.

### **2024 Dates to Remember**

- ◆ March 10-22, Arts and Culture Tour to Japan
- ◆ Annual MOA International Children’s Painting Contest:
  - March 2 Saturday at 11 am, Maui District Awards Ceremony at Queen Ka’ahumanu Center
  - March 10 Sunday at 10 am, West Oahu Awards Ceremony at Aiea Library
  - March 16 Saturday at 10 am, East Oahu Awards Ceremony at Toho no Hikari
  - March 22 Friday at 4:30, Overall Awards Ceremony at Honolulu Hale
- ◆ June 2 Sunday, 9 am – 1 pm, Plant Sale and MORE at Toho no Hikari
- ◆ August 17 Saturday, 9 am – 1 pm, Rummage Sale and MORE at Toho no Hikari
- ◆ September Foodland Hawaii’s Give Aloha Campaign – month-long
- ◆ November 3 Sunday, 9 am – 1 pm, Plant Sale and MORE at Toho no Hikari
- ◆ November 7-20, 2024 MOA Hawaii Fall Tour to Japan
- ◆ December - MOA Year-end Capital Campaign Drive

CLOSED: 7/4 (Th), 11/28 (Th)-11/29 (Fr), 12/24 (Tu)-12/25 (Wed), 12/31 (Tu)-1/1/25 (Wed)

Note: dates and events are subject to change.



## SANUKI UDON “Dancing to Tastiness”

Post-pandemic, when Japan opened up to accept foreign visitors, Steve Ichikawa traveled with 28 people to Japan that included visits to Okada’s gardens and museums in Hakone and Atami, and to the Tokyo Wellness Center. The group also traveled to the island of Shikoku. There in Kagawa, they visited the Udon School to learn how to make some special noodles known as Sanuki-style Udon, which is very firm. This texture happens because the makers DANCE on top of the udon to make it very firm!

For the last two years, instead of ending the year with traditional soba buckwheat noodles, MOA Healthy Food Advocate Dawn Kanno (who is also our Board Secretary) has made Sanuki Udon with her husband Darryl, son Daven, and daughter Darian to greet the new year.

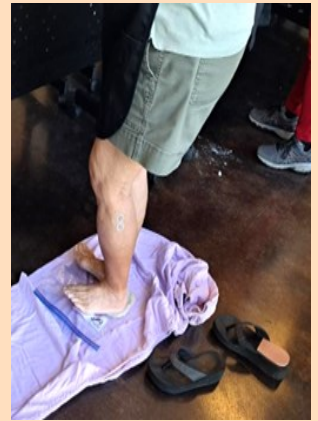
On January 26, Dawn, with help from MOA Natural Food Manager Aisha Asami and Food Advocate Itsuko Nagata held a class at the MOA Wellness Center for members of the Lanakila Senior Center, including its Program Director Susie Chun Oakland. Oakland said, “Members of Lanakila Multi-Purpose Senior Center had a great time making UDON together! Steve, Dawn, Aisha, Itsuko, and Teri June made our experience so enjoyable and the UDON was delicious.”

At left, Darryl and Dawn Kanno, Steve Ichikawa, and Karl Hamada prep the ingredients for class.

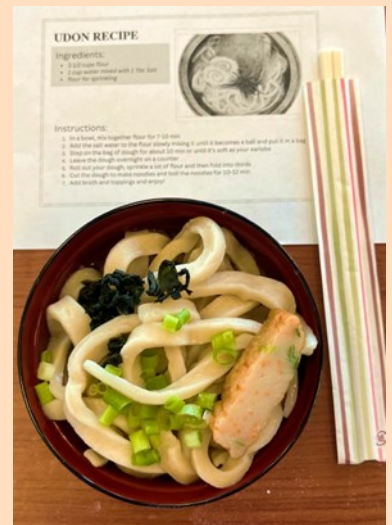


To the left, all ready for the students and below, rolling out the dough.

Pictured at right: the Dancing!!!



Bottom row of pictures from the left, cutting the noodles, cooking! and the masterpiece completed! Oishisô!



The next UDON “Dancing-making” Class is on Saturday, March 30.  
Please join us with your grandchildren! (See the flyer on page 5.)

## MOA Wellness Center Clean Up Day

Sunday, March 31st from 9 am to 12 noon  
Calling on all MOA Members, we would truly appreciate your help cleaning up the Wellness Center.  
Many hands make short work.





# Would you like to learn how to make Japanese Comfort Food 香川のおうどん Kagawa-Style "UDON" noodles?

UDON noodles are served in Japan in a popular comfort noodle soup especially in Osaka, Nagoya, Fukuoka, Saitama, and Kagawa on the island of Shikoku. The SANUKI UDON of Kagawa Prefecture is firmer than that of other regions. In Kagawa, instead of pounding with a wooden stick and their hands, they actually *dance* on the UDON to make it firmer! Join us and enjoy making your very own ORGANIC UDON noodles by learning to dance on it after making a perfect mixture of flour, salt, and water. This food event is run by Dawn Kanno, MOA Certified Healthy Food Advocate.

踊りながら、有機小麦のうどんと一緒に作りませんか？



(Bring your own knife and cutting board)

**Saturday, March 30, 2024**

**12:30 – 2:00 pm**

**MOA Wellness Center 'Ohana Room**

**600 Queen Street, C-2**

*(Free parking, enter from South Street)*

**\$15 for MOA and Lanakila members**

**\$20 for Non-members**

**\$10 for participants 12 years and younger**

**RSVP by Monday 3/25/24 - MOA Wellness Center (808) 952-6900**

(LIMITED CAPACITY 人数制限有)

**\*\*\* Non-refundable less than 48 hours prior to the event \*\*\***

• 600 Queen Street, C-2 • Honolulu, HI 96813 •

• Email: [info@moahawaii.org](mailto:info@moahawaii.org) • Website: [www.moahawaii.org](http://www.moahawaii.org) •

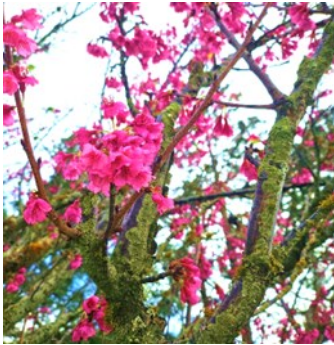
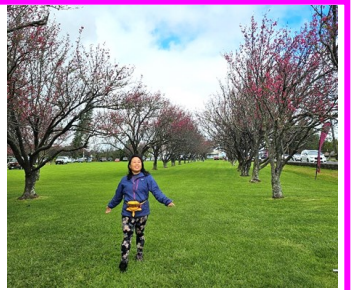


**From Aisha Asami, Natural Foods Program Manager:** Aloha Everyone! First I want to thank everyone



**Waimea  
Cherry Blossom  
Heritage Festival**

who participated and joined my February sakura (cherry blossom tree) events either in spirit or in person. This year we were blessed with good weather and some nice blooms. A small group of us took in the Big Island's Waimea Cherry Blossom Heritage Festival (see my sister Talia at left), which never disappoints! There was bon dancing, taiko drumming, mochi pounding, food and craft vendors, live cooking, and musical performances. But the real reason to go is to enjoy the rows of sakura trees just beginning to bloom. This year I was determined to purchase sakura branches that they have for sale and on this trip we were able to make flower arrangements using the branches we bought. The festival is always the first Saturday in February so mark your calendars for next year's trip if you are interested.



Then I had my annual Sakura Stroll through Wahiawa heights with a very fun group of people (pictured at right). Before we started our walk, my husband, Danny, led a group stretch session next to the big sakura tree at the Wahiawa Botanical Gardens. Then we walked over a mile uphill on California Avenue looking at the neighborhood's trees and gardens, ending at the stretch of sakura trees planted at Iliahi Elementary School. I'm so proud of everyone who joined me on the walk! We then celebrated with sakura mochi and cold brewed green tea.



I thought it would be fun to share recipes this year and for March I want to suggest filling gyoza wrappers with your leftover corned beef and cabbage. It really doesn't matter how much meat or cabbage you have left, and throwing in potatoes and carrots works, too! Just shred the meat and dice the leftover vegetables, put about a spoonful inside each wrapper, fold it, and seal with water. [Serious Eats" has a nice YouTube video on how to fold gyoza dumplings if you aren't familiar with the process.] After wrapping all your gyoza, pan fry and/or steam them with a tiny splash of sesame oil to cook. Enjoy!



Here is the recipe for the dipping sauce I made for the gyoza that can also be used with your corned beef and cabbage:

- 1½ Tbs vinegar                      ¼ cup ketchup
- ½ Tbs mustard                        ¼ cup brown sugar
- 1½ Tbs water

### *Rest in Peace and Love*



**Patricia Ann "Pulamawai" Ganaban** was born on November 1, 1952 and passed away on January 31, 2024. She was a long-time member of MOA.

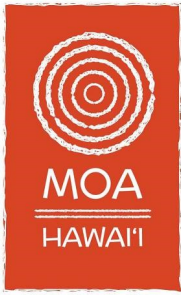
In the 1990s she was Wheeler Elementary School's Hawaiian Studies teacher, lovingly known as "Mama Aina." Per her son Damian "Mākoa" Caycayan, "She always had a love for plants and sinking her hands into fresh soil; she was able to create one of the first natural gardens on a school campus [at that time this was a pioneering effort]." Pat worked closely with other MOA members who were also school staff, including Principal Joe Lee, school Administrative Services Assistant Diane Higa, & Central District Hawaiian Studies Resource teacher, Ka'imiloa Dahang.

Using the school Nature Garden, she was able to educate children on Nature, organic methods, and healthy food habits. Mākoa continued, "Other schools reached out to her to get her guidance and assistance in creating their own. She would share wisdom and offer guidance to everyone she met, and while she didn't talk much in groups, when she did her words were profound to those that heard them." Mākoa's niece's friends from elementary school reached out saying how they remembered the impact Pat had on them and how she helped them grow.

She also worked to implement Nature Gardening methods with Norman Oshiro in the Toho No Hikari backyard. For years, she also served as a Board of Director for MOA Hawaii. We will miss her wry smile, practical down-to-earth spirit, and "can-do" attitude. We pray for her happiness in the heavenly realm. Pat, rest in peace.



On a retreat with Ka'imiloa Dahang and Teri June Amuro.



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 Email: [info@moahawaii.org](mailto:info@moahawaii.org) ✧ Website: [www.moahawaii.org](http://www.moahawaii.org)



# MARCH 2024

## HOURS by appointment only:

- Purifying Therapy (OPT) & Continuous Care on Tuesdays, Thursdays, and Saturdays: 9 am to 5 pm
- Wednesdays and Fridays: 9 am to 1 pm [Note: the last appointment taken is an hour before closing.]
- Lifestyle Improvement Program: 3<sup>rd</sup> Friday of every month from 9 am to 1 pm

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>IN MARCH, CHILDREN'S PAINTING (CP) EXHIBITION</b> <b>Collecting artworks from schools, judging, mounting, preparing for exhibitions on Maui, in Aiea for West Oahu, at Toho no Hikari for East Oahu, &amp; overall State winners at Honolulu Hale. Please consider helping us out.</b>					<b>1</b> 5:30 pm Okazaki / Liu Flower Class	<b>2</b> *All day CP prep  <b>Maui CP Awards Ceremony at Queen Ka'ahumanu Ctr. 10 am</b>
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b> 9-11 am MOA Hawaii Team Staff Meeting	<b>7</b>	<b>8</b>	<b>9</b> ➤*9:00 am Takane Flower Class ➤*1 pm Mills / Kanno Flower Class ➤1:00 pm Tea Practice (Goshi-Otaguro)
<b>10</b> 10 sm West Oahu CPE Awards Ceremony at Aiea Library 99-374 Pohai Pl.	<b>11</b>	<b>12</b>	<b>13</b> 6:30 pm MOA Board of Directors Meeting	<b>14</b>	<b>15</b> ➤9 am-1 pm Lifestyle Improvement Program ➤*10 am - 5 pm East Oahu CP Exhibit opens at Toho no Hikari	<b>16</b> Note: Goshi-Otaguro and Nakano Flower & tea classes are cancelled today.  *10 am East Oahu CP Awards Ceremony at Toho no Hikari
<b>17</b> *9 am Nature Garden Volunteer Day  	<b>18</b> 6 pm Tom Flower Class	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b> CPE State Awards Ceremony at Aiea Library at 10 am	<b>23</b> ➤1:00 pm Tea Practice (Goshi-Otaguro) ➤Pick-up ODEN orders!
<b>24</b> NO CPE HON. HALE CLOSED	<b>25</b> CPE @ HON. HALE 7:45 AM - 4:30 pm	<b>26</b> HON. HALE CLOSED PRINCE KŪHIŌ DAY	<b>27</b> CP OVERALL STATE EXHIBIT @ HONOLULU HALE 7:45 AM - 4:30 pm	<b>28</b>	<b>29</b> 	<b>30</b> ➤12:30 Udon Making ➤1:00 pm Tea Practice (Goshi-Otaguro)
<b>31</b> 9 am -12N Wellness Center  <b>HAPPY EASTER</b> 						

**CP OVERALL STATE EXHIBIT @ HONOLULU HALE (City Hall) 7:45 AM - 4:30 pm 530 S. King Street**  
 Parking: street metered & in the public portion of the Civic Center garage.

**NO CPE HON. HALE CLOSED**



# Become a Member of the MOA Family!

E Komo Mai! As a supporter of MOA your contribution is vital to our overall development and expansion of all our outreach programs and community activities. Together we will make a difference for the welfare of society. You are also welcome to use this form to renew your yearly membership or update your information. Any questions? Connect with us at (808) 952-6900 or email at [wcooperations@moahawaii.org](mailto:wcooperations@moahawaii.org). You may also fax this form to (808) 566-6911. To further learn who we are and what we do, visit our website at [www.moahawaii.org](http://www.moahawaii.org). Membership is on a calendar basis. Donations are tax deductible.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Best phone number to reach you: \_\_\_\_\_

Email Address: \_\_\_\_\_ Would you like the newsletter emailed to you?  Yes  No

Membership type (choose one):  Individual \$25 or  Immediate Family \$50  **New** or  **Renewal**

Payment:  Check Enclosed, payable to *MOA Hawaii*, or

Charge my Credit Card:  VISA  MasterCard  AMEX

Name on card: \_\_\_\_\_

Card Number: \_\_\_\_\_

Expiration Date: \_\_\_\_\_ Security Code: \_\_\_\_\_

Your Signature: \_\_\_\_\_

**MOA Hawaii Board of Directors:** Lester Nakamura, President; Shawn Hamada, Vice-President; Dawn Kanno, Secretary; Danny Asami, Treasurer; Members: Alan Aranaydo, Gale Eckerd, Dick Mills, Brian Nakano, and Steve Tomino.

**MOA Wellness Center Staff:** Takemasa Kawai, General Manager; Jody Kanemaru, Administrator; Steve Ichikawa, Operations Manager and Purifying Therapy Section Manager; Roy Goshi-Otaguro, Arts and Culture Manager; and Aisha Asami, Natural Foods Manager. **Front Desk:** Teri June Amuro, Aisha Asami, Charlene Gray, and Laurie Ide. **Front Desk**

**Volunteers:** Danny Asami, Sharon Matsumoto, and Lei Sakamoto. As well as numerous others who are dedicated volunteers.

