
KAFCE NEWS

A Day of Summer Fun at Kilauea Mini Golf



A beautiful, sunny day at the beautifully landscaped mini golf course in Kilauea was the perfect setting for members of Hui Holomua and Club Musubi to enjoy a round of mini golf which was topped by a delicious lunch provided by the snack bar. Yone Honjo scored a hole in one! Pictured are Marina Pascua, Carolyn Lum, Phyllis Tokita, Yone Honjo, Kay Nakata, Barbara Miyake, Bernie Tangalin, Joyce Takahashi, Sanae Morita, Gladys Fujiuchi, Frank Marsh, Laurie Ho, Laura Marsh and Margo Hashimoto. The air was punctuated with sounds of laughter and GOOD FUN!

COUNCIL PROJECTS

OCTOBER 1, 2017

Books for Newborns - reported by Sanae Morita

To promote the national Books for Newborns project, Kauai FCE members donated/bought 222 new and gently used children's books to be given to organizations promoting reading to young children. Wilcox Hospital and Kauai Easter Seals were contacted and representatives from both organizations were present at the council meeting on September 9, 2017 to receive the books. Carla Baker from Easter Seals received 132 gently used books and 90 new books were given to Jaeda Elvenia and Andrew Bestwick from Wilcox Hospital. Dr. Brigette Carreau, pediatrician at the Kauai Medical Center, came later and informed the group that although the hospital requires new books for the newborns, gently used books are welcomed for their waiting room for the children to read and take home.

Most of the books were donated by the members. \$158.98 was spent from the funds set aside for this program in the KAFCE treasury. This fund was established when another organization promoting literacy was no longer active and donated about \$2,000 to our organization to be used specifically for the Books for Newborns project. At present, the balance in this account is \$1,104.91.



Margo, Jaeda Elvenia, Andrew Bestwick,
Wilcox Hospital, Carla Baker, Easter
Seals and Sanae



Dr. Brigette Carreau, Pediatrician,
KMC

COMING UP - INTERNATIONAL DAY/CHRISTMAS PARTY

For International Day, Hui Holomua chose Peru. It is a diverse, multicultural country like Hawaii. Their present day foods and culture are influenced by the influx of Amerindians, Asians, Europeans, and Africans. It isn't just the Andes, Incas, llamas, and Machu Pichu. Peru's former disposed president was Alberto Fujimori, a Peruvian of Japanese descent.

Peru, as described by U.S. food critic Eric Asimov, is one of the most important cuisines due to its long multicultural history. Come and learn more-Dec. 9.

Contributed by Joyce Takahashi

CHARACTER COUNTS WINNERS AND FAMILIES



CHARACTER COUNTS WINNERS!

1ST: \$75.00 ZAILEAH LOPES
WILCOX

2ND: \$50.00 HALEY KIKUCHI
WILCOX

3RD: \$25.00 BENJAMIN SINGLETON
HANAIEI



KAFCE SUPPORTS SPECIAL OLYMPICS -LEI DONATIONS FOR SPECIAL OLYMPICS ATHLETES



CLUB ACTIVITIES

OCTOBER 1, 2017

Hui Holomua works with Kauai Museum to demonstrate lei making for the visitors at Kauai Marriott Hotel, making a fun moment for everyone.



MARINA PASCUA, A MUSEUM VOLUNTEER, IS ALSO AN AWARD WINNING LEI MAKER



CLUB HUI HOLOMUA

MEMBER NEWS

OUTSTANDING OLDER AMERICAN AWARD RECIPIENTS FOR KAUAI



Sanae and Jim Jung 2017



Sanae and Supporters

CONDOLENCES

Kay Nakata's mother, Ruth Midori Nakamura Nishi, passed away on April 7, 2017 at age 101. Heartfelt condolences, Deepest sympathies are also extended to Jo Ann Shimamoto and Janice Plumer on the passing of mother, Gladys Antonina Mande Padre who passed away on August 18, 2017 at age 91.

2017 KAFCE Council Report for State Convention (August 2017)

By Margo Hashimoto

President Margaret Hashimoto
Vice President Queenie Daligdig
Secretary Rose Ella Roach

Treasurer Marina Pascua
Historian Gladys Fujiuchi
Ex-Officio Bernie Tangalin

Number of clubs: 2
Club Musubi: 21 members
Hui Holomua: 17 members

Years in FCE:
Sanae Morita 51 years;
Gladys Fujiuchi 52 years;
40+ yrs=4 members;
30+ yrs=7 members;
20+yrs =3 members
10+yrs=6 members;
less than 10yrs=16members.
Age 80+ = 10 members

Number of non-members reached: 600+ with the various projects.

Activities of 2017:

January: Achievement Day at Kauai Beach Resort.
Speakers were Milo Spindt on Fall Prevention and Cody Bonia on Medications Reconciliation

February and March -1) CHARACTER COUNTS! judging, 2) Special Olympic Leis presentation; 3) Project Grad donation (\$1500), 4) Collected Books for Newborn project.

April: CHARACTER COUNTS! Awards luncheon. District Superintendent attended awards' presentation.

May: Club activities: Holomua taught sewing of leis to the public on Kauai Museum's Lei Day event at the Marriott; Musubi made pillowcase dresses.

June: Musubi - working meeting and brunch. Collected canned goods for Kauai Food Bank.

August: 1) Kilauea Mini-Golf and Farmers' Market event.-
2) FCL workshop by Joan Chong, Martha Yamada, Ruth Haisuka and Pat Kubo.
3) Executive Board Meeting.

September: 1) Program Planning .
2) Election of officers.
3) Books for Newborn presentation to Wilcox Hospital and Kauai Easter Seals.
4) Blue Zone presentation by Bernie Tangalin
5) Collect pillowcase dresses to give to Mayor Carvalho for his trip to Portugal

October: State convention on Oahu

December: International Day and Christmas party; Club parties

I included Margo's report on the FCL training so those who did not attend will get some idea of what they missed, myself included. g

Issue area: Leadership
Category type: leadership
Type of program: state

FCL Workshop: Kauai

August 12, 2017

9am-4pm. At HGEA Building, Lihue, Kauai.

4 presenters: Joan Chong, Martha Yamada, Pat Kubo, Ruth Haitzuka,
19 FCE members; 1 non-FCE member (husband of caregiver FCE member)

Hours : ?

Spent: \$200+

Objectives:

Learn about FCL

Learn about Hearthfire series

Action:

The four presenters rotated and taught the Kauai members the history and purpose of FCE, and inspired the members with presentations, audience participation, discussion groups, ice breakers, games, crafts, et.

Results:

Members learned about leadership, FCE programs, and fun activities using Hearthfire series.

One person has been inspired enough to volunteer to be president and two members decided not to quit FCE.

Future plans include using the Hearthfire series.

Evaluation:

It was such an excellent workshop that there aren't any improvements to be made.

I don't know if this presentation was made one or two years ago, if it would make any difference for members discontinuing FCE membership. Some of the members have aged significantly and have health issues while others are downsizing their community activities.

Margo Hashimoto

Handy Household Hints

Sharpen scissors: Stack and fold several sheets of aluminum foil together, then make several cuts with the scissors and they'll be sharp again.

Fix a sticky wooden drawer: Remove the drawer and rub bar of soap along the drawer's guides. It will go bak in easily and glide smoothly.

Unclog a drain: Drop in a few Alka-Seltzer tablets or a cup of baking soda followed by a bottle of white vinegar. Wait 15 minutes, then flush with hot water.

Repair a torn window screen: To stop window screen tears from getting larger, brush clear nail polish on the tear, let it dry and then add another coat.

Fill nail holes: Place a dab or white toothpaste over a small hole and rub gently with a damp cloth to smooth. Let dry overnight and paint.

Unstick a door lock: Stick the point of an ordinary No. 2 pencil in the key hole and turn the pencil several times to coat with graphite, the pencil's "lead." Keys will be easy to insert and the lock will turn smoothly.

Keep shower clean: To keep glass shower doors and tile clean, apply a rain repellent windshield sealant available at automotive stores. It deters soap scum buildup. Follow the product's direction on how to apply it.

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### THREE STEPS TO RECOGNIZE A STROKE: S T R

S Ask the individual to SMILE

T Ask the person to TALK AND SPEAK A SIMPLE SENTENCE (coherently)

R Ask him or her to RAISE BOTH ARMS

*If he or she has trouble with ANY ONE of these tasks, call emergency number immediately and describe the symptoms to the dispatcher.*

NEW SIGN OF STROKE: STICK OUT YOUR TONGUE! If the tongue is 'crooked', if it goes to one side or the other that is also an indication of a stroke.