
KAFCE NEWS

Food Too Good To Waste

<http://www.endfoodwaste.org/>

Adopted at the HAFCE Convention in Hilo, October 2019 eliminating food waste is our state project! By making small shifts in how we shop, store, and prepare food, we can toss less, eat well, simplify our lives, save money and keep the valuable resources used to produce and distribute food from going to waste. Let's do our part to end food waste at home and in our community!

Take the Food Waste Challenge!

Week #1 - collect your wasted food (spoiled edible food only) and record the volume. Week #2 & #3 - apply a few of the strategies found at the website when you shop, store, or prep food. Week #4 - record your volume to see if there's any difference from week #1. Did you save money? Did you waste less food?

Fill in the blank and take action today!

"To waste less food I will ____"

Send your ideas, recipes, action plans, etc. to Sue Stewart, HAFCE Coordinator, sastewart02@hotmail.com



2019 Trimble Scholarships Awarded!

The Trimble Foundation Distribution Committee met on September 17, 2019 via internet.

Two applications were received this year, from Razinha Ka'awaloa of Oahu who will be attending Chaminade University, majoring in Early Childhood Education and from Sandra Sato of Big Island who is pursuing a Masters of Arts in Teaching degree at University of Hawaii Hilo. \$1,350 was awarded to each for tuition expenses. Both applicants have young children at home and are currently working outside the home. Congratulations to Ms. Ka'awaloa and Ms. Sato!

**"An investment in knowledge
pays the best interest."
— Ben Franklin**

Next application deadline is July 31, 2020. Information and application forms are available on the HAFCE website, hawaiifce.org or from Council President or HAFCE Board member's handbooks.

Please help to inform others of the availability of this funding for FCE members, their families, community members, and community organizations.

Carolyn Lum
Committee Member

2019 HAFCE Convention Highlights ~ Hilo, Hawaii, Oct. 18-20

KAFCE Council received two Youth Education Award Certificates: 1. CHARACTER COUNTS!® in Action Category and 2. Books for Newborn in Education Category. [Convention attendees pic right seated L to R: Margo Hashimoto, Marina Pascua, Kay Nakata (delegate) standing: Maurina Borgatti (delegate) and Laurie Ho] —>



KAFCE's 2019 President's Report presented during HAFCE's Annual Business Meeting, see pages 7 to 8.



<— Pic left are KAFCE's complementary gift bags marketing HAFCE's 2020 Kauai Convention to 2019 Hilo Convention attendees.

"Cute huh? TEAM effort!" 😊

THANK YOU TO:

- Margo Hashimoto for her donation of yellow ribbons and photo cards
- Daphne McClure aka Moloa'a Bay Coffee who donated 60 little bags of coffee
- Kay Nakata for the 25 hand-made little tutu dolls
- Maurina Borgatti and myself who donated Kauai Kookies.
- Pearl Shimizu for opening the door for us to purchase Kookies at a discounted price!
- Kauai Aloha Endowment for the little magnets, stickers, and giving us permission to use art work and theme for our Kauai HAFCE Convention.
- Maurina Borgatti for making and printing survey forms to see if folks would attend 2020 HAFCE Convention hosted by KAFCE.
- Jo Shimamoto and myself for the furushiki donations. Patricia Kubo won the red one and Jacquie Maly won the orange one. This activity was the Past HAFCE President's fundraiser to support Trimble Scholarships.

Laurie Ho
KAFCE President



<— Pic left: Ruth Haitzuka, HAFCE Pres., Emma Badua, CHARACTER COUNTS!® Natl & State Winner, Dr. Delfa Dumarán, and Patricia Kubo, HAFCE Secretary



HAFCE Convention. A “make and take” workshop by Scott Teeple, President of Oregon’s FCE, where participants made covered journals. Scott invited everyone to attend Natl FCE in Portland, OR next year.



HAFCE Leadership Workshop “Delegation as a Leadership Tool.” Gonzo is a pig that came with and without instructions. Participants made pigs out of play dough; what fun! 🐷



HAFCE Officers are installed. Margaret Cambra from Pukalani Maui FCE is the new V.P. filling Queenie’s position at the state level. Margaret will be President in 2021.



HAFCE Evaluation & Feedback. Martha Yamada, UH Intergenerational Specialist, and Hilo’s New Extension Agent lead this session



Maurina Borgatti and Laurie Ho enjoy a meal at the Sky Garden Restaurant in Hilo, HI.





KAFCE Donates 111 Grooming Kits to YWCA's Womens Shelter!

Kauai YWCA's Women's Shelter exists to help individuals escape abusive situations and who are unable to find shelter elsewhere. The challenges faced by a person fleeing from domestic violence or sexual assault are many. The goal of the shelter is to get them to somewhere SAFE.

Per Laura DiTroia, Asst Director of Kauai's Women's Shelter, "The shelter serviced 135 individuals in fiscal year July-June 2018; 60 of which were children." KAFCE's grooming kits become part of a welcome package for those seeking shelter. Other companies, individuals, and grants contribute: linens, towels, clothing, toys, food, etc. making a shelter stay as comfortable as possible. A team of specialists are assigned, as needed, to work with both parent and child(ren).

When families exit the shelter, Laura mentioned a need for house warming kits consisting of cleaning supplies, toilet paper, etc. Another wish list item for center occupants was gas and/or gift cards. **Thank you** KAFCE members for contributing your time, funds, and supplies in support of this service activity!

Education is a key component to prevention. Laura says, "The YWCA offers an Alternative To Violence (ATV) Program in the community and schools. The YWCA teach K-12 students about safe dating, safe habits, safe touching, staying safe, asking for consent, and relationships."

Nobody deserves to be abused, and nobody deserves to be afraid in their own relationship. If you know someone who's afraid or a victim of abuse, have them call the National Domestic Violence Hotline today. Toll-free at 800-799-7233 (SAFE).

Frances Dinnan
Newsletter/Historian



KAFCE Christmas 🍷 Party and Intl Day

Christmas; a time to celebrate family. So here's a true story used to introduce our Italian guest speaker, Nazira De Marchi.

"My husband's uncle, related by blood, is married to a beautiful Italian woman who is also a fabulous cook. One year, we took our children to visit them in Florida. This aunt made quite an impression on my young son, with her culinary skills and warm personality; he just adored her. On the airplane ride home my 4-year son turned to me and in a serious voice asks, "Mom?" I answer, "Yes, son." He goes on, "If my aunt is Italian, (pause) Does that make me Italian?" I reply, "No son, it doesn't work that way. Why?" His face lit up as he cheerfully said, "Cause I really wanna be Italian!" ~ Frances Dinnan

"Family is not just those who share your blood, it's those who you share your life with."
—unknown

For all of us "wanna be" Italians, KAFCE members participated in a fascinating Q&A "Talk Story" with our Italian-born guest speaker, Nazira, from Napoli, Italy pictured below.



Emma Badua came to thank KAFCE for our support w/sushi and chicken!

CHARACTER COUNTS!®
"Trustworthiness"
2019 State and National Winner!



KAFCE Members gathered round the table for Food, Fun, and Fellowship! **Thank you** everyone for making this a joyous event! Juanita's tiramisu was molto delizioso (very delicious)! 😊

SCHEDULE OF EVENTS

DEC 14 - No Meeting, Happy Holidays!

JAN 12 - Achievement Day, Installation of Officers, **All Clubs Meeting**, HGEA Office, 3213 Akahi St. Lihue, 9-1 p.m.

FEB 8 - **All Clubs Meeting**, Lihue Neighborhood Center, 9-1 p.m.

MAR 14 - Character Counts Judging, Convention Meeting, Lihue Neighborhood Center, 9-1 p.m.

More... 2019 HAFCE Convention Stories

Hilo's FCE Convention was entertaining. The Hilo ladies were very thoughtful in taking us to lunch and shopping on our free time. FCE Members were upbeat and inspiring in how we should enjoy our lives, keep active, and appreciate the people.



Kay Nakata and Marina Pascua contemplating their one minute speech

The 80+ year old members each had one minute to say something about FCE in their lives. They had the room in stitches cause no one could stay within the time limit except for our Kay. Marina was also funny.

KAFCE recognized Mary Day Wilson, 92 of Kapaa and Janet Mitsuko Fujii, 84, of Lihue during the Memorial Service. Sue Nakamura, 90+ year old, crocheted leis for the service and for all convention attendees. She also gave everyone a ziplock bag of dehydrated starfruit. Sue is an amazing person.

Marina managed to sleep despite her two snoring roommates. Laurie Ho and Maurina Borgatti had a wonderful hospitality room with lots of snacks to share. We bonded over the two late fun nights in their room. This convention was well worth attending, interesting, and fun.

Margo Hashimoto
Convention Attendee

More...International Day ~ Italy

We became aware at our "International Day" which featured Italy that several regions and people of different cultures make up Italy.

We learned about Naples, an important and unique part of Italy, from guest speaker Nazira De Marchi, who pointed out that Neopolitan culture is different from that of people of northern Italy which is more Germanic. Naples, located on the southwest coast of Italy (close to the toe of the "boot") has been historically involved in war and trade with countries and empires in the region.



Food is an important part of a culture and in Naples pizza is made in a wood-fired oven. Nazira makes her own pasta. Questions of where to buy "real" bread and cheese locally were asked. She recommended Midnight Bear Bakery for breads and Costco for mozzarella and parmesan cheese.

Families eat meals together and Nazira noted that no child was asked what they wanted for dinner; everyone ate what was served. In Italy, wine, cheese, and pasta form an integral part of the meal.

Joyce Nakahara
KAFCE Member



2019 Council President Report Annual Business Meeting

<i>Date</i>	October 1, 2019
<i>Council</i>	Kauai
<i>Council President</i>	As of September 14, 2019 ~ ~ ~ Laurie Ho
<i>Number of Clubs</i>	Two(2)
<i>Number of Members</i>	Hui Holomura = 9 members Club Musubi = 22 members
<i>Members 80+</i>	Yoneko Honjo; Gladys Fujiuchi; Sanae Morita; Kay Nakata; Joyce Yokoyama; Phyllis Tokita & Edith Ushio = seven(7)
<i>KAFCE Council Meetings</i>	<p>When: Januray 13, 2019 ~ ~ ~ Achievement Day ~ Family & Community Education ~ sharing the Aloha Spirit through Community Action ~ speaker was Uri Mattos, Hawaii Community Foundation (HCF) ~ passed on a donation to HCF for the recovery efforts after the historic rain bomb event of April 2018 Where: Courtyard Marriott Time 9 a.m. to 2 p.m.</p> <p>When: February 9, 2019 ~ ~ ~ project planning meeting for CHARACTER COUNTS! TRUSTWORTHINESS ~ preliminary judging; start to Collect Books for New Borns; succulent plant demonstration by 4-H-er Mason Phillips-Smith Where: Lihue Neighborhood Center Time: 9 a.m. to 1p.m.</p> <p>When: March 9, 2019 ~ working meeting ~ judging CHARACTER COUNTS! TRUSTWORTHINESS ~ planning for our April 13th awards meeting Where: Lihue Neighborhood Center Time: 9 a.m. to 1p.m.</p> <p>When: April 13 ~ CHARACTER COUNTS! Recognition awards luncheon Where: Lihue Neighborhood Center Time: 9 a.m. to 1p.m.</p> <p>May: NO formal Council meeting ~ May 1st went to help Kauai Museum with Lei Day events</p> <p>August: NO formal Council meeting ~ August 31st was a field trip to Kauai Hindu Monastery and Iraivan Temple</p> <p>When: September 14, 2019 ~ ~ ~ Election of Officers and 2020 Program Planning; and Books for New Borns' presentation Where: Lihue Neighborhood Center Time: 9 a.m. to 1p.m.</p>

	<p><u>KAFCE Council Meetings ~ CONTINUED</u></p> <p>When: November 9, 2019 ~ ~ ~ Holiday party and International Day celebration of places and people through food and travels. Where: Lihue Neighborhood Center Time: 9 a.m. to 1p.m.</p>
<p>Quality Tickets/ number of members by club (Distribution information for Ways and Means Chair @ Mid Board)</p>	<p>Quality Gifts and Trimble Scholarship quilt tickets were distributed at the end of August and into September 2019</p> <p>Club Musubi: <u>110</u> Quality Gift tickets & <u>16</u> of the 22 members participated</p> <p>Hui Holomua: <u>45</u> Quality Gift tickets sold & <u>6</u> out of 6 members participated</p>
<p>Activities your Council is doing to grow</p>	<p>Games and Line Dancing and Crafting</p>
<p>Challenges that you would like to brainstorm solutions</p>	<p>Membership Recruitment Membership Retention KAFCE staying Relevant Resiliency ~ when folks get sick or have to take care of a loved one can someone else step up to help? Financial Stability Mission Focused Innovation ~ ways of sharing and communicating Opportunities for growth & creativity</p> <p>Family & Community Education (FCE) ~ ~ ~ SHARING the Aloha Spirit Through Education, Leadership & Community Action</p>