



# The Homemaker Echo

Official Newsletter of the Hawaii Association for Family and Community Education

Volume 42 Issue 4

December 2016

In this issue:

President's Message  
Board Reports  
Council & Club News  
FCL Survey

**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

Aloha everyone!

It will soon be Christmas and we have so very much to be joyful about!

It has been such a wonderful year for FCE. You have worked very hard and did many great things in making our communities a better place for all of us to live in. Your volunteer hours reached such high numbers - much more than expected. But more importantly you all shared laughter and good times.



As I end my term as your State President, I want to tell you how very much I have enjoyed working with all of you. Thank you for your confidence, your mentoring and most of all your friendship. It has been an absolute pleasure.

Now I move on to being Past President. I'm serving as Public Policy Coordinator on the FCE National Board as well as President of the Hui O Wahine Club. I guess I'm just an FCE woman at heart!

Thank you all so very much for all you've done for me. Have a wonderful Christmas and a very happy and blessed New Year.

***Me ke aloha pumehana, HAFCE President, Sally Bowman***



2017 – 2018 HAFCE Executive Officers

L – R: Secretary Kathy Uehana, Treasurer Bernie Tangalin, Past President Sally Bowman, Vice President Ruth Haituska, President Martha Yamada

## Hawaii FCE Board Members

### Executive Officers

President ~ Sally Bowman  
Vice President ~ Martha Yamada  
Secretary ~ Kathy Uehana  
Treasurer ~ Bernie Tangalin  
Past President ~ Milo Ferreira

### Education Chairs

Health ~ Dixie Dumarán  
Home ~ Elaine Sumida  
International ~ Denise Smith  
Leadership ~ Melinda Ishii  
Youth ~ Lynn Nagata

### Extension Educators (Advisors)

Hawaii ~ Joan Chong  
Maui ~ Heather Greenwood

## 2016 Vice President Report

Serving as your Vice President these past two years has been an inspiring experience. I continue to be amazed at our 60 plus members and how active and vibrant they are because they are so giving and love to learn and teach. Our mission statement is living the Aloha Spirit to strengthen Individuals, Families, and Communities through Continuing Education, Developing Leadership and Community Action.... they truly live this mission.

There were wonderful programs to strengthen our members through continuing education from learning about diversity, steps to improve our health, gardening, and most important learning while having FUN! Members developed leadership by conducting meetings, taking on leadership roles, making connections with guest speakers, programs to honor our members. One of this year's state projects was Community Service. Our members are so generous evidenced by so many community projects that contribute to the health of our community from making quilts for the elderly to volunteering and supporting their communities.

I am so proud to be part of this organization and so happy that younger members are joining our clubs because our seasoned members have so much to share and there is so much need right now. One of the Blue Zone principals is belonging. Currently, the statistics say every person only has 1.5 friends .... We all know that isolation kills. Let's give one person a gift of aloha and welcome them into our "Ohana".

I want to thank our Education Chairs for doing a wonderful job.

<b>Leadership Award: Melinda Ishii</b>	
Education: Windward Oahu Council	Putting CHARACTER COUNTS to work
Action: Hilo Council	Annual FCE Craft Fair
Leadership: Windward Oahu	Boys and Girls Club Workshop
<b>International Award: Denise Smith</b>	
Education: South Oahu Council	Traditions of Faiths Throughout the World
Action: Windward Council	Mission Trip to Juarez, Mexico
Leadership: Kauai Council	Japanese Cultural Day
<b>Health Award: Dixie Dumaran</b>	
Education: Windward Oahu Council	Numerous medical tidbits sessions
Action: Hilo Council – Hoolulu Club	Nutrition workshop
Leadership: Hilo Council – Hoaloha Club	Friendship Tea Membership drive
<b>Youth Education Award: Lynn Nagata</b>	
Education: South Oahu Council	Disney/4-H Day Camp
Action: Windward Oahu Council	Boys and Girls Club
Leadership: Hilo Council – Hui O Wahine	Dress for Success
<b>Home/Community/Environment Award: Elaine Sumida</b>	
Education: Hilo Council – Maile Club	Hilo Council Hibiscus Newsletter
Action: Windward Oahu Council	Family Promise project
Leadership: Maui Council	Five \$2,000 scholarships to graduating seniors

I look forward to working with our 2017 Education Chairs:

Leadership – Lynn Barut; International – Susan Stewart; Health – Dixie Dumaran; Youth Education – Janice Plummer and HCE – Susan Yee

*Aloha, Martha Yamada*

*HAFCE Vice President*

## Youth Education Chair – Lynn Nagata

Aloha from Hilo, Hawaii Island! These Councils were recognized at the Kauai Convention for earning the Youth Education Program Awards .....  
CONGRATULATIONS TO:

**Education Award** - South Oahu Council for their **Disney-4-H Exploring Your Environment Day Camp** nutritious pizza snack activity that spanned multiple days from October 6, 8, 9, 2015 and June 9, 14, 29, 2016. FCE members educated the campers on how to create their own delicious pizzas as well as collaborated with UH-Manoa's CTAHR. (FCE volunteer hours = 90) Mahalo for educating our youth!

**Action Award** - Windward Oahu Council for **Boys and Girls Club** recycle and reuse craft "action" project where 11 FCE members taught youth how to create craft items using recycled/repurposed materials to make gifts for family members. (FCE volunteer hours = 80, donated \$75) FCE and youth in action!

**Leadership Award** - Hui O Wahine Club, Hilo Council - **State project - Dress for Success** Hui O Wahine collaborated with Hawaii Community College (HCC) and UH-Hilo's clerical organization, Na Laulima, to collect donated "professional outfits" and accessories that high schoolers and college students could choose from to be interview ready. A Dress for Success brochure was created that offered "tips" on how to look and speak appropriately during an interview. FCE members sorted, ironed, and set up over 500 pieces of clothing and accessories that were offered to students at HCC and UH-Hilo. An FCE member also did an hour presentation at Pahoa High School to 25 students on how to dress for a successful interview and students then selected attire from our "closet". (FCE volunteer hours = 270.5, donated \$1,244.76) Leadership for youth!

Thank you, Councils, for continuing to submit your Youth Education Program Forms. **Janice Plumer** will be your next Youth Education Chair. Please submit your 2017 Council Character Counts! winner to her by March 1, 2017.

## International Programs

Congratulations to the following councils for their workshops and programs in the International area for 2016.

**Education Award** – *South Oahu* for their workshop on Traditions of Faiths Throughout the World. They pushed themselves outside of their comfort zone by taking a unique approach to studying different countries. Their research and presentations were based on 4 primary faiths.

**Action Award** – *Windward Oahu Council* for their collaboration with 3 different organizations to support an orphanage in Juarez, Mexico.

**Leadership Award**- *Kauai Council* who used their leadership skills to plan and present ethnic activities, food items, crafts and games to support the Kauai Museum during the Japanese Cultural Day celebration.

It's been a wonderful experience being an International Education Chair and helping to promote interesting and educational programs. I hope everyone will continue to support ACWW and to give your support to the incoming Chair for 2017 – 2018, Susan Stewart.

Hugs, *Denise Smith*

International Education Chair





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



The deadline for articles for the next issue of the Homemaker Echo is: **March 10<sup>th</sup>, 2017**  
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)

*Aloha HAFCE members ..... Please note an error in the recent September 2016 Homemaker Echo. I inadvertently gave Hamakua FCE Council president, **Dana Morifuji**, a new last name in her article about Hamakua happenings! My sincere apologies to Dana.*

*Aloha, Denise Smith*

Congratulations to HAFCE Past President, Milo Ferreira, who won this year's Trimble Foundation Quilt, "Sally Sells Seashells"!



And here's a look at the Trimble Foundation quilt for 2017....."Kingyo". Tickets will be available to councils in Spring or early Summer. Good luck to all who buy tickets! The drawing will be held at the 2017 convention.



L-R: Ruth Haitzuka, Joan Chong, Dean Novotny, Martha Yamada

### **A Visit with the Dean of CTAHR**

*By Joan Chong*

On November 2<sup>nd</sup> FCE members Martha Yamada, Ruth Haitzuka, Pat Kubo and Extension Advisor Joan Chong met with Dr. Rachel Novotny, Interim Dean & Director for Research & Cooperative Extension, CTAHR – University of Hawaii Manoa. Members Bernie Tangalin, Margo Hashimoto, Janice Plumer, and Denise Smith joined the meeting at Gilmore Hall, UH Moana, via internet. The purpose of the meeting was to introduce the dean to FCE and to discuss how she views the future of FCE within Extension Services. She was impressed with all the great work that we do! The challenge now is to figure out how Extension and FCE fits into the broader/larger University picture. The Dean seems to feel that the way to go is to look at building a culture of Health and Community Engagement. Our state project of the Blue Zone is perfect for this!

Dean Novotny spoke a lot about community engagement and community outreach. Community Engagement is a process for organizing and conducting a community-based initiative that makes a difference in the public life of our communities.

Please think outside of the box and give incoming HAFCE president Martha Yamada suggestions as to how FCE can assist with Community/Family Well-Being in Hawaii.



## Hilo FCE Council – President Elizabeth Salfen

### **Aloha from Hilo Council**

Happy New Year and Blessings for 2017. I hope everyone's holiday season was blessed by family and friends. The Annual Recognition and Installation Dinner was held on December 1. The evening was full of entertainment and laughter. Members were recognized for their years of membership especially Sue Nakamura who celebrated 65 years of membership. Wow, what a wonderful woman and still keeping busy supporting FCE with her leis. She is truly an example of a Blue Zone Star!

Since the last newsletter, Hilo Council has elected new officers. They are Carolyn Sewake - president, Diane Hultman - vice president, LaVanda Salas - Secretary, and Maria Rose Vierra - Treasurer. We also held our Annual Planning Meeting. Hilo Council is looking forward to a busy 2017.

Lastly, I would like to thank Joan Chong, Oarlene Wingate, Denise Smith, Martha Yamada and my family for assisting me in my last four years as Hilo FCE President. I could not have done it without your support.



Picture (L-R): George Ito, Shirley Ito, Tara Colburn (Director of Nursing), Stacyn Lopez (Recreation Director), Herbert Rapoza, Shimomi Araujo, Lana Paiva, Lee Watanabe, LaVanda Salas, Priscilla Escritor (Director of Dietary), Elaine Fukui, and Lily Chow

### Hilo FCE delivers patchwork blankets to the Okutsu Veteran's Center

On November 14, 2016, Hilo FCE Quilt work group presented 50 patchwork blankets of various sizes to the residents of the Okutsu Veteran's Center in Hilo. Project leader, Shimomi Araujo, and members gather each month to create patchwork blankets to be distributed to the shut-ins, hospitals, and private care-giving facilities within our community and elsewhere. Special requests extending to out-of-state facilities give us the opportunity to spread our Aloha Spirit. Many years and thousands of blankets continue to be made to keep bodies warm, knees covered and loving hearts warm by members of Hilo FCE Quilt Workshop.





**Puna Wahine FCE Club:**



Members of Puna Wahine with donations from all club members ↑



Puna Wahine member and HAFCE Past President, Diane Hultman, delivered the baskets to Neighborhood Place of Puna ↑

Puna Wahine FCE Club of the Hilo FCE Council focuses its community education and service efforts in the Puna District. One annual program in which club members participate is collecting non-perishable food items to be donated to families at Thanksgiving time. This year Puna Wahine collected enough to fill two large baskets to be given to families served by Neighborhood Place of Puna. The baskets included grocery store gift cards as well as copies of relevant Hearth Fire books.

**Hui O Wahine FCE Club:**



HOW donated 30 pairs of rubber slippers to Waiakeawaena School. Students are sent to the Health room when their slippers break. Health Aide, Gayle Higa, said in the past, KAPA radio used to have a slipper drive, but they didn't receive any this year. HOW was happy to step up to the plate!



Principal, Kasie Kaleohano; Health Aide, Gayle Higa, and HOW members, Gail Kimura and Amy Bugado ←



PCU Team and HOW members ↑

Medical Evacuation Kit ↓



HOW members assemble kits ↑

Presenting kits to the ER Unit ↓



The Community Service committee, along with Lynn Namihira, assembled 111 Medical Evacuation Kits for Hilo Medical Center's ICU, ER and PCU units. Kits are for person(s) accompanying a patient during an emergency medical evacuation. Many times, they don't have enough time to pack or purchase necessities. Kits contained soap, shampoo, conditioner, lotion, razor, toothbrush, toothpaste, face towel, comb, shower cap, pen and paper. The toothpaste was donated by Hawaii Dental Service, and pens by Meadow Gold. The members of Hui O Wahine donated the rest. *Club members: Lynn Namihira, Wilma Martinson, Gail Kimura, Amy Bugado, Debbie Shigehara*



## Kauai FCE Council – President Margo Hashimoto

Thanks to all who helped and attended to make for a memorable 2016 State Convention held at Kauai Beach Resort. We're thankful for Joan Chong's guidance and help from start to end. The Kauai members were all awesome, generous and very hard-working for the state convention and throughout the year! We especially want to thank Dollie Brierley who had been such an active and adorable member. She made favors for the convention and passed away the day before convention.

Kauai Council has Achievement Day in January and several upcoming activities with thoughts on Oahu hosting the next convention. Wishing everyone a Merry Christmas and Happy New Year!

*Margo Hashimoto and Kauai Council*

## SOUTH OAHU FCE Council – President Kathy Uehana



### South Oahu News 2016 – “Year End”



- ▶ **Harvest Festival** happened on September 21, with all clubs participating with food and crafts. Enjoyable workshop with useful hands on techniques and gift ideas for the upcoming holidays. Foods were creative, healthy and tasty with descriptive methods presented by the participants. A good time that was informative and uplifting. All were enthused to do this again in Spring 2017!
- ▶ **Peace Day Hawaii 2016 was celebrated at the Urban Garden Center on September 24<sup>th</sup>.** The island wide event with 50 booths from different agencies, food booths, speakers, music et al was enjoyed by over 1000 attendees. Our peace doves were made and taken by many! We worked not only with Urban Garden Center, but with outside agencies to give us a broad presence on Oahu. We will definitely participate in 2017.
- ▶ We met for Board/Council Meeting and **2017 Program Planning** in November. Our **Community Service project** for 2017 will be “**Children’s Justice Center**” contributions. This will be coordinated by **Ernelle Lum** who will lead us to meet the needs of the center’s requests. Program Planning brought forth suggestions from members. Overall, we developed an interesting and fun calendar of events.
- ▶ **Convention planning** is ongoing and many ideas and suggestions have been made as we work toward creating a convention that will bring good will, good times and optimism for FCE to continue their valuable presence in Hawaii. The Kauai Convention went so well and we want to continue this achievement.
- ▶ **Christmas Ideas** were presented by the Palisades Club to Mililani Public Library in November. The library makes the paper copies for the club and is very agreeable to offer this event. The presenters delighted the attendees with very usable crafts and recipes. Kits were made and distributed and met with great enthusiasm. This tradition always promotes our essential presence in the community.
- ▶ **Happy Hens Club** again did their annual fund raiser at the Mayor’s Fair in November. This year, they upgraded their marketing skills with larger array of handmade gift options. This worked well with very appreciative buyers and the coffers are replenished.
- ▶ **The Year End Celebration** was fun! Lots of cheer, interactive games, crafts by Wanda, grab bag gifts, and yummy food was a way to thank everyone for their participation throughout the year and send us away with holiday greetings and looking forward to seeing each other soon. We celebrated **Betty Toda’s 55 years of service in FCE.** Our centurion member, **Eunice Masumura-Sakata (101 years old)** joined us and her never ending smiles and “joie de vivre” is always delightful.





South Oahu continued

► **Memories – Josephine “Jo” Tsark** , a long time South Oahu FCE member passed away this year. This thoughtful, humorous, generous, out-going and committed woman began with UE Star of the Sea Club and, upon its disbandment, joined **Kaimuki Club**. She truly believed in the Hawaii Homemaker’s Creed. As club president for many years, she met each situation with everyone ending with a laugh. Jo enjoyed communicating with all, telling jokes and contributing her skills and talents especially to the Christmas Ideas and Council camps. She attended numerous State Conventions and a few National Conferences. This generous woman volunteered for several organizations on Oahu. **She left her foot and hand prints and jokes when she passed away.**



*Happy Holidays!*



**WINDWARD OAHU FCE – President Ruth Haituka**

OCTOBER - DECEMBER 2016

***HAFCE STATE CONVENTION, LIHUE, KAUAI 2016***



Windward Oahu Members



Hui O`Koolau



Imiola



Hui O`Makani



New HAFCE State Board



Windward Members Costumed Skit



David having a good laugh



Windward members with new friends



Iris & Pachi showing flowers made from plastic bottles



*Windward Oahu continued*

There were twelve members from Windward Oahu who attended the State convention. Members were treated to a fun filled weekend thanks to the members of the Kauai FCE Clubs. Using the theme E Malama Houa (Protect the Earth) Reduce, Reuse, Recycle, Windward members did a dance to a song using the three R's. What a surprise it was to those in the audience when at the end of our song, members turned around and showed our "butts" with signs on them. Everyone could hardly stop laughing. Needless to say, Windward was the "hit" of the show for Talent Night!

Members chose to visit the Grove Farm Homestead, Kauai Community Market, Koloa Rum or Kukui Grove Mall and participated in workshops in cooking demonstration, crocheting a scarf, learning about Advance Care Planning and Recycle Crafting.

With the consent of Windward members at convention, Ruth Haisuka will be serving as your Vice President of the Hawaii FCE Executive Board. See article "Installation of Officers" for details as to who will be your new Windward Oahu Board for 2017.

***PATRICIA KUBO, NATIONAL AND HAFCE SPIRIT OF FCL***

***AWARD WINNER – WINDWARD OAHU, HUI O`MAKANI***



Our own Pat Kubo won the National and HAFCE Spirit of FCL award. Pat has been a very active member of Windward Oahu and has always worked to mentor other members in our organization, sharing her valuable knowledge and experiences with others. She helps in every way she can and goes way beyond her duties. She constantly encourages others in trying new things to gain leadership skills. Congratulations Pat, a job well done.

***ALOHA, PACHI (TOMASA)***



Pachi, one of Windward's newest members, has relocated to Chicago, IL. She will be helping her daughter with her new baby. Pachi was very active, especially her willingness to help with any project we were working on. Her knowledge, skills and friendliness will be missed but she promises to return. Aloha, Pachi, we miss your laughter!



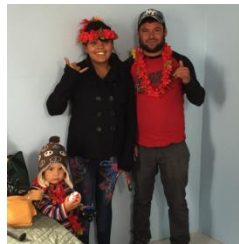
***INTERNATIONAL PROJECT: JUAREZ MISSION***



The house that team built



Couple in new house along with their son



David helping with crafts



Building of house



David playing w/child



Pachi sewing curtains for new home



Bottle cap toy



Paper Plate Paddle/Fan



Pinwheels



Journals for Orphans

Windward Oahu members joined the JOY seniors group of University Avenue Baptist Church in assisting with crafts and items for the new home for a couple with a 2 year old boy and a baby due in a month. Members worked on covering composition books with craft paper. Also joining our two groups were the Sisters of the Latter Day Saints, Kaneohe Ward. The journals were given to the orphans in Juarez. These journals were treated as a “treasure” as each child could keep their journals for themselves. Their faces and reaction to receiving these journals was “priceless”. Members also sewed curtains for the new house as shown above. The couple could not believe the look of their new home along with all the fixings that were given to them. Members also collected yogurt containers & bottle caps to make bracelets, to name a few items for the trip. Thank you Windward members for your support for the Juarez Mission trip!

### ***CHRISTMAS IDEAS DEMONSTRATIONS***



Christmas Ideas is always fun to present to QLCC and to members at their Project Leader Training (PLT) both held in November. Presented this year were: Yarn Stocking Hat Ornament (Annie Sagawa), Clothes Pin Reindeer Pin & Peach Trifle (Patricia Kubo), Mini Shooters or Pom Pom Poppers & Journals (Ruth Haisuka), Japanese Pizza (Maggie Schulte) and Quinoa/Cucumber Salad (Dixie Dumarán). There were about 48 in attendance. Those attended received a handout of each of the projects presented and a make and take kit.





## *INSTALLATION OF OFFICERS*



Windward Oahu members installed their new officers for 2017 on Tuesday, November 29<sup>th</sup>. Installing these officers was Representative Kenneth Ito of the Windward Oahu District. Guests at the installation also included Rhoda Yoshino, and Ted, Susan and Derrick Yee (South Oahu). Windward Oahu officers are: President: Dr. Delfa (Dixie) Dumarán; Vice President: Patricia Kubo; Secretary: Evelyn Cabral; Treasurer: Emily Deai; Historian: Ruth Haitzuka. Club Presidents are: Hui O`Koolau: Maggie Schulte; Hui O`Makani: Annie Sagawa; Imiola: Jacqueline Chong.

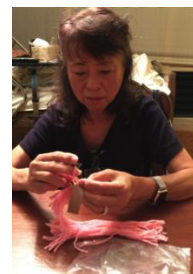
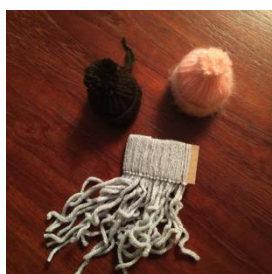
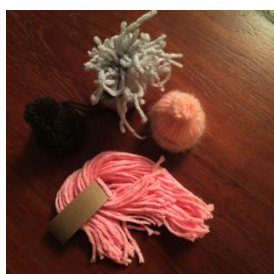
Although Ruth Haitzuka had been elected President for Windward Oahu for 2017, she stepped down to take a position as Vice President for the Executive Board for HAFCE. Although she will be learning her responsibilities, she also plans to stay very much involved with Windward Oahu activities and support our new Board. Congratulations Ruth.



Prior to installing the officers, guests and members were treated to a fabulous menu of heavy “pupus” along with delicious desserts. Pat Kubo had two games, which were team building – creating a snowman from tissue paper, construction paper, tape, & garland. (See picture). The other game involved throwing snowballs to the other team – trying to get the least snowballs at the end of the time period. Boy did we all get a workout bending, throwing these snowballs. We were all ready to eat again!



## *IMIOLA NEWS:*



Imiola members are continuing to make crafts to be sold at craft fairs in order to make money for club activities. Above, members are making the Christmas Ideas “Yarn Stocking Hat”.



Retired FCE Kahaluu Club had a lunch at Pah Ke's Chinese Restaurant in October. Lucy Campos came for the State FCE convention so we got together with retired members Julia Duarte and Violet Loo and advisor Rhoda Yoshino. Also joining for lunch was Jackie Chong and Carole Mulford who now belong to Imiola FCE Club. We had good fun sharing and reminiscing. Lucy hopes to return for 2017 FCE convention.



Members met on Monday, December 5 for their annual Christmas Party and Installation of Officers at the Haitzuka residence. Guests included Bob and Jean Young. Jacquie Maly prepared an abundance with a delicious chicken curry dish (which attendees were able to take home too), rice, toss salad and dessert. Grab bag and special treats were also a hit of the get together. Jean installed the officers of the club: President: Jacqueline Chong; Vice President: Carole Mulford; Secretary: Jeanette Pang; Treasurer: David Haitzuka; Historian: Ruth Haitzuka. Imiola looks forward to an exciting years with various activities each month.





## HUI O`MAKANI NEWS:

### September

Makani members enjoyed Polynesian Voyaging Society Wayfinder Gary Yuen's account of his adventures on the Hikianlea (christened in 1985) and the fabled Hokulea. Details of the voyages, such where the crews have traveled, what they have experienced and how members are chosen were fascinating. Effort is made to use each crew member's special skills to contribute to the success of the voyages. Gary's special skill was preparing food for the crew and he developed techniques for cooking on board using stored rations supplemented by what could be caught during the voyages. Gary is an alumni of Kailua High School and still lives in Kailua.



### October



Providing all materials, Nancy Arakaki treated members to an early Xmas craft using red, green and white pipe cleaners. First, twist together the pipe cleaners to form a circle. Then hot glue sequins, holiday themed small decorations and bows to the circle. A ribbon will make this easy craft into a tree ornament or a hot glued pin on the back will make a Xmas pin.

### November



Hui O'Makani members look forward to this meeting. The meeting is Installation and potluck sharing night. Pat Kubo officiated as the Installer. Officers are: Co-Presidents Annie Sagawa and Pat Kubo, Vice President Natalie Oda-Lee, Secretary Florence Ouchi, and Treasurer June Tom. Members agreed with Pat that our club feels successful because of the work of all members of the club.



merry  
CHRISTMAS  
and  
happy  
new year!