



## 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



## VOLUME 13, ISSUE 6 JUNE 2026

### 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](mailto:stevetichikawa@moahawaii.org).

### April 2026 Arts & Culture Tour to Japan by Darian Kanno



Immediately following our arrival in Japan, we were herded into a bus and were off to Atami, where we visited the Crystal Hall (at left) and enjoyed the MOA Museum of Art. To be completely transparent, I have a vendetta against AI. As a writer, I feel it's only natural, but I digress. Never-

theless, I will begrudgingly admit that the changes that were made to the entrance of the museum at the suggestion of AI were...not bad. After spending time enjoying the beautiful artwork in the museum, we had a flower session, where each of us made a single flower arrangement--taking the time to learn how to look and to appreciate the flower. Even though Grammy took the flower I initially wanted, I was quite satisfied with the final product. What was interesting; however, was that they asked us to title our arrangement. I was stumped. I've been doing Kohrinka since I was little and I'd never been asked to title my arrangement before. While some of us were quite poetic with our title choices, there were others who were less so. Either way, it was okay. They didn't judge our title choices.

After our experience at the museum, we left Atami and headed to Ohito. This wasn't my first time visiting the Ohito farm, but I knew it was a first for most of our group. There, we learned about the MOA School and the work they do with kids. We also had the opportunity to play a couple of nature games, such as nature bingo. As someone who normally never leaves the house, it was a good opportunity to be in nature and learn about the nature farming work they do there, as well as the research they conduct.

The following day, we visited Hakone (below). For Grammy and Grampy, this particular visit to Hakone was deeply impactful. We have been to Hakone numerous times before as a family, but this was Grammy and Grampy's first time visiting after the completion of the new Shibikyu. I know it meant a lot to them to have the opportunity to experience this. Kalen and I tried



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### MOA Museum of Art 37th Children's Painting Contest Hawaii Chapter Exhibit and Awards Ceremony

#### Maui's Exhibit and Awards on April 18, 2026 at Queen Ka'ahumanu Center



**Best of Show**  
**"Playing in the Rain"**  
**Mehanaokala Cosma**  
Pu'uku Kukui Elementary Grade 1



#### Oahu District's Exhibit and Awards on May 9, 2026 at Toho no Hikari

##### BEST OF SHOW - OAHU



**My Rubik's Cube**  
Stanley Zhou  
Hōkūlani Elementary School, Grade 4  
"Best of Show" – Oahu District



Above, Stanley Zhou received his award from Dawn Kanno.

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# Plant Sale

Sunday, June 7, 2026

9:00 am to 1:00 pm

located next to the MOA Nature Garden in  
the Toho No Hikari parking lot  
3510 Nuuanu Pali Drive

for more info call 808-952-6900

Plants are reasonably priced. There will be a variety of different types of plants for sale including, succulents, tropicals, various types of bromeliads, palm trees, house plants and more. Vases, pots & other plant items will also be for sale. A food booth will be selling snacks and drinks



## April Arts & Culture Tour to Japan (continued from page 1)

to offer explanations for things that we learned about this past summer on the Youth tour, but let's be honest: the explanations were half-baked at best. But we tried! Quite a bit of time had passed, so not everything was remembered well, but Grammy and Grampy didn't seem to mind this. They just seemed happy to have had the chance to see it. After offering our prayers, we were able to take our time exploring the Shinsenkyō gardens, having tea at the tea house, and enjoying the various artworks in the Hakone Museum.

We departed for Kyushu shortly after our time in Hakone came to a close. We landed in Oita—which, no one told me was a Hello Kitty Airport!—before immediately heading to a Kaiseki dinner. We spent the next day in Oita. Accompanied by Mayumi Ono, we visited the Takasakiyama monkey park, and walked the Kokonoe bridge and Kuju flower park. At dinner, we were joined by two of Mayumi's children—Mai and Masaki.



The next day we moved from Oita to Kagoshima, taking a ferry around Sakurajima—which, as a side note, is an active volcano that erupted only weeks after we arrived back in Honolulu. The following day, we visited Sengan-en, where we got to shoot a bow and arrow (yours truly at left); I learned that I was consistently inconsistent because I hit just about everywhere on the target but the middle. We also had the chance to make little charms with resin, as well as walk through a palace that served as a private residence of the Shimazu family. Also while in Kagoshima, we visited the Ryoin there and received Purifying Therapy, did flower therapy, and had tea.



Above, at a kaiseki (special) seafood dinner in Kagoshima, our tour coordinator, Steve Ichikawa feasted on the equivalent of black pipipi shellfish. Left: Ogi & Carl Matsubara, Raleigh Awaya, and Jennifer Terukina stroll past tall striking sculptures near Busan Station.



After Kagoshima, we visited Kumamoto, where we had the opportunity to visit Kumamoto Castle (Samurai Shawn & Kalen Hamada at left). We also got to eat horse meat—both cooked and raw—which Kumamoto is apparently known for, and which I thoroughly enjoyed.

With that, the Kyushu portion of our tour came to an end. The following day, we headed to Korea. I'd never been to Korea before, but I love Korean food and heard all about how great their skincare is, so I had two goals going in: eat as much spicy Korean food as physically possible, and fix my face. Our first stop in Korea was Busan. We walked through Gukje Market and Gamcheon Culture Village—both of which we left with wallets lighter than when we arrived—and visited Haedong Yonggung Temple. This was surprising to me, since I was unaware of how prevalent Buddhism is in Korea.



After Busan, we moved to Gyeongju, where we visited Cheonmachong and learned about the Silla Dynasty and viewed the ornate gold pieces that were buried in the tomb.

We moved from Gyeongju to Seoul, where we met Min-sun Ha, an MOA staff member from Korea, and decorated our own hand mirrors with *hanji*, the Korean

(continued on page 4)

## 2026 Arts and Culture Study Tour to Japan & Taiwan with Steve Ichikawa

(as of March 3, 2026 – subject to change without notice)

*It's FUN; it's ENTERTAINING; it's AMAZING; it's the lowest cost in town; it's MEMORABLE. Over 20 people have participated on more than FIVE tours with Steve, which shows how many people are REPEATING to participate--there are some who participate every year or every tour! Repeat travelers are WELCOME, any AGE is WELCOME.*

*Toward the ultimate goal of creating a New Civilization where humanity does not face stress over illnesses and conflicts (including wars), this tour hopes to improve the mind and body health of individuals by actively providing Integrative Medicine (new kind of medicine; caring medicine) through experiencing the Okada Health and Wellness Program, quality time together, the beauty of Japan & Taiwan, fine arts and culture, HOT SPRINGS, hospitality, and GOOD FOOD.*

### Fall Arts and Culture Tour to Shimane – Tottori – Kyoto Tango – Hamamatsu – Mishima – Izunokuni – Atami – Hakone – Taiwan November 5-19, 2026 (15 days 13 nights)

#### TENTATIVE ITINERARY:

- Flowers and Birds Park, Tanbanosato Japanese Garden and its illumination at night, the home of Japan's Shrine "Izumo," Yasugibushi Dance & Adachi Museum in Shimane
- Japan's biggest sand dune, Sand Sculpture Museum, Amanohashidate Bridge (top 3 views of Japan) in Tottori
- Mishima Skywalk (Mt. Fuji view), Orange picking, Green Tea in Shizuoka
- **Oku-Atami Wellness Center** located at the Ohito Zuisenkyô Health Oasis and MOA Nature Farm
- **MOA Museum of Art** in Atami (in addition to the fine arts collected by Okada that are loved by all ages, the Museum was chosen as the "too beautiful art spot" on the TikTok site by 180,000 young people in Japan in 2023)
- **Shinsenkyô Garden** (Designated as a national historical site and Place of Scenic Beauty; most popular foliage season) and the **Hakone Museum of Art**
- **Experience and Enjoy the Food and Culture of Taiwan**



Updated info: Please inform Steve before purchasing your own tickets.

11/5 Thu AS849 departs HNL @1:45 pm, eta Kansai (KIX) @6:45 pm on Fri 11/6;  
11/19 Thu AS832 departs Haneda @9:20 pm, eta Honolulu @9:35 am

If you are interested, please call Steve Ichikawa at (808) 222-2183 Or email: [stevetichikawa@moahawaii.org](mailto:stevetichikawa@moahawaii.org)





**NAGAOKA MAYOR'S AWARD**



**Kauai Sunset**  
 Kimie Yoshikawa  
 Hōkūlani Elementary, Grade 5



**ACKNOWLEDGEMENTS**

**OAHU DISTRICT**

Oahu District Schools  
 Judges: Bev Hashimoto and Fern Kashiwabara

MOA Museum of Art  
 Toho no Hikari Hawaii  
 MOA Hawaii Volunteers

**MAUI DISTRICT**

Queen Ka'ahumanu Center  
 Maui District Schools  
 Judge: Sydney Yee

For full program guide and all winners photos:  
<https://bit.ly/moaHi26CPC>



**April Arts & Culture Tour to Japan** (continued from page 2)

version of Japanese washi paper, which was a lot more difficult than our instructor made it out to be... for me, at least, since I'm not particularly artistically inclined. The next day, we stayed in Seoul once again, but were free to do as we pleased, which basically meant shopping and finding something to fix my face.

With that, we flew back to Haneda and our tour came to an end. It was definitely a memorable trip. As always, thank you to Uncle Steve for arranging everything. From the planning to the actual tour, I can't imagine how difficult it must have been. We had a fairly large group, but we all got along well. Everyone was understanding, kind, and willing to help. While I'm sure it wasn't always easy for Uncle Steve to wrangle our group of twenty-five, everything went well, and I'm grateful to have been able to be a part of it.



Darina's 'Ohana, from lower left: Shawn Hamada, Dawn & Darian Kanno, Ronnie "Grampy" & Jessie "Grammy" Nakata, and Kalen Hamada.

Photos courtesy of Darian Kanno, Dean Kanemaru, and Steve Ichikawa.

## MOA Flower Circle Activity Brightens Up Lanakila Volunteers by Frances Okazaki



On April 22nd, we held a Flower Circle activity at the Lanakila Multi-Purpose Senior Center for 300+ guests. Suzanne Chun-Oakland hosts this annual event to thank all the volunteers for supporting their programs and facilities. MOA volunteers included Brian Nakano and Phyllis Tom prepping for the event, and with event day volunteers Teri-June Amuro, Kyle Ino, Chloe Kanemaru, Aiko Kawai, Jan and Dick Mills, Jeff and Frances Okazaki, and Judy Oki Shaw.

Enriching their experience by reading Mokichi Okada's poems,

participants enjoyed creating mini-flower arrangements

under careful guidance by the cheerful volunteers. Lanakila Multi-Purpose Senior Center's staff were made extremely happy when MOA volunteers shared the extra mini-arrangements with them!



Kitchen help needed every 3<sup>rd</sup> Friday for the Lifestyle Improvement Program (LIP) at the MOA Wellness Center from 9 am-1 pm



Get recipes and level up your cooking skills

**LIP Seasonal menu - mini cooking class topic in ( )**

June-natto spaghetti (natto from scratch)

July-nagashi somen (homemade mentsuyu)

August-corn potage with musubi & baked chicken/vegetables (shoyu/shio koji sauce)

September-lentil soup & grilled sandwich (lentil soup)

October-pumpkin curry (curry)

November-mushroom mixed rice & pumpkin soup (pumpkin soup)

December-vegetarian temari sushi (cute-themed sushi)

If interested, please contact the Front Desk at (808) 952-6900 or Aisha Asami at (808) 722-8020.

\*Note: menus and cooking class topics are subject to change

**Mililani Town Center Keiki have Fun at MOA Flower Circle Activity** by Gale Eckerd



On the mid-afternoon of April 29th, what seemed like throngs of children, but really were 75 keiki plus siblings and their adults, eagerly awaited a chance to make a flower arrangement sponsored by the Town Center of Mililani (TCM). The TCM holds a Keiki Club activity every fourth Wednesday from 2-4 pm, and after seeing MOA Hawaii at the Mililani Lions Club January *Family Health & Wellness Fair*, asked us to do the Flower Circle as an early Mother's Day activity. Frankly I was on the fence about accepting because we didn't have



enough volunteers. But my prayers were answered when I received definite yeses from always-can-count-on-to-help Judy Shaw, Karen Takane's flower class student, Susan Takeda, and my girlfriend Vivian Lee. Then a week out, Hideko Toshimi and Delphine Shea also volunteered—Delphine was more than



Volunteers: Back row, Susan Takeda, Gale Eckerd, Delphine Shea, and Vivian Lee. Front, Hideko Toshimi and Judy Shaw. Missing: Kazuko Morita and Wanda & Alan Aranaydo.

Aiea and on to Mililani and back in spite of the notorious traffic! I had done the



origami vases using \*Brian Nakano's card-stock and prepped the oasis to fit film canisters (collected by so many members when stores

Above, one family turned out to be our Teri June Amuro's sister-in-law Susan Amuro with her daughter Shannon Ebina, and granddaughter Keila.

still processed film into photos). \*The Arts & Culture Committee virtuoso. Brian was a godsend as he prepped all 75+ flowers in separate cups and organized them into stackable bins, plus poem sticks, extra vases...I only had to get the greens prepped—thank goodness for my husband's friend's huge moa patch and my daughter's mock orange hedge. Then the day before, Wanda & Alan Aranaydo said they could help. I was beyond ecstatic and only then was confident that we'd be able to handle whether they all showed up at once or in spurts. Just before we were ready to start, Kazuko Morita came by to volunteer! Because it was an early release day, most keiki did come in the beginning, but willingly waited in the area provided by the TCM. By 2:30 we had gone through most of the flower cups! Worried, I told the TCM coordinator and she assured us that once we ran out, we could close up shop. The children took delight in choosing their vase and flower color. Under the expert guidance of our volunteers each child created a special arrangement that they could keep or gift to their mothers/loved ones. By 3:30 all the flowers were gone and we felt happily fulfilled that another wonderful MOA activity had reached and been enjoyed by so many. Thank you to all of you who helped make this activity a reality!

**ODEN**

is available for \$5. This month, pick-up is on **Thursday, June 25th**. Let the Front Desk know asap to guarantee your order. (808) 952-6900!

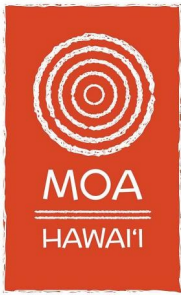


There will be a new art exhibit in our MOA Hawaii Wellness Center Gallery, featuring Project 222's mixed media artist, Natalia Grass Lukey. Please join us for the Opening Reception on Saturday, June 20th from 4 - 8 pm.

If you have any gently used or new items to donate to the **August 1st Rummage Sale**, we are accepting them until Saturday, July 18<sup>st</sup> (to allow time to sort and price the items).

Drop off points, either at the MOA Wellness Center during business hours, or at Toho no Hikari, 3510 Nuuanu Pali Drive, Monday through Saturday from 10 am - 4 pm, except holidays. Donations can be left behind the curtain of the Social Hall stage.

Please contact Teri June Amuro at (808) 497-8538 or Steve Ichikawa at (808) 222-2183 for more information. [Kindly ensure that your donated items are clean and/or operable. We are unable to accept large appliances and furniture pieces, such as beds/chairs/desks.]



600 Queen Street #C-2, Honolulu, HI 96813 ✧ Phone (808) 952-6900 ✧ Fax (808) 566-6911  
 Email: [info@moahawaii.org](mailto:info@moahawaii.org) ✧ Website: [www.moahawaii.org](http://www.moahawaii.org)



# 2026

**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: 3<sup>rd</sup> Friday of every month from 9 am to 1 pm

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
May 31 9-12 Clean Up the Wellness Ctr.! 	<b>1</b>	<b>2</b>  Tofu Poke Bowl	<b>3</b> 9:00am - 11:00am MOA Hawaii Team Staff Meeting	<b>4</b> 5:00 pm MOA Executive Comm. Meeting  Lunch – Chicken	<b>5</b>  Plant Sale—setting up and pricing, etc.	<b>6</b> ➤*10:00 am Nakata/ Hamada/Kanno Flower Class ➤1:00 pm Tea Practice
<b>7</b> * Plant Sale and More!!! 9 am—1 pm 	<b>8</b>	<b>9</b>  Tofu Poke Bowl	<b>10</b>	<b>11</b> Lunch – Wafu Hamburger  King Kamehameha Day	<b>12</b>	<b>13</b> ➤*10:00 am Takane Flower Class ➤1:00 pm Tea Practice
<b>14</b> *9:00 am Nature Garden Volunteer Day	<b>15</b> 6:00 pm Tom Flower Class	<b>16</b>  Tofu Poke Bowl	<b>17</b> 6:30 pm MOA Board of Directors Meeting	<b>18</b>  Lunch - Fish	<b>19</b> 9am-1pm Lifestyle Improvement Program 	<b>20</b> ➤*9:00 am Nakano Flower Class ➤*1:00 pm Nakano Flower Class ➤1:00 pm Tea Practice
<b>21</b>  HAPPY FATHER'S DAY 	<b>22</b>	<b>23</b>  Tofu Poke Bowl	<b>24</b>	<b>25</b> Pick-up ODEN orders  Lunch–Tofu Stir-fry	<b>26</b>	<b>27</b> 1:00 pm Tea Practice
<b>28</b>	<b>29</b>	<b>30</b>  Tofu Poke Bowl	July 1	July 2	July 3	July 4 
<div style="border: 1px solid black; padding: 5px; display: inline-block;">           Ongoing: accepting donations for Rummage Sale            through July 18th.         </div>						

“\*” denotes held at Toho No Hikari, 3510 Nuuanu Pali Drive, Honolulu, HI 96817

Note: event details and food availability & menus are subject to change without notice.



MOA Hawaii  
 600 Queen Street, C-2  
 Honolulu, HI 96813

**Please use this form to join the MOA HAWAII 'Ohana!**

**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.

<b>Name:</b>			
<b>Address:</b>			
<b>City:</b>	<b>State:</b>	<b>Zip Code:</b>	
<b>Best phone number to reach you:</b>			
<b>Email Address:</b>			
	Would you like the newsletter emailed to you? <input type="checkbox"/> Yes <input type="checkbox"/> No		
<b>Membership type (choose one):</b>	<input type="checkbox"/> Individual \$25 or	<input type="checkbox"/> Immediate Family \$50	<input type="checkbox"/> New or <input type="checkbox"/> Renewal
<b>Payment:</b>	<input type="checkbox"/> Check Enclosed, payable to <i>MOA Hawaii</i> , or		
	<input type="checkbox"/> Charge my Credit Card:	<input type="checkbox"/> VISA	<input type="checkbox"/> MasterCard <input type="checkbox"/> AMEX
	<b>Name on card:</b>		
	<b>Card Number:</b>		
	<b>Expiration Date:</b>	<b>Security Code:</b>	
	<b>Your Signature:</b>		

**MOA Hawaii Board of Directors:** Lester Nakamura, President; Shawn Hamada, Vice-President; Dawn Kanno, Secretary; Danny Asami, Treasurer; Members: Dustin Ebesu, Gale Eckerd, Dick Mills, Brian Nakano, Jennifer Terukina, and Steve Tomino.  
**MOA Wellness Center Staff:** Takemasa Kawai, General Manager; Jody Kanemaru, Administrator; Steve Ichikawa, Operations Manager; Kenji Mayeda, Purifying Therapy Section Manager; Aisha Asami, Natural Foods Program Manager; Teri June Amuro, Nature Farming Program Coordinator; and Sage Kanemaru, MOA Certification Seminar Section Manager and Youth Development Manager.  
**Front Desk:** Chartene Gray, Laurie Ide, Teri June Amuro, and Aisha Asami.  
**Front Desk Volunteers:** Sharon Matsumoto and Lei Sakamoto.  
**MOA Newsletter volunteers and contributors.**