



# The Homemaker Echo

Official Newsletter of the Hawaii Association for Family and Community Education

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December 2015

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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

It's that wonderful time of year again when we come together to share the joy and love of the holiday season. It's been an outstanding year for HAFCE. We've accomplished so very much and you have generously worked so hard to give to our communities throughout the state. My deepest thank you for all you have done. I am looking forward to the New Year to begin new projects and to see what you all have planned. It has been my absolute pleasure to have served as your president this year and I look forward to another exciting year! Thank you for your commitment to FCE!

*May you all have a very Merry Christmas and a happy and healthy New Year filled with love and happiness.*

**Sally Bowman**

HAFCE President



## NAFCE Conference ~ July 2015 Kansas City, MO

HAFCE President Sally Bowman (center) presenting a check, donated by five councils from Hawaii, to Kristy Childs (R), advocate for Victoria's Victory, the Human Trafficking project that NAFCE has selected to assist. Looking on is Bonnie Teeples (L), NAFCE President.



## History of Hawaii FCE's Trimble Foundation ~ by Oarlene Wingate

Did you know that the Cooperative Extension Service (CES) came to Hawaii in 1936 and Alice P. Trimble came that year as a 4-H leader? She eventually became the supervisor of the County Home Demonstration program in Hawaii that helped women from the rural communities make their homes attractive and efficient. Alice, with the assistance of the Director of CES, Y. Baron Goto, helped our state organization become a reality in 1947. By 1949, the Hawaii Home Demonstration Council elected its first State President Edith Izumi from Maui. Alice's mission was to help Hawaii's families help themselves!

Funds were set aside to build a clubhouse, but in 1974, as a memorial to Alice for her outstanding leadership, the Extension Homemakers Council established the Alice P. Trimble Foundation as a scholarship fund. Her legacy, the Extension Homemakers, the largest and strongest organization in the territory of Hawaii, continues to exist as Family and Community Education (FCE) and supports community causes to improve Hawaii's communities. The funds have supported 4-H Leaders Forums, Leadership Training for FCE members and non-members, grants for non-profit agencies serving Hawaii's communities, and scholarships for college. Today the fund is held in the Bank of Hawaii's Community Foundation and as of July 31, 2014 was \$77,061. The Trimble Foundation Chair oversees the funds handled by the trustee and solicits and acknowledges private and public donations, while the Trimble Foundation Distribution Committee oversees the distribution of funds. Each year the applications are reviewed and the interest earned is distributed to the recipients who meet the qualifications. For Individuals: 1) must be Hawaii resident for at least 5 years 2) must enroll in an institute of higher education in Hawaii 3) Must pursue study in Education or Human Services 4) must be in need of financial assistance 5) must include 2 letters of recommendation.

For organizations: 1) must provide for maintenance and betterment of public health and welfare of families and communities 2) must be an established non-profit in the State of Hawaii at least 5 years 3) must provide latest financial statement 4) must include two current letters of support from outside the organization.

The Immediate Past State FCE President, since the late 80's, has directed her efforts to fundraise at convention with the assistance of all available past presidents, adding considerable amounts to the Trimble Foundation account. A Trimble Foundation Chair has been needed to oversee the trustee, ensure public donations as well as member contributions, implement fundraising campaigns and bring concerns to the Executive Committee!

Years ago, our State Treasurer served as chair with all council treasurers for her committee, but this year our President has appointed Amy Bugado from Hilo Council to fill this important position. She has already started to gather information to generate a campaign throughout the state. I hope when the plan is revealed, FCE members across the state will assist in any way they can to support her efforts and promote the plan. All current fundraising efforts at meetings, council activities, public activities, and from dues assessment are appreciated by the many individuals and organizations we have assisted financially to help Hawaii's people since 1974.

The Immediate Past President has her own list of responsibilities: 1) advises the President 2) serves as Historian 3) prepares and publishes the Directory 4) updates the Handbook and ensures each board member has a current Handbook 5) Represents the Executive officers on the TF Distribution Committee 6) Arranges for the Past Presidents Breakfast at Convention. Yes, the Past Presidents group can still assist the organization in whatever capacity it chooses: 1) Raising money for Trimble 2) Helping to mentor new officers 3) sorting and downsizing old organizational files 4) assisting on site at conventions 5) helping membership chair 6) or whatever needs arise. But as a group they have no official responsibility to carry out the Trimble Foundation duties as ex-officios.

Please take time to visit the new Hawaii FCE website ([hawaiifce.org](http://hawaiifce.org)) for further information regarding the FCE organization, community activities, available programs, forms, applications, deadlines and contact information.



## **2015 Education Award Summary by Martha Yamada**

*I would like to thank the Vice Presidents of the FCE Clubs and the Educational Chairs for submitting the many reports to the State Education Chairs.....you made them work very hard and they enjoyed reading about all the wonderful work the members are doing for their fellow members and community. Congratulations to the 2015 Program Award winners!*

**Health – Education:** Puna Wahine Club of Hilo Council learned about the Blue Zone Project.

**Health – Action:** Windward Oahu Council submitted seven reports on various health topics which included the new hands only CPR and a speaker from Ohana Rehab Services on Fall Prevention.

**Health – Leadership:** Hui O Wahine Club of Hilo Council held a two day workshop to restore, refresh and rejuvenate their mind, body and soul.

**Youth Education:** Maui Council's Scholarship program helped five recipients further their education by awarding them each with a \$2000 scholarship.

**Youth Action:** Windward Oahu Council participated at the Children and Youth Day at the State Capital networking for Na Tutu (Grandparents Raising Grandchildren). They organized a Bounce House and taught children to make yarn flowers.

**Youth Leadership:** Windward Oahu Council participated in the Foster Garden's Midsummer Night's Glean. FCE members taught craft projects to Waipahu High School students. Guiding a project from beginning to end and involving other groups in the project.

**Environment/Home/Community Education:** Puna Wahine Club of Hilo Council invited the public to learn about Fire Ants from Heather Forester, Invasive Ant Extension Technician, safe removal and identification of these miniscule ants.

**Environment/Home/Community Action:** Hui O Wahine Club of Hilo Council submitted 12 reports reflecting their outstanding efforts in supporting and assisting the community. Their contributions reached A Dream Come True, Boys and Girls Club, Hawaii Japanese Center, Operation Christmas Child, Food Basket, Hospice of Hilo, Hawaii Island Adult Care, and Women's Shelter to name a few.

**Environment/Home/Community Leadership:** Windward Oahu Council participated with Urban Garden Center to share information on soil types and taught the public to create mini gardens using recycled containers.

**Leadership Education:** Maui Council held educational session on Fraud Prevention and Reporting Refresher.

**Leadership Action:** Kauai Council Quarterly Newsletter is a collaboration between 15 FCE members and 1 non-FCE member to publish items of interest to keep members abreast of club and council activities.

**Leadership Leadership:** Hilo Council's Annual Rummage Sale demonstrated leadership through coordination and delegation of duties amongst FCE members for a successful fundraiser.

**International Education:** Hui O Wahine Club of Hilo Council assisted the Hawaii Japanese Center with putting on educational exhibit that lasted 3-weeks. The FCE members helped with everything from manning the gift shop to registering people for special classes.

**International Action:** Kauai Council made 1300 yarn leis filled with the Spirit of Aloha for every athlete and volunteer in the Kadena Special Olympics in Okinawa.

**International Leadership:** Windward Oahu Council presented researched information on different countries and prepared samples of food dishes representing each chosen country.

## Youth Education Chair – Lynn Nagata

One of 2016 Hawaii FCE State Projects:

Youth Education - "Dress For Success"  
(Hearth Fire Series #55, copyright 2013)

Members, let's implement this Youth Education Activity to empower high schoolers and/or 4-H members to dress and behave appropriately for job or college admission interviews.

### **A suggestion for "Dress For Success" :**

1. *Your Council or Club decides which youth group will be your targeted audience/project collaborator.*
2. *Contact the group/high school activity coordinator (Key Club, etc.) and find out if they might be interested in FCE coordinating a fashion show/several skits/interview situation showcasing "Do" and "Don't" attire and speech/manners.*

*\*Depending on how broad your Council/Club wants to "cast your net", you might even organize a program on the local Mall's center stage and include several high schools' student government officers!*

3. **ACTION:** *Depending on the students and adults, you may need to contact local stores for appropriate dress attire or the students may have them in their closets. You may also have to write out the scripts for whatever program you decide to showcase. Don't be discouraged if all don't show up at your practice/meeting sessions.*

*\*\*If you are good at texting, that's the way to reach teens or you can go through their adult contact.*

4. *IF you are overwhelmed just reading this suggestion, please contact me. I am so excited that our youth will have this opportunity to pair with our wonderful FCE members. You will find the high schoolers will step up and you can remind them that this leadership role they are taking on can be another item on their resume.*

**\*\*Thank you to Denise for suggesting this to me and to our members for selecting this activity!**

**HAPPY 2016 FCE members!**  
**With love and aloha, Lynn Nagata**

## International Education Chair - Denise Smith

I would like to acknowledge Hilo Council for their annual donation to the ACWW organization in the form of "Pennies for Friendship". Every summer Hilo Council holds a rummage sale which is open to the public. The proceeds of the sale go to the council treasury for FCE programs. There are also designated projects that a percentage of the proceeds go to, ACWW – Pennies for Friendship – being one of them. There are all sorts of ways that clubs and councils can collect donations – one of the easiest is to pass a jar around at club meetings for members to put change from their purses into. It's surprising how quickly those coins can add up!

A fun event for ACWW fund raising is to bag up a variety of items – feathers, fancy paper, ribbons, yarn, construction paper die cuts, buttons, whatever sort of silly and cute items you can think of. Have scotch tape available. Members or teams of members make a donation for a bag, a timer is set and within 10 or 15 minutes the members must make a hat out of the items. Model the hats; take a vote and the best hat wins a prize! All ACWW donations should be forwarded to the HAFCE treasurer who will send them on to NAFCE.

Thank you to all the councils who have submitted reports to me on their International events. I'm looking forward to next year and hearing about your International programs!

Hugs, Denise Smith

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## Betty Jo Thompson... submitted by Oarlene Wingate, Hilo FCE Council

Our beloved Betty Jo Thompson has moved to Pennsylvania to be near her daughter Mari Jo. She was our Hilo Extension Agent for so many years and shared her love with so many of us, we cannot help but be happy for her as we keep her close in our thoughts and in our hearts!

I had a chance to see Betty Jo and her caregiver Nani in July when my sister and I were in Hilo visiting my Mom. We visited at her home, then went to dinner with Betty Jo and Nani at the Ponds. We had a great time talking about family, friends and FCE! I know Betty Jo would love to hear from you! She's adjusting well to her new home.

Please take a moment to send her a card, a photo, or a note....

Hugs to all of you... Oarlene Wingate

Here's her new address:

Betty Jo Thompson  
301 Victoria Gardens Drive  
Kennett Square, PA 19348



*From California, wishing all of you a happy, healthy, and joyous holiday season!*

*Aloha, Denise Smith - Homemaker Echo Editor*

### *A Reminder*

The deadline for articles for the next issue of the Homemaker Echo is: **March 10<sup>th</sup>, 2016**  
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)



Lillian Tim Sing, a 10 year member of Hui O'Koolau, Windward Oahu, won first prize for her coconut cookies at the Mayor's Annual Craft & Country Fair. The fair was held at the Blaisdell Auditorium in Honolulu on Nov 28, 2015. She also won second prize for her mango-guava jam.



**Hilo FCE Council – President Elizabeth Salfen**

Happy Holidays from Hilo Council!

Happy holidays to all of you and wishes for a wonderful 2016.

The Hilo Council would like to thank all members that attended the 2015 Annual Convention in Hilo. It was a wonderful time to celebrate all of the magnificent people that are involved with FCE. It is always so delightful to hear about the wonderful programs that are happening on each island. I want to thank the Kona and Hamakua Councils for all of their assistance during the convention planning. We are looking forward to next year's convention on Kauai!

The Hilo Council has been very busy since July. Our annual "Get the Drift and Bag It" to pick up debris along the Hilo boat ramp was very successful. Many members got up early to gather rubbish, exercise and of course celebrate with healthy snacks. We had our annual planning meeting to plan our programs for 2016 where we will try to implement the Blue Zone at each function. We celebrated at our Annual Installation and Recognition Dinner where we recognized outstanding members of Hilo FCE. We got into the Holiday Spirit with a Blue Zone inspired gift exchange. Fun was had by all.



*Puna Wahine FCE of Hilo Council prepares two huge food baskets for needy families during the holidays. They work with Neighborhood Place of Puna, who supports families in need in the upper and lower Puna area. The baskets are large plastic laundry baskets and besides food items, include a festive tablecloth, an FCE brochure, and a gift certificate from a local market for fresh meat and/or veggie purchases. Pictured are Jerry Barlow, Diane Hultman, Liz Salfen, Robin Messenheimer, Alesta Ortiz, Barbara Lively, and Sharon Beauchan.*





## Molokai FCE Council - Gladys "Cookie" Brown President

Our Council is still deciding whether it will continue with our small membership and the high dues. The Council has been inactive for a while. Women on the island are not interested in keeping up the activities of the State Council. Please help me stay connected for another year. Love all of you. Cookie Brown

## SOUTH OAHU FCE Council – President Susan Yee



In the last 6 months, South Oahu club(s) have been involved in the following:

### \* **Workshop Programs**

- ~ Bonsai = learned how to take care of bonsai plants from trimming and shaping the miniature trees and where bonsai started from.
- ~ Scams on Finances = what are scams, how can we avoid being scammed and where to get help.
- ~ Furoshiki = where did the origin of furoshiki begin, and how to use the Japanese art of furoshiki.
- ~ Invasive Species - what is coming into Hawaii? Invasive species can be a plant, insect, animal that grow in a variety of habitats and they are aggressive and completes with the native plants, insects, and animals.

### \* **Volunteered for the following:**

- ~ 2nd Saturday program in October held at the CES-Urban Garden Center in Pearl City, featured "Container Gardening". The public learned what and how to take care of their container gardens. They were also able to accessorize their garden with handmade butterflies and/or pinwheels.
- ~ A collaboration between Disney, CES, and Oahu FCE for Disney's environment exploration program during October's Fall break. FCE members assisted in preparing the meats and vegetables for approximately 75 students to make open face pizza. The students were encouraged to try eating vegetables that were available.
- ~ Kathy Uehana coordinated South's participation at the Senior Fair and Mayor's Fair at the Blasidell Exhibit Hall. The booth at the Senior fair was sponsored by CVS/Longs Drugs.
- ~ Members assisted at the 4-H Food Show by doing a demonstration on the theme.
- ~ Palisades members did a demonstration on Holiday Ideas at the Ewa Beach Library.

### \* **By-laws change:**

- ~ Because of South's dwindling membership, it was necessary to change their by-laws to combine their officer's roles and duties to President & Historian and Secretary & Treasurer.

### \* **2016-17 Officers:**

President/Historian = Kathy Uehana, Vice President = Wanda Lew,  
Secretary/Treasurer = Susan Yee

**\* Club News:**

- ~ Happy Hens: Donated \$250. to Waimalu Elem. School. At the Senior Fair, Honolulu Mayor Kirk Caldwell visited their booth. Happy Hens fundraiser was featured on the 10:00 pm TV news.
- ~ Palisades: Their Share and Learn featured the Furoshiki, for Halloween they indulged in delicious and spooky desserts such as witches fingers and apples carved into mouths with monster teeth. Members exchanged goodie bags. On another occasion, members learned to make decorations for the bathroom and a wreath made with wire and eyelash ribbons.
- ~ Kaimuki: Visited 16 Craigside and had a delicious luncheon buffet. They also visited Jo Tsark. Kaimuki members love to eat, at one of their meetings they enjoyed Happy Days dim sum.

South Oahu wishes you **a happy and safe holiday season!**

**WINDWARD OAHU FCE – President Ruth Haituka**

***CHRISTMAS IDEAS DEMONSTRATION AT QLCC***



Kaneohe Queen Lili`uokalani Children Center hosted Windward Oahu FCE members to demonstrate Christmas Ideas on November 3<sup>rd</sup>. Ideas presented were Crafts: Hinahina Hanger, Grocery Bag Holder, Christmas Flower Stamp and Santa Ornament; Food Treats: Brownie Christmas Tree, Dump Cake and Andagi. FCE members presented ideas that can use inexpensive and recyclable items along with food items that are readily available on sale. Approximately 30 were present and the ideas presented were well received and will be used at their various locations. Two of Windward's youngest members, Jordan and Ketzen Lane, helped with the demonstration by assisting the presenters. It was a learning experience for them.

***PLT NOVEMBER:***

Members practiced their leadership skills by presenting the Christmas Ideas to others in attendance. Presenters were: Norma Shackley (paper holder), Pat Kubo (Hinahina), Emily Deai (Christmas Stamp), Ruth (Santa Ornament & Dump Cake) and David Haituka (Andagi), and Annie Sagawa (Brownie Christmas Tree). Not only were the crafts and food demos fun to make, there were lots of laughter and bonding together. Giving members confidence was achieved!

***CHRISTMAS IDEA DEMO***





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

2015 Service Project was Family Promise in Kailua at 69 North Kainalu Drive 96734, phone 261-7478. In 2014 there were 98 people in the Evening program and 115 people in the Day program. The financial donations enable them to house more families. They keep their day center open year round with qualified, caring staff. Volunteers provide nightly shelter and meals and much needed moral support and resources. Local foundations have provided washing machines, dryers, computer equipment and a 15-passenger van for the two day center. Yes, it takes a village to make these families lives a little easier as they transition into housing.

Donations were collected from members at all 19 Windward Oahu meetings - Board, Council and PLT's. Types of items included clothes, toiletries, school supplies, paper goods, and food (which is not needed). Goods donated were \$830.39 and cash of \$200.00 for total \$1030.39 as of November 23, 2015. Mahalo to Evelyn Cabral and Maggie Schulte for transporting items to Family Promise. Next year's Service Project will be handled by Hui O` Makani

## ***INSTALLATION OF 2016 OFFICERS***



Members  
FCE  
clubs  
incoming  
2016.



of Windward  
Council's three  
elected their  
officers for  
President: Ruth  
Haitsuka; Vice  
Dumaran;



President: Dr. Delfa  
Secretary: Patricia Kubo; Treasurer: Emily Deai; Historian: Jacqueline Chong. Patricia Kubo installed the officers using the theme of "Nurturing Our Roots". Using various props, each officer was given one to describe her position and what it's purpose. Outgoing club presidents were also recognized: Imiola: Jeanette Pang, Hui O` Koolau: Maggie Schulte, and Hui O` Makani: Annie Sagawa.

Members enjoyed visiting with members from South Oahu. There were about 40 in attendance. Prizes were donated and members help raised \$160 for the Trimble Foundation. South Oahu's Susan Yee brought surprise bags, Pat Kubo made her famous necklaces, Jean Young brought flowers, and clubs donated various prizes. There were many lucky winners. Special Guests included Alice Clark, Rhoda Yoshino, Jean Young and Susan Yee.



Lots of delicious food for everyone to enjoy and plenty to make a plate to take home. ↑



Members of various years of service were honored along with Emily Deai receiving her award from National FCE for her membership of 50 years. →



## 2016 HAFCE STATE CONVENTION

Eleven Windward Oahu members attended the annual state convention in Hilo, Hawaii this past October. Richard and Susan Stewart flew from Seattle to join other Windward members for the festivities in Hilo. There were lots of laughter, fellowship with outer island members, lots of great food, great guest speakers, interesting workshops which include the Blue Zone. New members and first timers to state convention, Iris Fukunaga and LaMona Meredith enjoyed their experience and contributed to the various activities by willing to speak and voice their opinions. Members look forward to enjoying the Kauai 2016 state convention.



## CLUB NEWS

**Imiola:** At our October meeting, after discussing business, members enjoyed a time of relaxation and refreshments instead of our usual program. Lots of laughter and delicious food to eat.



Five members attended the State Convention in Hilo which was a very positive experience for LaMona, our newest member and first timer at convention. She not only experienced "convention" but bonded with other members from the outer islands and learned valuable information about our organization. Members who visited the "Blue Zone" workshop gathered "goodies" for other members who could not attend.



### The World of Technology by Jay Robertson



Once again, Jay Robertson, of Fountain Hills, Arizona, spoke to our members about what's happening in technology, the latest gadgets and information regarding what to watch for in scamming. He showed us the Apple Watch which can receive email, track time, health (heartbeat, steps, sleep, etc.), Apple TV (watching movies using iPad and AirPlay to stream to your TV to watch movies from Netflix,

Amazon Video and other sites). Members were able to ask questions and have hands on one to one instructions for specific problems they are having issues with. He can even remote into your hard drive from Arizona. He's a life saver! We were glad to have Jacquie join us too as we have missed her due to her taking care of Ted.

### December Christmas Party

Members will be having their annual Christmas Party at the Haitsuka's this year on December 7. Lots of delicious food, fun and games are being planned. More will be in the next issue along with pictures. Members will be installing their 2016 officers.



### *Hui O` Makani:*

Hui O` Makani has had a very fun and busy September, October and November. Major events that members prepared and volunteered for were the October Statewide FCE Hilo Convention and the November FCE Windward Council Installation.

**State FCE Convention in Hilo** - Members decorated refrigerator magnets as a memento of our much missed member Charlotte Muraoka. Charlotte passed away in March. Each Convention attendee received the memento.

**November Hui O` Makani Installation** - November was potluck and Installation Night for our members. Officers are President Annie Sagawa, Vice President Natalie Oda-Lee, Secretary Florence Ouchi, Treasurer June Tom. Installer was Pat Kubo.

**Volunteering at Community Events** - Hui O` Makani members at the September Senior Fair, October Windward Community College Hoolaulea and several members demonstrated at the Queen Liliuokalani Community Center Xmas Ideas event

**Xmas in November** - Ending our club year was a relaxing Xmas party at the Gyotaku Restaurant. Adding to the festivities was our own very popular Mr. and Mrs. Santa Claus (Barbara and Bill Sheeder).

### *Hui O' Koolau:*

Hui O' Koolau celebrated the Christmas holidays with a sumptuous Japanese buffet luncheon at Tsukije at Ala Moana. A joyful surprise was had by all with the exchange of gifts, big and small.



The celebrants: (seated) Lillian Tim Sing, (standing L to R) *Front*, Eddie Schulte, Evelyn Cabral, Kitty Vadovich, Dixie Dumarán, Helen Wagner, Norma Jean Shackley. *Back*: Bob Schulte, Maggie Schulte, Brenda, Eleanora Cadinha, Cynthia Won, Bernie Baker

←



# 2015 HAFCE Convention Highlights

