
KAFCE NEWS



KAFCE's Elaine Queenie Daligid
"Has Left the Building!"

In August 2019 Queenie resigned from her HAFCE Vice President and KAFCE President positions due to personal reasons. She leaves a big hole in our association. Her family caregiving/baby sitting duties calls her away from her FCE work. Anyone who was/is a family caregiver can empathize with the tremendous workload ahead. We support her decision to put family first and hope she will continue to be both healthy and happy in all of her endeavors. Many thanks Queenie for your enduring service and friendships in our association and community!



"Leadership is an ever-evolving position."

—Mike Krzyzewski

KAFCE Elected New Officers on Sept. 14, 2019. The following members listed below will serve a two year term beginning Jan. 2020 to Dec. 2022 on KAFCE's Council:

- * President - Laurie Ho (missing from pic)
- * Vice President - Carolyn Lum
- * Secretary - Frances Dinnan
- * Treasurer - Marina Pascual
- * Ex-Officio - Margo Hashimoto & Bernie Tangalin
- * Newsletter/Historian - Frances Dinnan



Seated: Bernie Tangalin & Marina Pascual Standing: Carolyn Lum, Frances Dinnan, & Margo Hashimoto

2020 CHARACTER COUNTS!® Next year's Essay/Art Contest Theme is "RESPECT." Treat others with respect and follow the Golden Rule • Be tolerant and accepting of differences • Use good manners, not bad language • Be considerate of the feelings of others • Don't threaten, hit or hurt anyone • Deal peacefully with anger, insults, and disagreements.

Visit National FCE website to download 2020 contest packets: nafce.org/



KAFCE Summer Outing to Kauai's Hindu Monastery in Wailua, Kauai, August 2019. The monastery overlooks Pihanakalani, a place known in ancient Hawaii where Gods gathered. Sacred is Wailua, a spiritual place of meditation and worship, back then and now.

Our group arrived and waited for our guide in a six-sided pavilion named, Pua Kenikeni Mandapam. Self-guided maps are available here for visitors. In this pavilion you are encouraged to write down your issues on a piece of paper and burn it in an urn. Laurie Ho did this as we took our group pic behind the urn so smoke encircled the group. There's a dress code when touring the temples; a basket of clean sarongs is provided. Terry Hill assisted Christine Wong in tying on a lovely, blue sarong. Our guide, Rev Katir, informed the group that the 363 acre property was purchased in 1970 from the Wickham family. He then asked what KAFCE does and both Laurie and Maurina offered a brief explanation.

As you walk along a path towards the first temple you're surrounded by a lush, tropical botanical garden. Of particular interest is a large banyan tree with an overgrown root system. Deep within the tree's roots a separate pathway leads to a statue of Lord Shanmuga, a six-faced deity. He guides the transformation of the instinctive into divine wisdom through the practice of yoga. Several statues are incorporated into the garden's foliage like this one.

No video or photography is allowed inside the temples. However, within Kadavul Temple, center front of Siva's sanctum is a 700-pound, 3-foot-tall, naturally formed crystal Sivalingam (among the largest known sphatika svayambhu lingams in the world). Mystically, Kadavul is known as a "fire temple," with an intense, penetrating energy that breaks up old patterns and helps seekers begin new ones. Prayers were being offered at the time we arrived. It was decided to visit the temple on our way out.

In this next part of our tour we witnessed the beauty of Pihanakalani, which means fullness of heaven or the gathering place of the Gods. From the 1970's until today, the monks and workers have been landscaping and improving this area. With Mt. Wai'ale'ale as a backdrop and Wailua River running through this area the scenery is drop dead gorgeous!

I came across a few exotic plants that I had never seen before like the turtle plant and a ghost cactus. Several "blue marble" trees were planted on property. When blue marble dries they are strung together to make prayer beads similar to rosaries and are sold in the gift shop and online. Speaking of online, the Swamis in this monastery design, publish, and manage several publications including apps, videos, podcasts, websites, books, magazines, etc. and they are known worldwide as "The Himalayan Academy." Their latest app called SivaSiva is a big hit with many followers.



The granite Iraivan Temple (still under construction) is a short walk downhill from the Kaduval Temple. A cushman hospitality shuttle was also available if assistance was needed. The unique foundation of Iraivan's Temple had undergone years of research so that the base would not crack. Dr. Mehta came up with the formula to prevent such a huge base from cracking. In August 1999 the 4 million pound foundation, 108 cement trucks, was poured. It worked!

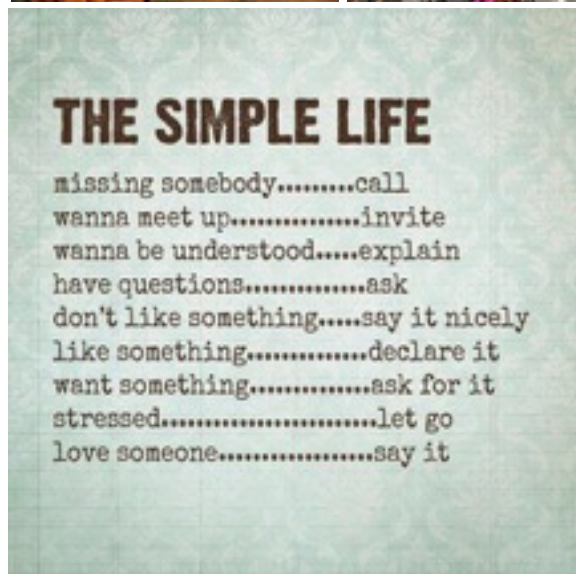
The Founder, Satguru Sivaya Subramuniaswami, who had declared it must last 1,000 years, was pleased to know the temple would last. This technology is known as high volume fly ash concrete. When we viewed the massive temple there were stone carvers from South India hard at work under a tent. We were allowed to enter the temple; no shoes. A temple builder's pavilion of bronze statues displays and honors the stages and intricate workmanship involved in building this massive temple.



Said of this temple by Guruveda (pic above in bronze statue), "When you begin the pilgrimage to Iraivan Temple, you drop off and dissolve the karmas of the past. Then, because of the direction the temple is facing, the temple gives a new start, a new impetus for a wonderful future. It is a boon-giving temple, a gift-giving temple, a life-giving temple, a wish-fulfilling temple."

View a slideshow of KAFCE's temple tour with background music entitled Pihanakalani by Keola Beamer on YouTube. <https://youtu.be/9mlQCMKiK7s>

Frances Dinnan
Newsletter/Historian



SCHEDULE OF EVENTS

SEPT 14 - KAFCE **All Clubs** Meeting, Lihue Neighborhood Center, 9-1 p.m.

OCT 12 - Club Musubi, Lihue Neighborhood Center, 9-10 a.m., assemble grooming kits

OCT 18-20 - HAFCE CONVENTION, Hilo Hawaiian Hotel, Hilo Hawaii

NOV 9 - KAFCE **All Clubs** Meeting, Lihue Neighborhood Center, 9-1 p.m.

- * Christmas Party
- * International Day

DEC - No Council Meeting ~ Happy Holidays

JAN 12 - Achievement Day, **All Clubs** Meeting, TBA, 9-1 p.m.



Pic above: Andrew Bestwick, Dr. Brigitte Carreau, and Carolyn Lum

WILCOX PEDIATRICS RECEIVES BOOKS FOR NEWBORN ~ SEPT 2019
"Please pass along to your members and donors our gratitude for their support of Wilcox Pediatrics. We are participating in a national program called Reach Out and Read. To quote the organization, "Reach Out and Read is a nonprofit organization that gives young children a foundation for success by incorporating books into pediatric care and encouraging families to read aloud together.

Our partnerships with them and you, have provided gifts of books to numerous keiki on Kaua'i. In fact we only have 11 books left from your last gift in September. We would be grateful for another gift of books this coming September!"

Andrew Bestwick
Director of Philanthropy
Wilcox Health Foundation

Per Dr. Carreau, "Reach Out and Read is a national program that is scientifically based. By promoting reading to infants and toddlers parents can make a huge difference in a child's school readiness.

When a parent holds their child while reading aloud, it promotes a positive bonding experience and interest in reading development. Being able to gift a book to a child and parent during pediatric visits has helped hospital staff communicate the importance and value of reading."

There are other organizations contributing to the literacy efforts as over 500 books are distributed annually on Kaua'i, according to Andrew. Today, KAFCE proudly contributed 150 books in support of Reach Out and Read.

Info from the reachoutandread.org website states that: "Providers at nearly 5,000 program sites nationwide distribute 6.5 million books to children and invaluable literacy advice to parents. Over 4.7 million children are served annually in the U.S. Hawaii has 28 Reach Out Programs; Serving 16,973 children; with a total of 29,172 books distributed annually."

Mahalo to our members for their individual book selections and donations. Also, mahalo to Costco and Wal-Mart for each donating \$50 gift cards to help us purchase books this year!

Carolyn Lum
Books for Newborn Chair



Photo of an original oil painting of a Minnie Lee II Hibiscus by Margo Hashimoto, Lihu'e, Kaua'i