



# Wahiawa Hongwanji Mission

OCTOBER 2012

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Website: www.wahiawashinbuddhists.org  
President: Mr. Glenn Hamamura \* Minister: Kojun Hashimoto

The 16 Buddhists values are an important facet of an effective organization. However, they do not offer insight into the human relations that actually create effective organization. There some 16 concrete principles that promote fruitful human interaction and resolve conflicts which can hinder effective community. These are:

1. Be humane, observe decorum
2. Recognize interdependence in achievement of goals
3. Maintain credibility
4. Know when to defer—back off
5. Live Aloha, mutuality
6. Don't dump info, creating information overload in discussion
7. Positive response to problems
8. Acknowledge one's contribution to the problem
9. Don't radiate problems to other uninvolved people
10. Don't take ownership of others' problems—empathize

- not identify. Keep emotional distance.
11. Maintain rationality, control emotions, Keep cool
  12. Don't reciprocate negativity
  13. Don't store grievance
  14. Don't dump past grievances
  15. Don't use loaded language in discussion. Be aware of nuance and implication of words.
  16. Maintain low key tone in voice. Don't escalate volume to prove a point.

In conclusion, the basis of effective community includes mental processes represented by the principles of learning and thinking. It is also social, indicated by actions which aim at positive human relations. Finally, it is personal when these habits and principles shape a person's activity as a participant in a community.

In gassho,

*Dr. Bloom at the Gathering 2012 (Buddhist Study Center)*

### Four Noble Truths 四聖諦

1. Suffering = Eight Sufferings 四苦八苦
  - 1) Birth, 2) aging, 3) sickness, 4) death, 5) departing from persons or situations we love, 6) meeting up with persons or situations we hate, 7) not getting what we want, 8) getting attached to the five elements [of the self]
2. Cause = afflictions, attachment, defilement  
Three Poisons: Greed, Anger (or hatred), Stupidity >>>> **“Let’s release the GAS!”**
3. Cessation= nirvana, enlightenment, awakening
4. Path = Eightfold Path

- I. Wholesome View >>>>>>>>>>>>
- II. Wholesome Thought
- III. Wholesome Speech
- IV. Wholesome Conduct
- V. Wholesome Livelihood
- VI. Wholesome Effort
- VII. Wholesome Mindfulness = Nembutsu
- VIII. Wholesome Meditation

### Four Marks of Existence 四法印

Life is a <u>B</u> umpy road	←	Life is <u>S</u> mooth
Life is <u>I</u> nterdependent	←	Life is <u>M</u> ine
Life is <u>I</u> mpermanent	←	Life is <u>A</u> lways the same
Life is fundamentally <u>G</u> ood	←	Life is <u>L</u> ousy

Think **BIIG!** Don't Think **SMAL!**

In gassho,

*Dr. Tanaka at the Gathering 2012 (Buddhist Study Center)*



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WHM newsletter is published by friends of the Dharma. Volunteers are welcome to serve on the committee. Please send comments and change of address to WHM office or email at [news@wahiawahongwanji.org](mailto:news@wahiawahongwanji.org). Roy Higa, Editor



# President's Message

Glenn Hamamura

## **OCTOBER 2012**

President's report October 2012  
Welcome to October. This is being written in mid-September, and by the time this newsletter is published, your temple's officers and board will have completed a second strategic planning session. The goal of this planning session is develop strategic objectives of our Temple for 2013. I hope to provide you details on this session in a subsequent newsletter.

One of the issues the Temple is dealing with at this time is security on the temple grounds. Throughout the summer, there have been many incidents of uninvited strangers checking out our facilities, as well as taking fruit, for example avocados, as well as other plants. We have been very fortunate that there have not been any incidents affecting the safety of any of our members or guests on our property, but the board is reviewing what actions might be possible to ensure the safety of people on our campus as well as the protection of our property.

One request that I ask all members to honor until we develop specific policies and procedures, is to not encourage or provide permission to your friends or family members to access our property for the purposes of picking fruit or plants, or dumping green waste in the gulch, without the specific permission of the board. In a less complex time, these kinds of practices may have been common, but today, these situations will create opportunities for misunderstandings, and potential conflict. I have been involved in several situations personally where I have challenged individuals preparing to take fruit from our property (they did not leave with

fruit), and in every instance, they told me that someone had given them permission. I am sure that they were not given permission, but perhaps a casual comment a long time ago has been translated into license.

I appreciate that we are a religious organization, and that compassion is one of our key considerations, but it must be balanced with wisdom. In addition, there have been several situations with regards to the use of the facilities in which the facilities have not been secured (doors not latched, particularly in the social hall). We will remind the users of our facilities, but in case you see such a situation, please bring it to the attention of the office, Reverend Hashimoto, or any board member. Thanks again to the Hosha group, as they are now beginning actions to repair the Columbarium roof in the next few months. We will be contracting for this, as the scope of the effort is beyond what would be reasonable for our members to accomplish by themselves. Maintenance of the buildings on our grounds continues to be a major focus for our volunteers, and we are considering creating a fund to deal with other major repairs that we will need to undergo in the next few years.

As always, if you have ideas for the improvement of our facilities and services, please contact one of the board members and they can bring them forward for consideration.

In Gassho,



## REVEREND'S MESSAGE

### **Shinjin:**

Shinjin is a key Jodo Shinshyu teaching.

I searched the word for “Shinjin” in *A Glossary of Shin Buddhist Terms*. It says: “Entrusts oneself, Faith, Heart of Faith and Mind of Faith.”

This was difficult to understand so I looked further in *Gobunshyo* “Shinjin Gyakutoku No Sho.” (“Attaining the Entrusting Heart”)

Shinjin means understanding the 18<sup>th</sup> vow, and understanding the essence of Nembutsu, Namo Amida Butsu. It means to understand why Amida Buddha made the Nembutsu, Namo Amida Butsu. Amida Buddha wanted to provide Enlightenment or Awareness to everyone.

The word , “E-Ko,” means transference of merits to us.

The point is “to us.” Shinjin is not something “I” gain from Amida Buddha. It is not my action. Amida

Buddha’s wish is already given to us. When I realize this, I am in a state of Shinjin.

Shinjin is a state of being. It does not require any “believing” in Shinjin or Amida Buddha. The effort of trying to believe introduces doubt.

We can say “trust.” But we don’t need the words of “trust” or “believe” when referring to Shinjin. Amida Buddha accepts us just as we are. We already were given Amida Buddha’s wish. We don’t need anything. That is why Jodo Shinshyu teaching is not about you trusting or believing in Buddha’s teaching. If you do, you will have a better understanding of Buddha’s teachings and how to live life. However, it is not a requirement. We are already accepted from the moment we are born.

Realizing Amida Buddha’s wish is Shinjin.

In gassho,



### **Eightfold Path Layered Salad**

- 1 package of frozen peas blanched, cooled, drained and dry
- 1 head of romaine lettuce torn in pieces and placed on the bottom of a glass bowl.
- 1 cucumber sliced and placed over the lettuce.
- 1 can of sliced water chestnuts placed over the cucumbers.
- 1 small red onion chopped and spread over the water chestnuts then place the peas over the layer of onion.
- 1 and 3/4 cup Light Miracle Whip dressing spread over the peas.
- 1 teaspoon sugar or a small amount of salt sprinkled over the Miracle Whip.

1 cup shredded sharp cheddar cheese sprinkled over the dressing.

Make this salad about 4 hours ahead and place in the refrigerator. Before you serve it, you can garnish it with: Tomato wedges, chopped bacon. To serve, spoon down through the layers so that each serving has some of each layer. **Permission to print by the Arizona Buddhist Temple**

# Buddhist Thoughts

July 10, 2012 was our 41<sup>st</sup> wedding anniversary. It was a beautiful day and we just wanted to spend it together.

Cheryl decided that she wanted to climb Koko Head Crater and I was up for it. We didn't have any idea what to do or where to go but it sounded like a reasonable adventure. We'd climb as far as we could.

There's actually a parking lot there and when we arrived about 9:30, it was already about 40% full. Some people were jogging down to the parking lot after having successfully gone to the top. Of course they were all young and athletic. We didn't see too many people our age...actually none! I thought, "Is this a crazy idea?"

Earlier, I had called friends who live in Hawaii Kai and found that they had never even thought to do it. They had walked part way up to the base and saw how steep the climb was and decided this wasn't for them. Looking up from the base, it really looked steep. Just getting to the base required a short hike up a dusty trail that can be slippery.

At the base, there is a dramatic staircase all the way up the crater... over 1100 stairs that go straight up. The steps are part of an abandoned railroad system that took supplies up to the top of the crater look-out point used by the military. It must have been a tram that was pulled up and lowered with supplies as the stairs did go straight up.

About half the people going up were tourists. There were quite a few local students as well as young families making the attempt. People were very friendly and encouraging. Just starting a conversation was very easy as there was this inherent mutual goal. "It's a very tough climb, but it is doable!" "You can do it; just take your time!" "It's well worth it!" We had no idea how much time it would take.

At the bottom, the incline is relatively low. The first 100 steps are exhilarating as you stop, turn around, and take a look at the beautiful view below. It was a perfect day. The railroad ties were further apart so Cheryl was struggling a bit while trying to step from tie to tie. We saw a beautiful girl with a dramatic green dragon tattoo pass us on the way up.

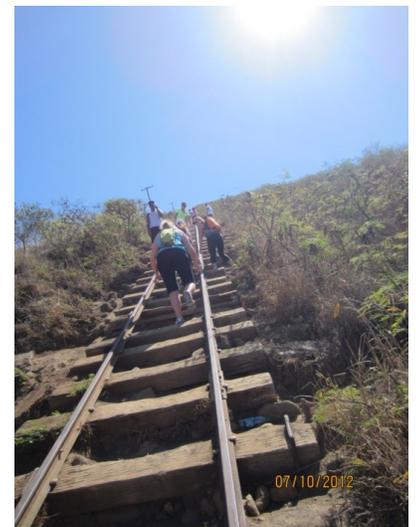
I had on a backpack with water to keep hydrated. As people passed us either going up or down, words of encouragement were expressed. ***It occurred to us that as in life, enjoying the journey along the way was just as important as reaching the top.*** This was our rationale to justify stopping if we just couldn't do it. Thirty minutes later on a steeper incline, we reached the "half way point" which is a short bridge of open ties. There is nothing underneath this bridge to stop a potential fall.

Because it is steep, the ties are about 2-3 feet apart. Many people were crawling along the side next to the rail just in case they had to grab something should they slip. Some of the ties were worn but we tried not to think about that. There was an alternate route up that segment of the climb, but it looked overgrown and slippery. The distance was only about thirty ties but what a challenge! I kept telling myself, "FOCUS on the next tie; it'll be OK!" It was tempting to look through the ties and see the shear drop underneath. Of course, stopping was NOT an option as FEAR would take over.

Before I knew it, the bridge crossing was over. I looked behind and Cheryl was still following me. When she caught up, Cheryl said she would stop and wait for me. We were at the half way point. I told her I just wanted to see how far I could go, and then return to her. We had our phones so we could call each other.

This second half was a LOT steeper, and every 20-30 steps I had to stop and take a breath and enjoy the beautiful scenery. Looking down, I noticed that Cheryl was about 100 steps away and she had started climbing again! I called to encourage her as she slowly made her way up.

*Continue on next page...*



The last 200 steps were like climbing almost straight up a ladder. With thighs (“quads”) aching and shaking, our lungs were bursting. The end of the journey was in sight as people up there were cheering their friends to be with them. It was like the little train that could...”I think I can, I think I can, I think I can...” One step at a time.

When I finally reached the end of the ties, I did the same, looking down and shouting encouragement to Cheryl as she made her way up. The girl with the dragon tattoo was beginning her journey down as Cheryl made it to the top! Wow, what a feeling! It took about 75 minutes to get to the end of the railroad ties. We walked further up to see the other side of the ridge where Sandy Beach is visible. Hanauma Bay, Hawaii Kai, Aieahaina, all the way to Diamond Head were clearly in sight! We talked with two gentlemen as they started their way down. They looked younger but they said they were over 70... and they did this TWICE A WEEK!! It was a good way to exercise and not spend a lot of time and money playing golf! Wow...what a lesson!

The way down was also challenging but a lot easier. It took us about 45 minutes to get down. It was a time for reflection and enjoying the view. We also met the girl with the dragon tattoo coming up AGAIN! What was it about this young woman to do this twice (?), maybe more, in a day? Maybe it was the pure adrenaline rush of finishing. Maybe it was just the really nice and friendly environment of having positive attitudes all around you. How lucky to experience this!

Reverend Koyo Kubose in his book, Bright Dawn, writes about “Keep going” and enjoying the journey. *“Keep going” means to take a wide view of life. Like the vast open sky that keeps going from horizon to horizon, we can take in all things wanted and unwanted. “Keep going” means to alter our usual attitude or approach to life. We have to change our understanding of the nature of purpose and the meaning of life. We might ask ourselves, “Well, if we take this wide view of always “keep going,” how can we accomplish anything? Shouldn’t we have goals in life?” Being goal-oriented is okay in that it provides a direction or an impetus for our actions. Yet, an important teaching in life is, “The means equals the end.” That is, the real joy is in the doing itself. A similar saying is, “Don’t concentrate on the pursuit of happiness; instead, concentrate on the happiness of pursuit.”* How important it is to enjoy the journey along the way, not only the goal...as in life! Namu Amida Butsu.

In gassho,  
Rod Moriyama



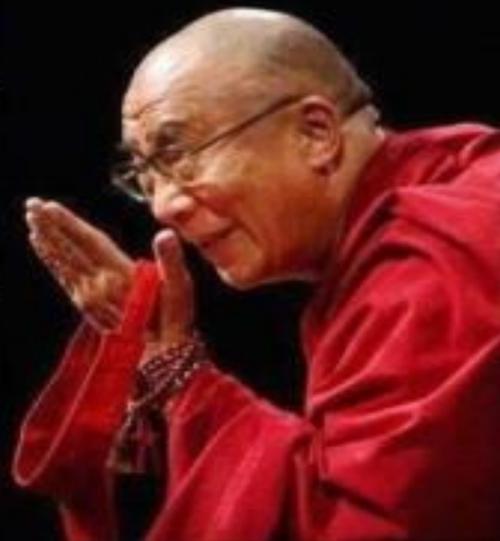
### **BWA Tsuito-E Service**

The annual Tsuito-E service honors deceased members of the Wahiawa Hongwanji Buddhist Women’s Association (BWA). The service enables us to remember those who have passed on to the Pure Land. Eight BWA members have been added to our list of deceased persons: Jane Fukuoka, Shizu Maeda, Chieko Sagara, Matsuko Muranaka, Shizue Uchiyama, Dorothy Yamaoka, Nobuko Okata and Misao Itamoto.

Invitations were mailed to relatives in August. Family members, friends and anyone interested are welcome to attend and participate in fellowship.

October 14, 2012 (Sunday) 10:30 am at WHM Temple Lunch to follow in social hall.

**The Dalai Lama, when asked what surprised him most about humanity, answered "Man. Because he sacrifices his health in order to make money. Then he sacrifices money to recuperate his health. And then he is so anxious about the future that he does not enjoy the present; the result being that he does not live in the present or the future; he lives as if he is never going to die, and then dies having never really lived."**



## **TIPS FOR MINDFUL EATING**

"Originally published in the Honolulu Star-Advertiser."

- OK, so you don't happen to live in a Buddhist monastery. You can still give mindful eating a spin by incorporating a few chilled-out gestures and rituals into your regular calorie intake.
- When you eat, just eat. Unplug the electronica. For now, at least, focus on the food.
- Consider silence. Avoiding chatter for 30 minutes might be impossible in some families, especially with young children, but specialists suggest that greenhorns start with short periods of quiet.
- Try it weekly. Sometimes there's no way to avoid wolfing down onion rings in your cubicle. But if you set aside one sit-down meal a week as an experiment in mindfulness, the insights may influence everything else you do.
- Plant a garden, and cook. Anything that reconnects you with the process of creating food will magnify your mindfulness.
- Chew patiently. It's not easy, but try to slow down, aiming for 25 to 30 chews for each mouthful.
- Use flowers and candles. Put them on the table before dinner. Rituals that create a serene environment help foster what one advocate calls "that moment of gratitude."
- Find a Buddhist congregation where the members invite people in for a day of mindfulness.

## CARROT, EGG AND COFFEE BEAN

A young woman went to her mother and told her about her life and how things were so hard for her. She did not know how she was going to make it and wanted to give up. She was tired of fighting and struggling. It seemed as one problem was solved, a new one arose.

Her mother took her into the kitchen. She filled three pots with water and placed each on a high fire. Soon the pots came to a boil. In the first she placed the carrots; in the second pot she placed eggs and in the last pot, she placed ground coffee beans. She let them sit and boil, without saying a word.

In about twenty minutes she turned off the burners. She fished the carrots out and placed them in a bowl. She pulled the eggs out and placed them in another bowl.

Then she ladled the coffee out and placed it in a bowl. Turning to her daughter, she asked, "Tell me what you see." "Carrots, eggs, and coffee," she replied.

Her mother brought her closer and asked her to feel the carrots. She did, and noted that they were soft. The mother then asked the daughter to take an egg and break it. After pulling off the shell, she observed the hard-boiled egg.

Finally, the mother asked the daughter to sip the coffee. The daughter smiled as she tasted its rich aroma. The daughter then asked, "What does it mean, Mother?"

Her mother explained that each of these objects had faced the same adversity: Boiling Water. However, each reacted differently. The carrot went in strong, hard, and unrelenting. However, after being subjected to the boiling water, it softened and became weak. The egg had been fragile. Its thin outer shell had protected its liquid interior, but after sitting through the boiling water, its inside became hardened. The ground coffee beans were unique, however. After they were in the boiling water, **they had changed the water.**

"Which are you?" she asked her daughter. "When adversity knocks on your door, how do you respond? Are you a carrot, an egg, or a coffee bean? Think of this: Which am I? Am I the carrot that seems

strong, but with pain and adversity, do I wilt and become soft and lose my strength? Am I the egg that starts with a malleable heart, but changes with the heat? Did I have a fluid spirit, but after a death, a breakup, a financial hardship or some other trial, have I become hardened and stiff? Does my shell look the same, but on the inside am I bitter and tough with a stiff spirit and a hardened heart?

Or am I like the coffee bean? The bean actually changes the hot water, the very circumstance that brings the pain. When the water gets hot, it releases the fragrance and the flavor.

If you are like the bean, when things are at their worst, you get better and change the situation around you.

When the hour is at the darkest and trials are their greatest, do you elevate yourself to another level? How do you handle adversity? **Are you a carrot, an egg, or a coffee bean?**



# Donations

Donations to Temple	
Nancy Kunimitsu	20.00
Oahu Hongwanji Kyodan Rengokai	50.00
Gojikai -2012	
Helen Akagi	
Alice Hiroe	
Joyce Kaneko	
Daniel Tanda	
Carolyn Uchiyama	

Obon
Katherine Yoneshioe

Social Concerns
Jane Carlson 50.00

Donations to Temple			
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Eiko Yamane	In Honor Of:	Memorial Day	25.00
Leatrice Yukinaga	In Memory Of:	Misao Itamoto	100.00
Katherine Matsuda	In Memory Of:	Mrs. Dolores Abangan	20.00
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Robert Soma			100.00
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Linda Yoshikami	In Memory Of:	Kelly Yoshikami	25.00

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Every effort has been made to accurately present these records. Please call the office 622-4320 to report any errors.

If you do not want your name to be published, please mark your donation "Do Not Publish."

*Thank you very much.*



## 2012-2013 Social Concerns Fund Drive

In November, we celebrate the important holidays of Thanksgiving and Eitaikyo. Both remind us to be mindful of the countless blessings in our lives and how we live connected to each other and to the world around us. It is in this spirit of gratitude that we begin our Annual Social Concerns Fund Drive.

The generous contributions from Sangha members provides the Honpa Hongwanji Mission of Hawaii the ability to support worthy organizations and programs with funding to continue their work in our community and to provide compassionate action during times of disaster. Your contributions also allow the Committee on Social Concerns to plan for future programs related to social issues affecting our community.

Because of your commitment to promoting the Buddhist values of compassion and loving-kindness we were able to continue lending our support to such organizations as Project Dana (headquarters and statewide units), The Inter-faith Alliance of Hawaii, and the various food banks across

Hawaii. Because of your kokua over the years, we have also been able to help with recovery efforts after natural disasters and assist members of our Sangha affected by misfortune and other emergency situations. We have also been able to establish the Golden Chain Grant program that promotes compassionate action through service to others in our community. Your generosity directly helps those in need and promotes a more humane world.

Your continued support is greatly appreciated. Please make all checks payable to **(your temple.)** The suggested donation is the cost of just one meal per person. Any donation you are able to give will make a difference in the lives of others. Your help is needed to continue our mission of sharing the Dharma through compassionate action. Mahalo!

In Gassho,

Blayne Higa, Chair  
Committee on Social Concerns  
Honpa Hongwanji Mission of Hawaii

## PACIFIC BUDDHIST ACADEMY

### ALUMNI SPOTLIGHT - An Interview with PBA Graduate Chelsea Toyama '07

Toyama, who was the salutatorian of PBA's first graduating class in 2007, recently earned a degree from Hawaii Pacific University in broadcast journalism and is currently interning in the communications and development department at Make-A-Wish Hawaii. Her responsibilities include handling public relations for the organization, which looks to grant the wishes of children with life-threatening medical conditions, as well as planning events and send-off parties for youngsters headed to the mainland United States.

Interestingly enough, these volunteer efforts are a distant cry from her early career goals. When Toyama first entered HPU, where she received a President's Scholarship and was a member of the communication studies honor society Lambda Pi Eta, she had visions of delivering the nightly news on television or writing for a daily newspaper. But after working at Make-A-Wish Hawaii, Toyama, now 23, believes she has found a new calling. In the fall, she will pursue a master's degree in communications from either the University of Hawaii at Manoa or HPU, and hopes to work in public relations in the nonprofit sector.

"I kind of fell into the nonprofit field when I started my internship and I wouldn't mind staying in this world a bit longer," she said.

While it has been over five years since Toyama graduated from PBA, her alma mater has never been far from her

mind. The Waipahu native was a four-year veteran of PBA's Taiko program and attributed part of her public relations skill set to the teachings of Sensei Jay Toyofuku.

"I think being in the Performance Taiko class gets you prepared for being on the stage and being comfortable being seen by others," she said, adding, "It gives you a certain level of confidence in things. From there, I was a little bit more comfortable giving presentations or speaking up."

Likewise, Toyama noted that PBA's Buddhist curriculum is "very rooted" in the way that she thinks, although she did not realize that until after she graduated from high school. "Once I left PBA, I realized how I think a lot more about being in the moment," said Toyama, who is also an alumnus of Hongwanji Mission School. "I usually don't worry about things that are so far in advance."

When Toyama is not busy working at Make-A-Wish Hawaii, she is normally looking for the next great Korean eatery. She traces this activity back to the semester she spent abroad in Seoul, Korea, where she was introduced to the intricacies of Korean cuisine. Now, the self-described "foodie" is on an culinary mission of sorts.

"Ever since I came back from Korea I've been trying to find good Korean restaurants and food – stuff that I used to eat while I was up there because I definitely miss it," she said.

While Toyama still hasn't found that perfect establishment just yet, she doesn't plan on giving up. From her experience, taking things one day at a time tend to work out pretty well.

# Post it and Notices



## Come to the

4th Annual Central Oahu Health Fair

### Featuring:

Oral Cancer Screening  
Yoga Nalu  
Wahiawa Curves  
Blood Pressure & Diabetes Screening  
Flu Shots

Bring your Outdated Drugs or  
Unused Prescriptions  
for Proper Legal Disposal



### Fundraiser Project:

### iDcards

Cost: \$20 (Good Nov.2012-Dec.2013)

Whether eating at a restaurant, staying at a hotel, renting a car, hacking through 18 holes, or even repairing your home, Isle Discount can provide savings. Instead of a coupon book, they have created a website of deals (eliminating the waste of trees). Your iDcard can be used as many times as you like per location (it works statewide). Every participating business may change their discount every 4 months, which allows you to take advantage of different deals.

### New Businesses are added WEEKLY.

By using a card, you eliminate those embarrassing moments of presenting a coupon at a nice restaurant, then realizing you left the coupon at home when it's time to pay the bill. Perfect for gift giving.

Order Your iDcard today!

**Orders Are Due by Nov 1, 2012**

Money will be collected when you pick up your card, After Nov. 3

## Wahiawa Kendo Club Bulletin – September 2012

Besides our ongoing fundraiser of Wahiawa Kendo Club T-shirt sale, we started Zippy's ticket sale on August 29th. Tickets are \$8 each and good from now till November 14th. The ticket has a choice of Zippy's Famous Chili (1 and half lbs.), Portuguese Bean Soup (1 and half lbs.), Meat Sauce (1 and half lbs.) and Napoleon's Bakery Cookies (18 pcs. Frozen dough). Please help us by buying and/or selling tickets for our club.

Contact Iwao Sato or club members if you need tickets.



## Songfest October 21

The annual Dharma School Teachers of Oahu Songfest will be held on October 21 at Aiea Hongwanji. Each temple will be singing a song or performing for the various temples. The students from Wahiawa Dharma School have been working hard perfecting their song and a special treat after that. It'll be a surprise for everyone so sign up to attend. The bentos are \$4 for the keiki bento and \$7 for the mini-combo bento.

**As in the past, we all had fun. So be there!**

# WHM CALENDAR OCTOBER 2012

Sun	Mo	Tue	Wed	Thu	Fri	Sat
	1	2	3 7p-Dharma Mtg	4 Hosha	5	6
7 9-English Serv 10-Sangha Strummer	8	9	10	11 7p Cub Asoka mtg	12	13
14 10:30a- BWA Tsuito-E	15	16	17	18 Hosha 11a-Hospital visit (PD) Aloha Visit by Rev In Wahiawa	19	20 8a-BWA Conven- tion @ Aiea
21 9-Songfest@ Aiea	22	23	24	25 Aloha Visit by Rev Other areas.	26 6p-Movie nite	27
28 9-Patch of Mad@ Ewa 9-English Serv 10-Sangha Strummer Marcus Oshiro-Gathering	29	30	31			

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**Wahiawa Hongwanji Mission**

**November 2012**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Hosha	2	3 7a-Noon-Health Fair
4 8:3a-Eitaikyo-J 10a-Eitaikyo-	5	6	7 7p-Dharma Grp	8 7p-Club Aso- ka	9	10
11 9a-English Serv 10a-Sangha Stru	12	13	14	15 Hosha 11a-Hosp visit	16	17
18 9a-English Serv (project Dana)	19	20	21	22	23	24
25 9a-English Serv	26	27	28	29 Hosha	30	