

Hilo Convention

October 16, 2015

Report: **Hermeneutics**

Speaker: Dr. Sandra Claveria,
Assistant Professor, UH Hilo – Hawaii Community College

By: Kathy Uehana

This very interesting and interactive session was on Friday night from 5:00pm to 6:00pm, right before entering the Opening Night Session. The topic “Hermeneutics” means “how you see things” (your perspectives or interpretation) and sharing ideas and listening to other perspectives to see the bigger picture and making change for yourself and the community (Conscientization). Sometimes this is referred to as GROWTH or TRANSFORMATION.

Upon listening to her examples of how this takes place in our lives, my perception is that we could better understand ourselves and those that we have conversations with. *“We see the world, not as it is, but as we are or as we are conditioned to see it” (Stephen Covey – The 7 Habits of Highly Effective People)*

Ms. Claveria peppered her speech with humor and perceptions that we can relate to. This was a most informative, humorous, and thoughtful workshop. Interestingly, I did not want this to end even when there were wafts of mouth-watering scents throughout the area as dinner would be served soon!

Another point of interest, Martha asked Dr. Claveria to put together the title of this convention “E Ho`ola Me Ke Aloha” – Giving Life with Love. A very appropriate subject for this warm, interactive, caring and valuable gathering that ended with “oh no, it is over” – hope we see you next year”!

2015 – HAFCE Convention reports

By Teddy Yee

Friday - Awards presentation (by Wanda and Teddy)

2015 – Heart – Flossie Ferguson

2015 – Spirit – Kats Enoki

EDUCATION AWARDS 2014

	ACTION	EDUCATION	LEADERSHIP
Health	Hilo	Windward	Maui-Happy Valley
Home/Community/Edu	Kauai	Windward	Windward
International	Windward	South	Windward
Leadership	Maui	Maui	Maui
Youth Education	Windward	Kauai	Windward

EDUCATION AWARDS 2015

	ACTION	EDUCATION	LEADERSHIP
Health	Windward	Hilo-Puna Wahine	Hilo-Puna Wahine
Home/Community/Edu	Hilo-Hui O Wahine	Hilo-Hui O Wahine	Windward
International	Kauai	Hilo-Hui O Wahine	Windward ?
Leadership	Kauai	Maui	Hilo
Youth Education	Windward	Maui	Windward

Saturday – Installation and Fun Night

Dinner – Hawaiian Buffet dinner

Installation: President – Sally Bowman
Vice President – Martha Yamada
Secretary – Kathy Uehana
Treasurer – Bernie Tangalin
Past President/Historian – Milo Ferreira
Installing Officers – Joan Chong
Theme – Kitchen/Cooking utensils

Fun Night – There was a fashion featuring Hawaiian clothing designed by Betty Lu, Princess K,
and Hilo's Carolyn Oki

Sunday – Aloha/Friendship Luncheon

Luncheon - assorted sandwiches

Game – using various Hawaiian quilt pattern

List items specific to the island of the pattern

Using 2 letters of your name – make as many FCE related words.

2015 – HAFCE Convention reports

From Susan Yee

Friday – Oct. 16

- did not attend the Hermeneutics workshop (see Kathy's report)
- Opening Session, Dinner and Awards
 - Opening session was given by Dr. Kimo Alameda
 - Highlites – Use people skills, body language, to communicate
 - Never judge people, each generation has positive outcomes
 - Positive attitude
 - o Can – always Can
 - o Ko`ola – be awoken to broaden your horizon
 - o Live your walk with love
- Awards for 2014 and 2015 were presented (see Wanda and Teddy's report)

Saturday – Oct. 17

- Fun workshop – visit Hilo Town (Farmer's Market, shops, attractions, Blue Zone at the Hilo Civic Auditorium) (see Wanda's report)
- Business Meeting
 - * via Skype with Jacquie Maly all the amended Bylaws were passed
 - ~ Houskeeping
 - ~ Committee structure
 - ~ "Let's Talk"
 - * Character Counts^{!cc} for 2016 is "Fairness"
 - * 2016 HAFCE Convention will be Oct. 21-23 in Kauai
 - * State Projects for 2016
 - ~ Dress for Success for younger high school students
 - ~ Community Service
 - ~ Blue Zone
- Installation and Fun Night (see Ted's report)
 - * Installed: President – Sally Bowman
 - Vice President – Martha Yamada
 - Secretary – Kathy Uehana
 - Treasurer – Bernie Tangalin
 - Past President/Historian – Milo Ferreira
 - * Fun Night – There was a fashion featuring Hawaiian clothing designed by Betty Lu, Princess K, and Hilo's Carolyn Oki

Sunday – Oct. 18

- Memorial – honored from South Oahu was Marian Matsuda and Kamila Malterre
 - Sue Nakamura made a white lei for all recipients
- Blue Zone (see Wanda's report)
- Aloha/Friendship Luncheon
 - * Game – using various Hawaiian quilt pattern
 - List items specific to the island of the pattern
 - Using 2 letters from your name – make as many FCE related words.

Susan Yee

From: "Susan Yee" <susanyee@hawaii.rr.com>
Date: Tuesday, October 20, 2015 10:17 PM
To: "Susan Yee" <susanyee@hawaii.rr.com>
Subject: Fw: Friendly reminder

From: [Wanda Lew](#)
Sent: Tuesday, October 20, 2015 3:39 PM
To: [Susan Yee](#)

E Ho'ola Me Ke Aloha
“Giving Life with Aloha”
65th Annual HAFCE Convention
Oct 16-18, 2015

Hilo Hawaiian Hotel

The Hilo Council with the help of the Kona and Hamakua Councils, planned, organized, and executed a great Convention. Opening night started with a Big Bang --the weather welcomed us on Friday night with Rain, Thunder, and Lightning. We started with the presentation of colors from the Hilo National Guard ROTC. After the Pledge of Alligance, National Anthem, Hawaii Pono'I, Homemaker's Creed, Mission Statement, Greetings, reading of letters, and introduction of guests, introduction of first timers to the convention were introduced. We had a total of 16 first timers and 3 were rewarded scholarship.

After an excellent buffet dinner our guest speaker – the multicultural Dr. Kimo Alameda had us in “stitches”. Speaking of his family life (father of 7) and his upbringing he encouraged us to “pick up on non verbal cues (shrug of the shoulder, lift of the eyebrows) and to have empathy to each other.

Since the 2014 Convention in Maui was cancelled because of the Tsunami the award were twice as long. Nationally Hawaii won 1st place for the FCE Tools-Open Brochure—Windward Council. 2nd place for Marketing Open Brochure—Denise Smith and Pat Kubo. 2015 National FCE Winner was Katsuko Enoki for Spirit of FCL. State Award – Heart of FCE went to Florence Fergerstrom.

2015 FCE Conference – E Ho'ola Me Ke Aloha

Saturday, Oct 17, 2015

First Timers and Past Presidents had their Breakfast together at the Kamana Senior Center from 7:30 - 9:00 am

Conference Participants Breakfast and Lunched on their own. At 7:00am Warren Chong and Hilo

residents helped bus everyone to the Hilo Farmers Market in Downtown Hilo. The fruits and vegetables were so fresh and reasonably priced . There was a few stalls with handcrafts and jewelry. Only trouble with buying the fruits , vegetables and honey was taking it back in your luggage. At 9:00am everyone was bused to the Civic Center to participate in the opening of the Blue Zone. They passed out bags, t-shirts, and gave samples of blue zone food. There was a speaker talking about the Blue Zone. The Blue Zone started out as a study of the pockets in the world where the oldest people live. The Power of 9 is the keys to live a long life.

Sunday, Oct 18, 2015

After the Memorial Service for 29 members and past members, was an educational workshop on the continuation of the Blue Zone. The Blue Zone is one of the project the HAFCE will participate in this coming year. He spoke on the Power of 9

1. Move Naturally
2. Know your purpose
3. Kick back – less stress
4. Eat less – eat till 80% full
5. Eat less meat
6. Drink in moderation – 1 glass of wine a day
7. Have faith – any denomination is good
8. Power of love – family first/including parents and grandparents
9. Stay social – do you have 3 friends you can call on any time?