

KAFCE NEWS

HAPPY NEW YEAR, ONE AND ALL!

HI KAFCE "Sisters",

Thank you for a wonderful 2015 year. You were all inspiring and very supportive of those having some health problems, and for all the activities held this year. Let's continue to have wonderful fellowship and get to know each other even better in 2016. I really appreciate your kindnesses and thoughtfulness toward each other and me. Let's hope to have more laughter and better health next year.

Sadly, we lost a very staunch and dedicated member, Haruko Otsubo. We will miss her.

Best Wishes for 2016.

Margo



And thank you, Margo, for serving us so well in 2015. We will continue to depend on your leadership in 2016.

A CREDO ON LIVING
by the Rev. Paul Osumi:

1. Learn to **LAUGH**. A merry heart is better than medicine.
2. Learn to **SAY KIND THINGS**. Nobody ever resents them.
3. Learn to **STOP GRUMBLING**. Try to see good in the world.
4. Learn to **RELAX**. Many people get sick by being always on the go
5. Above all **LEARN TO SMILE**. It helps to brighten the world.

(Thank you, Barbara, for sharing. Great words to start the new year.)

CONDOLENCES to the family of Haruko Otsubo who passed away so suddenly on Dec. 13, 2015. Haruko was a long and dedicated member of KAFCE and Kukui'olono FCE. She will be dearly missed.

GETTING TO KNOW OUR NEW MEMBERS

GAIL MURASHIGE: I was born and raised in Honolulu and lived there until I graduated from the University of Hawaii with a Bachelor Degree and Professional 5th Year Certificate in Elementary Education. I then moved to Los Angeles to teach first grade for two years.

Cal and I got married in 1971 and drove cross-country to Maryland so Cal could finish law school in Washington, DC. We spent two years there where I taught first grade. We again drove cross-country (a different route) back to California and flew back to Hawaii so Cal could take the Bar exam. We lived in Honolulu for two years and then moved to Kauai when Cal got a job with the Prosecutor's Office.

We started our family on Kauai, Christine in 1975 and Steve in 1978. I then taught at Kapaa Elementary in the Chapter I reading program and later first grade at King Kaumuali'i. We naturally became involved in our children's many activities but we found time to take many family trips.

Today, since retiring, Cal and I enjoy traveling to the mainland and foreign countries. Our great claim to fame is that we have visited all 50 states. Our favorite places to visit are San Francisco and Japan where our four granddaughters live. I believe their favorite place to visit is Kauai.

In retirement I keep busy with sewing, reading, traveling and exercise classes.

JUANITA BARNETT: I lived in southern Indiana until I was 15 in a small town named Vincennes. My family moved to St. Joseph, Michigan and I remained there until starting college. I received my bachelor's degree in math/science education from Michigan State University (Go Spartans.) I graduated from Western Michigan University with a Masters in reading education. I did post graduate work at the University of Wisconsin and Purdue University in chemistry and engineering education. I worked for Benton Harbor Area Schools in southern Michigan for 29 years as a consultant, support staff and teacher trainer in the areas of science education and information technology education.

After I retired I began a new career as a laboratory technician for Whirlpool Corporation Cooking Engineering Division. I designed lab procedures for and performed testing on ranges, cooktops, and gas grills.

For fun I have designed and created glass sculptures and jewelry. I have also dappled in silk painting and wool textiles. I was very active in community theater for over 10 years. Some of the highlights from dozens of production are starring s Lucy in You're a Good Man Charlie Brown, the Jazz Singer in Barnum and Audrey in Little Shop of Horrow. I moved to Kauai in 2011 and now lived in a house in Kapaa with two furry companions named Twink and Blu and a husband named Paul.

WELCOME TO KAFCE, GAIL AND JUANITA !!!

AWARDS, RECOGNITIONS, AND QUILT WINNER



INTERNATIONAL AWARD - ACTION: When Air Force Capt. Stan Hashimoto was made director of the Kadena Special Olympics on Okinawa, his mother, Kauai FCE President Margo Hashimoto asked what she could do to help. She gathered her fellow FCE members and some friends and together they made 1300 yarn leis, enough for every athlete and volunteer in the games. The leis were shipped to Okinawa with the hope that the "Spirit of Aloha" would be felt by all participants.

HOME AND COMMUNITY - ACTION: Project Graduation, 2 presenters, 34 volunteer hours and reached over 650 students. Monetary awards were presented on January, 2014 for project grad chairs from Kapaa, Kauai and Waimea High Schools. Partnered with Kauai Island Utility Co. to earn \$ for project. Each high school provided a chaperoned all night safe, secure, entertaining, drug, tobacco and alcohol-free celebration for graduating seniors. This program complements KAFCE's mission to build a healthier, stronger community.

LEADERSHIP SKILLS - ACTION: Kauai Council Quarterly Newsletter. The quarterly newsletters is a collaboration of members' contributions of articles and other items of interest to keep membership

abreast of club and council activities and accomplishments in a published format which reaches 65 members via e-mail and US Postal Service.

Gladys Fujiuchi is the force behind this successful endeavor. Her leadership skills are clearly shown by her encouragement of members to contribute and the actual preparation of the newsletter. There are approximately 15 FCE contributors and 1 non -FCE contributor.

YOUTH EDUCATION - EDUCATION: "Education" with FCE Vice President in charge of Programs' leadership there were 114 CHARACTER COUNTS! sm essays and artwork entries submitted to KAFCE ~ excellent outreach to Kauai Island schools! She even got Kauai Superintendent of the Depart of Education to help hand out the certificates and awards.

Congratulation to Sanae Morita and Kauai Association for Family and Community Education.



Congratulations, Janet and Gladys for 50 years of UE/FCE service.



Capt. Stan Hashimoto with a Special Olympian wearing his two medals AND his lei of aloha from KAFCE - KAUAI.



Mike Plumer was the winner of the quilt fundraiser!!!!



Changing times...last time together as Kukuilono FCE. Moving on to Holomua and Musubi. (ALOHA, HARUKO)

GROVE FARM COMMUNITY SWAP MEET

A Swap Meet sponsored by KAFCE was held on Saturday, November 07 at the Grove Farm Community Park in Puhi. Pearl Shimizu made the arrangements to acquire our space. 18 club members from Musubi and Holomua including 7 non-members, (spouses and son) came to donate items and help set up for the sale. ***Thank you, Paul, Mark, Frank, Roy Mike, Tracy and Pat.***

We also invited donations for a beautiful red Lap Quilt for a drawing. The drawing was held on November 14 at the International/ Christmas Council meeting.

After the swap meet sale, members and spouses helped load Carolyn Lum's and Roy and Barbara Miyake's trucks with the unsold items. Carolyn donated the items to the Salvation Army. Roy and Barbara washed all the clothing items before donating them to Women's Domestic Shelter.

In spite of the battle with the wind and heavy rain, sales grossed \$238.65. \$20.00 in quilt donations was collected.



Hard working members prepare the very generous donations for sale.



Taking a respite from the wind and rain and enjoying each other's company.

BHUTAN, THE LAND OF THE THUNDER DRAGON

BHUTAN at a glance:

Ruling system	: Kingship	Capital: Thimphu
Area	: 38,392 sq. km.`	Currency: Nu
Income source	: Hydroelectricity & Tourism	Population: 634,982 (2005 census)
Literacy	: 69% male 51% female	
Religion	: Buddhism, Hinduism, ancient animistic	
Climate	: Winter (Dec-Feb): Summer (Jun-Aug)	
Temperature	: 15% in winter, 30% in summer (average)	

Bhutan, the Land of the Thunder Dragon, is like traveling back in time to an enchanted era. The Mahayana Buddhist culture which regulated the way of life of the people is still preserved in its pristine form. The chants of maroon-robed monks echo within its many monasteries, the inhabitants go about their daily chores dressed in traditional costumes and the architectural backdrop looks like a movie set. Bhutan exists in its own paradise, undisturbed by the events and trends sweeping across the world.

Bhutan presents a spectacular natural landscape with snow peaks to the north and green mountains and deep gorges. Many ancient Buddhist monasteries dot the landscape. The Bhutanese are a deeply religious people. Followers of Mahayana Buddhism, their beliefs intricately weave into their daily lives.

Major destinations: **Paro**, the entry point to the kingdom; **Thimphu**, the capital of Bhutan and seat of the royal government; **Trongsa**, the central part of the country; **Bumthang** lies at a higher altitude in central Bhutan; **Punakha**, the old capital of the kingdom and one of the most beautiful scenic sights.

The government of Bhutan wants its people to retain their sense of happiness. They do not only measure the economic growth of the country, but also the gross national happiness. In order to measure this, people are questioned about their health, their standard of living, their educational standard, and their knowledge of legends and myths.

Peace, compassion, tolerance, and harmony-in conjunction with people as with animals and plants—these are the central values in Bhutan.

Bhutanese cookery shared by Barbara, Lenore and Joyce. (Reported by Gladys Fujiuchi)



CHRISTMAS PARTIES -2015



HUI HOLOMUA AND NEW MEMBERS, HARUKO, CECELIA, AND DOROTHY.



CLUB MUSUBI AND NEW MEMBERS GAIL MURASHIGE AND JUANITA BARNETT

KAFCE NEWS
3472 MAONA RD.
LIHUE, HI 96766

ACHIEVEMENT DAY

WHEN: 8:30 - 12:00 PM
WHERE: LIHUE NEIGHBORHOOD CENTER (MTG PLACE)
COST: \$10:00 (BY DEC. 23 TO YOUR CLUB TREASURER)
WANT VEGAN?: INFORM EDITH OR MARGO
CHINESE AUCTION: PLACE ITEMS ON COUNTER
DESSERTS: LENORE, JOYCE, LAURA, KAY AND ELEANOR
BEVERAGES: YONE, MARY, ROSE ELLA AND GLADYS
LENORE VOLUNTEERED TO BRING ITEMS FOR TRIMBLE TABLE.