

JUNE - AUGUST 2015

Windward Oahu News

Oahu Association for Family and Community Education

PLT's for June, July & August

JUNE: CPR WITH KIM WILLIAMS



June 23, Kim Williams demonstrated to members the techniques of CPR. As shown in the picture, Jeanette and Maggie practice their skills on a dummy. CPR is a vital skill to know as we never know when this technique will come in handy. She also indicated that individuals should get a refresher course yearly as techniques are constantly changing.

JULY: INTERNATIONAL – Countries of Choice



Countries different. Topic varied. Food delicious. Each club provided interesting facts about their selected country. Hui O`Makani provided information about chocolate from Guatamala, Belguim and Hawaii and lots of samples of “chocolate”! Barbara Sheeder, who just returned from Guatamala shared what she learned at the Chocolate Museum and brought Guatemalan chocolate and tea to share. Also on the menu was Mafe (beef stew with peanut butter from the Ivory Coast), Buah Sukun (breadfruit cooked in coconut milk from Malaysia) and several chocolate desserts (cakes, cookies, chocolate jello and mocha, and more). Annie Sagawa also shared Hearthfire booklet #7 and the meringue cookie. Hui O`Koolau selected countries that produced olives and olive oil – Portugal, Spain and Greece. Members shared a variety of olives, an olive tapenade and a Greek salad. Imiola selected Norway. David Huitsuka made cod soup, Jeanette Pang a salad and Carole Mulford made creamed cabbage. It was a very interest and tasty event.

AUGUST: RAG RUG



Rag Rug? What's that you say? Using a cotton sheet or piece of material, crochet strips together to get a rug. Ladies received instructions from Maggie Schulte and then the work began. Newcomers to crocheting, Dixie Dumaran and Ruthie Haitzuka worked hard on their creations as they show off their work. Nancy Arakaki (a pro at crocheting) showed her finished project along with Maggie Schulte. Lots of laughter and great teachers!



PACT AT WINDWARD MALL



Jeanette Pang, Jackie Chong, Carole Mulford and Norma Shackley helped with Got S.T.E.A.M. (Science, Technology, Environment, Arts, Math) Fun Day for PACT at Windward Mall. They helped facilitate an hands-on activity called "Buck-Buck the Chicken." It involved reading the story and having the parent/child make a chicken out of a plastic cup, string, piece of sponge, and other craft supplies (pens for the head), paper, and glue to create the chicken. The purpose was to see how this craft project relates to STEAM (by using math skills to make the fact of the chicken, science in making the "buck-buck" noise. You could hear the sound of chicken all over the mall. It was fun and got rather hectic.

Oval Rag Rug

Use only Cotton sheets or fabric (yardage equal to size of sheet – twin, double, etc.)

Mark & tear 1 inch strips the length of sheet. Remove loose threads from each strip.

Chain 24. On 24th chain, double (dbl) crochet (cr) back into 21st chain (ch). Con't dbl cr in each dbl cr to 1st ch. Add 2 dbl cr in same ch as you make 1st turn.

Con't to dbl cr in bottom stitch of 1st row. At end of 1st row, add 2 dbl cr in same end ch. Slip stitch to end 1st row.

Row 2: Ch 3, add 2 dbl cr in same dbl cr. Con't dbl cr along side of row; when get to turn, increase w/3 dbl cr in same dbl cr. Con't dbl cr in each dbl cr to beginning of row. Slip Stitch close.

Con't rows 3 – 10, 11, or 12 depend on how large rug to be. Remember the bigger, the heavier for machine.

Can use different colors. Mark curve center with small safety pin to ensure where to increase.

WINDWARD DRESSES



Members of Windward FCE Council's three clubs sewed and donated 54 dresses last year. They were sent abroad via Hilo, Hawaii FCE. This year, 50 dresses were distributed locally to a local non-profit organization, Family Promise, based in Kailua, Oahu. Using slightly used t-shirts, tank tops, these dresses were embellished and transformed into beautiful, good as new, lovingly handcrafted dresses and keeping with our project of "Dress a Girl Around the World". Pictured is Christy MacPherson, manager of Family Promise, Maggie Schulte and Evelyn Cabral.

CLUB NEWS

Hui O`Koolau:

Before going on their educational outing at Foster Botanical Gardens in Honolulu, 10 members, including Kathy Uehana and Lillian Bradley from South Oahu, had a Chinese luncheon. Dixie especially loved the Chicken Feet dish. Upon arriving at the garden, their guide was waiting. He was pleasant, very patient and informative of the history of the gardens especially the large and old trees. The Fosters live on the Mauka portion of the garden until a large portion was taken over by the freeway. This area included beautiful orchids and native Hawaiian plants. Their house was torn down. Each tree in the garden has a history of when and how they came to Hawaii. The cotton tree was in full bloom and drooping pods and cotton on the ground. It looked like a blanket of snow on the ground and in lots in the air, so soft and fluffy. What crafter wouldn't enjoy picking the cotton up from the ground! Although exhausted from walking for two hours, the guide smiled and kiddingly announced "No Sitting" to rest. Exhausted but well worth the tour!



CONDOLENCE TO PACHECO, BAKER and DUARTE FAMILIES

We are sad to report that two members from Hui O`Koolau has passed away. Elsie Pacheco, a member with 51 years in FCE died in June. She loved going to convention and "singing" was her passion often singing the Maui Waltz.



Bob Baker, died this week from cancer. Although relatively new to FCE, his wife, Bernadette, has been a member for a few years. Bob was very creative and won a contest using recycled items as shown here.

Just a note that Julie Duarte a 50+ years members lost her husband this past week. Funeral arrangements are pending.

Windward Oahu sends their condolences to these family.

Imiola:



Barrettes by David

Using various artificial flowers, David taught the ladies to make a fancy barrette flower to wear in their hair. Technique: using a barrette, flower and glue gun.

August Lunch at Hale Koa

Chutima Leider graciously invited members to attend her annual United Airlines retirement luncheon. Chutima is a stewardess for United Airlines. The tables were decorated with beautiful pen flowers. So many delicious choices of dishes from salads, roast to desserts. Members met some of their friends who have not seen each other for many, many years. Thank you, Chutima for a wonderful afternoon.



Christmas in August making a reindeer necklace.
David Haitzuka shows off his creation.

Hui O'Makani:

June: Delicious! Pat Kubo demonstrated and provided all materials for making fast and easy pupus.

Salami Sushi

Salami (small) – Fry until it starts to curl.
Rice – Use cookie scoop to form rice balls.
Place balls of rice on salami.
Sprinkle nori or furikake flakes on the top.

BLT

Cut off the top and hollow out a cocktail tomato
Squirt some ranch dressing into hollow tomato.
Add a sprig of lettuce and fried bacon.

Tostitos

Cook meatballs (cut in half) in salsa sauce.
Meatballs are from Costco.
Place a meatball on a Tostito scoop.
Place a small dab of sour cream on the meatball.
Sprinkle cheese on top.
Serve immediately.

Asparagus Rolls

Spread softened cream cheese on a slice of pressed ham.
Place an asparagus on top.
Roll and use three toothpicks to hold together.
Cut into three even pieces.

July – Remembering our past made for a fun evening. Annie Sagawa brought 3 suitcases of albums, programs articles and pictures that went back many decades. Hui O'Makani was established in about 1963. It was a nostalgic evening as members shared their personal memories of our club's past and fondly remembered members. Sharing these memories emphasized how much we have enjoyed as well as learned from the UE/FCE program and formed lasting relationships with each other.

August – It was Christmas in August as Nancy Arakaki taught members how to make a candy holding Santa jar. Nancy generously provided all materials, even the candy! Thank you Nancy!
The evening was warm and muggy so the guriguri style ice cream that Iris Fukunaga shared with members was very delicious and so refreshing. Thank you Iris!

Note: Barbara Sheeder had emergency surgery to repair a detached retina. She in California to attend her 50th Year High School Reunion. She had surgery Monday and will remain in California until the end of the month if all goes well. You may contact her at 1525 Majorca Drive, Morgan Hill, CA 95037-7033 or BarbaraSheeder@yahoo.com.night