



# The Homemaker Echo

Official Newsletter of the Hawaii Association for Family and Community Education

June 2014

Volume 40 Issue 2

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**Go Paperless!** ~150 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:

Denise Smith  
Homemaker Echo Editor

[cdsmith2139@gmail.com](mailto:cdsmith2139@gmail.com)

650 969-3422

## From Milo's Office ~

Aloha All,

I was just looking at the calendar and thinking that the year is half over. Where does the time go? In a little over a month Sally Bowman, Denise Smith and I will be winging our way to Tucson, Arizona for the FCE National Conference. I have booked my airfare, hotel and registration. While we are there we will avail ourselves of the different workshops, tours, and go to endless meetings. We will also try to make ourselves useful and help where help is needed. We will be renewing friendships with people from different states that we have met in the last few years. It will be an exciting time and I am looking forward to it.

When I get back from National it will be time to concentrate on the different things that need to be done for our own state convention in October. Maui FCE has been working hard to put an awesome convention together for us. I hope that you are all planning to go.

If you are thinking of attending and have never gone to a convention before please apply for a First Timers scholarship from HAFCE. You can find the application on our website, [www.hafce.org](http://www.hafce.org). It does not pay for everything but it will help you get there at a lower cost. So make sure that you get your application filled out and in the mail soon.

On another note, I would like to congratulate Ernelle Lum, who was selected as our 2014 Heart of FCE. Ernelle is a member of Palisades Club in South Oahu Council.

As usual I want to remind you to get your reports in to the right people so that at the end of the year they won't have such a time consuming job of putting all reports together.

Have a great summer, stay safe and healthy.

*Milo*

"Seeking a 1953 edition of Favorite Recipes for Islanders cookbook by the Hilo Extension Homemaker's Council."

Please email Julia Zee at [zee@hawaii.edu](mailto:zee@hawaii.edu)

## *From the Editor*

*Clarence and I love having Hawaii FCE visitors! Here's some who have come this year.  
~ Hugs, Denise*



*Oarlene Wingate - May  
Hilo Council*



*Jean Young - March  
Retired CES*



*Trish Macomber - May  
Retired CES & Hilo Council*

## *A Reminder*

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

Hi Everyone! Greetings to all of you. It's been a trying few months but with your prayers and warm get-well wishes I'm on my road to recovery. It's a slow process but I'm a very patient person and the light at the end of the tunnel is shining ever so brightly. Thanks to all of you for thinking of me and for your beautiful cards.

As I reported to you in the December Echo, our Programs for 2014 are as follows:

Dress a Girl Around the World (International)

Fall Prevention (Health)

FCL Training (Leadership)

Please continue sewing your dresses for the Dress a Girl Around the World project & you can send them to me at PO Box 7166, Hilo, HI 96720. I will see that Jen Laris receives them so she can add them to the other dresses she's sending out. As we continue this project, please oil up your sewing machines and start sewing! Thanks so much for the lovely ones you have completed thus far. I'm looking forward to the next batches you will send me.

The FCL Training will commence with a Parliamentary Procedure class on Sunday at the State Convention on Maui in October. This class will be taught by our own Ms. Oarlene Wingate.

Hope you will all consider attending this convention because you will not only learn a lot, meet a lot of other FCE sisters and make new friends but you will have a lot of fun as well. Hope to see you in Maui.

In July, we will be attending the National FCE Conference in Tucson, Arizona. I am really looking forward to it because it not only is my first National Conference but I'll be able to see and feel the heart of this organization. I know they have three new Hearth Fire booklets to introduce us to and I am anxious to share them with you all.

Have a wonderful summer and stay healthy and happy! See you on Maui!

Trimble Foundation  
Pat Kubo

Thanks so much for all the lovely donations that have been arriving for the Trimble Fund Raiser. So far, 37 items have been received. I would like to thank members from these clubs - Imiola, Hui `O Makani, Palisades, Hui Holomua, Puna Wahine, Pukalani, Hui `O Wahine, Kukuiolono, Hanalima, and Ho`ike for their beautiful handcrafted items. Pictures of these items will be sent to all clubs. Please continue to send in your donations. Mahalo!

Scholarship Fund Donations  
*Susan Yee*

Thank you to *Joan Chong, Rhoda Yoshino, Edna Baldado, and Susan Yee* for their generous donations at the 2013 HAFCE Convention. During the 2013 HAFCE Convention the Scholarship Tree collected \$444.00 – Thank you much!

I would like to remind our members that donations can be made to the many SCHOLARSHIP funds that HAFCE offers its members throughout the year. Donations can be made at any time to the following:

- Honor Fund – In Honor of or In Memory of: friends, relatives, members, etc.
- General Scholarship Fund
- Scholarship Tree

Submit your donation to HAFCE Treasurer Bernie Tangalin using the Scholarship Donation Form available from your council president or by contacting Bernie at [bernie.tangalin@yahoo.com](mailto:bernie.tangalin@yahoo.com). The scholarships offered by HAFCE include First Timers to attend a state or national convention, leadership development programs, special education events and FCL leadership training.

Your generous donations are much appreciated and will keep our Scholarship Awards going for members.

Membership Chair Report  
*Susan Yee*

To date we have 11 new members. Hopefully, we will be having the New Member contest at the 2014 HAFCE convention.

COUNCIL TREASURERS: please email me the sponsoring member's name and club for your new members.

Thanks, Susan

HAFCE Youth Education Chair Report  
Laurie Ho

Greetings to all from the Garden Island of Kauai! The 2014 CHARACTER COUNTS! sm essays & artwork have been received. Mahalo to: Maui FCE ~ Ester Felipe; Windward Oahu FCE ~ Pat Kubo; Hilo FCE ~ Elizabeth Salfen & Kauai FCE ~ Sanae Morita for sending in your entries.

This year's essay and artwork contest focused on the character "respect." The judging priorities were changed this year ~ 30 points for drawing & creativity; 20 points for vocabulary; 10 points for neatness; 10 points for grammar; 10 points for punctuation & 10 points for sentence structure.

The placements are as follows:

First place: Hauoli Kalipi from E.B. DeSilva Elementary School wrote a 100 word essay & a cute illustration ~ Hilo FCE



Second Place: Kayla Munoz from Kapunahala Elementary School demonstrated excellent use of vocabulary using big adult words ~ Windward Oahu FCE

Third Place: Zaiyena Miguel from Eleele Elementary School drew a treasure map with "respect" being the prize ~ Kauai FCE

Honorable Mention: Brianna Sowers from Emmanuel Lutheran School with a story about Whistling Walter ~ Maui FCE

# Character Counts! sm Winners



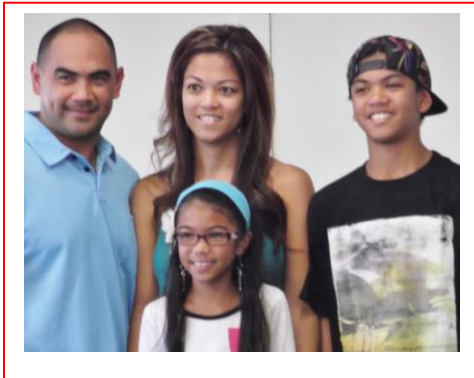
Windward Oahu FCE

Mrs. Diane Hirta, 3<sup>rd</sup> place Chazmine Oda, 2<sup>nd</sup> place Kaleb Kapiko, 1<sup>st</sup> place Kayla Munoz



Maui FCE

Briana Sowers 1<sup>st</sup> place, Tiana Medeiros 2<sup>nd</sup> place, Raqual Palmeira 3<sup>rd</sup> place



Kauai FCE

**Zaiyena Miguel** from Eleele Elementary School was the 1<sup>st</sup> place winner in the KAFCE contest. She is pictured here with her parents and older brother. This enabled Zaiyena to represent KAFCE in the State wide CHARACTER COUNTS!sm competition. She placed 3<sup>rd</sup> at the HAFCE level.



Kauai FCE

Everyone is a winner! 3 honorable mentions, 3<sup>rd</sup> place, 2<sup>nd</sup> place and 1<sup>st</sup> place winners! Kauai DOE District Superintendent **William "Bill" Arakaki** congratulates all the students.



Kauai FCE

KAFCE hosted a potluck luncheon for 35 family members of the CHARACTER COUNTS! sm program participants, 4 fourth grade teachers, and the Kauai District Superintendent of the DOE.



Hilo FCE

**HAFCE First Place Winner** - Hauoli Kalipi of E.B. DeSilva School, Hilo with her teacher Tracie Yamashita

# Handcrafted Creations for the Trimble Foundation

The Trimble Foundation would like our wonderfully talented HAFCE members to share their handcrafted creations. Each club, Past-President, and HAFCE Officer is asked to donate one handcrafted creation. But this shouldn't stop you from donating more than one! Do you crochet? knit? sew? make jewelry? quilt?

No crafting skills? Don't worry! There are a lot of craft fairs where you can pick up items!

Due dates -

June 1, 2014 Submit crafts along with the name of the member whose talent we should recognize! After this date, photos will not be included in the information sent out. Donations will still be accepted until October.

July 15, 2014 Photos/information will be sent to each club.

Sept. 15, 2014 Return money and unsold tickets. Checks for sold tickets should be made to the Trimble Foundation. (Cost per ticket - \$2 (or 3 tickets for \$5)

Sept.30, 2014 If you would like your tickets sorted for you; please return them by this date. Otherwise, bring them to the convention and sort them into the correct containers.

.....  
Mail to - *Patricia Kubo, 1450 Akialoa Place, Kailua, HI 96734*

This item was (circle) handcrafted/donated by \_\_\_\_\_ (name)  
from \_\_\_\_\_ Club \_\_\_\_\_ Council.

Description of item \_\_\_\_\_  
\_\_\_\_\_

.....  
Mail to - *Patricia Kubo, 1450 Akialoa Place, Kailua, HI 96734* (**Due 9/15/2014**)

\_\_\_\_\_ I would like \_\_\_\_\_ more tickets sent to me.

\_\_\_\_\_ I am enclosing a donation check made to the Trimble Foundation for \$\_\_\_\_\_ for  
\_\_\_\_\_ tickets purchased.

\_\_\_\_\_ I am returning \_\_\_\_\_ tickets.

Name \_\_\_\_\_ Address \_\_\_\_\_

Club \_\_\_\_\_ E-mail \_\_\_\_\_

## Ways and Means Report ~~ by Dana J.B. Morifuji

Your Quality Gift tickets have been distributed to your Council Presidents and I ask you to sell all and more. This is our only fund raising activity for HAWAII FCE. It is important!

The money that we raise with this drawing is the only money that funds the yearly budget. If you need more tickets please contact me at 808 895 2352. Thank you for your help.

## Dress a Girl Report

The fall shipment of 253 dresses, to the Philippines, that was our Oct., Nov. Dec. total, was shipped mid-Jan., and just arrived at my Rotarian International Contact in Rosario Cavite. True, most do not take this long; however, with all the storms raging in the Pacific, it takes patience. Gabe Santos just e-mailed me yesterday, that the box arrived, and they will be distributing our dresses, along with shoes, to the needy in a different area, further south of him, where they are desperately needed. Pictures will be on his web-site so if you are dressing girls around the world or know someone who did, please pass the word. I will inform you of that site, and when they are posted!

Fifty lb., of dresses are being taken in 2 weeks by missionaries of the Sure Foundation in Puna.

They are going north of Manila, to a mountain area. Then in July, missionaries from Glad Tiding church are taking 75 dresses to the Marshall Islands. I've also been asked by the church we gave to last year for Operation Christmas child's shoebox ministry. So DAG is still growing in Hilo. Please know that many of these seamstresses are using up their FCE labels.



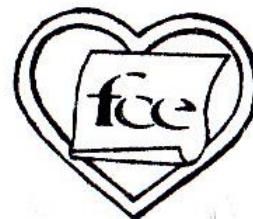
Aloha ke Akua, Jen Laris  
East Hi. Ambassador for Dress a girl  
International

### 2014 Heart of FCE ~ Ernelle Lum

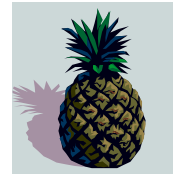
Ernelle has been an active charter member of the Palisades FCE Club for 45 years. She uses her leadership skills to coordinate South Oahu's Education Workshops and her current community service projects which include:

- Developed an ongoing partnership with **Queens' Hospital's cancer** unit and has donated over 300 "Journal of Love" Booklets.
- Coordinated the **Waiau's Seniors Christmas project** for the Pearl City Convalescent Center
- Participated in the **Shoe Box** project for children

Ernelle's goal to excellence is a contributing factor to our FCE image by seeking ways on how to be an important part in our family and community



## Hamakua FCE Council – President Dana J.B.Morifuji



Our council has been working on increasing our membership. We have several potential members who have been attending our monthly meetings, learning about FCE and its value to our community. Our focus has been ongoing and strengthening our club so we can work on programs and projects that will help our community. For Mother's Day we gathered flowers from member's yards and made beautiful floral arrangements and gave them to Hale Ho'ola (the long term care facility here in Honokaa). The clients and staff enjoyed them. We helped the Hamakua Lions Club with vision testing for the students at Hale O Keiki. We serviced the students that will be going to Kindergarten in August. It was such great fun dealing with those 4 and 5 year olds! We will be assisting the Hamakua Lions Club On their Highway Clean Up Day by picking up trash on the highway leading into Honokaa. This will happen on June 22, 2014. Our clubs are small so we thought that this would be a good way to get the jobs done, by partnering. On June 28th we will be going on an outing up to Carol Yurth's yard and garden in Ahualoa. She has arranged for a speaker to talk to us about composting and worms. We will then have a potluck picnic lunch. We think this will help us grow flowers that will be even more beautiful and plentiful for Mother's Day, next year. We are excited about our club and enjoying sharing FCE with our new members and community.



## Hilo FCE Council – President Elizabeth Salfen

Hilo FCE Council has been very busy. Team work has been very important in the last three months. Once again you can always do more when you work together as a team. The annual FCE Fair was held on May 3 and was very successful. All of the clubs participated in our event; clubs sold crafts, jellies, food items, and plants. Nu Oli club demonstrated cooking with the taro plant and Edna Baldado's samples were delicious! We are currently planning our annual Rummage Sale. This is our Council fundraiser and as always it will be full of treasures. All of the clubs have been participating in the planning of this event. It always is easier to plan an event when we all work together as a team. Everywhere you look around our island we see campaign signs - this year Hilo Council is planning its Candidates Forum. In 2014 we have invited **90 candidates** to the forum which will be held on July 16<sup>th</sup> at 6:00 p.m. at the University of Hawaii at Hilo. Each candidate will be given 3 minutes to speak to the group and later can talk story over the wonderful refreshments provided by all of our clubs. This is a great opportunity for our community to educate themselves on all of the candidates and issues. Currently clubs are planning our annual Rest and Relaxation weekend and our Tri-Council event. I want to thank all of the Hilo Council Members for their support, willingness to take on leadership roles and working together to make FCE fun!

## Maui FCE Council - By Melinda Ishii



Maui FCE members and guests toured the new shopping complex across the street from Baldwin Yamamura, the Hawaii FCE Home & Community excursion. Her inspiration was the Hearth Fire Series # 4 booklet. Several members were brave enough to try out the self-serve check out. Our guide helped us along and we all passed with flying colors. After the tour the group met at the UH Maui College CSB building for fun games of "Supermarket Bingo" and lunch. April's Association meeting hosted the CHARACTER COUNTS! Essay and Art Contest Maui awards recipients and their families. Ester Felipe, project chairperson presented the awards and recipients read their essays to an appreciative audience. This year's awards all went to Emmanuel Lutheran School students as follows: First place, Brianna Sowers; Second place, Tiana Medeiros; and Third place to Raqual Palmeira and Meleani Sjostrand. The awards were followed by a demonstration of the Portuguese style corn meal squares by Haiku club president, Melinda Ishii and refreshments. Shirley Evangelista, the Maui International chairperson, with

Safeway store in the new Maui Lani High School on March 22. Ruth chairperson spearheaded this

the assistance of her aunt, Ruby Evangelista provided members and guests with a memorable visit to her homeland, the Philippines, for this year's International Day program. On May 3, the morning started with the making of open ended floral wreaths used in the opening processional dance of the flowers in celebration of Flores de Mayo. There were displays of clothes and vegetables commonly used in Filipino cooking. Participants were taught how to prepare pumpkin (Calabaza) flowers and Catuday flowers for a soup. The morning ended with a tasty Filipino meal of soup, green papaya salad, sweet rice, and deserts. Did you know that the Sampaguita (pikake) is the Philippine national flower? June's Health program was in collaboration with the Kaunoa Senior Center's Fall Prevention program held at the Kaunoa Senior Center on June 7. Colette Dang, Maui's Health chairperson, with the help of Margaret Raymond Maui, FCE president, provided refreshments for the group. This informative program was led by Jackie Boland from AARP Hawaii and Stan Michaels, of the Hawaii DOH Injury Prevention Group. There were several quick presentations by the Maui Falls Prevention Coalition Panel. Mr. Glen Sakai, of the Tai Chi for Health Institute led the group through the rudiments of Tai Chi. Did you know that "Getting Old is Not for Sissies"? Ha! You could have fooled me. Several assistive devices were also on display. Don't let a fall lay you low. Check your home out for preventable hazards. Slow down; look where you put your feet. Be aware that some medications may cause dizziness. Have your eyes checked regularly. Keep active. Be safe.



Members completed 36 toiletry bags



Irene Machida demonstrating spam musubi with pickled greens which added a refreshing flavor to the musubi.

Members sorting out toiletries to distribute to Women Helping Women shelter.



Maui International Day Celebrations



Ruth Yamamura checks out the Safeway self-service checkout stand →







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

Aloha from the Friendly Isle! To help the Maui convention committee, I am the chairperson of the memorial service. To all who submit names of deceased members – send your information to my address: Gladys Brown PO Box 484, Kaunakakai, HI 96748 or to my email address, [gbrown6426@hawaiiantel.net](mailto:gbrown6426@hawaiiantel.net). Be sure to bring a photograph of person to the convention. They will all be included in the ceremony. THANKS.

On my birthday I received greetings that I loved. Thanks to good friends I was remembered well. Thanking all the Maui Council in advance for their efforts to make this convention the best ever. Waiting for the date with anticipation. Helen and Elsie not very well. Please pray for them! Not so good myself but hanging on tight! Love you all.....Cookie Brown

## South Oahu FCE - President Susan Yee

**Congratulations:** To Ernelle Lum for being selected Hawaii’s 2014 Heart of FCE. A well-deserved honor!

**FUN DAY:** Thank you – **Alice** - for chairing the “Oahu Fun Day activity”. The FOOD was ono-licious (Thank you David, Betty, Marge, and Ruthie!), speaker was good (thank you Dixie), crafts were very easy and simple (thank you Pat and Deanne), bonding was FUN (thank you Happy Hens), and the FELLOWSHIP was the greatest (THANK YOU ALL FOR YOUR ATTENDANCE)! Thank you to the committee members for YOUR sweat ~ Good Job Kaimuki – hope you’ll chair it next year!!

**WORKSHOP PROGRAMS:** Memorials/Traditions: Very interesting topic – Thank you to Happy Hens (Canada), Kaimuki (China – Ching Ming), and Palisades (Obon). The displays were GREAT! ~ bios were OUTSTANDING! ~ and the food was SCRUMPTIOUS!! Congratulations on an excellent PLT!!



**COMMUNITY SERVICE PROJECTS:** Dress a Girl: Thank you Kathy for chairing this event. So far, there were about 35 dresses – donated to Institute of Human Services..

Journal of Love: Ernelle and some South Oahu members decorated and donated over 150 journals to Queen’s Cancer Outreach program in March....

AG Day and March’s 2<sup>nd</sup> Saturday at Urban Garden Center – Thank you Windward and South for your participation. There were over 400 students/ teachers and the public who visited our exhibit. Mahalo to the volunteers for spending a few hours from their busy schedule to help.

## WINDWARD OAHU FCE – President Ruth Haitzuka



***AG Day at Urban Gardens & Second Saturday at Urban Gardens***



Friday, March 7, South and Windward Oahu members worked together to inform students on the 3 “R’s” and demonstrated and made Angry Bird Kendamas using recycled items to 150+ students and their leaders. Saturday, March 8, members participated at Urban Gardens’ Second Saturday open house to the public with the theme “Environmental Awareness Day.”

## MARCH PLT: INTERNATIONAL - CARDS



*Photos: Pat Kubo; Lillian Tim Sing, Maggie Schulte, Jordan Lane; Donna Chong, Jackie Chong, Carole Mulford, David Haitsuka, Ketzen Lane; Annie Sagawa, Nancy Arakaki, Emily Deai, Jeannette Pang.*



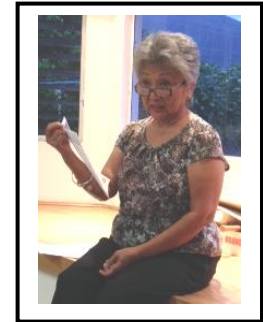
On March 25, 2014, the members of Windward Oahu Council met to play cards. Pat Kubo presented a brief history of cards. She told the group that cards originated in China around the 9<sup>th</sup> century and were developed after games such as mah jong and dominoes. She shared an old mah jong set made of ivory and bamboo. Cards were handmade, expensive and owned by the rich. Later, cards spread throughout Europe from Egypt in the 14th century. Cards have been banned and taxed. Members brought several sets of Hanafuda cards and David Haitsuka presented the members with a color copy of instructions for the game. Everyone divided into groups of four to play. Members, some who had never played before, enthusiastically learned the rules and games. Snacks were provided by the members who took a break before returning to their games. The night air was filled with laughter and voices yelling "yaku!"



## APRIL PLT: AUTISM/MAKE A MEMO BOOK

### AUTISM SPECTRUM DISORDER

Dr. Dixie Dumaran spoke to the group about Autism Spectrum Disorder (ASD): a developmental disability caused by differences in the brain. Nothing about how people with ASD look set them apart from others but they communicate, interact, behave, and learn in ways that are different from most other people. Children or adults with ASD might: not look at objects when others point to them, relating to others, avoid eye contact; want to be alone, trouble understanding people's feelings, prefer not to be held or cuddled, unaware people talking to them; repeat or echo words or phrases, repeat actions over and over among a few. If you think your child might have a problem, see your doctor; ask for referral to see developmental pediatrician or specialist. Contact your local early intervention agency for children under 3 or local public school for 3 and older even if your child does not go to school. Contact National Information Center for Children and Youth with Disabilities at [www.nichcy.org](http://www.nichcy.org) or Center for Disease Control and Prevention – Autism Spectrum Disorder Web pg. <http://www.cdc.gov/ncbddd/autism/links.html>.



### AUTISM – HEARTH FIRE SERIES #50

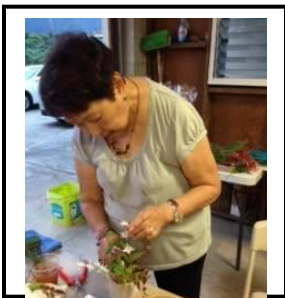
Pat Kubo presented a skit based on the NAFCE Hearth Fire book "Woman to Woman ...How do we talk about Autism?" Autism isn't a disease – it's a condition that causes one's body to react to its environment differently than anyone else. Not contagious, no retardation. Some have been diagnosed to be highly intelligent! Pat also gave other information regarding Autism.



**MAY PLT: Alzheimer's & Dementia** – Guest Speaker, Pam Yuen, Program Coordinator, Alzheimer's Association, Aloha Chapter, spoke to our members on May 27<sup>th</sup>. Do you know the 10 signs for early detection? Here they are: 1: Memory changes that disrupt daily life; 2: Challenges in planning or solving problems; 3: Difficulty completing familiar tasks; 4: Confusion with time or place; 5: Trouble understanding visual images and spatial relationships; 6: New problems with words in speaking or writing; 7: Misplacing things and losing the ability to retrace steps; 8: Decreased or poor judgment; 9: Withdrawal from work or social activities; and 10: Changes in mood and personality.

Diagnosis: earlier the better. It may not be Alzheimer or Dementia at all. Some detected problems can be treated or reversed. Some can be life threatening if not detected or treated promptly. It's important not to ignore changes or assume it is Alzheimer's. Physicians' tests can identify disorders that may cause memory loss, confused thinking, and trouble focusing attention or other symptoms similar to dementia. Possible disorders include Anemia or certain vitamin deficiencies, excess use of alcohol, medication side effects and certain infections. With early diagnosis you can get maximum benefit from available treatments, explore treatments to provide relief of symptoms, early treatment may help individuals remain independent longer and offers opportunity to participate in clinical trials. With early diagnosis you can have more time to consider and plan for the future, participate in arranging your own care, living arrangements, safety, financial and legal matters, transportation, empowered to make decisions and build the right care team and social network. So plan for the future – seek legal advice and services, identify and complete legal documents, make plans for medical and treatment decisions; make plans for finances and property and name a person to make decisions on your behalf when you no longer can. REMEMBER, YOU ARE NOT ALONE: THERE ARE RESOURCES TO HELP.

### **JUNE PLT: Ikebana**



Charlotte Muraoka and Pat Kubo led the group in a demonstration and hands on art of Ikebana. Ikebana started in the 6<sup>th</sup> century in Japan, as part of the Buddhist practice of offering flowers on the altar. The word "ikebana" – "ike" means lake, "ba" means priest, "na" means possessive form, thus ikebana translates to "priest of the lake". First practiced by the imperial family and nobles as well as samurai warriors, Samurais practiced the tea ceremony and ikebana before entering battle to purify their heart and minds. In the 15<sup>th</sup> century it spread to common people and by the mid 1800's, women were educated to be "good wives and mothers" and no longer decreed that ikebana was for only males.



*Left - With vases, flowers and ferns in her hands, Charlotte demonstrated the techniques of Ikebana. Above right - Various ikebana arrangements by members.*

### **FUNDRAISING EFFORTS FOR TRIMBLE FOUNDATION**

Windward Oahu Council has reinstated its Trimble Foundation Fundraiser by selling raffle tickets at its club and council meetings. Tickets are being sold at club meeting so that members not attending council meeting can participate along with members who attend the meeting. Each raffle ticket costs \$1.00 and members can purchase as many tickets as they wish. At each council meeting, a club is assigned to bring three prizes with a value of at least \$5.00. From the raffle tickets purchases, names are pulled and winners announced. Our last council meeting will be in November. An accounting will be reported to members at this meeting and a report will be given to Pat Kubo for the Trimble Foundation. So far we have raised \$88.00 for Trimble!

## **Windward Oahu Continued:**

### **CHARACTER COUNTS!sm CONTEST WINNERS**

Kapunahala Elementary School's winners for the annual CHARACTER COUNTS!sm Contest were from Mrs. Diane Hirata's class. They were Kayla Munoz (1<sup>st</sup>), Kaleb Kapiko (2<sup>nd</sup>) and Chazmine Oda (3<sup>rd</sup>). A total of \$100 was awarded among the winners. Each participant was treated to goodie bags with donations from FCE members and refreshments were given at the awards ceremony. Mrs. Hirata looks forward to next year's contest and hopes to get the other grade level classes involved.

### **SERVICE PROJECT: FAMILY PROMISE**

Update: As of May 13, 2014, members have provided Family Promise with basic need items (paper towels, paper napkins, toilet paper, baby products, bath soaps, shampoos, conditioners, toothpaste, body washes, detergents, dishwashing soaps, personal care items to name a few have been given to Family Promise. The value of these items is valued at \$420.00. Members will be donating to Family Promise through the end of the year. Stay tuned for our next update in September.

### **Fun Camp!**

Windward and South Oahu members spent the day at Ho`omaluhia Botanical Gardens in Kaneohe for a fun day filled with lots of laughter, fellowship, crafts, and ono-licious food. Members were treated to crafts taught by Pat Kubo (Rainbow Loom Bracelet) and Deanna Kaopua (Memo Books), games and songs lead by Kathy Uehana, mini



bazaar items for sale and Chef David Haitzuka along with his assistant, Ruth, provided Portuguese Bean Soup with Egg and

Chicken sandwiches with all the fixings, along with veggie sticks by Pat Kubo and Dixie Dumaran providing Chips. Guest Speaker was Debbie Hart of Child & Family Service speaking on the topic "Parents Taking Care of Parents". Everyone had so much fun and lots of laughter was heard throughout the day.



### **Hui O'Makani Projects:**

**February** – Annie Sagawa's daughter Susan Stewart, a club member who resides in Seattle generously prepared the materials to make useful gift cards.



**March** - Dr. Susan Vicenti, a local obstetrician, assisted by her nurse Sharon, shared her enthusiasm with members for succulents. Using chicken wire, absorbent paper (newspaper ok), potting soil and Xmas tree ornament hanger wires (to secure succulents to media), she demonstrated how to create one-of-a-kind succulent arrangements. Especially attractive was a succulent garden in a no-longer-used leather purse.





**April** – Members enjoyed learning from our talented Program coordinator Natalie Oda-Lee how to make adorable bead bunnies.

**May** – To celebrate May Day, stories were shared about special leis worn by members. We also shared memories of long ago Hawaii May Day celebrations.

**Hui O`Koolau News: St. Patrick's Day, Rag Rugs, Waioli Tea Luncheon**

Maggie Schulte wrote the following regarding Koolau News: At our **March** meeting which was held at Eleanora Cadinha's home in Kaneohe, we were treated to an early St. Patrick's Day meal. Prepared by none other than our club's top chef, Eleanora! We had a most sumchious lunch of corned beef and cabbage with potatoes, carrots, onions, cabbage and of all things – Portuguese sausage – with corn bread. After our meeting, we had a decadent strawberry Boston Crème Cake to celebrate members' birthdays for the months of January thru March. And after all that, member Katie Vodovich taught us how to crochet rag rugs using old sheets torn into strips. It was difficult at first but those that knew how to crochet finally got the hang of it. Here's a picture of Maggie Schulte with her completed rug, which took her about 2 weeks to finish.



In late **April** as part of our Easter treat to ourselves, eight Koolau members enjoyed a beautiful lunch at the Salvation Army Waioli Tea Room in Manoa. It was a beautiful breezy day in Manoa with a slight mist. Scones given prior to lunch were very tasty. The Tea Room is famous for their curried chicken salad. Dessert?! Decadent for sure. We all shared a strawberry cheesecake because our lunch was so fulfilling.

**Imiola News:**

**February** craft idea was presented by David Haitzuka – Necklace using raffia, beads and a honu coconut decal. He tries to come up with simple ideas that our ladies can make without too much hands on work but looks great wearing as an accessory.



**March:** Hand sewn memo books created by using recycled cereal, soda, food and other boxes and sample wall By cutting folder paper (1/4 inch scrapbook paper to size of the using an awl, punch holes to sew (Note: cover of memo book can later glued.) After completing,



sewing. Along with the simple notebook, Ruth brought a pretzel, kisses and M&Ms.

St. Patrick snack made of



**April** brought us a Hawaiian Angel taught by Jacquie Maly. Members have been waiting to make this particular angel (on left) for a long time. Although very time consuming, members worked carefully under Jacquie's guidance. **June** brought lei making lessons. Jeanette Pang taught members to make ribbon leis as shown on right. Serious attention was needed to focus on the directions when weaving your ribbons.

