

JUNE – AUGUST 2016

Windward Oahu News

Oahu Association for Family and Community Education

JUNE 28 PLT: CARL OTTINGER – Blue Zone



Carl Ottinger spoke to our members about the Blue Zone – basically his point of view as a physician. Very informative and members were asked to read the book prior to attending. Discussion about wine, eating healthy, exercise, diets, cholesterol, weight, stress, genetics, and longevity were some topics.



JULY 16 PLT: FOSTER GARDENS

10 members met at Foster Gardens on Saturday, July 16 from 8 to 1:00 pm to assist fellow member, Iris Fukunaga, with her monthly project. The community was invited to come and visit the gardens and participate in various activities throughout the garden.

Windward Oahu members gathered toilet tissue rolls and cut them in half, cut four corners to form a base for the mini planters. Participants were able to take home rosemary, bush beans, soy beans, bush cucumber plants planted by David Haitzuka. Foster Gardens also provided herbs.



AUGUST PLT: BINGO



Bingo Nite is always fun especially when your bingo caller is Jackie Chong. She comes armed with “Jokes” to liven the festivities and “Chocolate Candy” as prizes. Ruthie and Dixie always have fun as they don’t seem to win “prizes” but they begged for their numbers to be called. Ruthie let David play her card (had to talk to grandkids) and guess what? David won. How about that? Each participant pays \$1.00 for a card and brings two prizes. There’s always an abundance of prizes, along with great food to eat. By the way, whatever money is collected, 50% goes to the Blackout winner and 50% goes to the council. Way to go Windward!!

INTERNATIONAL MISSION PROJECT: JUAREZ, MEXICO Journals for Orphans

On Saturday, July 9, 16 Windward members came together to work on the International Mission Project to Juarez, Mexico in conjunction with University Avenue Baptist Church. Seven members from UABC and six Sisters of the Latter- Day Saints, Kaneohe Ward also participated with Windward on this day. The purpose of this project is to assist UABC with their annual mission trip to Juarez, Mexico with a craft project that will be given to orphan children. The orphanage has about 100 children and has very limited resources to provide each child with something they own personally. Composition books were purchased and cut in half to make the journals. 100 journal books were covered with various scrapbook paper that were pre-cut and scored by Ruthie Haituka. This event allowed members to meet and talk about FCE and learn about the mission trip.



FCE MEMBERS MEET/JOIN UNIVERSITY AVENUE BAPTIST CHURCH JOY SENIORS



Seven Windward members joined the Senior Joy group at University Avenue Baptist Church on Friday, August 26 to learn more about their joint venture for the Juarez, Mexico Mission trip. Windward is helping UABC with the journals as their international service project. Bob Kam, who heads the mission trip, talked about the background of the mission trip and presented a video



presentation that provided a visual connection to what Juarez looks like. The main purpose of the mission trip is to build a house for a family. Pachi Tomasa and Ruthie Haituka will also help to make six sets of curtains for the house. While in Juarez, the mission team will also do a community service project – providing activities for children to do crafts, play games, provide a meal and goodie bags for children. This trip will take place in early October.

2016 SERVICE PROJECT: FAMILY PROMISE

Members continue to contribute clothing, household goods, including toilet tissue, napkins, soap, shampoo, conditioner, detergent, school supplies and monetary gifts to Family Promise. In June and July, members have contributed about \$1,000 worth of items. Family Promise graciously accepts our gifts and grateful for our participation to their program and families. To date, Windward members have contributed approximately \$2,200 of gifts. Our gifts have helped over 1,500 families since participating from 2014.

CLUB NEWS:

Imiola:

Jackie Chong created bracelets for the International Service Project to Juarez, Mexico in October. After creating the 67 bracelets, she donated them for the orphans in Juarez. Beautiful Jackie! I know the children will love these bracelets as they will have something that they can say “It’s Mine!”

Club members work each month on different craft projects for their fundraising project in September and November. Various necklaces, bracelets, books, headbands, leis, flower pins are among the items made.



Hui O`Makani: June - August

We enjoyed learning how to make another flower from Iris Fukunaga. Very easy to make from coffee filters, attractive and inexpensive, we’re quite sure we will make this flower for events. Thank you Iris Fukunaga.



In years past, Bingo Night was a yearly event for Hui O' Makani. Led by Iris Fukunaga and Annie Segawa, our ladies truly enjoyed the return of Bingo Night.



Annie Segawa, another excellent artist in the kitchen shared the following recipe:

Salmon Tofu Patties – Annie Segawa – 8/1/16

1/3 c. dried mushroom, chopped fine
1/2 c. firm tofu (20 oz.)
1 can salmon (7.5 oz.)
2 eggs
1/3 carrot – finely chopped or grated

1/4 c. green onions – finely chopped
1/4 tsp. salt
1 T. sugar
1 1/4 T shoyu

Soak mushroom in water. When softened, chop fine. In cheesecloth or paper towels, squeeze water from tofu well. Put crumbled tofu in bowl and add salmon, eggs, carrot, green onion, salt, sugar and soy sauce and mix thoroughly. Form into balls. Fry in greased pan on medium heat. Brown each side golden brown.

Joan Yoshino, an excellent cook and generous sharer of her delicious and easy to make recipes. Joan made Ozzie Nelson's Mexican Dish in August for members.

Ozzie Nelson's Mexican Dish – Joan Yoshino – 8/1/16

For 9x13 pan

1 pkg. flour tortilla
1 pkg. Mozzarella (used 3 pkgs)
1 1/2 T. chili powder
1 can tomato sauce (large can)

2# hamburger
1 can corn
1/2 small onion
Cayenne (to taste)



Cook hamburger, onion, corn, tomato sauce, chili powder & cayenne in pot. Spray PAM thoroughly on pan, line with tortilla. Add hamburger mixture. Reline w/ tortilla until last layer ends with hamburger mixture. Top w/ mozzarella cheese and bake in 325 degree oven for 20 min. Line every layer with the cheese (optional).

For 8x8 pan: If use large size tortilla – use 1 per layer, 1# hamburger, cheese, as desired. Use same amounts as above of the following ingredients: chili powder (1 1/2 T), onion (1/2 small), 1 can corn, large can tomato sauce (or as desired) and cayenne.

COMING PROGRAMS:

SO	September __	PLT TBA
WO	September 27	PLT Program Planning
WWO	October 11	Board Meeting – Haitsuka’s
SO	October __	Board/Council Mtg - TBA
State	October 21-23	HAFCE Convention - Kauai
SO	October __	Program Planning
WWO	November 1	Christmas Ideas – QLCC
SO	November __	PLT – Award & Year End Celebration – TBA
WWO	November 22	FCE In House Christmas Ideas
WWO	November 29	Council Mtg – Haitsuka’s
WWO	December 10	Annual Get Together – Haitsuka’s
WWO	July 23	PLT – Karaoke
WWO & SO	July 31	Articles due for Newsletter

The above dates were taken from Program Book. Please double check with your respective Council for updated dates, time and location.