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# KAFCE NEWS

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**SELF CPR** - emailed to KAFCE by Suzie Yokoyama, Thank you 😊

"I hope everyone can send this on as it is very important for everyone to know.

1. Let's say it's 7:25 pm and you're going home (alone of course) after an unusually hard day on the job.
2. You're really tired, upset and frustrated.
3. Suddenly you start experiencing severe pain in your chest that starts to drag out into your arm and up into your jaw. You are only about five km from the hospital nearest your home.
4. Unfortunately you don't know if you'll be able to make it that far.
5. You have been trained in CPR, but the guy that taught the course did not tell you how to perform it on yourself.
6. **HOW TO SURVIVE A HEART ATTACK WHEN ALONE?**

Since many people are alone when they suffer a heart attack without help, the person whose heart is beating improperly and who begins to feel faint, has only about 10 seconds left before losing consciousness.



7. However, these victims can help themselves by coughing repeatedly and very vigorously.

A deep breath should be taken before each cough, and the cough must be deep and prolonged, as when producing sputum from deep inside the chest.

A breath and a cough must be repeated about every two seconds without let-up until help arrives, or until the heart is felt to be beating normally again.

8. Deep breaths get oxygen into the lungs and coughing movements squeeze the heart and keep the blood circulating. The squeezing pressure on the heart also helps it to regain a normal rhythm.

In this way, heart attack victims can get help or to a hospital.

9. Tell as many other people as possible about this. It could save their lives!

10. A cardiologist says: "If everyone who gets this email & kindly sends it to 10 people, you can bet that we'll save at least one life.

11. Rather than sending jokes, please contribute by forwarding this email which can save a person's life...."

Written by: Dr. Patrick Teefy, Cardiology Head at the Nuclear Medicine Institute, University Hospital, London, Ont.



**2022 Books For Newborn**

KAFCE supports and encourages early literacy for Kauai’s children. Books will be purchased, labeled, and distributed to Wilcox Hospital’s Pediatric Dept. Reading readiness benefits our whole community and we are thankful for the volunteers, donors, and partners who participate in this endeavor. Please contact Carolyn Lum, BFN Chair, [hawaii96766@yahoo.com](mailto:hawaii96766@yahoo.com), if you have new or slightly used books or funds you wish to donate.

**2022 Trimble Scholarship**

You can help by passing the word on to individuals or organizations that you are familiar with to *apply*. Trimble Scholarships are awarded annually by the Hawaii Association for Family and Community Education (HAFCE) to individuals and organizations. Alice P. Trimble was Hawaii’s first Extension Agent in 1936. The Trimble Foundation, established in 1974, honors Alice’s outstanding contribution and service to Hawaii’s communities.

Awards amounts vary according to number of completed apps and requests. The Trimble Committee has access to award up to \$20K in scholarships this year. Repeat applications are encouraged. Visit the following website for more info and applications: <http://hawaiifce.org/>

**2022 CHARACTER COUNTS!®**

KAFCE did not participate in the CHARACTER COUNTS!® program this year due to several factors. Operating in a Covid environment changed our approach in making classroom presentations and teacher visits. Although an article was written and submitted to the local newspaper, staffing shortages due to absences hindered publication. We regret that this is the first time in 20+ years that KACFE has not participated. Our best wishes to other HAFCE Councils in submitting a winning essay and artwork on the topic of: “Fairness” to National FCE’s Character Counts!® Contest.

Frances Dinnan  
Newsletter/Historian



<b>SCHEDULE OF EVENTS</b>	
MAR 12	- HAFCE Mid-Year Meeting, 9-12, via Zoom, Ed Chair Presentation 11-12
APR 9	- Kauai Council Meeting, 10-11 via Zoom and In-Person, Lihue Neighborhood Center
JUN 4	- Ed Chair Presentation, Zoom
JUN 11	- Kauai Council Meeting, 10-11 via Zoom and In-Person, Lihue Neighborhood Center
JULY 14-17	- <u>NAFCE Conference</u> , Portland, OR

**President's Message**

A moment of silence for ~ the passing of former FCE member Audrey Kawado (Daphne McClure's sister) Passing of Sanae Morita's husband. Carolynn's health challenges.(She keeps on keeping on)

COVID numbers coming down. Mayor's and Governor's COVID mandates n rules expiring or being relaxed. Exciting times of change. Watching food prices and gasoline prices rise. However, globally my heart hurts for the Ukrainian people. Act locally but think globally.

We celebrate and acknowledge and appreciate our new/returning KAFCE Executive Board members ~- Laurie Ho, President; Joyce Nakahara, Vice President; Frances Dinnan, Secretary and Marina Pascua, Treasurer. We thank and offer support to Terry Phillips who has volunteered to represent the Kauai FCE on the Trimble scholarship review/awards committee.

Laurie Ho  
President

Our Hearts 💕❤️ Go out to . . .

**Ukraine**, a sovereign nation, under attack by Russian forces. We 🙏 for the people of Ukraine who are fleeing their home Country to escape bombing and other war atrocities inflicted on their people.

May the world unite in suppressing Russia to immediately stop this invasion and salvage what's left of our humanity. War is never a solution to take against a neighbor.

**War - An act of violence whose object is to constrain the enemy, to accomplish our will.**

George Washington



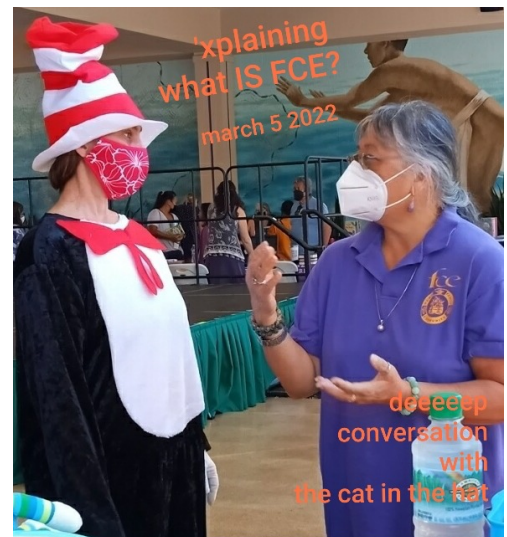
march 5 2022



joyce nakahara  
kafce  
vice president



coloring...



explaining  
what IS FCE?  
march 5 2022

deeeeep  
conversation  
with  
the cat in the hat

KAFCE Volunteers participated in Kukui Grove Center's Read Across America Event on Sat., March 5, 2022