

JANUARY - FEBRUARY 2017

# Windward Oahu News

Oahu Association for Family and Community Education

## *PROJECT LEADER TRAINING (PLT)*

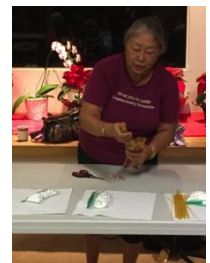
### *JANUARY: ICE BREAKER/CLUB DEMONSTRATION*



It's the first meeting of the year and what a start we had. Each club was tasked with presenting an ice breaker along with practicing their leadership skills by demonstrating. Hui `O Koolau chose to do a skit involving Ruth Haitzuka accepting to be State Vice President. The skit showed how Windward Oahu members caucused and came up with a plan involving current officers stepping up a notch in positions and a member stepping into the secretarial position. Katherine Vadovich also demonstrated making towel napkins. Lillian Tim Sing asked the group how folded "bath/hand towels". It was very interesting to see the various ways members folder and stored their towels.



Hui `O Makani's Emily Deai demonstrated recycling by using an old t-shirt and turning it into an apron. Pat Kubo had a game for us. Using only mini marshmallows and uncooked spaghetti, members were instructed to build a structure and the team who has the highest structure would win a prize. Some teams were two, some three, and so forth. Sometime during the making of their structure, there was an earthquake and Pat went around breaking the long spaghetti into smaller pieces, thus creating a new dimension of their building skills.



Imiola's Chutima Leider informed the group about her latest discovery, Google Home. This is a voice activated device that Chutima has in her home. By voice commands, she can tell it to turn on lights, play Elvis Presley songs, answer questions, and so forth. A YouTube video was played for members also. Jackie Chong, Windward jokester, entertained the group with some of her jokes to end the evening.



There was lots of delicious food, as always to go along with the night's activities.

## *BOYS & GIRLS CLUB SERVICE PROJECT*

Just a reminder to all members that our service project for the Boys & Girls Club in Kailua will be on Wednesday, March 22. We need volunteers to help with the making of journals, musubi making, plastic cup chicken and popsicle stick whistles. Set up will be at 8:30 am and probably finish by 12 Noon. Please call or email either Emily Deai or Ruthie Haitzuka to volunteer. More hands is so much better than a few.

## ***AG DAY AT URBAN GARDENS***



WVO members joined South Oahu to participate in AG Day at the Urban Garden Center on February 10, 2017. Six groups of children accompanied by the teachers and chaperones visited our tent. We taught them about butterflies and the importance of planting certain flowers to attract them. After a short quiz to see how much they learned, we helped them in completing a butterfly craft consisting of a crocheted round, a pipe cleaner, and a clothes pin.

Windward members participating in this event were – Annie Sagawa, Emily Deai, Florence Ouchi, Joanne Oyama, Nancy Arakaki and Pat Kubo. This event was a joint venture with South Oahu members.

## ***MAKING Ti-LEAF LEI FOR VETERANS:***

**PLEASE TAKE NOTE: Anyone who is available on Tuesday, March 14 at 10:00 am? Members are encouraged to come out and make t-leaf lei for our veterans. Since we will not have a council meeting until Tuesday, April 11, this event has been added to our calendar. If you have t-leaves, please begin to pick and remove the center stem of the leave, roll and freeze in order to have sufficient supply of leaves to make lei. The purpose of making these lei early is to increase our donation to our veterans. Please note that we still be making orchid lei on Saturday, May 27 at 9:00 am at the Huitsuka's. After the completion of sewing the lei, delivery of our contribution will be dropped off at the Kaneohe Hawaiian Memorial Park. PLEASE MARK YOUR CALENDARS FOR BOTH EVENTS.**

## ***DID YOU KNOW?***

Any work done for FCE, whether or not you are an officer or member, AND if you are not logging and reporting the hours volunteered, you (and Windward Oahu) are under reporting to the state representatives? Yes, any time you write a report, volunteer, donate items, travel to events, etc., please note these hours. If you would like, you can report these hours on a form which can be provided to you and turned in quarterly to your club vice president. Need one? Just ask!

## ***IMIOLA NEWS:***



To bring the new year, club members met at ChutimaLeider's home for a fabulous dinner of a delicious roast with toss salad, potatoes, steamed vegetables, fish and chocolate cake. After dinner, members held their club meeting.

Imiola continues to create crafts for their money making project that members present at the club's monthly meetings as program planning. It also helps members to fine tune their leadership skills. The February club meeting was cancelled due to the weather.

## ***HUI `O MAKANI NEWS:***

### **January**

Happy New Year to all of our friends in FCE! We hope that 2017 brings happiness and good health to all of you and your loved ones.

Leadership Committee Chairperson, Iris Fukunaga, has been presenting information on leadership characteristics and how they can be developed. To help us commit to proactively develop as leaders in 2017, Iris asked us to list 2-3 of the characteristics we hope to work on. Committing in writing defines for our brains what we hope to achieve. The lists were stapled and will be held by Iris until November when we will check whether the goals were achieved.

Makani's first program of the year has been "Sharing" for many years. Whether it is sharing a recipe, a favorite memory, food or crafts, January "Sharing" has been a bonding time for our members as we get to know each other better.

### **February**

For our February program, Joan Yoshino demonstrated her recipe for ono Cone Sushi and Emily Deai brought the ingredient to practice making mini spam musubis.

#### **Joan Yoshino's Ono Cone Sushi**

4 cups rice

$\frac{3}{4}$  c. sugar

$\frac{3}{4}$  c. vinegar

2 teaspoons salt

Heat sugar and salt in vinegar to dissolve sugar. Mix gently into rice.

Carrots – slivered, and cooked in  $\frac{1}{2}$  cup sugar,  $\frac{1}{4}$  cup water, 4 dried shrimp (can substitute  $\frac{1}{2}$  pkg dashi no moto),  $\frac{1}{2}$  cup sugar. Cool. Gently mix the seasoned carrots into vinegar rice.

Microwave 2 minutes to warm seasoned aburage (tofu pockets). Stuff sushi carrot rice mixture into pockets. MSG free pockets can be bought from Marukai.





During Spring Break, the story Musubi Man will be read to the children at the Boys and Girls Club. Then, the children will make mini spam musubis. (This idea was Pat Kubo's.) To practice, Emily Deai brought rice filled snack bags, seasoned mini spam and nori. We had an excellent (and fun) practice session. Plus, we got to eat the musubis and the ono cone sushis.

Florence Ouchi, Health Committee Chairperson will send out information on the health benefits of houseplants. Information on the effect of high blood pressure on our body is also available upon request. Email: [fkouchi@yahoo.com](mailto:fkouchi@yahoo.com).

### **Xmas Party**

Mid Pacific Country Club was the venue for Makani's Xmas party this year. Natalie Oda-Lee was our hostess and all members worked together to make this a laughter filled final event for Makani this year. Have a safe and happy season and see you all next year!



## ***HUI `O KOOLAU NEWS:***

Koolau meetings are focused on education and social activities and scheduled for each month.

The holidays were enjoyable. Members visited the Prince Hotel along with an unexpected tour of ElenoraCadinha's home where members were treated with a "Wonderland of Christmas" which included so many beautiful decorations and an assortment of wreaths.



For Chinese New Years, members went to a restaurant in Kailua to celebrate the new year along with an early birthday for Maggie Schulte. Following the outing, members convened at Evelyn Cabral's home to do a craft workshop to help fellow member, Dixie Dumaran, with centerpieces for her Alumni convention to be held in May, 2017.

February's meeting opened with the FCE mission statement and/or a reading of a positive article that members can reflect on its positive message.

Dixie educated its members about fireworks and the hazards, how smoke affects their health including the sound fireworks produces.

Biotox was also discussed as a new drug that currently treats everything but cautioned that there are some risks that are unknown.

Bernie Baker continues to plan and coordinate activities and outing for Hui `O Koolau.

## ***UPCOMING CALENDAR OF EVENTS***

March 22 – Wednesday	Boys & Girls Club – Kailua, HI – 8:30 am to 12 Noon Volunteers Needed
April 4 – Tuesday	QLCC – Easter Demo (only presenters to attend) 9:30 – 12 Noon
April 11 – Tuesday	Board/Council Meeting, 6:30 pm – Haitsuka’s
April 1 – Saturday	Fun Day Committee Meeting, 1:00 pm, Vineyard Zippy’s
April 22 – Saturday	Fun Day @ Ho`omaluhia, 9:30 - 3:30 pm
April 25 – Tuesday	PLT – International (Funeral Customs), 6:30 pm, Haitsuka’s
May 23 – Tuesday	PLT – Speaker – Hawaiian Values, 6:30 pm, Haitsuka’s
May 27 – Saturday	Lei for Veterans, 9:00 am, Potluck Lunch, Haitsuka’s
June 21 – Tuesday	PLT – Speaker, Bob Kam; Mission Trip Juarez, 6:30 pm, Haitsuka’s
July 11 – Tuesday	Board/Council Meeting, 6:30 pm, Haitsuka’s
July 15 – Saturday	PLT – Foster Gardens, 3:00 – 7:00 pm, Foster Gardens
August 22 – Tuesday	PLT – Bingo Nite, 6:30 pm, Haitsuka’s
September 26 – Tuesday	PLT – Program Planning, 6:30 pm Haitsuka’s
October 3 – Tuesday	Board/Council Meeting, 6:30 pm, Haitsuka’s*
October 20-22 – Fri-Sun	HAFCE State Convention, Pagoda Hotel
November 7 – Tuesday	QLCC Christmas Ideas Demo, (presenters only), 9:30 – 12 Noon, QLCC
November 28 – Tuesday	Christmas Ideas Demo, 6:30 pm, Haitsuka’s

\* Date may change due to Mission Trip to Juarez