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# KAFCE NEWS

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## KAFCE Promotes Literacy and Arts on Kaua'i

Two programs are actively promoted by KAFCE: Character Counts!® (CC) and Books For Newborn (BFN).

For anyone not yet familiar with CC, the Six Pillars of Character are: Trustworthiness, Respect, Responsibility, Fairness, Caring and Citizenship. Used in an acronym, "T.R.R.F.C.C." (terrific) topics are rotated in order annually. Learn more about CC history at: <https://charactercounts.org/history/>

KAFCE's 2021 CC Winner, Kai Guimarães, placed 1st in Hawaii FCE and 2nd in National FCE Contests on the topic of "Responsibility." Our Kauai students have performed consistently well over the past four years, placing in the top three both State and Nationally. Kudos to our community for strengthening our student's six pillars!

Get involved in getting the word out for next year. Next year's topic is "Fairness." This FCE Essay & Art Contest begins on Sept. 1 and runs until Feb. 1st. Applications are available online at [nafce.org](http://nafce.org) or by contacting Laurie Ho at [laurieho1@hawaiiantel.net](mailto:laurieho1@hawaiiantel.net). It's open to any fourth grade student attending public, private, or home school. It's a great opportunity for students to improve literacy skills and develop ethical values.

KAFCE's second literacy related program: BFN promotes early reading to infants and children. Each year KAFCE donates with the help of generous contributions and partnerships, new books to Wilcox Hospital's Pediatric unit. Books are distributed to island families as part of the "Reach Out and Read," program.



Pic: Kai Guimarães 2021 CC Winner with his artwork "Bee-Responsible"



Pic: Carolynn Lum, BFN Chair in-between Andrew Bestwick and Dr. Brigitte Carreau of Wilcox Hospital



Pic: KAFCE “Scrubbies” Workshop participants, August 14, 2021

**Scrub A-Dub-Dub**

In keeping with Covid regs a total of 10 members convened at Lihue Neighborhood Center, after our business meeting, to learn from Kay Nakata, presenter, how to make “scrubbies.” Kay has been making scrubbies for a number of years and offered to teach us this simple crochet workshop. Kay, Marina, Maurina, and Pearl were on-hand to teach those of us who are crochet challenged to work the needle. Kay purchased sparkle yarn by bulk and sold various colors to members at cost. A short video of our time together is located at: <https://youtu.be/5u2z6L35iO4>

No food 🙄 could be served due to Covid restrictions and everyone wore masks. 🤧

Thank you Margo for making the facility use reservation. We heard there were many obstacles involved in being able to meet as a group here. Thank you Kay for thinking fondly of us by sharing your scrubbie project, wholesale priced sparkle yarn, and leadership skills. Little things like this do count and we appreciate our members for sharing their time and talents.

Frances Dinnan  
Historian/Newsletter

**How Sweet it Was . . .**

The Pascua Family has been graciously assisting us in our Sweetbread Fundraisers for several years. Suzie (Pascua) Yokoyama, KAFCE Member, is relocating to Westfield, IN. With her exit, KAFCE loses an excellent source of fundraising. Thank you so much Suzie, we’ll never forget your smile and generous spirit. These fundraisers enabled KAFCE to make charitable donations to several community non-profits. *“The gift of service leads to a life of love.”* ❤️💕💖 — Mary White



Pic: Carolynn Lum, Daphne McClure, Suzie Yokoyama (holding sweetbread), Annie Rellin, Marina Pascua, and Margo Hashimoto

SCHEDULE OF EVENTS	
SEPT 25 - HAFCE Convention, Windward Council Hosting, at Windward Community College, O’ahu via Zoom	
OCT 9 - Council Meeting, 10-11, via Zoom followed by craft workshop 11-12	
DEC 11 - Council Meeting, (tentative), 10-11 via Zoom	
JAN - FEB Achievement Day, TBA	

**Topic: What FCE Means to Me**

When I hear "FCE"  
I think of:

"laughter" 😄

"sharing stories" 😊

"sharing food" 🍷

"sharing recipes" 🍴

"sharing crafting ideas by hosting workshops - like yesterday" ~ "hands-on activities"

WE do stuff and are life time "learners!" PLUS take care of our "family" and maintain close "friendships" NO matter what.

💕🎵👍😊👍🎵💕

laurie ho

FCE has meant interesting experiences, friendships, learning leadership, keeping the mind and body busy to ward off dementia . It means having fun with sightseeing Kauai, crafting, various activities and enjoying food. It is also impressive that we "old ladies" can be active/healthy in the home and community despite our old age frailties. In FCE we also learn perseverance even when we want to quit. We learn compassion and acceptance of our differences. After Covid subsides, perhaps we can possibly have our fun activities again.

Margo Hashimoto

FCE means to me is: I have made a lot of good friends and made some friends at the conventions. Learning lots of things like crafts, cooking food from different cultures, etc. The best thing is getting away from home and leaving all your worries behind. Going to the meetings gives me time to myself for a couple of hours. It's a happy time!

Kay Nakata

**KAUAI HOSPICE PRESENTATION - Debra Spung, MSN, June 12, 2021**

- ◆ Is covered by Medicare Part A, no fees for services
- ◆ It may include: medications, equipment, & staff to assist care- givers
- ◆ Focus is on the quality and comfort of patient who received a terminal diagnosis of six months to live
- ◆ Alzheimers is difficult to assess due to the functionality of each individual.
- ◆ Volunteer program, massage, healing touch, sitting w/patient while caregiver runs errands, play music, read books, etc. Training is provided.
- ◆ Bereavement services provided up to 13 months after patient dies to the family

View presentation on YouTube: <https://youtu.be/zUHa-qOgg3A>

In appreciation of Debra's presentation and in support of the work that Kaua'i Hospice provides in our community, KAFCE donated \$100.00.

**"I have learned that Hospice is more about the quality of life than it is about death."** ❤️



KAFCE Assembled Toiletry Kits for YWCA Women's Shelter ~ Oct. 2019

**2021 HAFCE Workshops**

March 2021 **“Someone’s in the U.S.A. Showing Respect for the Flag,”** by Lynn Barut, Home/Environment/ Community Ed Chair, Hearth Fire Series #11

YouTube: <https://www.youtube.com/watch?v=5Rcdfy6CYWU&list=PLpDPISe0nd62F6XCwcKIVY-YInw8TFLra&index=1>

May 2021 **“Natural Medicine,”** by Kalei Tong, Leadership Ed Chair. The following notes were taken by Pat Kubo:

- ◆ Don’t worry and have negative thoughts – Positive thinking!
- ◆ Get enough sleep
- ◆ Drink water – Label your water with positive words
- ◆ Air diffuser
- ◆ Vinegar – apple cider vinegar – 2 tsp every day
- ◆ Discussion on essential oils – Frankincense, Myrrh, Turmeric, Awa, Lemon, Lavender (for stress), Peppermint (digestive problems, headache – put on tongue or temple)

Sharing by others

LaVanda - Uses Peppermint, Ginger, Indian healing clay mixed with vinegar (for feet), Frankincense (anointing oil)

Chutima – Uses Peppermint, Lavender, Activated Charcoal (upset stomach or food poisoning – travels with this), Hemp seed oil (on knee for arthritis and also on salads)

Elaine – Uses diffuser, Mangosteen (sore stomach, headaches, stress), Banaba Tea, Calamungai, Butterfly tea, Himalayan salt lamp

Kalei – CBD oil (rubbed on for aches and pains)

Pat – Essential oils added to water in floral arrangements

Dixie – Warning – If you are ingesting oils – let medical personnel know before procedures (Example – St. John Wort may cause bleeding)

YouTube: <https://www.youtube.com/watch?v=SJt3TOpYfxo&list=PLpDPISe0nd62F6XCwcKIVY-YInw8TFLra&index=2>

June 2021 **“Fraud Prevention,”** by Gerry Silva, AARP Volunteer, sponsored by Windward Council

Hawaii’s Fraud Guide: <https://files.hawaii.gov/dcca/sec/iep/fraud.pdf>

Gerry’s YouTube Presentation: <https://www.youtube.com/watch?v=qSjDPUBv7Q&list=PLpDPISe0nd62F6XCwcKIVY-YInw8TFLra&index=5>

July 2021 **“What Do Food Expiration Dates Really Mean?,”** by Susan Stewart, International Ed Chair.

Are You Confused by Date Labels on Packaged Foods?

- ★ According to the FDA, Americans are throwing out about 1/3 of our food – about \$165 billion each year, as much as 20 lbs of food per person per month
- ★ About 20% of food waste in the home is due to consumer uncertainty about meaning of dates on labels of packaged foods
- ★ Product dating is not required by Federal regulations except for infant formula

YouTube: <https://www.youtube.com/watch?v=Coy4tWU6Ldo&list=PLpDPISe0nd62F6XCwcKIVY-YInw8TFLra&index=5&t=103s>

Handout: Refrigerator and Freezer Storage Chart, page 5




**FOOD FACTS**

## REFRIGERATOR & FREEZER STORAGE CHART

These short but safe time limits will help keep refrigerated food 40° F (4° C) from spoiling or becoming dangerous. Since product dates aren't a guide for safe use of a product, consult this chart and follow these tips.

- Purchase the product before "sell-by" or expiration dates.
- Follow handling recommendations on product.
- Keep meat and poultry in its package until just before using.
- If freezing meat and poultry in its original package longer than 2 months, overwrap these packages with airtight heavy-duty foil, plastic wrap, or freezer paper; or place the package inside a plastic bag.

Because freezing 0° F (-18° C) keeps food safe indefinitely, the following recommended storage times are for quality only.

Product	Refrigerator	Freezer
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Product	Refrigerator	Freezer
<b>Eggs</b>		
Fresh, in shell	3 - 5 weeks	Don't freeze
Raw yolks, whites	2 - 4 days	1 year
Hard cooked	1 week	Don't freeze
Liquid pasteurized eggs or egg substitutes, opened	3 days	Don't freeze
unopened	10 days	1 year

### TV Dinners, Frozen Casseroles

Keep frozen until ready to heat		3 - 4 months
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### Deli & Vacuum-Packed Products

Store-prepared (or homemade) egg, chicken, tuna, ham, macaroni salads	3 - 5 days	Don't freeze
Pre-stuffed pork & lamb chops, chicken breasts stuffed w/dressing	1 day	Don't freeze
Store-cooked convenience meals	3 - 4 days	Don't freeze
Commercial brand vacuum-packed dinners with USDA seal, unopened	2 weeks	Don't freeze

### Raw Hamburger, Ground & Stew Meat

Hamburger & stew meats	1 - 2 days	3 - 4 months
Ground turkey, veal, pork, lamb	1 - 2 days	3 - 4 months

### Ham, Corned Beef

Corned beef in pouch with pickling juices	5 - 7 days	Drained, 1 month
Ham, canned, labeled "Keep Refrigerated," unopened	6 - 9 months	Don't freeze
opened	3 - 5 days	1 - 2 months
Ham, fully cooked, whole	7 days	1 - 2 months
Ham, fully cooked, half	3 - 5 days	1 - 2 months
Ham, fully cooked, slices	3 - 4 days	1 - 2 months

### Hot Dogs & Lunch Meats (in freezer wrap)

Hot dogs, opened package	1 week	1 - 2 months
unopened package	2 weeks	1 - 2 months
Lunch meats, opened package	3 - 5 days	1 - 2 months
unopened package	2 weeks	1 - 2 months

Product	Refrigerator	Freezer
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<b>Soups &amp; Stews</b>		
Vegetable or meat-added & mixtures of them	3 - 4 days	2 - 3 months

### Bacon & Sausage

Bacon	7 days	1 month
Sausage, raw from pork, beef, chicken or turkey	1 - 2 days	1 - 2 months
Smoked breakfast links, patties	7 days	1 - 2 months

### Fresh Meat (Beef, Veal, Lamb, & Pork)

Steaks	3 - 5 days	6 - 12 months
Chops	3 - 5 days	4 - 6 months
Roasts	3 - 5 days	4 - 12 months
Variety meats (tongue, kidneys, liver, heart, chitterlings)	1 - 2 days	3 - 4 months

### Meat Leftovers

Cooked meat & meat dishes	3 - 4 days	2 - 3 months
Gravy & meat broth	1 - 2 days	2 - 3 months

### Fresh Poultry

Chicken or turkey, whole	1 - 2 days	1 year
Chicken or turkey, parts	1 - 2 days	9 months
Giblets	1 - 2 days	3 - 4 months

### Cooked Poultry, Leftover

Fried chicken	3 - 4 days	4 months
Cooked poultry dishes	3 - 4 days	4 - 6 months
Pieces, plain	3 - 4 days	4 months
Pieces covered with broth, gravy	3 - 4 days	6 months
Chicken nuggets, patties	3 - 4 days	1 - 3 months

### Fish & Shellfish

Lean fish	1 - 2 days	6 - 8 months
Fatty fish	1 - 2 days	2 - 3 months
Cooked fish	3 - 4 days	4 - 6 months
Smoked fish	14 days	2 months
Fresh shrimp, scallops, crawfish, squid	1 - 2 days	3 - 6 months
Canned seafood (Pantry, 5 years)	after opening	out of can
	3 - 4 days	2 months