

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. 600 Queen Street, Suite C-2, Honolulu, HI 96813



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Hope you are doing well!

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 Lifestyle Care for individuals and families.

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

With AIWA (love and harmony) and having the same objective as Okada and his confidence in the Therapy as our model, let us pursue being effective therapists with a profound love for making others happy. 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@moahawaii.org.

MOA Happenings!

Thank You & Farewell to Roy & Debbie Goshi-Otaguro



This year marks 50 years since Roy Goshi-Otaguro left Hawaii in 1975 for minister's training in Japan with Sekai Kyûsei Kyô (now Tôho no Hikari). This group of 6 Americans (Hawaii, Los Angeles) and 6 from Brazil—made up the Dai Sanki Kaigai Kenshusei, the 3rd group of Foreign Seminarians. After a year and a half of training in intensive Japanese, teachings, Japanese culture, and religious ceremonies, they all spun off to different parts of Japan to do fieldwork. Here, Roy's training and many serendipitous experiences since then

have confirmed his calling.

After 3 months, for the first time he felt so grateful to Mokichi Okada for guiding him to his purpose in life. Here is one such confirmational experience: I got to Gora Station and took the cable tram up the hill to my stop, I then had to go in the passage that went under the tracks and entered the Honzan [Temple]. From the first step exiting the

passage, I felt a strong wind blowing all around me. I was caught in a gigantic whirlpool as I walked towards the entrance of the Komyô Shinden. It felt far longer than only 30 yards. The whirlpool actually felt joyfully good and refreshing, like playing Roy & Debbie surround by their family, at the Pali Lookout. After a minute of making my way to the



Jan, Talia, Susan, Aisha, and Joy.

entrance. I noticed no one around me was being affected by the

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MOA Gallery Featuring SENNE SOUKI



Senne Souki with Zach Musouka

On August 23, 2025, Project 222 held a reception for Senne Souki's very first exhibition at the MOA Wellness Center. Over 40 people gathered to admire her works, enjoy music, and more. Senne is a Hawai'i based artist with a bachelor's degree in Illustration & Graphic Design. She moved to Hawai'i 3 years ago to start her healing journey after battling multiple surgeries and struggling with trauma and

her mental well-being. She began painting and creating art again after being surrounded by the beauty and culture of the island. Senne is an advocate of mental health, inner healing, and art therapy. Her art has allowed self-exploration of positive change and the ability to express her inner world without limitations. She works







primarily in both digital and traditional painting. Her art

depicts dreamy aesthetics combining soft and ethereal elements to create a peaceful, otherworldly atmosphere. Her inspiration stems from "mahō shōjo" (magical girl), a subgenre of Japanese fantasy

media focusing on female transformation and empowerment. She aims to evoke one's imagination and dreams by merging the realms of fantasy and reality into her artwork. She hopes her art heals your sense of wonder and invites you to imagine all the wonderful possibilities within yourself. Her work will be on display until early October so please come see her works.



Dr. Terry Shintani with Project 222 CEO & Director Bill Yarian

What Is Purifying Therapy?

By Steve Ichikawa

The goal of Mokichi Okada, founder of MOA, was to have many "Families Filled with Beauty." His objective was to manifest a world in which people can live long lives with ease and without anxiety. To obtain that objective, he recommended that individuals respect Nature and help others in need while avoiding the increase of spiritual clouds and toxins in their body. For that purpose, he established Purifying Therapy.

In a general Purifying Therapy session, a therapist would locate the person's condition—shoulder stiffness, discomfort of the lower back, etc.—through a short interview. Based on the symptoms, the therapist would determine several spots to work on to relieve the symptoms. Based on Okada's view on human beings, the aim is to also reduce spiritual clouds from one's spiritual body and the toxins from his/her physical body. It is also good to educate and help that person to begin living a lifestyle that tends to prevent the increase of spiritual clouds and/or toxins from entering the physical body.

In the case of shoulder stiffness, the therapist asks the individual to indicate exactly where the stiffness is. The therapist then confirms the location of heat and concretion in that area. In addition, the therapist would obtain permission to do a thorough detection of concretion in other areas, which may be affecting that stiffness, such as the occipital bone (lower back edge of the skull), both sides of the neck, and/or back of the shoulders (close to the neck).

Since Purifying Therapy enhances the innate ability for one to heal by reducing their spiritual clouds, it is also called the Healing Art of the Kidneys. From the time of Okada's practice, therapists have been working to reduce toxin concretion from the back of the kidneys and lower regions of the kidneys to also encourage the enhancement of purification of the whole body.

In general, the important areas to administer Purifying Therapy are the center of the top of the head and/or between the eyebrows, left and right side of the shoulders and the kidneys. Personally, when receiving Purifying Therapy, I ask the therapist to also work on the tight areas of the occipital bone (lower back edge of the skull) and spots (both left and right) between the spine and shoulder blades.

The Goshi-Otaguros Retire, continued from page 1





At left, from Hōkūlani: Chad & Laurie Dela Cruz and Laurie Yoshinaga. Middle is Junko Agena from 'Āina Haina. At right, Ned Uemae, principal of Nu'uanu.

whirlpool. No leaves on the ground were flying, it was just me feeling it. It ended when I took my first step into the entrance, as if I had entered the center of the whirlpool. With a strong sense of being blessed, I prayed at the Komyô Shinden, then returned to Atami. The doubt that I chose the wrong path in life was completely gone. I returned to Hawaii a happy man.

Then over thirty years ago Roy was sent with his family (wife Debbie, and daughters

Aisha and Talia) to Maui to be the branch minister. Modeled after what Okinawan members were doing in schools, Roy was able to set up a flower circle program

for high school students in the Alternative Learning Center. Thru his career he had a knack for developing many working-/mutual partnerships with local organizations; and in this case, with businessman and philanthropist Pundy Yokouchi who was receiving purifying therapy from Roy on a regular basis. Yokouchi volunteered to donate flowers for the program. Although there was push-back from some students who never handled flowers in this way before, by the end of class they were admiring their creations. Here's one of Roy's many stories: After a few months of this flower program, one of two sisters asked him, "Uncle Roy, can take the flowers home when we pau?" Roy: "What are you talking about? You always take the flowers



Emcee, Dick Mills presents Roy with a print of Salvador Dali's *Lincoln in Dalivision*.

home." "No, today no can. Me and Sistah got kicked out." He had noticed earlier there were two suitcases by their desks and they were apparently asking others for a place to stay. He learned their mother took care of them alone. [He imagined what happened that morning, "I had it already! Both of you get out. No come back."] Roy told them to make a flower arrangement that their mother would see as soon as she entered the house and then apologize. He wanted them to report back in two weeks. After two weeks the student exclaimed, "Ho, Uncle, my mother she melted. When she saw the flowers on the kitchen table, she asked, 'You made this for me?' She actually hugged us. Took us out to dinner to celebrate. She was so pissed off that morning and then look." They both smiled. The other sister added, "You know what we did? Later we planted flowers outside so when we get Mom mad, we just pick'um and make another arrangement. We











L-R: Attendees included Suzanne Chun Oakland, Prog. Coord. of Catholic Charities Hawai'i Lanakila Multi Purpose Senior Center; Momilani School students, Jacob & Jamie Matsumoto with their parents; 'Āina Haina School Cheryl and Brandy Shinoda; Hongwanji Mission School Cheryl Tamayose; Brian Nakano and Edwina Nakano (far right) with their daughter Allison Creelman & her keiki Kairie and Korben who attend 'Āina Haina School.

going always
have flowers in
the house."
Stories like
flowers
continued to
blossom as Roy
practiced

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The Goshi-Otaguros Retire, continued from page 2

Mokichi Okada's Flowers even after they moved back to Honolulu. Because of the success of the ALC on Maui, on Oahu with coordination by Diane Higa and help by the Pearl City District members. Roy held flower circles for the 10 most troubled fifth grade students chosen by











L-R: Shawn Hamada and Dawn Kanno .Huge thanks to Dawn for doing all the planning & arrangements including having her Nakata/Kanno/Hamada 'Ohana help out; long-time friends & flower teacher, Phyllis Tom with her son Orion and granddaughter Jyssa; former Arts in the Schools teachers, Taylor Goo and Megan Daoang; hanabata days friend (& always willing to help) Judy Shaw with her husband Richard and long-time friend & MOA Hawaii Board member, Steve Tomino; hanafuda group friends Sam and Sheri Gon (Sheri accomplished the art of tea as Roy's student). There are many back stories about the attendees and their connection to the honorees!!!

their teachers to do weekly lessons at Wheeler Elementary. Those 10 students improved and in turn conducted the flower circles for lower grade levels and also at the school PTA night. That was a miracle because the student

who led the flower circle was extremely introverted and never spoke in school. Through the flower program, she miraculously changed. This convinced Principal Joe Lee to work hand-in-hand with MOA. Through the effort of the late Pat Ganaban, a gigantic MOA Nature Garden 60 ft. x 20 ft. was created using a curriculum built around the garden for the students. An MOA Purifying Therapy room was established for teachers to receive Purifying Therapy and do flowers and tea ceremony. Principal Lee re-

ceived his MOA Pendant. He was the one who greeted MOA Chairman Kawai and a busload of members from Japan when they visited the school. The Flowers in Schools took hold.

From 1989, Roy was instrumental in implementing the MOA International Museum of Art's Children's Painting Contest statewide. Although the Painting Contest was given to each district to shoulder, Roy, as MOA Hawaii's Arts & Culture Program Director, oversaw and organized the venues for the painting exhibitions in shopping centers that showcased the three pillars of Mokichi Okada's Mission: Purifying Therapy, Arts and Culture (flowers/tea ceremony), and Nature Farming (produce grown without pesticides and fertilizer). He tirelessly worked with all districts to put on the State Exhibition that for many years was held at the Honolulu Museum of Arts Linekona Ctr. At many exhibitions, parents and teachers asked that MOA teach art in schools rather than only putting on exhibitions. Thus 17 years ago, the MOA Afterschool Art Program was inaugurated at Nu'uanu, Ma'ema'e, and 'Āina Haina elementary schools, Spin-







Among the speakers were: L to R: Daughter Aisha Asami. MOA Food Advocate Jennifer Terukina, & MOA member Edith Saki whose son Sean has been receiving Purifying Therapy for several years with great results...

ning off from the Children's Painting Contest Exhibitions, Pearlridge Center Management asked Roy to conduct Purifying Therapy, flowers, and tea every second and fourth Monday as part of the Center's Healthy Monday Program. That initiative and the Leeward District Children's Painting Exhibitions continued for many years until the Covid pandemic put an end to them. From a relationship also established through exhibitions in the Nu'uanu/Mānoa District, the then State Senator Suzanne Chun Oakland asked Roy to be part of the State

(Continued on page 5)

Upcoming MOA Events! Mark your calendar!!!

Nature Garden Volunteer Day Sunday, Oct. 19th from 9 a.m.

(Every 3rd Sunday from 9 am.)



Volunteers are welcome to come out to work with our Nature Farming Program Coordinator Teri June Amuro. Right now we really do need help to prepare for the Nov. 2nd Plant Sale (see details at right).

Both organic and MOA Nature Farming methods do not use pesticides and chemicals (fertilizers). Organic farming constantly adds organic compost and

nutrients to produce healthy vegetables and fruits. The MOA Nature Farming Method respects the soil and believes in the inherent power of the soil to produce and develop robustly on its own.

If you are interested in seeing what they do and/or want to volunteer, please contact Teri at (808) 497-8538.



Plant Sale

Sunday, November 2, 2025 9 am to 1 pm Toho no Hikari back Garden 3315 Nauana Pali Drive for more info call 808-952-6900





MAKING A "GRATITUDE JOURNAL" 感謝の日記メイキングクラス

"Through encounters with beauty, let our minds and spirits be brightened and let us strive to become people who can live a happy life filled with gratitude." (Mokichi Okada)

- ALOHA and GRATITUDE contribute to inner peace and happiness.
- No matter how small, focus on the positive and find new things to be thankful for.
- Pay attention to the good things in your life that you sometimes take for granted.
 感謝、有難うの生き方は平和の心、幸せを生むと言われています。日々の中で、見失いがちなありがとうを探しませんか?感謝の日記を MOA ボランティアのミルズ・ジャンさんと作りませんか?







Let's make a GRATITUDE JOURNAL with MOA volunteer Janice Mills.

Friday, November 14 10:00 a.m. - Noon MOA Wellness Center 'Ohana Room' 600 Queen Street, C-2

Free parking; entrance from South Street

\$15 for MOA and Lanakila members

(fee includes instructions, supplies and materials)

\$20 for Non-members

(LIMITED CAPACITY - 20 max.人数制限有 マックス 20 人)

* Refunds cannot be given for cancellations within 48 hours of the event. *

RSVP - MOA Wellness Center - (808) 952-6900

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The Goshi-Otaguros Retire, continued from page 3

Children and Youth Day that attracted over 20,000 Children each year. MOA volunteers reached 700 families each year through flower circles. Watanabe Floral volunteered to supply all the flowers each year. Chun Oakland as head of Programs still calls on them to help her at the Lanakila Senior Center, such as Volunteer Appreciation Day Flower Circle, Catholic Charities flower workshop, etc.

Through all of this, Roy's indefatigable assistant has been his wife, Debbie. Together they created an arts curriculum that they improved on over the years. They hired many teachers because the three schools grew to eight (of which six continued until the pandemic). Debbie has always been by Roy's side to, among many duties, make sure that preparations were on track, made sure he made it to his events/ appointments with everything he needed to carry things out. They worked into the night countless times to have things ready, thankfully with the help of members who they could always rely on, but often well past when their volunteers went home. Roy: "Debbie and I felt very blessed to be part of all these years of the miraculous development of Mokichi Okada's Program, especially in his Arts and Culture Program. But these are just highlights of many more stories that I wish I had time to share."

Roy recounted that the most life-changing moment for him occurred in 2014 when Debbie, while making lei for her students participating in the Children's Painting Contest, was stricken by an aneurysm that caused a devastating massive stroke, which at stage 4 (out of 5) turned out to be her second one! After around-the-clock prayers, Purifying Therapy, and many tears later, by the end of the month, she was released and had no memory of her ordeal. At her 3-month checkup, Roy asked her neurosurgeon Dr. Sung Lee, if he also thought Debbie was a living miracle? He said, "She had a stage 4 aneurysm. Very few live through that. Yet she got to Queens just in time. She has no paralysis, no trouble speaking, no sign of ever having a stroke. You tell me. Is that a miracle?"

For Roy, this teaching of Mokichi Okada, "God gives each individual their own mission, endows them with unique characteristics, and enables them to progress toward their ideal purpose through life and death." was impactful. Thankfully, Debbie's mission was not yet over. Her recovery allowed them both to continue working together with different networks and the important Children's Painting Contest in all districts, continue flower circles for the community—700 each year at the Children and Youth Day, yearly Mother's Day flower circle at schools, flower (ikekomi) arrangements at different sites, Mother's Day and holiday floral arrangements, etc.! At the end of July, they both retired from their positions that brought them joy. Roy: "What other job allows you to work with people focused on creating a better world for others, not just us alone? Under Mokichi Okada, a lot of things became possible. The biggest thing for me is the many spiritual cords established not with just Mokichi Okada and my family, but with each and every one of you. You are my Light and always have been. From the bottom of our hearts, Debbie's and mine, dômo arigatô!"



The honorees & former MOA Hawaii Board President Frances Okazaki and her husband, Jeffrey.

Family, friends, colleagues, came up to toast Roy & Debbie, unfortunately due to time constraints former MOA Hawaii Board President Frances Okazaki did not have her turn. She and Roy have worked together for many, many years. Here's are excerpts from her speech.

...We saw the transformation of Roy, as the young afro hair-styled minister become the "absent-minded professor" rushing from one church activity to another, and from one MOA event to another...and later in 1989 emerging as Mr. Miyagi, our director for Arts and Culture classes and seminars; to what he's now—a more refined and introspective Roy Sensei with his Sen No Rikyû Irenowned Japanese tea master] black hat that most of you see him with today.

Points about Roy: When Roy joined MOA Hawaii as a full-time staff as its Director of its Arts and Culture Program, he carried out the mission of creating beauty and happiness in our community—his faith and strong spiritual values kept him focused on living the art form. As the Director, he did not have a guide book (as we do now) but was responsible for "everything" pertaining to the MOA Arts & Culture Program curriculum, for example: the MOA Kohrinka Ikebana, MOA Bontemae Tea, MOA Ikekomi-flower arrangements in public places, MOA Health Promotion Seminars at the libraries, senior centers, State Capital, shopping centers, and hosting the annual MOA Children's Painting Exhibition...while at the same time, he and Debbie taught their after-school art program (their pride and joy)... and which helped to sustain his Program. A right-brained artist-type who kept all his creative thoughts in his head, he tried to do everything by himself. Were it not for Debbie and his family's support, we do not think he could have managed as he did. He had his family in tow picking up flowers and art supplies, setting up, helping to prepare his projects to meet deadlines. Roy and Debbie often stayed up past midnight to finish prepping the milk-carton paper vases, laminating photos for luggage tag memento gifts for the Children's Painting Exhibition...all because they wanted to personally finish their artful creations for others—whether for children or for seniors or for strangers. It was from their hearts and it refreshed them to see the joy in the recipients' happy faces. ...with the transitioning of the Arts and Culture Program from doing things "the old way," he changed with the times to "the new way"...mostly because he was willing to change himself and saw everyone else as individuals and inspirational guiding lights. The new MOA programs were focused on Kokoro (heart) and spirituality. And Roy is all about Kokoro. This Kokoro spirit transcended the mere action of the flower arranging activity or tea service... so while the beauty of the single flower had healing qualities or that the single cup of tea and specially purchased tea candy tasted good, it probably was because of Roy's

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MOA HAWAI'I

Save the Date!

MOA is a Pathway to Happiness

Raleigh Awaya and Jennifer Terukina

present an afternoon sharing their gratitude to Mokichi Okada, founder of MOA, for his philosophies and the Health and Wellness Program which brought them "happiness."



- Come and enjoy their photo display on "Nature"
- ❖Greeting by Takemasa Kawai, MOA General Manager
- Harp performance by Dustin Ebesu
- ❖Pūpū prepared by Nao Leonard of Healing Kitchen
- !kebana flower arrangements, organic matcha tea, Purifying Therapy, and MOA!



Sunday, January 11, 2026 2:00 – 4:00 p.m. MOA Wellness Center

RSVP to MOA Wellness Center by Tuesday, December 30

"Health" "Live in tune with Nature" "Flowers" "Healthy Foods" "Energy Healing" "Sacred Grounds (miniature paradise)" "Music"

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The Goshi-Otaguros Retire, continued from page 5



Kokoro and Omotenashi [welcoming hospitality] that made a significant difference. That extra attention is seen in all of his work, from creative work-arounds during COVID so the Wellness Center could remain safely open, to conducting classes for instructors, not just students, that expanded their appreciation/knowledge of fine art; resiliently learned to navigate virtual/online meetings, even hosted Kohrinka ikebana seminars for the Cherry Blossom contestants who...

shared many heartfelt comments thanking Roy for a memorable life experience they could share with friends and families to uplift their spirits... After retiring from his directorship, the official weight on his shoulders seemed to have disappeared. During the last few months that he continued all his responsibilities for the Church and for MOA and for his family, he was more relaxed, enjoying life. It was his Sen No Rikyû persona seeking simplicity in his Life that finally set in! Throughout, Roy and Debbie showed us their heartfelt devotion to creating a world of beauty with all that they taught us about tea bowls, vases, or block print paintings and National Treasured art pieces at the museums we visited... Roy shared the Teachings without preaching but by example...he did things personally rather than had someone else do them for him—putting up the Golden Tea Room, building and painting the white pedestal boxes for showcasing our flower arrangements...he did things that had to be done without complaining. All through, Roy has been performing Purifying Therapy for individuals and friends on a regular basis at the MOA WC and at their homes aiming to improve their lifestyles and creating *Families Filled with Beauty* one person at a time with astonishing results.

Roy and Debbie, please enjoy your newfound time and life together with a well-deserved retirement! Thank you for all that you have shared with us with your faith and generosity of spirit and action.



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 $\textbf{Email:} \ \underline{info@moahawaii.org} \ \diamondsuit \ \textbf{Website:} \ \underline{www.moahawaii.org}$

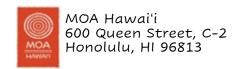




HOURS by appointment only:

➤ Purifying Therapy & 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: 3rd Friday of every month from 9 am to 1 pm

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Foodland's Give Aloha fundraiser ENDS on S	Sept 29 Sept 29 EPT. 30, 2025	Instant Vogan	9-11 am	5:00 pm MOA Executive Comm. Meeting	3	*10 am Nakata/ Hamada/Kanno Flower Class
5	6	T Tofu Poke Bowl	8	9 Lunch- Shrimp	10 5:30 pm Okazaki / Liu Flower Class	▶*10:00 am Takane Flower Class ▶1:00 pm Tea Practice (Goshi-Otaguro)
12	13	14 Tofu Poke Bowl	15 6:30 pm MOA Board of Directors Meeting	16	9 am–1 pm Lifestyle Improvement Program	▶*9:00 am Goshi- Otaguro Flower Class ▶*1:00 pm Nakano Flower Class ▶1:00 pm Tea Practice (Goshi-Otaguro)
19 *9:00 am Nature Garden Volunteer Day	20 6:00 pm Tom Flower Class	21 Tofu Poke Bowl	22	Lunch-Tofu/ veggie Stir-fry	24	25 ➤ 1:00 pm Tea Practice (Goshi-Otaguro) ➤ Pick-up ODEN orders!
26	27	28 Tofu Poke Bowl	29	30 Lunch-Chicken	31	Sunday, Nov. 2nd AUTUMN PLANT SALE



BECOME A MEMBER OF MOA HAWAI'I!											
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 wcoperations@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 . Membership is on a calendar basis. Donations are tax deductible.											
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MOA Hawaii Board of Directors: Lester Nakamura, President; Shawn Hamada, Vice-President; Dawn Kanno, Secretary; Danny Asami,

Treasurer; Members: 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; Aisha Asami, Natural Foods Program Manager, Teri June Amuro, Nature Farming Program Coordinator; and Sage Kanemaru, Youth Development Manager.

Front Desk: Charlene Gray, Laurie Ide, Teri June Amuro, and Aisha Asami.

Front Desk Volunteers: Sharon Matsumoto and Lei Sakamoto.

MOA Newsletter volunteers and contributors.