



The Homemaker Echo

Official Newsletter of the Hawaii Association for Family and Community Education

March 2014

Volume 40 Issue 1

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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

650 969-3422

From Milo's Office ~

Aloha Members,

We are already into the third month of the Year of the Horse. Hope things are going good with you.

We should be all getting ready to turn in all reports to whoever they go to. Our deadlines for the NAFCE reports are due by the 15th of April. So that means that the chairs should have the reports by now. Please turn them in.

We are working on the Mid-Year Meeting which will be held on the 27th of March. If you are a President, Ed. Chair, or a Standing or Organizational Committee Chair, please turn in your reports to Secretary Kathy Uehana so that she can get them to all of us before then.

Before we know it some of us will be going to Tucson, AZ for the National FCE Conference. I think it will be a good one and if you are thinking of going please let me know. I will soon get the agenda and will pass it on to all that are interested. I have gone to 2 National conferences and when I get back I feel so happy and proud that I am an FCE member. I come back rejuvenated and raring to go. So think about going and let me know.

I know that all of you are working hard on different projects for your councils and clubs. Don't forget to document everything so that it will be easy to make reports.

Have a great Easter Season and take care *Milo*





Helaine Sakugawa, Lynn Barut, Rae Kobayashi, & Katsuko Enoki

From the Editor

A Reminder

The deadline for articles for the next issue of the Homemaker Echo is: **June 10th**

Please send articles and photos to:

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Mountain View, CA 94041 OR

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

Pukalani FCE News - January 2014 From: Ruth Yamamura - Maui

Kats Enoki will lead the Pukalani FCE Club for the next 2 years. Other officers are Rae Kobayashi, Vice President; Lynn Barut, Secretary and Helaine Sakugawa, Treasurer.

Serving as officers and educational chairs for Maui Association for Family and Community Education from our Pukalani Club are Vice President - Lynn Barut, Treasurer - Andie Simon and Past President - Margaret Raymond. Educational Chairs for the MAFCE are Margaret Cambra - Leadership; Ester Felipe - Youth Education; Budget and Finance - Andie Simon; Lynn Barut - Nominations and Awards; Chaclyn Barut - Scholarship and Kats Enoki - Trimble Foundation Distribution Committee.

Hilo Council –President Elizabeth Salfen

The beginning of 2014 has been eventful and the Hilo FCE Council is growing. We have at least three new members to welcome to FCE. The Hilo Council Clubs are busy collaborating for a year of educational events.

So far this year we have had a Paper Party where our speaker, Shawndra Holmberg, taught us how to manage our paper “clutter”. She had many useful tips as well as reminding us that maintenance of our paper is the key to success. You need to commit a certain amount of time to maintenance for it to work and take it one step at a time. I think this is a lesson we all must learn no matter if it is paper, losing weight, eating better, or doing our Council Reports - just take one step at a time!

In March we had the annual International Friendship Tea. This event is one of my favorites, as we get to learn about other country's cultures and eat their foods. As always, the members of FCE can cook and I am so delighted with the new treats I have tasted.

We are planning our Annual FCE Fair and the Annual Rummage Sale. Our clubs continue to collaborate to make each of these events very successful. The Hilo Council members are busy making craft and bake goods to sell at our Fair and are using Shawndra's ideas to de-clutter our houses for our annual Rummage Sale.

Thank you to all of the Hilo Council members for working together to make each event successful, educational and fun.

HAFCE Home and Community Environment Chair Report ~ Ruth Yamamura

Happy New Year to everyone! Time is flying and already it's March. I have received only 1 report this year. Clubs and councils can turn in their reports for action, education and leadership at any time. Please don't wait until the last days before the deadline to send in your reports. Last year there were no reports in the leadership category. I am aware that many of the programs or projects fall into the action or education areas.

I want to effectively collect information about your activities so when you submit reports, please indicate the category as to action, education or leadership as well as the type of program - whether it's national, state or other. Some reports I've received failed to indicate the category and some reports had both action and education.

Here are the 2013 winning programs - examples of good reporting!

Hilo Council: (Action) Members sewed quilted lap blankets for people in need at medical facilities and shelters. The Hilo quilters volunteered 627 hours plus donated fabrics to make these quilts.

Windward Oahu Council: (Education) FCE members taught 111 fifth graders how to use recycled materials to craft toys with the "Angry Bird" theme. Members bridged the generation gap through crafts and explored various herbs and plants. 35 volunteer hours were recorded.

Windward Oahu Council: (Action) The program was titled "Aging in Place". Members promoted FCE and Na Tutu to the public with thousands in attendance. The council collaborated with Generations Magazine, AARP and many more agencies.

Kauai Council Activities

Making tote bags



Project Grad recipients

Character Counts! sm
judges at work.

WINDWARD OAHU HAPPENINGS

January PLT: Cure for Rudeness

Based on Hearth Fire Book #54, "Is There a Vaccine to Cure Rudeness?"



Guest Speaker, Laureen Tanaka of Thriving Worldwide spoke to members about Rudeness. Her organization works with employees of companies one on one instead of holding seminars. She finds out what the needs of the company are and works with their employees.

The definition of Rude: ***Not having or showing concern or respect for the rights and feelings of other people.***

Why are people rude? People weren't born this way. People make a choice to do this, some consciously and some unconsciously. They may have had an unhappy life, bad working environment, didn't have enough sleep, money problems, etc. Generally people aren't like this. We sometimes judge people this way.

Next time you encounter someone who has been rude, stop and say, I wonder what is going on with this person. A smile, kindness, compassion or patience from you will help. In today's world, we lack these things. We need to bring it back. Go out and be kind, compassionate and have patience. You will never know if it mattered to that person. By going through your day applying this concept, it becomes a habit. Children watch us as well as adults. It's always easy to give the "stink look". Laureen said let's start the "***KINDNESS MOVEMENT***".

When someone behaves badly, we cannot change that person until that person wants to change. One day, if being treated with a smile, kindness,

compassion and patience, the person might start to see the kindness.

Law of the garbage truck. Truck collects garbage and when full, dumps its load. Let's use this as an example. So full of rubbish but they don't know what to do. They need to dump. Don't get upset and ruin your day. Everyone wants to feel they are valued.

Rudeness Quotes: Who said these quotes?
(Answers on next page)

1. "No one is more insufferable than he who lacks basic courtesy."
2. "You can be strong and true to yourself without being rude or loud"
3. "It's not a slam at you when people are rude; it's a slam at the people they've met before."
4. "The thing about hearing loss is that no one can see it. Most people are so impatient; they just assume that the person with hearing loss is being rude, or slow-witted."
5. "No matter how rudely people treat you, NEVER DEGRADE YOURSELF to their level to treat them the same way.
6. Some cause happiness wherever they go; others whenever they go.

Polite Connections:

I want to **PLEASE**
Not Now to **COULD WE TALK LATER**
Give me to **MAY I HAVE**

Power Words:

Yeah or Yah to **YES**
Oh no to **I'M SORRY**
No problem to **MY PLEASURE**
Okay or Sure to **ABSOLUTELY**
Let me see what I can do to **I'M DELIGHTED**
I'll call you back to **I'M HAPPY TO CALL YOU BACK**

Spread the joy! Communicate with thoughtfulness.
Kindness is not used enough today.

Answers to Rudeness Quotes:

1. *Bryant McGill*
2. *Paula Radcliffe*
3. *F. Scott Fitzgerald*
4. *Marion Ross*
5. *Anonymous*
6. *Oscar Wilde*

WINDWARD SERVICE PROJECT FOR 2014



An organization by the name of Family Promise Hawaii will be the service project for Windward Oahu for 2014. This organization provides a place for families 24/7 365

days a year with two sites on Oahu. Windward will be partnering with the Kailua branch. During the day, these families stay at the Kailua site but during the night, a host church in the Windward area provides them their evening meal, a place to sleep and breakfast in the morning. Family Promise tries to keep families together while they try to save their money to secure a place to rent. It also provides for all their basic necessities (toilet paper, hand towels, bath soap, detergents/softeners for washing of clothes, dishwashing detergent, diapers, wipes, toothpaste and brushes, mouth wash, etc.) while under their care. Windward Council will be collecting these basic needs at their Board, Council and PLT meetings each month. Hui O’Koolau will be the coordinating club for this service project.

FEBRUARY PLT: DISASTER PREPAREDNESS



Mr. John Commings of the Department of Emergency Management of the City and County of Honolulu, spoke to our Windward members regarding being prepared for a disaster, especially a hurricane and tsunami.

HURRICANE: He indicated that we all should “Plan and Prepare Now for the Next Disaster”.
Learn: Educate yourself on disasters. **Plan:** Create and exercise Family Disaster Plan – location of secondary meeting place and designate off island contact. **Individual, Family and Business Disaster Planning:** It is everyone’s business. Review information today to discuss with family, friends and co-workers. **Develop a 7-Day Disaster Supplies Kit:** **Water** (1 gallon per person per day for 7 days); **Food:** Non-perishable that does not require cooking – spam, corned beef, vienna sausages. **Eating Utensils:** Plates, mess kits, forks and chop sticks – don’t forget non-electric can opener! **Radio:** battery powered or hand crank radio with NOAA Weather alert; **Light:** flashlight and/or portable fluorescent light; **Spare Batteries:** check annually; **First Aid:** good kit and consider enrolling in certified first aid course; **Whistle:** important for signaling for help; **Dust Mask:** to filter contaminated air; **Sanitation:** moist towelettes, garbage bags, plastic ties for personal sanitation; **Tools:** wrench or pliers to turn off utilities, duct tape; **Maps:** local area; **Prescriptions:** special medications and glasses; **Baby:** infant formula and diapers; and **Pets:** pet food and extra water for pet(s). Remember, Hurricane season runs June 1 to November 30.

TSUNAMI: The first time the sirens blow, turn on your radio if it is not the monthly test (first working day of the month). If you are not in the tidal wave evacuation zone as indicated in the local phone book, stay put. If you are, start to gather your disaster supplies (which you have ready for emergencies) and evacuate. Evacuating early will enable emergency personnel to work in the area without traffic congestion. If you are in Waikiki, hotels will inform you of their procedures but most likely move you to higher floors. Unlike hurricanes, the timeline window is very short – depending upon location of the earthquake (4 ½ to 30 minutes). A tsunami can wrap around the island and doesn’t affect only one certain area. Of course, listen to your radio for updated reports.

OTHER WINDWARD HAPPENINGS:

Windward members are continuing to sew for Dress a Girl. We will be completing our dresses shortly and these dresses will be going to the Philippines.



Hui O`Koolau members (Norma Shackley, Lillian Tim Sing, Dixie Dumaran, Evelyn Cabral, Bernie Baker, Maggie Schulte) on their recent outing to Chinatown to celebrate Chinese New Year's. They shopped and ate delicious Chinese food.

Trimble Foundation Distribution Committee

Welcome to the new appointees Bernadette Baker from Windward Oahu FCE Council and Martha Yamada from Hilo FCE Council, who will serve a two year term (2014-2015)

Others serving on the Trimble Foundation Distribution Committee include:

Chair Lenore Klass, Kauai Council
Vice Chair Katsuko Enoki, Maui Council
Secretary Patricia Kubo, Past State President
FCE State Advisor Joan Chong
Bank of Hawaii Trustee Meleen Corenevsky

Applications to apply for scholarship or grants can be found on the hafce.org website along with other pertinent information required for the application process. The application must be postmarked by July 31 of the current year.

Each year, the TF Distribution Committee members meet to review the applications to select the winners and determine the amount of the award. Our Trimble Foundation was established in memory of Alice P. Trimble, Hawaii's first State Leader with Cooperative Extension Service. She promoted educational programs for families in the community and helped the women organize the Extension Homemaker Organization in every county in Hawaii. In 1991, the name of the organization changed to Family and Community Education.

As members of FCE, please encourage students in a Hawaii college or agencies you work with in the community to apply if their goal is to improve the health and welfare of Hawaii's people.

Oarlene Wingate

News from Molokai by Gladys "Cookie" Brown

Our Council has been having minor difficulties. Helen and Elsie have been hospitalized for a while in Honolulu.

Please pray for them. The rest of us are trying to keep on going. We need more time to spend together.

Trimble Foundation Awards for 2013

The Trimble Foundation has granted \$1,000.00 each to the following students at Maui College, University of Hawaii: Calvin Cabunoc, Jody Gonzalves, and Althea Bongolan.

Calvin Anthony Cabunoc, 2013 Baldwin High School graduate, is studying liberal arts in pursuit of a pharmaceutical degree. Jody Gonzalves will major in interdisciplinary studies with emphasis in human relations. Althea Bongolan plans to become a registered nurse and help the sick and elderly get the most out of life. She will be pursuing her education to achieve a Bachelor of Science degree in Nursing. Althea is a member of Pukalani FCE Club - Maui.

Alice P. Trimble was one of the early Cooperative Extension Service state leaders who helped grow the Hawaii Family Community Education organization (former University Extension clubs). Since 1974, the Trimble Foundation has granted funds to individuals and organizations. An individual must be a resident of Hawaii for a minimum of 5 years and be enrolled or planning to enroll at a Hawaii educational institution. Deadline for applications is July 31 of each year. Forms can be obtained through the Maui College or at Cooperative Extension Services.

For more information, contact Maui representative Katsuko Enoki at 572-8316.



Jody Gonzalves, Althea Bongolan and Calvin Anthony Cabunoc

From Vice President Sally Bowman

I will be back home with all of you soon!

FCE sisters in California

Hanging out with Denise Smith



South Oahu Council – President Susan Yee

South Oahu Clubs closed 2013 by hosting the annual "Christmas Ideas" with demonstrations at 3 various sites and over 100 people in attendance. There was prizes and food sampling.

South Oahu Clubs began the New Year by partying, partying, and partying. Each club held their own celebration. It was a fun time for all!

January: was the first Board/Council meeting for the year. Alice Kim installed the 2014-15 officers. President - Susan Yee, Vice President - Katherine Wong, Secretary - Kathy Uehana, Treasurer - Marge Sasaki, and Historian - Betty Toda.

February: was a workshop on "**Sepsis Shock - Blood Disorders/Infections**". Guest speaker Jackie Lee, RN-BC, BSN, explained "that bacterial infections are the most common cause of sepsis which kills over 258,000 Americans annually. Reduce the chances for sepsis by preventing any infection via vaccines, good hygiene, washing your hands, avoiding sources of infection and see your doctor if you have an infection of any kind.

March: Oahu FCE clubs participated and supported the CES - Agriculture Day event at the Pearl City Extension site. Over 500 - 5th graders throughout Oahu attended this event. At the Oahu FCE booth, there was a display on "Environmental Awareness" and an "Angry Bird" hands-on game that students were able to make and take home. The hands-on was Oahu FCE's version of the kendama game.

Kaimuki FCE Club is chairing the upcoming Oahu "Fun Day" program which will be held at Ho`omaluhia Park on April 26. "Fun Day" is a joint venture with Windward and South Councils participating.

Palisades FCE Club had a mini-workshop by Deanne Kaopua on how to use an iPad and smart phone. Ruth Nakasone hosted February's share and learn program, with a "Chazuke dinner".

Happy Hens FCE Club participated in the Mayor's Fair, last November; selling items made with recycle materials.

Dress a Girl – State Project

At this time I want to update you with the East Hawaii numbers for the 1st Quarter. Total numbers sent were 338 dresses. Hopefully other Councils are reporting their numbers so please share your information with Lillian Tim Sing and Pat Kubo.

279 Mission to Philippines
20 Mission to Uganda
37 Mission to Tasmania

I thought our seamstresses would take a holiday break, however since the typhoon, the community continues to respond. Our March goal shipment leaves today with a mission to Mindoro, Philippines. There is another mission taking dresses to the Marshall Islands in July.

We now have an on-going East Hawaii fund raiser, known as the "Twin Dress Fund Raiser". A few on my team make special twin dresses, same fabric but can vary in size. We sell both dresses for \$20,

Dress a Girl continued

then the donor gives one as a gift to a loved one, with the other going to a needy girl. A special picture will be taken of that special girl in the twin dress and sent or given to us. We will then, not only give to the twin dress donor a picture to share with whom she gifted, but also to the one who made the twins.

We encourage our seamstresses to make it really special, with the size noted, plus they should include their name with the twins at drop off. Nine twins have been purchased so far, and all will dress girls in the Philippines.

With these funds we will purchase elastic, bias tape, label fabric, fabric, and shipping when necessary. We will be promoting this fund raiser in the newspaper soon. So far it has only been by word of mouth.

We are so blessed, as without the dedication of all our awesome seamstresses and partners through FCE, none of this would have happened. Again, Mahalo Nui Loa for continuing this project at State level.

Aloha ke Akua, Jen Laris
East Hawaii Ambassador: 895-7795

State Project 2014 “Keeping Active”

Plan what is a good exercise for you and how often to do it. Including others helps.

SUBJECT: Know your Numbers, Reduce Risks of Heart disease – The Number One Killer of Women and Men.

Do I know the Simple 7 keys plus 2 to Prevention?

1. Control Cholesterol – is elevated at 200mg per deciliter (mg/dL) or higher. Also need to know HDL – above 60, LDL- below 100 and Triglycerides.
2. Manage Blood Pressure – Normal is 119/79 or below. Watch salt intake. Read nutritional labels and limit salt shaker and shoyu.
3. Reduce Blood Sugar – 99 or lower.
4. Stop Smoking
5. Get Moving – minimum of 150 minutes of moderate to vigorous physical activity. Housework, gardening, walking, swimming and sports count.
6. Lose Weight – more than 2/3 Americans adult population is overweight with 1/3 of us obese.
7. Eat Right – eating a heart healthy diet improves your chances of feeling good and staying healthy. Lots of vegetables, lean protein, fruits, grains, reduce added sugar.

Additional Information.

8. BMI – Body Mass Index, measurement of weight for your body surface. Normal below 25.
9. Waist Circumference – fat carried around abdomen increases risk of heart disease & Type 2 Diabetes. Measure waist at belly button. Women below 35”, Men 40”

American Heart Association has developed “My Life Check”. This will assess your health. You get a health score and learn about the “7 Simple Steps”. To learn more, visit www.heart.org/mylifecheck. Or call 1(800)242-8721. Check your own health plan web site.

You are responsible for your health in co-ordination with your physician. If you don't take care of your body, it will take care of you.

Contributed by Carole Mulford – Windward Oahu FCE