
KAFCE NEWS



KAFCE OFFICER INSTALLATION

First row: Daphne McClure, Carolynn Lum, Phyllis Tokita, Sanae Morita, Margo Hashimoto, Joyce Nakahara, Marina Pascua, Frances Dinnan
 Second row: Lucinda Tasaka, Pearl Shimizu, Terry Phillips, Kay Nakata, Maurina Borgatti, and Laurie Ho

KAFCE Council held its installation of officers in April. AFTER all COVID restrictions were lifted WE were able to gather and conduct a proper "installation of officers" and SHARE and meal together and have personal INTERACTION again. Mahalo all, laurie ho

The following Officers: President: Laurie Ho, Vice President: Joyce Nakahara/Carolynn Lum, Secretary: Frances Dinnan, and Treasurer: Marina Pascua, were installed. Sanae Morita, Past-President, conducted the installation of officers for the 2023-24 term. Margo Hashimoto will continue to serve as Advisor to the incoming board. Maurina Borgatti will be updating the 2023 Directory. Please forward Directory changes to Maurina.

I recently read a Blue Zone article about healthy lifestyles. It doesn't just mean being mindful of diet and exercise. One facet of wellness is proactively looking after our brain health. Our brains are like muscles, adaptive and resilient when stretched and worked. The article suggested that we explore new experiences and remain engaged in a supportive community to improve cognitive life expectancy. Thank you for staying engaged and supportive of FCE's Community.

Frances Dinnan
 Historian/Newsletter



BOOKS for NEWBORN

Carolynn Lum and Dr. Bridgette Carreau

BOOKS FOR NEWBORN (BFN)

Dr. Bridgette Carreau was presented with boxes of new books to share with families at Wilcox Hospital's Pediatric Ward. Carolynn Lum, BFN Chair, invited Dr. Carreau to attend our August Meeting at the Lihue Neighborhood Center. Books were purchased using grant funds from various donors. A balance of \$149.67 remains in this BFN account per the Treasurer's Report dated 08.13.2022. The continuation of this program is dependent on fundraisers and donations.

Dr. Carreau reported on the distribution of books to families during office visits. On return visits, Dr. Carreau will ask the family follow-up questions about book titles and children's reactions. Books help families to encourage early reading habits.



HAFCE ANNUAL CONFERENCE

Flyer contact info is incorrect. Register with Margaret Cambra: 808mcambra@gmail.com, flyer was missing the 'm.'

Deadline: September 17th

SCHEDULE OF EVENTS

AUG 13 - Kauai Council Mtg, deadline for club dues, 10-11:30, Lihue Neighborhood Center and Zoom

SEP 24 - HAFCE Convention, Maui Council to Host via Zoom

OCT 8 -cancelled "Make a Difference Month"

NOV 12 - Kauai Council Mtg, 10-11:30, Lihue Neighborhood Center and Zoom

DEC 10 - Kauai Council (Christmas Party), 10-11:30, Lihue Neighborhood Center and Zoom



‘OHANA FUN FAIR ~ A Tribute to Past Farm Fairs ~ August 20, 2022
Carolynn Lum, Terry Phillips, Lucinda Tasaka, Margo Hashimoto, Marian Pascua,
Kay Nakata, Back: Maurina Borgatti and Pearl Shimizu

IKEBANA (Floral Arranging) Workshop
by Pat Kubo, HAFCE Treasurer, August 3, 2022

You Tube: <https://youtu.be/v7-6H3WZzgU>

The difference between Western style
arrangements and Ikebana (Japanese flower
arrangements)

The history of ikebana – temples scattering flowers
– limited to only royalty and samurai – commoners/
women doing ikebana

Examples of several different ikebana schools’
arrangements. – Sogetsu, Ikenobo, Ohara (largest
ikebana schools)

