



The Homemaker Echo

Official Newsletter of the Hawaii Association for Family and Community Education

Hi everyone! It's been a very busy few months. Hope you are all enjoying the last of your summer and looking forward to fall and hopefully some cooler days.

In July I attended the NAFCE 79th annual conference in Blue Springs, Missouri. Leaving Hilo at 9pm on a Tuesday and finally reaching Kansas City at 5pm the following afternoon was a long trip. With stops in Los Angeles and Denver, we had our share of flight crews. Kats Enoki and I flew together from Los Angeles. It was great having her as a travel partner. I also had the best time rooming with Kats and Pasita Pladera both from Maui. We



learned a lot and we laughed a lot. We met lots of lovely women and men from Alaska to Massachusetts all sharing the same passion for FCE. I'm certain we have all developed lasting bonds of friendships. Thank you to the HAFCE Board for approving my attending the conference and gaining all the knowledge and experiences. There is much to be shared.

It is with great pride that I want to let you all know that Katsuko Enoki (Kats as she is fondly called) was selected as the 2015 National Spirit of FCL winner. In her write-up upon being selected, they stated the following: "One of the hallmarks of the FCL Program is to assist members of a community in taking control of their lives and changing the world for the better. That is what the winner of the 2015 Spirit of FCL Award Katsuko Enoki of Hawaii has done." With the aid of FCL Scholarship funds, Kats was able to attend the conference and receive her award in person. There were many members who remembered Kats from prior conferences she had attended and were delighted to see her again. Congratulations Kats! You make Hawaii proud! It was also fun having you as my roommate!

And speaking of proud.....It's also my pleasure to let you know that Florence (Flossie) Fergstrom of Hoike Club, Hilo Council was selected as the 2015 Heart of FCE. "A woman of many talents and a heart of gold, Flossie has, for 67 years, been an exemplary FCE member." She truly has a big heart and has opened it to all of us in many ways. Congratulations Flossie! We love you and you are our FCE angel.

There are several new issues and ideas that were presented at the national conference and I will be sharing it with all of you shortly. One very important issue is that our membership numbers continue to drop. And sadly we lost a number of members by death. There are currently a total of 4,075 members nationally. One simple idea presented was for each of our members to get one person to join, we can double our membership in one year. Ask a relative, a friend or a neighbor. Invite them to attend a meeting with you as a guest. If that person commits to joining, your club might suggest paying the initial dues for that person. It's a thoughtful thing to do. Good luck!

Volume 41 Issue 3

September 2015

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Convention News*

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

President's Message Continued

Don't forget our state convention in Hilo is set for October 16-18th at the Hilo Hawaiian Hotel. To further entice your attendance, the late fee has been waived. So please, if you haven't already signed up.....please come to Hilo! It'll be great seeing you all! Thanks for all you do. I so appreciate it! Stay cool!!

Sally Bowman
HAFCE President



From the Editor.... **A Reminder**

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

December 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



*The Homemaker Echo would like to feature members of our organization who are often mentioned in articles and reports. Even though many of us on Big Island know our Extension Educator well, we would like all of you to meet **Joan Chong***

Joan Chong is an Extension Educator with the University of Hawaii at Manoa, College of Tropical Agriculture and Human Resources, Department of Family and Consumer Sciences, Cooperative Extension Service – Kona. She started her journey with Cooperative Extension Service back in 1990 on a half time basis with responsibilities for programs that strengthened families and communities. In 1998, Extension became full time as her responsibilities now included youth development programs.

Joan grew up in a small plantation community called Hakalau on Hawaii Island. Like the African proverb, "It takes a village to raise a child", Joan feels blessed that her plantation village provided her with a good foundation of learning life skills and building relationships and partnerships.

Joan's favorite part of her job is interacting with people and seeing them engaged in learning, sharing and exchanging ideas, taking the knowledge learned and applying it to their daily life or using it to help others. Joan loves to travel and explore new places with hubby Warren (an FCE member). Her goal is to visit the 50 states and seeing the Wonders of the World. She also treasures family time with her twin daughters, son-in-laws, son and three granddaughters.

A REMINDER FROM HELEN WAGNER – WAYS AND MEANS CHAIRMAN

IF YOU HAVE NOT ALREADY DONE SO, PLEASE SUBMIT YOUR QUALITY GIFT TICKET CHECK TO:

**HELEN WAGNER
POST OFFICE BOX 628
KANEHOE, HI. 96744**

Youth Education Chair – Lynn Nagata

I'm so excited to report on three events that were held during the summer of 2015.

June 18, 2015 - Books for Newborns by Hilo FCE/University Heights Club chaired event; presented \$392 of books to the Hilo Medical Center's Pediatric Unit to be given out to families.

July 11, 2015 - 2015 MAFCE Scholarships by Maui FCE; intake of 41 applications and selected 5 winners: *Noah Feliciano* from Hana High School; attending UH-Hilo. *Shantel Longboy* from Maui High School; attending Colorado State University. *Liana Tanaka* from Maui High School; attending Pacific University. *Keoni Frampton* from Kamehameha Schools Maui; attending Colorado State University and *Natasha Salamack* from Seabury Hall; attending University of San Diego.

*Each student received \$2,000 and required a 3.0 GPA or higher, demonstrated a financial need, and exhibited good character in school and community.

July 18, 2015 - Midsummer Night's Gleam by Windward Oahu FCE; collaborated with Waipahu High School (Project Hoomana) student volunteers and taught/created hinahina hanging craft for youth to make during the Foster Botanical Garden sponsored event.

Outreach to publicize Oahu FCE and FCE Club, Hui 'O Makani.

Exemplary performance by these clubs/members! Please keep turning in your Program Reporting Forms. Youth Education is the future!

Hope to see you all in Hilo for the Convention. A hui hou, Lynn Nagata

International Education Chair - Denise Smith

Hats off to Windward Oahu and South Oahu councils for their participation in the Malawi Project! They have been collecting empty prescription medication vials and sending them for donation to Malawi, an African nation which is the 8th poorest county in the world. The vials are recycled for medications which would otherwise be given to the Malawi patients in dirty reused envelopes or scraps of paper. Go to the website malwaiproject.org for more information on how your club or council can help.

As the end of this year approaches I know that the FCE clubs and councils will begin program planning for 2016. Please consider including a "Women Walk the World" event in your plans. The object of the walk is to raise funds for ACWW (Associated Country Women of the World) and raise awareness of this worldwide organization whose goal is to help connect and support women worldwide. The walk is simple – no instructors, it's inexpensive – no special equipment needed, it's achievable- can be done anywhere and at any time, and it's easy – just get up and walk! The time frame for a walk is on or around April 29th which is ACWW Day. Include your friends and family as well as FCE members. The walk can be around your neighborhood, in a park, or a jaunt around the mall! There are ACWW posters available and sponsorship forms – all on line from ACWW. Be sure to take photos of your group as they walk – you could be featured in the Country Woman magazine, a publication of ACWW. If you need more information about organizing a Women Walk the World event, you can contact me for forms and fund raising ideas.

Thank you to all the councils who have submitted reports to me on their International events. I look forward to assigning program awards at convention to recognize your efforts!

Hugs, Denise Smith

cdsmith2139@gmail.com 650 969-3422

Report on 2015 NAFCE conference by Katsuko Enoki

From July 23rd to July 26th, 2015, Hawaii FCE State President Sally Bowman, Maui FCE President Pasita Pladera, and Pukalani FCE President Katsuko Enoki traveled 3,898 miles from Hawaii to Kansas City, Missouri! The purpose was to attend the National FCE conference at Adams Point Conference Center, Courtyard Marriott Blue Springs, MO. The theme was "Stepping Stones to Success". There were 105 attendees, 24 1st timers from a present membership of 4,075 members in 19 states. The Family & Community Leadership (FCL) Day discussed:

- 1) Leadership: Team Building, together Everyone Achieves More (TEAM)
- 2) Mentoring: V is for very valuable volunteers
- 3) Issue Analysis: Popping Pills, Rx Drugs Abuse

Each group did a role play and our own Sally Bowman was quite an actress depicting "Shivering Sue", a drug abuser. We learned the fastest growing drug problem in the U.S. is misuse of prescription drugs and has been classified as an epidemic by the Center of Disease Control and Prevention. Education is the first step to prevention. Drug Abuse is the 8th leading cause of death.

We were able to attend the new Hearth Fire Books presentation on the following: 1. Advance Directives –Do I want/Need them? 2. Someone's asking: What is Maternal Health?, and 3. Hope on the Horizon: Finding, Recruiting and Retaining New FCE Members.

The key note speaker, Kristy Childs, a former prostitute, had a prostitute friend, Veronica who was murdered. She started "Veronica's Voice" which is an advocacy group to educate men and women about Human Trafficking. Kristy was introduced to us by the following; "After running away from an abusive home when she was 12, Kristy Childs was sex-trafficked and labeled a prostitute for more than two decades. For years she was brutally exploited missing out on proper education and experiences managed to extricate herself from the commercial sex industry. I plan to call the what the situation is on Maui can continue to do Dress a dresses. Some of us are agencies. Kristy was toiletries. The worth of a represents victims of human million of them.

We learned more about Country Women of the supports women and The 28th Triennial England 2016. The 29th Melbourne, Australia in Pennies for Friendship, and grants. They receive contributed \$136.34 for We toured the Harry

Library and Museum, the Children's Peace Pavilion, Hallmark Greeting Cards, and the Community of Christ Auditorium and Temple at Independence, MO. I was humbled to receive the 2015 Spirit of FCL Award. Thank you HAFCE for granting me \$500.00 to help me. Congratulation to Flossie Fergerstrom, Hawaii's 2015 Heart of FCE!

The Worth of a Penny

Pennies are stepped on,
stepped over, forgotten about.
They have become worthless in our society.
They lie on the ground, but we do not take
the time to notice them or pick them up.
At gas stations they are left on the counter for our
convenience - we take one if we need one, we
leave it if we don't.
These pennies represent victims of human
trafficking.
There are 27 million of them.
They are invisible yet they are everywhere.
They are stepped on, stepped over, forgotten about,
and they are used for our convenience.
Take the time to notice the pennies.
There is value in the pennies.

SHE IS WORTH THE FIGHT!

(ACWW) Associated World which connects and communities worldwide. Conference will be held in conference will be in 2019. ACWW is funded by dues, donations, legacies no government funding. We Pennies form Friendship. Truman, (33rd president)

A Sneak Peek!

Here's a quick look at the quilt that will be available to some lucky FCE member during convention. The cost will be \$5 per opportunity or 3 tickets for \$10. The proceeds will go to the Trimble Foundation. The drawing will take place during the convention happenings. If you are not attending convention, be sure to send your \$5 (or more) with your friends who are going!

The quilt size is: 44" X 46". The colors are deep burgundy, warm corals, cool marbled greens, and vibrant teals. The title is: "The Luau" and the fabric theme is a Hawaiian luau with scenes of hula dancers, traditional luau foods, and a tribute to a Hawaiian chief. It has a sleeve on the back for hanging, if so desired.



Dress a Girl around the World

Submitted by Jen Laris

DRESS a Girl Around the World and Operation Christmas Child - Love in a Shoebox

Dress a Girl is partnering again this year with OCC to help give children dresses and boys shorts. Dress and short sizes requested are from Size 2 through 8, or Small, Medium and Large. Remember, they must be able to be rolled and able to fit into the shoe boxes provided by OCC. Thanksgiving week is the deadline for shoeboxes and each Island will have their special drop off areas and will be posted in the newspaper.

East Hawaii has already contributed 100 dresses to 2 churches to help in this Mission. I know other Islands are involved in OCC, so please help if you can. Thanks to the volunteer work of area women and families, little girls and boys around the world are getting what could be their first handmade dress or pair of shorts. Village Pastors tell us that children wearing these gives the appearance that they are well-cared for and may discourage would be predators. We attach a label on the outside of each dress, sending an additional message that each girl is under the care of an organization giving her added protection from those who would harm her.

East and West Hawaii have already donated dresses and some boy's shorts to 17 countries this past year through many different Missionaries. If you are involved, please make sure that you get your numbers reported to Denise Smith, International Education Chair, as well as to International Dress a Girl around the World. Or if you'd rather, report your numbers to me, by phone or e-mail, and I will gladly get them to Rachel at Hope 4 Women/Dress a Girl, each quarter.

Mahalo nui Loa,

Jen Laris: East Hawaii Dress a Girl Ambassador: PH. 895-7795

E-mail: dressagirlaroundtheworldinhi@gmail.com



Hilo FCE Council – President Elizabeth Salfen

Hilo Council has been very active in planning and preparing for the upcoming convention. We look forward to showing everyone downtown Hilo and everything it has to offer.

Beside the convention, Hilo Council members spent a weekend relaxing at the Kilauea Military Camp inside the Volcano National Park. What a fun weekend we had playing games, eating wonderful and healthy snacks and getting to know each other better. As always, the women of FCE can be very entertaining with the annual Jan Ken Po contest.

We cleaned out our clutter and closets and hosted our Annual Rummage Sale and it was very successful. Once again our rummage sale engineers set-up the entire rummage sale in less than two hours and cleaned up in less than a half hour. The entire Hilo Council came together and we were able to increase our revenues from previous years.

In September we will be participating in "Get the Drift and Bag it", our annual rubbish clean up at the Hilo Boat ramp. It is amazing how much trash you can pick up from the beach in just a few minutes. Last year the Hilo Council was joined by the Pahoia Girl Scouts at the annual clean up.

Besides having a lot of fun, community engagement, and educational opportunities, our Hilo Council family has been saddened by the loss of some long-time Hilo Council FCE members. With these losses, I reflect upon the great contribution that they have made to FCE and how they have encouraged me to be a community leader, FCL participant, and an FCE officer. I am thankful to them for sharing the Spirit of FCE with me.

Maui FCE Council – President Pasita Pladera

2015 Outstanding Older American of Maui County



In May, Katsuko Enoki, member of Maui FCE, was awarded the Maui County Outstanding Older American of 2015 award. Kats is an 84 year old devoted volunteer and caregiver that has based her life's mission on a caring for others. Born in Kahului, Katsuko served others in the medical field as a registered nurse and certified pediatric nurse practitioner, ranging from Seattle, Washington to the islands of Oahu, Maui, and Guam. She is involved and plays vital roles in every organization that she is a part of, especially the Community Voices Upcountry, where she served as a chair and co-facilitator. The organization ensures that Kula residents have numbered street addresses, which allows first responders to locate residents more easily and quickly to save their lives in an event of an emergency. She loves spending time with her 9 grandchildren, gardening, reading, excising, and visiting the frail, elderly, and sick, and serving God. Congratulations to Kats!

At our August 17 meeting members packed approximately 50 care bags for the Women Helping Women Facility. Irene Machida sewed all of the bags. Included in the bags were various toiletry items. There also were bags for children with coloring books and crayons.

Pictured are Rae Kobayashi, Kats Enoki, Irene Machida, Helaine Sato, and Margaret Cambra. →



Maui continued

Community Service

Members met at Rae Kobayashi's home to plant over 50 containers of succulents in coffee cups and other containers. They were later delivered to various care facilities on Maui. Pictured below are some members and staff when plants were delivered to Roselani Place, an independent living care facility.



Kauai FCE Council – President Margo Hashimoto and Gladys Fujiuchi



Character Counts! sm Essay Winners

This year 3 schools participated: Eleele, Kapaa, and Wilcox Elementary schools. A total of 12 classes. We received 147 entries. 5 judges selected 6 winners.

Kauai Continued

An Awards presentation and luncheon was held on April 25, 2015. Invitations were sent to all winners and their families, teachers, principals and to the District Superintendent of schools. There were a total of 25 FCE members and 27 Guests who attended the Awards Luncheon. The winners were presented with leis, a certificate and their awards.

The winners are:

Honorable Mention	\$15.00	Abigail Tagalicud	Kapaa	Ms Perez
Honorable Mention	\$15.00	Aftan Dodd	Kapaa	Ms Perez
Honorable Mention	\$15.00	Mikaela Depoe	Eleele	Ms Kobayashi
3 rd Place	\$25.00	Janine Salud	Wilcox	Ms Gallardo
2 nd Place	\$50.00	Emma Seres	Kapaa	Ms Perez
1 st Place	\$75.00	Nicolle Pattenga	Eleele	Ms Kobayashi

Nicolle's entry was entered in the state contest and won 3rd place. She will be receiving \$50.00 from our State Council!

1,000 LEIS OF ALOHA

Kauai Association for Family and Community Education undertook a project to share Hawaii's ALOHA with children and adults in Okinawa. The members and friends made 1,300 yarn leis to be given to Special Olympic athletes in Okinawa. Pictured receiving the shipment of lei, is KAFCE president Margo Hashimoto's son, Capt. Stan Hashimoto (right), who is the chairman of the Kadena Special Olympics to be held in October. With Capt. Hashimoto is a fellow Kadena airman volunteer.



WINDWARD OAHU FCE – President Ruth Haisuka

PLT's for June, July & August

JUNE: CPR WITH KIM WILLIAMS

June 23, Kim Williams demonstrated to members the Techniques of CPR. As shown in the picture, Jeanette and Maggie practice their skills on a dummy. CPR is a vital skill to know as we never know when this technique will come in handy. Kim also indicated that individuals should get a refresher course yearly as techniques are constantly changing.



Windward Continued

JULY: INTERNATIONAL - Countries of Choice

Countries different. Topics varied. Food delicious! Each club provided interesting facts about their selected country. Hui O` Makani provided information about chocolate from Guatemala, Belgium and Hawaii and lots of samples of "chocolate"! Barbara Sheeder, who just returned from Guatemala shared what she learned at the Chocolate Museum and brought Guatemalan chocolate and tea to share. Also on the menu was Mafe (beef stew with peanut butter from the Ivory Coast), Buah Sukun (breadfruit cooked in coconut milk from Malaysia) and several chocolate desserts (cakes, cookies, chocolate jello and mocha, and more). Annie Sagawa also shared Hearth Fire booklet #7 and the meringue cookie. Hui O`Koolau selected countries that produced olives and olive oil - Portugal, Spain and Greece. Members shared a variety of olives, an olive tapenade and a Greek salad. Imiola selected Norway. David Haitsuka made cod soup, Jeanette Pang a salad and Carole Mulford made creamed cabbage. It was a very interest and tasty event.

AUGUST: RAG RUG



Rag Rug? What's that you say? Using a cotton sheet or piece of material, crochet strips together to get a rug. Ladies received instructions from Maggie Schulte and then the work began. Newcomers to crocheting, Dixie Dumarán and Ruthie Haitsuka worked hard on their creations as they show off their work. Nancy Arakaki (a pro at crocheting) showed her finished project along with Maggie Schulte. Lots of laughter and great teachers!



PACT AT WINDWARD MALL



Jeanette Pang, Jackie Chong, Carole Mulford and Norma Shackley helped with Got S.T.E.A.M. (Science, Technology, Environment, Arts, Math) Fun Day for PACT at Windward Mall. They helped facilitate a hands-on activity called "Buck-Buck the Chicken." It involved reading the story and having the parent/child make a chicken out of a plastic cup, string, piece of sponge, and other craft supplies (pens for the head), paper, and glue to create the chicken. The purpose was to see how this craft project relates to STEAM (by using math skills to make the face of the chicken, science in making the "buck-buck" noise. You could hear the sound of chickens all over the mall. It was fun and got rather hectic.

Windward Continued

WINDWARD DAG DRESSES



Members of Windward FCE Council's three clubs sewed and donated 54 dresses last year. They were sent abroad via Hilo, Hawaii FCE. This year, 50 dresses were distributed locally to a local non-profit organization, Family Promise, based in Kailua, Oahu. Using slightly used t-shirts & tank tops, these dresses were embellished and transformed into beautiful, good as new, lovingly handcrafted dresses and keeping with our project of "Dress a Girl Around the World".

Pictured is Christy MacPherson, manager of Family Promise, Maggie Schulte and Evelyn Cabral.

CLUB NEWS

Hui O`Koolau

Before going on their educational outing at Foster Botanical Gardens in Honolulu, 10 members, including Kathy Uehana and Lillian Bradley from South Oahu, had a Chinese luncheon. Dixie especially loved the Chicken Feet dish. Upon arriving at the garden, their guide was waiting. He was pleasant, very patient and informative of the history of the gardens especially the large and old trees. The Fosters lived on the Mauka portion of the garden until a large portion was taken over by the freeway. This area included beautiful orchids and native Hawaiian plants. Their house was torn down. Each tree in the garden has a history of when and how they came to Hawaii. The cotton tree was in full bloom and dropping pods and cotton on the ground. It looked like a blanket of snow on the ground and with lots in the air, so soft and fluffy. What crafter wouldn't enjoy picking the cotton up from the ground! Although exhausted from walking for two hours, the guide smiled and kidingly announced "No Sitting" to rest. Exhausted but well worth the tour!



CONDOLENCE TO PACHECO and BAKER FAMILIES

We are sad to report that two members from Hui O`Koolau has passed away. Elsie Pacheco, a member with 51 years in FCE died in June. She loved going to convention and "singing" was her passion, often singing "The Maui Waltz".



Bob Baker, died this week from cancer. Although relatively new to FCE, his wife, Bernadette, has been a member for a few years. Bob was very creative and won a contest using recycled items as shown here.

Imiola



Barrettes by David

Using various artificial flowers, David taught the ladies to make a fancy barrette flower to wear in their hair. Technique: using a barrette, flower and glue gun.

Windward Continued

August Lunch at Hale Koa

Chutima Leider graciously invited members to attend her annual United Airlines retirement luncheon. Chutima is a stewardess for United Airlines. The tables were decorated with beautiful pen flowers. So many delicious choices of dishes from salads to roasts & desserts. Members met some of their friends who have not seen each other for many, many years. Thank you, Chutima for a wonderful afternoon.

Hui O'Makani

June - Delicious! Pat Kubo demonstrated and provided all materials for making fast and easy pupus. Editor: Sorry we didn't have room for listing Pat's recipes.

July - Remembering our past made for a fun evening. Annie Sagawa brought 3 suitcases of albums, programs, articles, and pictures that went back many decades. Hui O'Makani was established in about 1963. It was a nostalgic evening as members shared their personal memories of our club's past and fondly remembered members. Sharing these memories emphasized how much we have enjoyed as well as learned from the UE/FCE program and formed lasting relationships with each other.

August - It was Christmas in August as Nancy Arakaki taught members how to make a candy holding Santa jar. Nancy generously provided all materials, even the candy! Thank you Nancy!



2015 National FCE Winner of the Spirit of Family Community Leadership Award Katsuko Enoki

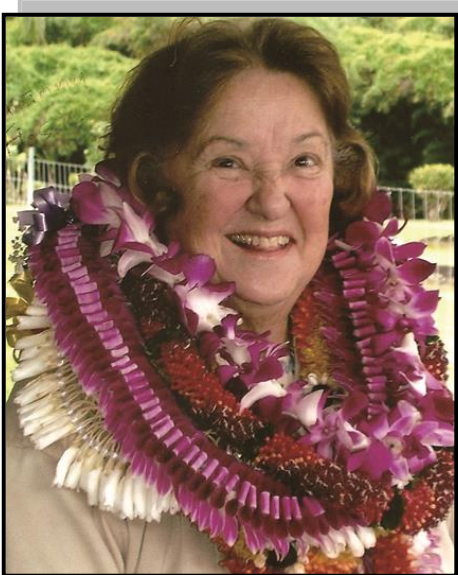
Katsuko (Kats) Enoki is a 47 year FCE member from Pukulani, Maui. She received some of her FCL training at several National FCE conferences and at workshops in Hawaii. She has put the skills she learned at these training sessions to good use in her position as Hawaii State President (2007 – 2008) and as a co-teacher for the "Powerful Tools for Caregivers" workshops which were held in Maui, in 2012. Kats is a member of a small group of 8-10 people (men and women) meeting weekly to study the Bible. Due to sudden illness and death, the group was without a host and leader. While praying for someone to step up, Kats felt convicted when God asked "why not you?" She stepped in to offer her home and facilitate the small group. Instead of didactic presentations, Kats introduced the concept of facilitation and group process. She did not force anyone and offered other roles i.e. timer, recorder, prayer, and encourager. She provided education and leadership using bonding exercises, conflict resolution, delegation, teaching, and listening. Although many were frail and elderly, the members were willing and eager to help feed the homeless and with fundraising for missionaries.

Spirit of FCL Continued

Members not only attended Po'okela Church but worshipped at Baptist, Lutheran, Catholic, Mormon, and 7th Day Adventist churches. The group was agreeable to the proposed rotation of a facilitator role. Kats explained the facilitation process she learned through Family Community Leadership (FCL) in Hilo and at National conferences. Some members were familiar; others were willing to try the process. She did not force anyone not ready to be a facilitator. She used FCL techniques to work with members who tended to monopolize the conversation and those with distracting behaviors. She provided education and leadership using bonding exercises, delegation, teaching, and listening and being a role model. The outcomes achieved were that members felt comfortable with facilitation and were actively participating in church wide events.

Today there are 21 members: the youngest is 57 years old, there are 5 in their 60's, 5 in 70's, 7 in 80's, and 3 in their 90's. The meeting site is now at a church fellowship hall due to the size of the group. The final outcome is that those comfortable with facilitation are agreeable to rotate this role and have done so. When others try it for the first time, members are quick to encourage and praise their efforts. Members have bonded working and studying together and fellowshiping at weekly potlucks. The group shops, cooks, and serves one dinner annually to the homeless. Members help with the monthly rummage sales and annual bazaar. Funds from one monthly rummage sale are designated to help fund missionaries.

Initially Kats wanted to keep the group from abandoning and now she sees the members grow spiritually, studying and learning the Bible, loving God and others, thanks to her FCL skills!



Editor's Note: The previous Homemaker Echo issue contained errors regarding Flossie Fergerstrom's life and this issue would like to correct those errors with my deepest apologies. - Denise Smith

2015 HAFCE Heart of FCE – Florence “Flossie” Fergerstrom

A woman of many talents and a heart of gold, Florence “Flossie” Fergerstrom has for 67 years been an exemplary FCE member. She has shared her learned skills with her family, her community, and with her East Hawaii FCE family. She joined FCE in 1948 as a young woman and later used the skills taught by the extension agents to help stretch the family dollar and make a great life for her husband and 3 children. After her husband suffered a stroke and became disabled, Flossie cared for him at home for 12 years until his passing. During that time it was difficult for her to attend many of the FCE functions but she would host at least one club meeting a year at her home so that she could still participate. Her contributions to the local FCE craft fairs came in the form of wood work items which she made in her home workshop. She shared these skills with her club members also – teaching them how to saw, sand, and varnish little wooden angels and other items. Flossie shines as an FCE angel!

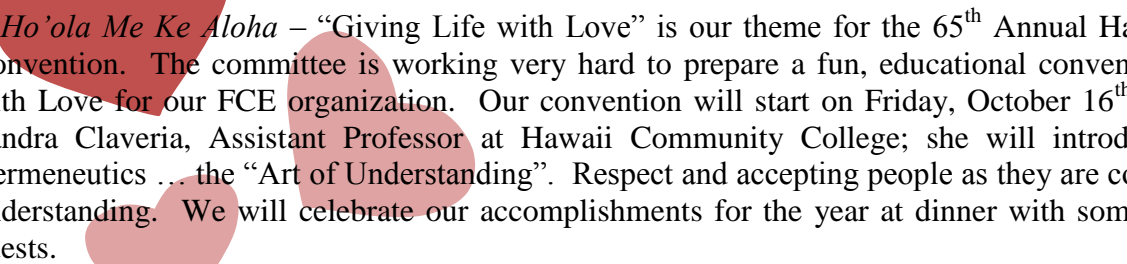
E Ho'ola Me Ke Aloha

Giving Life with Love

Hawaii Association for Family and Community Education

October 16-18, 2015

Hilo Hawaiian Hotel

A collection of red hearts of various sizes scattered around the text. Some are solid red, while others are semi-transparent or faded. They are positioned around the main text block, with a large one on the left and several smaller ones on the right and bottom.

E Ho'ola Me Ke Aloha – “Giving Life with Love” is our theme for the 65th Annual Hawaii FCE Convention. The committee is working very hard to prepare a fun, educational convention filled with Love for our FCE organization. Our convention will start on Friday, October 16th, with Dr. Sandra Claveria, Assistant Professor at Hawaii Community College; she will introduce us to Hermeneutics ... the “Art of Understanding”. Respect and accepting people as they are comes from understanding. We will celebrate our accomplishments for the year at dinner with some honored guests.

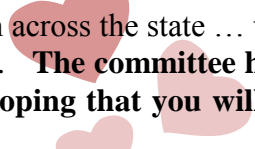
On Saturday, we are planning a special breakfast for our “First Timers” to convention and the Past Presidents, with their many years of wisdom, will be joining them and sharing their Love of FCE. We are so excited that the Blue Zone Kick Off event is also happening on Saturday because there will be many activities for you to sample and learn about how to change your environment to make healthy choices, the easy choice such as food demonstrations, wine tasting, entertainment, massage, etc.... Often, we know what we should do to be healthy and feel guilty about not doing them. Blue Zone teaches us to change our environment and to work together as a community.

Or...you can choose to go on the Downtown Hilo Experience, our famous Farmer’s Market and the many unique shops, restaurants, galleries, museums, etc.... It’s fun to look in the stores ... browse...shop ... look....eat ... shop!

Of course, we have to get our important business done....so delegates (everyone is welcomed), please be prompt to our Business meeting☺ Saturday evening is when we install our dedicated officers, dinner will be Hawaiian buffet. Wouldn’t it be nice to wear your muumuu to dinner? We will be showcasing some muumuus from the past with a fashion show to close the evening festivities.

On Sunday, we will remember our members that have given so much to our FCE organization at our Memorial Service. It’s a time to pay our respects and to learn more about their generous hearts. A time for us to reflect and be grateful for the special friendships this organization provides. After the service, we have our Educational Workshop. This year, we will be together as a group to learn more about our past, present (time to share what we are doing at our club, council and state levels – Kathy Uehana, State Secretary, is excited about sharing what she has learned) and our future ... how we can take Blue Zone concepts to help our members stay healthy. We will close our convention with our Friendship Luncheon.

We are so looking forward to meeting our fellow FCE members from across the state ... to share our love for FCE, talk story, have fun, laugh, sing and make new friends. **The committee has decided to waive the late fee and accept registration until October 1st, hoping that you will join us in Hilo.**

A cluster of red hearts of various sizes located in the bottom right corner of the page, partially overlapping the final paragraph of text.