## The Homemaker Echo

Official Newsletter of the Hawaii Association for Family and Community Education

Volume 41 Issue 1

March 2015

In this issue:

President's Message

Council & Club News

**Program Awards** 

State Projects

**Convention News** 

Go Paperless! ~170 FCE members have chosen to receive the Homemaker Echo via email. Please consider joining them 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 а healthy environment.

Send your email address for a paperless delivery to:

Denise Smith Homemaker Echo Editor

cdsmith2139@gmail.com

650 969-3422

Aloha everyone! Here's my very first article for the Echo as your president. I'm very excited to begin this journey with all of you and especially my awesome team of board members. Though this is only the beginning of the third month of 2015, we have all been getting a lot of tasks completed.



We held our officers training/retreat in February and accomplished more than we expected to. We are all committed to doing our best work and to make FCE strong and successful. With the combined knowledge of FCE and experiences that the board members have, we can only do our very best for all of you.

Communication is very important to us and we will do our very best to open all doors to our members. I ask you to participate and do your best to work alongside us. Let us know about any ideas, comments or problems you may have and we will work together with you to address them. We look forward to hearing from you. Always remain positive and all good things will come. I'm really looking forward to working with you for the next two years. We have a lot to do!

As a result of the state convention being canceled, we were unable to give out the 2014 Education awards. I'd like to share with you the winners. You will find them listed below. These clubs and councils worked hard and did great work in the spirit of FCE. Congratulations to all and keep up the great work!

On March 17th the Mid-Year Board meeting will be held along with the vice-president's Planning Meeting. A number of items are up for consideration. I'm looking forward to a fruitful meeting and will keep you informed of all happenings.

Continue to plan fascinating programs and support each other along the way. Take on leadership roles when you can and broaden your horizons. Thank you for all you do and keep up the great work.

I would like to wish a Happy Birthday to Eunice Masumura-Sakata who will be 100 years old on February 22! Eunice will also celebrate 52 years as an FCE member. Congratulations to an inspiring and lovely lady! Thank you for the many things you have done for FCE throughout the years.

Me ke aloha pumehana, Sally



## **Program Awards - 2014**



#### **❖** INTERNATIONAL

## Leadership - Windward Oahu Council

Sewed 54 dresses for Dress a Girl state project; taught history of cards & how to play Hanafuda; taught history of ikebana & members made a chabana arrangement.

#### Education - South Oahu Council

Shared information about memorial traditions in Canada, China & Japan. Created displays & prepared foods for tasting. Created a newsletter for handout & taught participants the Bon dance.

#### Action - Hilo Council

Dress a Girl - two clubs in Hilo worked w/ community groups to sew dresses.

#### **❖** HEALTH ISSUES

## **Leadership** - <u>Hilo Council</u>

Coordinated a three day R & R council activity that focused on health topics. Totaled 2244 volunteer hours.

## Education - Windward Oahu Council

Castile Mulford submitted 9 health education reports. Topics included nutrition, mental health, fall prevention, cancer risk & chronic disease awareness.

## Action - Maui Council / Happy Valley Club

Collette Dang took her personal challenge, after experiencing a fall that hospitalized her, & coordinated a workshop with AARP.

## **❖** <u>LEADERSHIP S</u>KILLS

## Leadership - Maui Council

Teach members & others about HAFCE program forms & reports.

## Education - Maui Council

Celebrate the importance of International Day on the Philippines - cultures, people & food.

## Action - Maui Council

Participation & public awareness in getting the word out on Trimble foundation.

#### **❖** YOUTH EDUCATION

## Leadership - Windward Oahu Council

Cultivating youth leadership was the end result. 22 FCE members participated making tie dye t-shirts.

## Education - Kauai Council

114 Character Counts essays & artwork entries submitted by KAFCE. Excellent outreach.

## Action - Windward Oahu Council

Project at state Capitol provided education & outreach about FCE to more than 3,000 community members. Made handouts, booklets & brochures.

## **❖** HOME & COMMUNITY ENVIRONMENT

## Leadership - Windward Oahu Council

Showcase FCE at Windward Community College Ho'olaulea. Reached over 500.

#### Education - Windward Oahu Council

Aging in Place - reached 800. Provided FCE & NaTuTu information. Shared activities with a mini book & opportunity to meet with other organizations for possible speaking engagements.

#### Action - Kauai Council

Project graduation - reached over 650 students. Monetary awards for Kauai High School seniors. Partnered w/ Kauai Island Utility Co to earn money for project to provide chaperoned all night safe celebration for graduating seniors.

#### Martha Yamada, State Vice President

Can you all believe it is March already! I know your clubs and council have already had many exciting programs and we would love to hear about them. The reporting forms, sign in sheets and instructions for completing them have been provided to your council and club presidents and council VPs. We would like to try something new this year. If you are not interested in submitting reports for the Program Awards but willing to help our organization and support our Advisor, Joan Chong.... please consider just sending me the sign in sheet and a photo or short description of the activity so we can include your activities in our Annual Report. Our State Projects this year are:

- 1. Reduce, Reuse & Recycle
- 2. Dress a Girl Around the World
- 3. Fall Prevention

I'm pleased to introduce the Education Chairs for 2015 – 2016 below. We are looking forward to meeting you and learning about all the stimulating activities you provide for your community at our State Convention in Hilo on October 16-18th.

## **Youth Education Chair - Lynn M. Nagata**

Aloha from Hilo, Hawaii! I'm the Youth Education Chair for 2015 - 16. I've been both a special education and general education teacher in Honolulu (1 year), South Carolina (2 years), Palm Beach County, Florida (21 years), and now in Hilo, Hawaii (6 years). No, my husband is not in the military © but we moved due to his trying to secure a research position with a University. We're back in Hawaii because he's now working for UH-Manoa, once again! Currently, I'm working with special education preschoolers in an inclusion setting with typically developing 4-5 year olds in an Early Childhood Classroom at Kea'au Elementary.

Although I'm still a neophyte with only 3 years in FCE with Hui O Wahine of Hilo, I'm hoping to gather many of your Councils/Clubs outreach with Youth Education through the "Character Counts" Essay and Art Contests. Please let me know how I can assist you.

Lynn M. Nagata, Youth Education Chair <a href="mailto:lynnnagata@yahoo.com">lynnnagata@yahoo.com</a>

## **International Education Chair - Denise Smith**

Aloha! I am really thrilled to be your International Education Chair for 2015 – 2016. I'm sure most of you know me in the position of the Newsletter Chair since January 2012. I have never been an Education Chair before so this is a new challenge for me. I commend you for the great job all the councils and clubs do on educating yourselves about other cultures, ethnicities, and countries. Especially our current state project of Dress a Girl! One of the areas of International focus that I would love to encourage is the Associated Country Women of the World (ACWW) which we all belong to via NAFCE. It is a non-governmental organization that supports many world- wide programs to better the lives of women and their families. In the coming two years I hope that you will consider programs in line with ACWW.

As for my FCE background, I'm a member of Puna Wahine FCE Club, Hilo Council. In September of 2011 my husband Clarence and I moved to the San Francisco Bay Area. All my reports and communication with FCE is done via email or snail mail. I wish that I could join you in person but thanks to the world of the internet, I can still be a part of my beloved Hawaii FCE. I'm looking forward to working with all of you on your International programs!

Hugs, Denise Smith

cdsmith2139@gmail.com 650 969-3422

## Home/Community/Environment Education Chair – Elaine Sumida

Hi Everyone! I look forward to serving as your state Home/Community/Environment chairman as this will be my first experience at the state level. As a past Hilo Council vice president, I was also the education chair and assisted the members and clubs with their activities and reporting forms. I have been a member of Hui O Wahine for the past 14 years and have chaired various events as well as serving as vice president and president for several years. So many of our endeavors fall into Home/Community/Environment category and it will be exciting to see what the state clubs and councils will be involved with in this area for the next 2 years. Please feel free to contact me.

Regards,

Elaine Sumida 171 Palua Loop Hilo, Hawaii 96720

esumida@hawaii.rr.com 808-959-8943

## Aloha from Pat Kubo

I just wanted to thank everyone for their help during my past six years as HAFCE Vice President, President and Past President. I started out knowing very little about our State and National organization but with terrific mentors like Denise Smith, Susan Yee, and Rhoda Yoshino, I gained a great deal of knowledge. I have been very impressed by all the important projects/issues that our members participate in or lead. I am so grateful for the opportunity that I have had to represent Hawaii and extremely thankful for the support of our FCE members. If anyone has any questions, please feel free to contact me at kleimamo@hawaii.rr.com or at (808) 261-5148. I am always available to help! Mahalo!

## Leadership Skills Education Chair - Melinda Ishii

Aloha members, I would like to tell you something about myself. I have been privileged to be a member of Haiku FCE Club on Maui for thirty years. Many of those years have been spent as club President and Maui FCE Secretary. I am married and have one son. We live in the rural, eastern side of Maui, in the area called Haiku.

As the Hawaii FCE Leadership chairperson, I will be looking forward to receiving your club and association Leadership reports. I'm sure that you all have wonderful programs planned for your members that you would like to share with us all. Besides the report forms which your council chairpersons should have just received from Martha Yamada, Hawaii FCE Vice President, that will make your reporting a snap, please consider sharing with articles for our Hawaii FCE newsletter, The Homemaker Echo. You know the saying, "A picture is worth a thousand words.", well it does!. I would love for you to e-mail a picture or two or three to go with your report. Having "action" shots of the proceedings would be great. I look forward to recognizing your council at the 2015 Hawaii FCE Convention for its outstanding Leadership program. I won't be able to do that without your reports. I'll be looking for those supporting Homemaker Echo articles as well.

You may contact me at <a href="mailto:peahi1@yahoo.com">peahi1@yahoo.com</a> or at

605 Kaupakalua Road, Haiku, Hi, 96708.

## 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:

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)



Aloha, Denise Smith

## **Dress a Girl Around the World Update**

Dress a Girl continues to be one of our 2015 State Projects. From 1/15 until 2/28, 286 dresses along with 35 pairs of boys' shorts have been shipped to the Philippines for New Hope Foundation's May Mission Trip, through me. It will take that long to get there. One more box will leave 3/6. Thank you for your generous donations of sewing and fabric. Please continue to support this worthwhile project.

Aloha ke Akua, Jen Laris



Kauai FCE Council members display their Dress a Girl dresses

#### Executive Officers 2015 - 2016

President Sally Bowman
Vice President Martha Yamada
Secretary Katherine Uehana
Treasurer Bernie Tangalin
Past President Milo Ferreira
Parliamentarian Oarlene Wingate
Advisor Joan Chong

#### Standing & Organizational Committees

By-Laws Dr Jacqueline Maly

Trimble Foundation Amy Bugado
Trimble Distribution Martha Yamada
Membership Pat Kubo
Ways & Means Helen Wagner
Newsletter Denise Smith

State Convention 2015 Liz Salfen & Martha Yamada

#### **Education Chairs**

Youth Education

Home & Community Environment

Health

Leadership

International

Lynn Nagata

Elaine Sumida

Dr Dixie Dumeran

Melinda Ishii

Denise Smith

#### Council Presidents

Hamakua Dana Morifuji Hilo Elizabeth Salfen

Kauai Margaret (Margo) Hashimoto

Kona Gay Okada
Maui Pasita Pladera
Molokai Gladys Brown
South Oahu Susan Yee
Windward Oahu Ruth Haitsuka



## <u> Molokai FCE Council – President Gladys (Cookie) Brown</u>

Aloha from Molokai. Thanks to all your prayers, I am well and happy. Our Council is still going. Noe works hard coordinating the Road Scholar program here on island. It was known as Elder Hostel previously and brings tourists

here to learn our culture. Pearl works with her and is an asset to the community. Elsie is at Palolo Home and thinking about going home. Since I am chair of the Alice Trimble committee I look forward to being a part of your efforts to get applicants for the scholarships. Please help me round up people who need funds to expand their education. I HAVE SKYPE NOW. You can contact me by my name gbrown6426. I would love to see you as well as exchange information with our ipads and computers. Call me and let me know. Waiting to see all of you who plan on being in Hilo. Thanks to those who keep in touch with me and my club. Love you all, COOKIE



## Hilo FCE Council - President Elizabeth Salfen

Hilo Council would like to send our warmest Aloha and extend an invitation to our FCE Annual Convention -- E Ho'ola Me Ke Aloha - Giving Life with Love -. The convention will be held at the Hilo Hawaiian Hotel from October 16-18, 2015. We are planning a fun-filled

weekend. Please save the date and join us for the 65th Annual FCE State Convention!

Besides planning the State's Annual Convention, Hilo Council has started the year off with our annual Friendship Tea. Hoike Club was the event's engineers this year and over 20 guests and 40 members attended. It was so nice to dress up, drink tea out of real tea cuts and become educated on the science of tea while sharing FCE with our guests.

This spring Hilo Council will be hosting a Nutrition Workshop on Heavenly Healthy Salads and an Education Workshop on the Little Fire Ant and our annual Homemaker's Fair.

Hilo Council FCE is looking forward to having an eventful 2015 and we are looking forward to seeing everyone in Hilo for the  $65^{th}$  Annual State Convention.

#### **Club News from Hoaloha**

Hoaloha FCE members assist Hospice of Hilo with their "Light up a Life" fundraiser at the Prince Kuhio Plaza during the Christmas season. Each year for the last five years, Hoaloha members fill a day of shifts to man the table at the entrance to Macy's. The club meets the 2nd Sunday of each month at 1:00pm.

## Kauai FCE Council - Gladys Fujiuchi

This year has indeed been a turning point for KAFCE. In order to survive, we had to be flexible in our planning when we went from five clubs to three. First change we made was to loosen up our scheduling of meetings, and still maintain the core of our programs; and opting out of doing the Farm Fair. Our members, believing in our mission, have rallied by putting more effort into our club work. Sadly, we also lost several long time members. Thank you FCE officers: Bernie, Sanae, Marina and others for serving us so well. Let us welcome our new officers for 2015 - Margaret Hashimoto, President; Janice Plumer, Vice President; and Rose Ella Roach, Secretary. Thanks to Marina Pascua for staying on as Treasurer.

## International Day

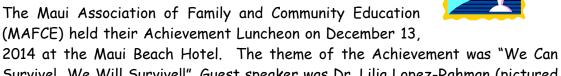
Kukuiolono members "THE BIG FOUR"! Haruko, Cecelia, Elizabeth and Dorothy pose in their Japanese happi coats, indicating the country's culture which they shared. →



Kauai continued: A veritable cornucopia of different ethnic dishes awaited members who attended the November 22, 2014 International Day meeting. Dishes of Spain, Mexico, Japan, Philippines, singing "Cascabel" and "Feliz Navidad" in Spanish, and information about different countries were shared by members. Prizes were donated by the members for Lucky Name drawing. A very merry time was had by all. The dishes were scrumptious. Sorry....no recipes. But feast your eyes... and this was only a sampling of all the dishes!



## Maui FCE Council - Lynn Barut & Melinda Ishii



Survive! We Will Survive!!". Guest speaker was Dr. Lilia Lopez-Rahman (pictured on left), author of *For the Sake of Louise*, her personal story of emotional domestic abuse.

This year we were blessed with many door prizes, which would have been used at convention. Colette Dang coordinated the door prizes. Thank you to Audrey Kong for soliciting several wonderful door prizes for this event and to all the generous donors who contributed to this event.

It has become a tradition that we hold a food bank collection at the annual Achievement Luncheon. This year was no exception. Many thanks to all the members for their contributions.

Chaclyn Barut (pictured at right) was awarded Outstanding Member of the Year. Chaclyn is a 2-year member of the Pukalani FCE Club. Some of her major accomplishments were the MAFCE Scholarship chair, registration co-chair for the State Convention, and preparing a camera ready copy of the State Convention program book. She provided a club lesson on Identity Theft and Fraud, is an active church member, and Branch Manager of Bank of Hawaii, Safeway, Kahului.



Happy Valley FCE Club received the Education award and Pukalani FCE Club received the Leadership and Community Service award.

Installed as officers were: President - Pasita Pladera, Vice President - Margaret Cambra, Secretary - Melinda Ishii, and Treasurer - Lynn Barut

Maui continued: Members recognized for their years in FCE were:

1 year: Nolan Felipe, Margaret Nakashima, Myles Nakashima, Matthew Nakashima, and Michelle

Nakashima

5 years: Donald Dang

10 years: Margaret Raymond and Ruth Yamamura

15 years: Kehaulani Blair and Helaine Sato

25 years: Lorrayne Otsu

30 years: Melinda Ishii and Rebecca Lau 50 years: Toshiko Oki and Thelma Oshiro

60 years: Stella Yamamoto

## South Oahu FCE - President Susan Yee

South Oahu Council had an exciting closing in 2014:



- with a "PEACE DAY" display and hands-on instructions of making "Peace Doves" at the CES 2<sup>nd</sup> Saturday program at the Pearl City Urban Garden Center.
- Christmas Ideas/Holiday Ideas was held at Salt Lake Library by Happy Hens and at Ewa Beach Library by Palisades.
- South Oahu hosted Windward in their "Year End Celebration". There were games, bonding exercises, food, caroling, Thank you Certificates, and gifts. It was a fun time for all!
- South Oahu clubs enjoyed their club activities for the New Year.

## Happy New Year

Starting the New Year: South and Windward Councils participated in the annual Agriculture Day sponsored by CTAHR and CES. We focused on the 5 R's (reduce, reuse, recycle, reject, and react) projects. There were posters of 5 R's, a recycled goods display, and a recycling of pencils  $\sim$  a hands-on activity that approximately 150 5<sup>th</sup> graders participated in.

**PALISADES** - Deanne Kaopua reported at their January meeting they made decorated frames to hold upcoming events calendar for the year. Palisades members hosted a luncheon at Stadium Camellia Restaurant where they had fun exchanging goodie bags. Spouses joined the members for this festive event.

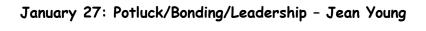
**KAIMUKI** - Wanda Lew reports all of the ono-licious foods that members shared, as Dim Sum, lunch to a homemade Korean soup. They had an informal birthday party for Eunice Masumura for celebrating her **100 year birthday**.

## EUNICE - we all wish you a Happy Birthday with more to come!!

*HAPPY HENS* - Kathy Uehana mentioned that members have been traveling and have more plans to do so in future months. They participated in the Honolulu Mayor's Fair for non-profit organizations and it was a very successful fundraising.

## WINDWARD OAHU FCE - President Ruth Haitsuka

## PLT (Project Leader Training) ACTIVITIES -



Using a chart, "Organizational Dynamics", Jean encouraged clubs/members to use it to access our group's needs. For example, when a group is brand new, do more teaching - need to explain rules or help and show to help members get on their feet. Whether or not in a position in the club, at home, or in the community, we are leaders. Don't get comfortable in just one group; expand your horizon and try different things. Jean had members, prior to the start of the program, learn each person's name using a motion and each had to remember the name and motion as members went around the circle. So much fun!



## February 24: Exercise for Balance; Prevention of Falls - Ginger Lockett



Ms. Lockett, from the Ohana Pacific Rehabilitation Services, showed members various techniques as well as exercises that are very simple to do. Strength and balance is important. Three changes that affect balance are vision, somatosensory (ability to feel surface of where you are on hard/soft) and vestibular (inner ear). For your environment: assess and secure floor rugs, exposed electrical & appliance cords, cabinets (if too high), toilet (if too low), clutter, and grab bars. Exercises included balance boards, balance on one leg, tandem walking, Heel and toe raises, standing marching and walking on heels. Pictured at left: Maggie Schulte

demonstrates the exercise to strengthen your ankle.

#### COMMUNITY OUTREACH -

## Easter Ideas at QLCC (Queen Liliuokalani Children's Center) in Kaneohe

In November 2014, Windward FCE was asked to do an Easter demonstration. Windward clubs planned



ideas and presented them on Wednesday, March 4<sup>th</sup>. There were about 40 attendees. Crafts demonstrated were Carrot Treat Bags, Easter Bunny Treat Bag, and a Plastic Cup Chicken along with food ideas such as Bunny Biscuits, Dyed Deviled Eggs, Jell-O Mold Easter Eggs and Painting Sugar Cookies. The demonstration leaders were Emily Deai, Pat Kubo, Joan Yoshino, Annie Sagawa and Ruth Haitsuka. Charlotte Muraoka introduced members and gave information

about FCE.

## Agriculture "AG" Day at Urban Gardens

On Friday, February 13<sup>th</sup>, Windward clubs joined forces with South Oahu clubs to present a workshop on the R's (Reduce, Reuse, Recycle, Reject, React) to five different public elementary school classes with approximately 160 students. Using posters, various items made from recycled items were used to explain the



importance of the 5 R's. There were 13 FCE members who participated in this event. Students completed a hands-on activity using recycled pencils.

## Windward Oahu continued: Condolences to the Family of Donny Chong -

Donna Lynne Kehaulani Chong, born on January 14, 1952, died peacefully at home on February 6, 2015 with her loved ones by her side. Donna brought so much laughter and fun while with Windward Oahu FCE and her home club, Imiola. Whenever she was present, laughter and music filled the air. She was a gifted musician and oh, how she could sing! For our 2013 FCE State Convention, she was instrumental in writing the lyrics for a song which members sang. She also taught members to play the ukulele for that song. Donna always had a smile and loved life. She never complained and was always willing to participate if her health permitted. We miss her!

#### CLUB NEWS - Hui O' Makani

January's meeting was a fun night of sharing. Among the items shared were memories, practical organizing tips, recipes (and food!). At February's meeting, Dr. Carl Oettinger, a retired military officer and nephrologist (kidney specialist), gave a very interesting presentation on "How to Live to be 100."



Iris Fukunaga (pictured with Pat Kubo) is the newest member of our club. She works for the Parks and Recreation Division of the City and County of Honolulu. She has a great smile, is very crafty and has lots of ideas to bring the Hui O`Makani club and the council. We welcome her to FCE.

#### Hui O'Koolau

The members planned several educational outings as part of our program for the year. Activities included a tour of the Manoa Chocolate Factory in Kailua and a tour of Chinatown. A visit to Foster Gardens is planned for March  $11^{th}$ . Members have been asked to demonstrate a simple make and take project of their choice for the month. Kathy Vadovich taught members to crochet rag rugs. No easy task and challenging, but the result is beautiful. Maggie has taken the project seriously and has made quite a few of them. Dixie Dumaran continues to keep us well informed on many health issues with a new topic each month. How great it is to have a doctor among us!



Imiola: Pictured on left are club officers for 2015. This picture was taken at our annual Christmas Installation and Party. Jean Young joined our group. Jacquie Maly prepared a delicious chicken curry dish along with all the fixings and dessert of lemon bars. Grab bag was a big hit as usual with David Haitsuka being the lucky person to have the final pick of all grab bags. Our January meeting was held at Chutima's home and she also prepared a delicious roast, with green salad, potatoes,

cooked vegetables and dessert. We had three special guests joining us: Jay Robertson, our Arizona unofficial member and our computer expert, his partner, Gary, and new member, LaMona Meredith (pictured on right). Jay updated members of what's happening in the computer world while his partner checked computer devices brought to the meeting.





# E Ho'ola Me Ke Aloha Giving Life with Love

Hawaii Association for Family and Community Education
October 16-18, 2015
Hilo Hawaiian Hotel

Please join us for the 65<sup>th</sup> Annual Convention in beautiful Hilo. Once a busy farming and fishing area in early times, and a commercial center for the sugar industry in the 1800's, Downtown Hilo was built around its crescent-shaped bay and became the seat of county government. The town was nearly swallowed by tsunamis in 1946 and 1960. But Hilo's waterfront was rebuilt and today Hilo is a vibrant town, home to museums, art galleries, unique shops, restaurants, and the local favorite, the Hilo Farmers Market. Come and experience a weekend of fun, learning and fellowship at the 65th Annual Hawaii FCE Convention – Hilo Style! See you there!

**Special Package:** \$160.00 includes your Registration Fee, Friday's Awards Dinner, Saturday Installation Banquet, Workshop Fees, Sunday's Friendship Lunch and a convention bag.

**Hotel Registration:** We have a special group room rate of \$120 for Garden view and \$140 for Ocean view, plus applicable taxes. Maximum occupancy is 4 persons using existing beds.