



# The Homemaker Echo

Official Newsletter of the Hawaii Association for Family and Community Education

Volume 40 Issue 4

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**Go Paperless!** ~170 FCE members have chosen to receive the Homemaker Echo via email. Please consider joining them by contacting me so that I can add your name to the email list. You will receive the Echo in COLOR and weeks before the USPS issue. This also saves HAFCE in mailing costs and it saves a few more trees for a healthy environment.

Send your email address for a paperless delivery to:

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Homemaker Echo Editor

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## From Milo's Office ~

I can't believe that my two years as President of Hawaii Association for Family Community Education is coming to a close. It has been a time of learning, stress, frustration, fun and making good friends.

I have learned to run a meeting using Robert's Rules and with Jacquie Maly's hard work. Thank you for all the prompts! The stress is knowing that I have to get reports out on time. The frustration – my computer dying just when these reports are due or we are going to have a Skype meeting.

The fun came when I went to conventions and National FCE conferences. I met so many new people and made so many new friends. As I told the ladies at National in Arizona, I think that I will have to rustle some cows so that I can go to Kansas City, MO in July 2015. If you are thinking about going, start looking for flights and make up your mind to go. It is worth it. You learn so much at the workshops.

I want to thank you all for the help, advice, patience and understanding that you have given me over the years. I could not have done it without you. If there is anything that I can do for you, please feel free to ask. I will help if I can.

*Aloha, Milo*

### The Editor and her Holiday FCE Club Members



*From California, wishing all of you a happy, healthy, and joyous Holiday Season!*

*Denise*

#### A Reminder

The deadline for articles for the next issue of the Homemaker Echo is:

**March 10th**

Please send articles and photos to: [cdsmith2139@gmail.com](mailto:cdsmith2139@gmail.com)

OR 433 Sylvan Ave. spc 39 Mountain View, CA 94041

OR (650) 969-3422 (leave a message if I'm not at home)

## *Vice President - Sally Bowman*

Let me begin by graciously thanking the Board for giving me the opportunity to attend the 78<sup>th</sup> NAFCE Conference in Tucson, Arizona. I enjoyed every moment there. I learned a lot of new things and met a bunch of great women and a some men also. Held from July 17<sup>th</sup> – 20<sup>th</sup>, the theme was “Team Work Makes Dreams Work” which is very fitting. I also had the opportunity of serving on the Elections Committee. Asked by President Bonnie Teeples, it was a learning experience and I felt honored to have been asked. The Committee passed out ballots at the Annual Business Meeting and assisted with ballots and counted votes. Lynn Maples was elected as President-Elect for 2015. On Friday I attended FCL training on public speaking. I learned quite a few tips on improving your speaking ability. On Thursday we toured Mission San Xavier – completed in 1797 of Spanish Colonial architecture – a national historical landmark. Today still a working Catholic church, mass is held daily and Sisters of Charity educate 135 K – 8<sup>th</sup> graders at the school on the property. We also toured the Saguaro National Park. We viewed Cactus Forest Drive, an 8-mile sierra drive which winds through a Saguaro forest. A great place to visit, we went to the Small Things Museum. Enclosed glass cases, doll houses and miniature houses filled with awesome items. A truly fabulous, fun and exciting place. So very realistic!

Back at the conference we learned about the new endowment program where you can bestow your assets to FCE and “Hope on the Horizon” – ways to obtain new members. We had the pleasure of being assisted by the “Future Stars” – the youth members of FCE – young ladies who will continue with the program as they grow. They certainly worked hard in assisting the national board & guests. The next conference will be held in Kansas City, Missouri in 2015. Once more, mahalo for the opportunity to represent Hawaii.

I want to sincerely thank the Education Chairs for their hard work and two years of total commitment to the organization. They are: Martha Yamada, Ruth Yamamura, Lillian Tim Sing, Margaret Cambra and Laurie Ho. Thank you ladies – you have been the greatest! Thanks to all of you for turning in your reports and for all your collaborative efforts and hard work in achieving success in having such successful projects. It’s been a great year and I look forward to what 2015 brings. Being a part of FCE has been a growing experience. I’ve learned a lot and look to the positive affect FCE has been in my life.







## Trimble Foundation Fund Raiser – “Milo’s Mosaic” Quilt

From Pat Kubo

Due to the cancellation of the 2014 HAFCE convention, the sale of tickets and drawing for the quilt donated by Denise Smith, will be extended into 2015. Tickets will be sent to each council in January 2015. Tickets will sell for \$5 each or 3 for \$10. The drawing for the quilt will be held in March 2015. All proceeds will go Trimble Foundation to be used to support our scholarship program. YOU could be the lucky member to win “Milo’s Mosaic”!

*Milo’s Mosaic*

*Made in honor of outgoing president, Milo Ferreira. 100% cotton quilt that measures 72” X 54” in a collage of black, tan, cream, and grey colors.*

### Maui FCE Scholarship Winners



Maui FCE awarded \$2000 each to five graduating high school seniors. From left is:

- Nash Wuthrich** (Baldwin HS) attending Gonzaga University studying Computer Science
- Ryan Foree** (Kamehameha HS) attending University of Southern California studying Human Biology
- Marley Duncan** (Kamehameha HS) attending Willamette University studying Exercise Science, Kinesiology
- Brian Zamora** (Maui HS) attending University of San Francisco studying Political Science
- Alexandra Pardico** (Maui HS) attending Gonzaga University, studying Biology.

## Dress a Girl Around the World Update

Submitted by Jen Laris

It is with great pleasure that I inform you that DAG now has an ambassador on Oahu. Her name is Meg Akim, and she is also involved with Conscious Designers Hawaii. They recently did a dress a girl fund raiser and will be helping children on Oahu, as well as around the world. You can read more about her on the International Dress a Girl website.

We can't thank you dedicated volunteers enough! Operation Christmas Child's Shoebox project ended 11/24, and I know many dresses, some boys shorts and small back packs were added to shoeboxes, through DAG volunteers. I'm still waiting for the final count. The destination for Hawaii's shoe boxes is Indonesia.

Join us in continuing to Dress Girls around the World. This week dresses will be taken to Honolulu and given to a mission going to Cambodia later this month. Our motto is "Keep on Keeping On". If you sew dresses, please make sure you get your numbers to Pat Kubo, now for FCE and to Meg Akim, for International DAG. I thank FCE for making their contributions, as without your involvement this would not have happened. For further information go to <[dressagirlaroundtheworld.com](http://dressagirlaroundtheworld.com)>.



Jen Laris: East Hawaii Ambassador: 895-7795 [dressagirlaroundtheworldinhi@gmail.com](mailto:dressagirlaroundtheworldinhi@gmail.com)

Lynn Greer: West Hawaii Ambassador: 557-8052 or 333-5249 [scubalynn@hawaii.rr.com](mailto:scubalynn@hawaii.rr.com)

Meg Akim: Oahu Ambassador: 725-8888 [consciousdesignershi@gmail.com](mailto:consciousdesignershi@gmail.com)



### Hilo FCE Council – President Elizabeth Salfen

Hilo Council is looking forward to our Installation and Recognition Dinner in early December and celebrating our accomplishments of 2014.

The Hilo Council of FCE had a great year and here are some of our accomplishments: We started the year de-cluttering our paper with a Paper Party. We learned what papers were important and to practice the "touch it once" paper rule. We discovered fabulous food from around the world at our Annual Friendship Tea and discovered healthy ways to eat pumpkin with our Nutrition Workshop.

We discovered the importance of dental health during our Annual FCE Fun Day and donated books to the annual campaign, "Books for Newborns".

Our annual FCE Fair and Rummage Sale were both very successful events where our community was introduced to FCE. We continued our community engagement with our Candidates Forum where we had 32 candidates running for local political offices participate and over 100 community members attend.

After all of our community work the FCE members celebrated a weekend of R & R at the Kailua Military Camp and we were blessed. We learned new recipes, exercises, and games.

## *Hilo Council Continued-*

To conclude our year we picked up trash with the annual Get the Drift and Bag It campaign and celebrated with our fellow Big Island FCE Councils with a Day at the Zoo. It was a complete surprise that the Hilo Zoo has one of the world's biggest palm tree collections.

I want to thank all of the Hilo Council FCE Members for continuing to be willing to take on new leadership roles, plan interesting programs, and support each other. I want to thank Joan Chong, Martha Yamada, Elaine Sumida, Elaine Fukui, and Denise Smith for all of their love, support, and advise during the past year.

## **Puna Wahine FCE Club of Hilo Council Prepares Thanksgiving Food Baskets**

**Submitted by Robin Messenheimer**



At their November 2014 meeting, members of Puna Wahine FCE Club prepared Food Baskets for donation to Neighborhood Place of Puna. Neighborhood Place provides support for many families throughout the Puna District, and will make sure that a family in need of some help this season receives our baskets. This year the club prepared two large baskets that included not only the items shown in these photos, but also KTA Superstores Gift Cards.

Preparation of Thanksgiving Food Baskets has been an annual effort by the member of Puna Wahine to give to the community in the Holiday Season. At

their December meeting, besides having a Christmas celebration and a gift exchange among members, members brought gifts appropriate for adults who are helped by Neighborhood Place. So many community organizations focus on children at this time of the year that Puna Wahine Club has traditionally focused on providing at least small gifts for adults.

Members in the photos include Barbara Lively, Diane Hultman, Alesta Ortiz, Becky Natividad, Liz Salfen, and Robin Messenheimer. Other members of the club also provided items for the baskets.



## Maui FCE Council – Lynn Barut

Maui Fun Day – presented by Hanalima Club. Each club presented a 45 minute workshop



Kehau Blair from Pukalani FCE Club shares with the group how to do a personal family history journal with photos & mementos. ←

Richard Ishii/Teacher (husband of Melinda Ishii of Haiku FCE Club) gives a lesson on how to read the metric ruler→



Toshiko Oki from Hanalima FCE Club taught the group how to make a clothespin magnet. ←

Thelma Oshiro and Pacita Pladera from Happy Valley FCE Club demonstrated the art of andagi. Members were given the opportunity to make their own andagi. →



## Molokai FCE Council – President Gladys (Cookie) Brown

I never realized how much I enjoyed the annual convention til this year. After years of attending the function I really missed all the activities planned. Next year our club will miss several faithful members, but those who registered showed their loyalty. I appreciate them very much. Even if a small group, Molokai members stay active in their individual activities. Each does her Council work with enthusiasm and joy. Please pray that we continue longer.

Successful clubs inspire all of us to work diligently at our own speed even if situations don't add to our monthly agendas. We will use different ways of staying in touch with our past members. We encourage those of you who can to help in sharing what you know with us via email. You can give our Council ideas. Take time to help our members learn new crafts and knowledge. Mail suggestions to: [gbrown6426@hawaiiintel.net](mailto:gbrown6426@hawaiiintel.net).

I appeal to all of you who read the newsletter to start a campaign of helping MOLOKAI regain status in FCE. Contact us as soon as you can. I will continue to keep in touch with all who show support. Love you all!!!

## WINDWARD OAHU FCE – President Ruth Haitzuka

### COUNCIL EVENTS

#### *Windward Oahu Ho`olaulea at Windward Community College*



Our yearly event at the college allows Windward Oahu FCE members to publicize what we are all about. Members Pat Kubo, Evelyn Cabral, Maggie Schulte, Dixie Dumaran, Annie Sagawa and Ruth Haitzuka were able to share what can be done with items around the house – t-shirt bag and apron, plastic bags, aloha shirt pillow among a few. Pat provided fishes for children to catch and take home.



#### *Children and Youth Day at the State Capitol*

Lots of excited children came through to learn how to make fork flowers. Members, along with the help of the youth of Kiwanis Club, serviced over 700 children and 425 at the bounce house.



#### *Christmas Ideas at Queen Liliokalani Children's Center in Kaneohe*



Pat Kubo, Annie Sagawa (pictured), Emily Deai, Nancy Arakaki and Ruth Haitzuka demonstrated the Ribbon Sachet, No Sew Recycled T-Shirt Bag/Apron, Microfiber Towel Dog (pictured), recipes for 3, 2, 1 Cake, Holiday Somen Wreath (pictured), and Microwave Carmel Popcorn (pictured). The ideas presented could be used as gifts or for your entertaining needs during the holidays.

## Installation of Officers



Newly elected officers: President/Historian – Ruth Haitzuka, Vice President- Dixie Dumaran, Secretary – Pat Kubo, Treasurer – Emily Deai were installed by Dr. Jacqueline Maly. Members Donna Chong, LaVerne Chow, Nancy Arakaki, Stella Wakamatsu, Lee Murabayashi, and Charlotte Muraoka were recognized for their years of service in FCE ranging from 10 to 50 years. Alice Clark, Susan and Derrick Yee, and Bob and Jean Young were special guests. Members and guests received at least one door prize or centerpiece. Centerpieces and favors were made by members of Imiola club.





**NOVEMBER PLT PROGRAM: QI GONG EXERCISES BY JIMMY AND PUA KEKINA**



Exercise while sitting? Is it beneficial? Why should I exercise? Jimmy and Pua lead members in a number of exercises that can be done sitting for your feet, hands and other parts of our body. Gentle stretching and meditation exercises will keep your upper body flexible, strengthen the immune system and manage stress. Pictured is the exercise to warm your hands and exercises using animal sounds to help with various parts of your body. An example is the tiger: "As the courageous tiger prowls through the jungle, so do you. Feel yourself slowly creep up, behind the tall grass, brushing your muscular shoulders against it. Transforming, you fall into a trance. You tighten your fingers, forming tiger claws. Your shoulders roll forward as you prowl through the jungle. Anger runs through your body as you give out a loud 'GRRRRRR.' You feel your liver and gall bladder rumble within although you continue to 'GRRRRRR' louder and louder. You are a brave tiger!" Members made various sounds of the Monkey, Bear, Bird and Deer. Pictured are members doing the tiger exercise. Later this year, a book about Qi Gong will be published and later a video of the various exercises.

**CLUB NEWS:**

**HUI O'MAKANI NEWS:**

After sharing our traditional November pupu dinner, Hui O'Makani's 2015 officers were installed by Pat Kubo at their November meeting. Officers are President Annie Sagawa, Vice President Natalie Oda-Lee, Secretary Florence Ouchi, and Treasurer June Tom. The officers feel fortunate for having fellow members who take efficient responsibility for various standing and special committees. We are looking forward to another good year of fellowship.

For Makani's October program, Nancy Arakaki not only taught us how to make a miniature Hawaiian angel, but also brought all materials and tools. The angel can be used for a Xmas pin or tree ornament. Thank you Nancy! →



*He's watching you on Facebook!*

## Hui O'Makani News Continued-



Members recently toured the Manoa Chocolate Factory in Kailua. The friendly atmosphere allowed them to hear all about how their chocolates are made (chocolates are from Costa Rica and other parts of the world as well as Hawaii). Members were treated to the tasting of various chocolates such as goat milk and Hawaiian Sea Salt as well as many others. Members purchased their tickets thru Living Social network for half of the normal cost. Well worth their time and expense.

Lei Chow is making good progress and sent her greetings to all of her FCE friends. Charlotte Muraoka recently broke her hip and is now recovering. We will miss her as she recovers and gets stronger.

### IMIOLA NEWS:

Carole Mulford taught members how to make her famous Bandana Lei for her leadership program in September. The original instructions were from Kimi Yoshida of Kaala Club of West Oahu Council many years ago. Carole has modified the instructions several times and has made a few hundred. Her own collection is over 50. They are great gifts and sells well at craft fairs.



### Installation Preparation

Imiola members prepared for the Installation of Officers on November 11 by making yoyos to be attached to pens and a lamp for the centerpieces. Chutima Leider also made calendars for members. Jacquie Maly put the finishing touches on our favors and centerpieces. What a terrific job as they came out beautiful.



Officers for 2015 were elected. President: Jeanette Pang; Vice President: Carole Mulford; Secretary: Jacquie Maly; Treasurer: David Haituka; Historian: Ruth Haituka. We look forward to a very busy year and fun year!

Jackie Chong is recovering from hip surgery and Donna Chong is still having treatments for her cancer. We wish them well as they deal with their medical situations.

MERRY CHRISTMAS AND A HAPPY NEW YEAR FROM WINDWARD OAHU MEMBERS!