



The Homemaker Echo

Official Newsletter of the Hawaii Association for Family and Community Education

September 2014

Volume 40 Issue 3

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NAFCE Conference Report

Go Paperless! ~140 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 from hot and sunny Honokaa. The weather has been summer like and we have had temperatures in the high 80's and low 90's. I wonder how long it is going to last?

This past July Sally Bowman, Denise Smith and I went to Tucson, AZ for the National Conference. I really enjoyed myself and learned a lot. They had some workshops on Parliamentary Procedure, Power Point, and Brochures. Very helpful for the way that we are moving. Using brochures makes it easier to get our programs noticed at National FCE. We don't have to take those big poster boards any more.

I loved the comradery that we shared with the other people that we have met over the years. There was a bar area in the lobby of the hotel and every afternoon we would take it over to visit. Very few other customers so they did not kick us out.

Now we are getting ready for our own 64th convention on Maui in October. I'm busy writing reports and sending them off to whomever they are supposed to go to. I hope that you are doing the same. Please send them in so that we have a program award to send to National FCE next summer.

I would like to thank all the people that have helped me over the last 4 years, as Vice President and as President. I would not have gotten this far without your encouragement and help. You are all special people.

Aloha, Milo

NAFCE
Conference
Tuscan, AZ
July 2014

L to R: NAFCE
President-
elect Lynn
Maples, Sally
Bowman,
Milo Ferreira,
and Denise
Smith



From the Editor

A Reminder

The deadline for articles for the next issue of the Homemaker Echo is: **December 1st**

Please send articles and photos to: 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)

A special mahalo to the many members who recently agreed to receive the Homemaker Echo via email. This helps tremendously with our postal expenses for the Echo. By next year we will no longer have to use the bulk mail services via the USPS. I have hopefully contacted everyone who has an email address in Hawaii FCE, but if you know of someone who would like to receive the Echo via email and is not already doing so, please let me know!

Hugs, Denise Smith

Vice President - Sally Bowman

Aloha everyone! Hope you are enjoying the last days of summer. But man is it ever HOT!! Can't wait for the hopefully cooler days of fall.

This year is just flying on by and soon we'll be seeing each other at the State Convention on Maui. I'm really looking forward to learning new things and rekindling old friendships.

This is also a time for awards to be handed out and with that in mind, here's an update on report due dates. Please remember that without the reports, we will not have the information to make the selections and clubs and councils will not be recognized for all their hard work.

Sept. 15, 2014 - **Education Reports (June - August)**
From: Club Chairs to Respective Council Education Chairs

Oct. 1, 2014 - **Education Reports (June - August)**
From: Council Education Chair to Respective State Education Chairs

Oct. 10, 2014 - **Education Reports (Oct. 2013 - Sept. 2014)**
From: State Education Chairs to State Vice President for Awards

Please do your best to get the reports in on time so selections can be made and awards finalized. I know the clubs/councils have worked hard this year and I'm looking forward to reading about all of your endeavors.

Also as a reminder on Friday, Oct. 17th at the State Convention from 12:30 to 1:30 pm, there will be a meeting for all Council Presidents, Vice-Presidents and Education Chairs. Bring your questions, comments & thoughts. If you are unable to attend, please send your representatives. Looking forward to seeing all of you on Maui!

Trimble Fund Raiser

Submitted by Patricia Kubo

What wonderful and talented members we have in HAFCE! Our donation count for the Trimble Fund Raiser is now up to 91 articles. Be sure to get your tickets in because all the gifts will be presented at our Saturday, Maui Convention luncheon. Donations have also been received from Hui 'O Koolau, Happy Valley, Lanakila Haaheo, Holualoa, Maile and Kaimuki FCE clubs. After the initial drawing, all remaining tickets will be eligible for a "second-chance" drawing (if there are items which are not selected by anyone).

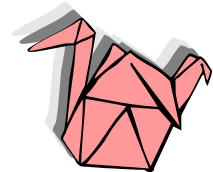
Thank you for all your support in purchasing tickets. Thank you also to all the clubs who have sent in their checks. As Past President, this has been an exciting activity for me and I have been touched by the generosity of our members.

Tickets for a quilt donated by Denise Smith, will be on sale at the Maui Convention. Tickets will sell for \$5 each or 3 for \$10. Please send your money with someone attending the convention so that YOU will have a chance 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 gray colors.



199,000 Cranes for Peace – from Dana Morifuji, President Hamakua FCE

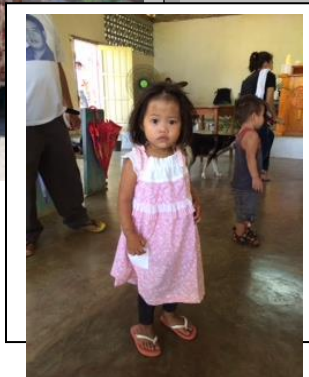
A little girl who experienced the atomic blast at Hiroshima, Japan is remembered by people around the world, including the small town of Honoka'a on the Big Island of Hawai'i. With strong ties to Hiroshima from many residents in the community, the Peace Committee of Honoka'a Hongwanji Buddhist Temple is running an ambitious project to gather 199,000 origami paper cranes. When the project's goal is reached; massive "flocks" will be presented to memorial organizations in the cities of Hiroshima and Nagasaki as a gesture of mindfulness of the many individual tragedies of war, including Sadako Sasaki. Only two years old when the bomb fell, Sadako succumbed to leukemia, caused by radiation exposure, by age 12. During her illness, Sadako folded origami cranes, trying to reach the legendary 1,000 that would make her wish for peace and healing come true. After her death, friends and schoolmates continued to fold cranes in her memory, and soon the story of Sadako and her cranes spread to other children and adults; inspiring books, films, peace education projects and her statue in Hiroshima Peace Memorial Park. At the base of the statue are thousands of paper cranes from children around the world. "We chose 199,000 as our goal because it corresponds to the number of atomic bomb casualties in Hiroshima and Nagasaki", said Peace Committee Chairman Miles Okumura. "There are many people in our community

Cranes Continued:

who had family in those cities, and many still do. Some of our Peace Committee members are women who remember the day the bomb fell and felt those horrific losses very deeply. We are asking individuals or groups who can donate a display of 1,000 cranes to contact us about participating.”, said Okumura. “It was a great honor for our community to welcome the Sasaki family last year for our annual Peace Day Parade and Festival, and we want to continue sharing Sadako’s story and spreading the messages of peace, compassion and global interdependence.” To learn more and to contribute any amount of cranes to the “199,000 Cranes” project, please visit www.PeaceDayParade.org or email info@peacedayparade.org.

Dress a Girl Around the World

In 2009, Hope4Women imagined a world in which every girl owned at least one dress and put out the challenge “What if that dress was made by you?”, and added Dress a Girl to their ministry. East and West Hawaii started dressing girls in 2011.



We can't thank you dedicated volunteers enough!! I'm in awe with those of you who keep on sewing and dressing girls. Some of you may

already know that 75 dresses, along with 15 twins left for Majuro, Marshall Islands on 7/1. But the other awesome news is that another 75 dresses were given since then, to two churches for Operation Christmas Child's shoebox project, plus I have another 90 to donate. Dresses requested are size 2 through 8 so far. Last year the shoeboxes went to Nepal, South Asia. If you know of anyone doing OCC, here, please let them know. My contact information is below.

As of now, our yearly numbers for E. Hawaii are over 1200. If you are dressing girls, please make sure you turn in your numbers to Lillian Tim Sing this month. For your information, DAG International has dressed over 280,000 girls, to date, and I will report Hawaii's numbers to them, after your groups report your numbers to Lillian. International DAG updated their handbook this past year. You can pick up a copy of it at Kilauea Kreations II located at 680 Manono St. in Hilo, or on their website at dressagirlaroundtheworld.com

Thank you for dressing girls around the world these past few years!

Jen Laris, East Hawaii DAG Ambassador
Phone: 895-7796 Email: dressagirlaroundtheworldinhi@gmail.com



Family Community Leadership Trainers

Congratulations to Patricia Kubo (Windward Oahu) and Katsuko Enoki (Maui) for achieving their NAFCE **FCL Trainer** certificates by completing 60 hours of FCL presentations. They were recognized for their accomplishments during the NAFCE conference in Tuscan, AZ



The 2014 Hawaii FCE Character Counts! sm essay and artwork contest winner is Hauoli Kalipi who attends E.B. DeSilva Elementary School in Hilo. Her teacher is Mrs. Yamashita. This is her winning essay on "Respect"!

Respect

What is respect? How do you show it? Here are some ways to understand and show respect

First, let's talk about what respect means. Respect is when you make someone feel the way you want to be treated if you respect someone, it makes them feel good. Then, you'll get the same respect back.

There are many ways to show respect. Here are three different ways to show respect.

- 1) Respecting someone's differences. If someone cannot eat gluten, this means it is from a kind of sickness. We should respect that difference from that person, not tease them. This is an example of respecting someone's differences.
- 2) Self-respect. We have to listen to our inner voice. For example, when someone asks you to copy your homework, listen to your inner voice, don't ignore it. In other words, say "NO".
- 3) Respecting other's ideas. Respecting another person's idea makes someone feel more confident about themselves. For example, don't say a bad compliment to an idea that your partner suggested. It's being rude and disrespectful.

Now you know what respecting means and how to show it. Doesn't it feel good? Everyone should show Respect.

Hauoli Kalipi

January 27, 2014

Mrs. Yamashita

E B. DaSilva Elementary School



Hauoli Kalipi and Mrs. Yamashita



Hilo FCE Council – President Elizabeth Salfen

The summer was full of activities for Hilo Council.

In June, members decluttered their homes for our Annual Rummage Sale. This event is our only council fundraiser and with members, family and friends we had a very successful event. We are grateful that the YMCA allows us to use their facility for our event. This is one event where the entire membership comes together and works on a project. As always, many hands make for easy work.

The Candidates Forum was hosted by Hilo Council FCE in July. All of the candidates running for public office in our community were invited and **32 candidates** of the 90 invited, participated in the forum. Candidates were given 3 minutes to speak and we closed the evening with refreshments and a talk story period. Many candidates expressed their appreciation for FCE's fairness to all candidates and for our outreach into the community.

In August the members gathered together for our annual Rest and Relaxation Weekend. What a fun time we all had spending the weekend with our FCE family! We had time for crafts, exercise, food demonstrations, and of course rest. In addition FCE hosted our Nutrition Workshop in August which featured cooking with pumpkin. Pumpkin is fairly inexpensive and can be made into nutritional meals – it is not just for dessert! Club members shared their recipes for using pumpkin as an ingredient.

As you can see the Hilo Council has been very busy with programs that support the FCE's mission to strengthen individuals, families, and communities through continuing education, developing leadership, and community action.

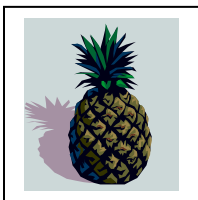


Molokai FCE Council – President Gladys (Cookie) Brown

I hope that I see you at the FCE Convention on Maui. Molokai is just represented by me and I bring you all greetings from all our members, including our late member, Helen Onuma, who was a faithful member.

To all the council presidents, please email me the names of deceased members to be honored at the memorial service, NO MATTER WHEN, call me at 808 553-5375 if you're able.

If you are coming, please bring any recipes or crafts for me to share with my council. We need ideas to use. ALOHA to everyone who reads this newsletter. I love you all. Thank you for all the pictures and cards I received. Keep in touch.



Kauai FCE Council – from Carol Lum, Club Musubi President

Aloha from Kauai FCE!

It's been a long hot summer so we shared fellowship on two occasions! In June Club Musubi held their 2nd Annual Swap Meet in Lihue. It was a wonderful sunny day without rain whereby we raised enough to support our club activities as well as donate \$100 to the Child and Family Services Kauai unit to support the Backpack Brigade. The Brigade provides necessary school supplies filled in a new backpack for students needing assistance to start the school year with a bang!

On Sunday, August 16, 2014, seven Kauai FCE members attended the Pilgrimage of Compassion 2014 at the Lawai International Center to experience some cultural and educational opportunities as well as visit the 88

Kauai FCE Continued:

shrines located on the hillside above the new Temple of Compassion which is a healing sanctuary. It was previously the site of a Hawaiian heiau, a Taoist temple, a Shinto shrine and a Shingon Buddhist temple. This site holds the prayers of all ethnicities and religions. The Hall of Compassion was dedicated in 2013 after master artisans directed the building of it in the traditional Japanese style and method using the customary materials.

There were exhibits of Filipino mochi rice, Japanese mochi pounding & mochi making, bonsai, ikebana, and tea ceremony followed by Kauai Taiko, Niihau student's song & dance, shakuhachi flute and an uphill hike to visit the 88 shrines. Haruko Otsubo (first time), Dorothy Higuchi (turned 95 that day) carpooled with Carolyn Lum. Pearl Shimizu and Dolly Brierly joined volunteers Janet Fujii and Marina Pascua.

On September 13, we look forward to our strategy meeting to plan for 2015!



South Oahu FCE - President Susan Yee

Summertime in South Oahu

South Oahu Clubs have been busy working on the following projects:

* A Council adventure with Happy Hens, Kaimuki, and Palisades for 2nd Saturday at Urban Garden Center, Pearl City CES – Sept. 13 – “PEACE DAY and Taking Care of Gardening Tools”

- Kaimuki members cut 300 Peace Doves.
- Happy Hens provided the olive branches.
- Palisades cut the wings for the peace doves and yarn to hang the doves. They also did an exhibit on “Taking Care of Gardening Tools” where members provided the gardening tools.

* Ruth Nakasone from Palisades chaired a tour to the Honolulu Board of Water Supply “Xeriscape” and members enjoyed a lunch that followed at the Camillia Korean Restaurant. What a treat!

* Palisades Club

- Members hosted an International program on “Spain” for the council. Besides a mini-bio, there was female flamingo dancers clothing, a Piñata game, and “Paella” lunch, with an assortment of desserts, and a “Flan” by Guest Dixie Dumaran. What a feast that was!
- At Palisades monthly meeting:
 - ~ Ted Yee demonstrated how to make mochi with an electric mochi maker. Members made and took home mochi with ‘an’ or ‘peanut butter’ in it to share with their families. For their monthly meeting refreshment, Susan served ‘ozoni’ using the plain mochi.

~ Edna Tsusaki provided members with dishtowels to crochet a handle for it. One of the towels will be donated to needy families and the other for members to keep.

~ Mary Takeshita who recently returned from Japan served an assortment of ‘tsukemono’ along with “Oden”.

* Kaimuki club

- Monthly meetings were hosted by Wanda Lew and Katie Wong. Katie got members hooked on Root beer floats! Yummy-Yummy!

South Oahu FCE Continued:

* Happy Hens

- Preparing for “Benefits of Coconut Oil” Workshop which will be held on Friday, September 26th at UGC starting at 9:30 am. Members will be making kits for a craft session. Our menu will include foods made with coconut oil.
- Marilyn Kawazoe, Alice Yamashiro and Kathy Uehana will partake in the September’s 2nd Saturday “Peace Day” event.
- The club is putting together their presentation for the annual “Christmas Ideas” to be held at Salt Lake Public Library on Tuesday, November 4th at 5:30 pm. We will demonstrate all the selected crafts and have food tasting from the chosen recipes. Members are working diligently to ready items to sell at the Mayor’s Fair in November. We have already made our “annual” ornament which is a tiny Christmas house to use on one’s tree or gift bag – very cute!

WINDWARD OAHU FCE – President Ruth Haitzuka

Windward Oahu PLT’s



July: Tie Dying with Jonathan Yanagihara



Jon is 15 years old and currently a student at Punahou. He previously attended Mid Pacific Institute Elementary School. In first grade, he learned the basics of business in their "Money Doesn't Grow on Trees" class. Funds earned from that class were donated to local non-profits. As a 5th grader at MPI, he was allowed to set up a booth at their Ho'olaulea and students purchased and made their own tie-dye t-shirts. That essentially launched his business. Jon has set up at a few fairs and provided his craft for several private events. He enjoys teaching the customers about tie dye and hopes that they are all pleasantly surprised by their creation when they wash it out the next day.



Convention



Council members along with Susan and Derrick Yee of South Oahu created their tie dye shirts with instructions from Jonathan and assisted by his mother Lynn. Jonathan demonstrated and instructed members as to the procedures to create their t-shirts. The shirts will be worn at the HAFCE State in Maui.



August: Resolving Conflicts

Jean Young was our guest speaker. She used the S - R Heading (Stuff that Happens and Response/Reaction.) The hyphen between S and R is what happens/what we do. Using SBAR (Conflict Resolution Shortcut), the following should be followed: "S"-Stop; "B"-Breathe; "A"-Access; "R"-Response. Using an example of meetings, you will find many "hats" worn by different people. **White**: Scientist/Doctor's Coat - trained, skilled, asks all the questions, good problem solver; **Red**: sweetie pies, think with their heart, very sensitive, great at making people feel good; **Gray/Black**: (cloudy skies/Judge's robe) very negative, humbug, thinks its dumb idea, did that already kind of thinking; **Yellow**: always sunny, happy; **Green**: Comes up with new ideas; **Blue**: helps make space for everyone. Using the various hat colors will enable everyone to respond and react to the situation at hand. No matter what color hat a person is, very color is important as each presents another side of the situation at hand. Remember: access what's happening - what is the intent and respond accordingly.



Council News:

Members are ready to send their 50 sewn "Dress a Girl" dresses to Hilo for their contribution to the State Project. Members are continuing to sew more dresses. These additional dresses will be given to local girls in Hawaii.



Windward Oahu Stand and Banner:

The Banner was created by Evelyn Cabral. David Haitzuka built a stand to hang our banner on whenever we host an activity in the community.

2015 Council Officers:

President: LaVerne "Lei" Chow; Vice President: Lillian Tim Sing; Secretary: Patricia Kubo; Treasurer: Emily Deai; Historian: Ruth Haitzuka. President elect will be organizing her committees shortly.

Congratulations to the new Board.

Aging In Place:

Windward Oahu members hosted a table at this event providing information about FCE and Na Tutu. Attendees who visited our table were given a rose flower made from two Kisses. By wearing our FCE shirts, members were given the opportunity to explain what FCE is about and the Na Tutu organization. Aging in Place is a workshop event held at the Ala Moana Hotel with various organizations providing exhibits, seminars, and valuable information. Some of the topics covered were: How to Finance Your Long-Term Care Needs, Fall Prevention Tips, Supplements for Seniors, De-Clutter and Age in Place Graciously, Fraud Watch, Estate Planning, Getting Your Life Documents in Order, Assistive Technology to Survive and Thrive, and many, many more.

Club News:

Hui O'Koolau:

Elsie Pacheco's husband passed away late August. Memorial services will be at St. Ann's Church in Kaneohe on September 5. Elsie will be moving to Waianae shortly to live with her niece.

Members under the weather are: Norma Shackley is recuperating from a recent surgery; Lillian Tim Sing has been having rapid heartbeats and is under doctor's care. Our condolences and get well wishes to these members.

Hui O'Makani:

June, 2014

Hui O'Makani members enjoyed a presentation on Bees and Bee Keeping by Waimanalo beekeeper Howard McGinnis, co-owner of Nalo Meli. Mr. McGinnis brought along an interesting plexiglass enclosed case full of bees. He spoke on the status of bees in Hawaii as well as sharing interesting facts about bees.



July, 2014

Karl Oettinger, Phd., retired medical researcher and nephrologist, was July's Makani speaker. Dr. Oettinger answered many questions that members had on a wide variety of medical topics. Members asked about the effectiveness of popular nonprescription, over the counter vitamins and minerals. It was eye opening to find out that these are taken too often and are often unnecessary. Dr. Oettinger advised checking with a medical doctor before taking these medications. We are fortunate that Dr. Oettinger offered to return to answer more questions.

Get Well wishes to LaVerne Chow who suffered a stroke. Unknown at this writing as to how severe her condition is. Will keep you posted.

Imiola:



Jay Robertson, of Robertson Consulting Group, of Arizona (an unofficial member) spoke to our members about what is currently happening with the computer world, scams, and questions from members about computer problems, issues,

etc. He can remotely examine your computer's hard drive and solve problems from Arizona. He's a great guy to know if you are having issues with your computer. Jay comes to Hawaii at least once a year and joins Imiola members at their meeting. Members who have problems have been able to solve their problems through Jay's access to their hard drive by remote from Arizona. Members look forward to his yearly visits and always look forward to hearing the latest in the computer world.

Chutima Leider led members in making a pop up calendar holder using recycled calendars, rubber bands and glue.



This project was very easy and required a minimum of time to put together. Chutima had previously cut out the pattern for each member. Members will be placing the months of the year for 2015 in her design.

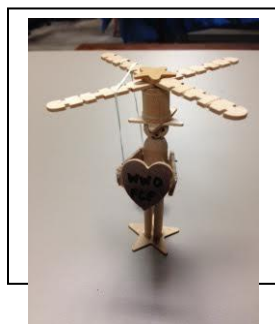
Jeanette Pang is recuperating from surgery for a broken ankle. She will be out of commission for 6 weeks.

Carole Mulford is also recuperating from hip surgery and is doing a great job in rehab exercises! She goes to the pool to do most of her exercises! She still is having issues so keep up the great work.

Jackie and Donna are getting better. Jackie did not need hip replacement and is dealing with arthritis and Donna continues her treatments for cancer. They are enjoying each other by spending time together - just recently went fishing together. Lots of laughter especially when the reel did not work. David Haituka to their rescue! All three of them plan to go fishing soon.

Council Craft Contest:

Members were given a clothespin, craft sticks, a wooden heart, stars and round cylinders and created the following. Pat Kubo (middle) and Nancy Arakaki (right) created these crafts. Marvelous, don't you think?



DID YOU KNOW WOMEN ARE INVENTORS?

Can you name the women who invented Windshield Wipers, Disposable Diapers, Monopoly, the Dishwasher, Liquid Paper, Alphabet Blocks, Signal Flares, the Circular Saw, the Retractable Dog Leash, Submarine Telescope and Lamp, Scotchguard, The Paper Bag, Chocolate Chips/Cookies, and the Bra to name a few? They were all women. Pat Kubo gave members some history behind inventions, especially those invented by women. In

conjunction with her talk about inventions, President Ruth had passed out craft items at the February Council Meeting for members to create a craft. Bob Baker won the contest with Emily Deai coming in second. Another set of craft items was given to members to create and bring back at the August Council meeting.



Report on NAFCE Conference – Tuscan, Arizona submitted by Denise Smith

I had the privilege of attending the 2014 NAFCE conference in Tuscan, AZ, from July 17th to July 20th. There were only three members representing Hawaii this year - President Milo Ferreira, Vice President Sally Bowman, and myself. Despite our small numbers, Hawaii contributed to hostessing at workshops, providing table favors, and donating a silent auction item for fund raising.

The conference began with a special tour and lunch for the state presidents on the 17th, followed by the opening of the conference and introduction of the NAFCE board and state presidents. President Bonnie Teeples gave an excellent presentation on her recent trip to India as the United States representative to the ACWW conference. On the morning of the 18th, President Bonnie Teeples chaired the Business meeting which included electing some new board members. Lynn Maples of Missouri was elected President Elect, Judy Fullmer of Kansas was elected Secretary and Ardyce Snyder of North Dakota was elected Vice President of Public Policy. A dues increase for 2016 was approved by the membership. Mr. Bob Hannon of AZ and Ms. Kristin Walker of WV each presented ideas to raise funds to support NAFCE. Both of their ideas were accepted and we will be hearing more about the “donations” and “endowment” programs in the near future.

The FCL Day lessons held in the afternoon of the 18th featured Public Speaking, Parliamentary Procedure, and How to Become Involved. At the Awards Dinner, Hawaii's Heart of FCE winner, Ernelle Lum was recognized, as was Pat Kubo and Kats Enoki for completing their FCL Trainers' certificates. There were a wide variety of workshops and general sessions held on the 19th & 20th as well as entertainment by a female Con Temp Quartet. There were also pre and post conference tours offered of Tuscan environs. The desert area was interesting and HOT! I had a delightful time and encourage all of you to plan to attend the 2015 conference in Kansas City.