



# The Homemaker Echo

Official Newsletter of the Hawaii Association for Family and Community Education

Volume 42 Issue 2

June 2016

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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)

Aloha everyone! Hope you are all well and planning your summer get-always! I've missed hearing from you all but I know you have been busy doing club functions and community service projects.



The 2016 National FCE Conference will be held in Memphis, TN from July 14-17. This conference will celebrate 80 years of FCE! There will be great classes, dynamic speakers, more on the new focus for National FCE, with several ideas that each state can use to participate. It is also time to renew old acquaintances and make new friends. I will be attending the conference along with Martha Yamada. I wish more of you would join us but I realize it is a very long journey. I will take with me our Aloha Spirit as well as reports reflecting all the great work you have done. I will share everything with you when I return.

I am also looking forward to attending our 66th Hawaii FCE Convention at the Kauai Beach Resort from October 21-23, 2016. Thank you to the Kauai ladies for working so very hard to host it this year. I am looking forward to seeing all of you. I hope our turnout will be great. Please plan on attending!

Pat Kubo's paperwork has been turned into National FCE as Hawaii's Spirit of FCL nominee. Let's wish her the best and hope Hawaii wins for two years in a row!

Have a safe and wonderful summer.  
Me ke aloha pumehana,

HAFCE President, *Sally Bowman*

## 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 Dumaran  
Home ~ Elaine Sumida  
International ~ Denise Smith  
Leadership ~ Melinda Ishii  
Youth ~ Lynn Nagata

### Extension Educators (Advisors)

Hawaii ~ Joan Chong  
Maui ~ Heather Greenwood

## Youth Education Chair – Lynn Nagata

### Youth Education News!

#### 2016 Character Counts! Hawaii State Winners!

1st place - Emily Hora from Hilo Council Her entry "Fairness: From Libraries to P.E." explained how the library system gives all who want to borrow books a fair way to do that as well as her P.E. coach giving all teams a fair distribution of athletic ability. Emily ended her essay with "If you and others can show fairness, the world will be a better place in which to live."

2nd place - Sophia Badua from Kauai Council "What is Fairness?" identified three types of fairness; honesty, generosity, and sharing. She feels everyone should be fair to all. Sophia wrote "It is the right thing to do!"

3rd place - Lawakua Palafox from Windward Council. This writer used Martin Luther King, Mahatma Gandhi, and Malala as people who used fairness to change lives in "The Path of Fairness".

Congratulations to all fourth grade Council winners and all who participated in the Fairness Essay and Artwork Contest!

\*If your Council didn't participate this year, please consider contacting a school in November, 2016, to check if any of the fourth grade teachers would like to know more about this writing opportunity for their students.

***Love & Mahalo, Lynn Nagata, Youth Education Chair***

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

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

## Reports Received

Mahalo for submitting your FCE Program Reporting Forms for **Youth Education**.

Here is what I've received to date:

1. South Oahu Council, 10/6, 10/8, 10/9/2016 - Disney/4-H Exploring Your Environment Day Camp, 2015.
2. Windward Oahu Council, 9/2015 - 3/2016 - Character Counts! Essay Contest
3. State Youth Ed. Chair, 3/18/2016 - Judging Character Counts! Hawaii State Winner
4. Windward Oahu Council, 3/21/2016 - Boys & Girls Club Craft/Food Items Activity
5. Kauai Council, 4/9/2016 Character Counts! Award Program
6. Hui O Wahine, 4/30/2016 - Dress for Success Project

Keep on showcasing all your wonderful projects. Thank you from Hawaii's youth!

*Lynn Nagata*

## International Program Reports Received

1. South Oahu Council – 3/16 Traditions of Faiths Throughout the World
2. Windward Oahu Council – 4/26 International Night – Flags
3. Hui O Makani FCE Club – 5/2 Ikebana

Thank you to the councils/clubs for submitting the above reports! I look forward to hearing from the other councils and clubs before convention.

Hugs, *Denise Smith*

International Education Chair

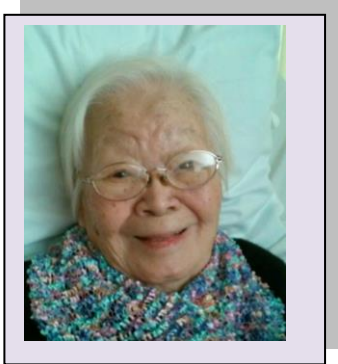


## Our Former FCE Members



**Do you ever wonder what has become of some of our FCE members who used to attend all the council meetings and greet us so warmly at convention each year? They volunteered on all the projects and always brought wonderful goodies to the pot luck dinners. Many have left FCE due to health reasons or relocation to be near their families. We thought you'd like to read about three of these wonderful former members who no longer belong to FCE but their hearts are still with us!**

I'm sure many of you will remember [Sue Kodama](#). She was a member of Hoolulu Club of Hilo. She moved to Honolulu to be near her children after she fell at home. I missed working on the Hilo Council projects with her and was disappointed to find that she wasn't living in Hilo. It has been many years, but last month, an FCE member mentioned that her Auntie Sue Kodama was in the Care Center of Hawaii at 1900 Bachelot St, Rm 235 Honolulu HI 96817.... I was even able to get her phone number from her son. It is 808-531-5302. Sue is 97 years old, walks with a walker and is sharp as ever. I called and really enjoyed my conversation with her. Sue asked me to thank everyone for their friendship and their kindness. She is enjoying the beautiful quilt that Shimomi Araujo and Mollie Chun made and sent to her. She remembers many FCE members from Hilo and the other islands. If you remember her, please take a moment to call to say hello, or drop her a short note.... She may not be able to write back to you, but you would



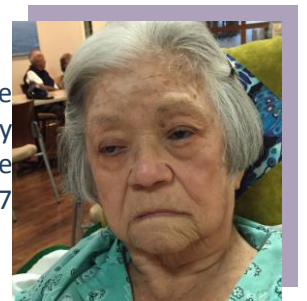
certainly bring a smile to her face to hear your name, your voice and to reminisce about the old days. I am looking forward to calling on her again soon. Hope you will too.

Submitted by Oarlene Wingate – Hilo FCE Council

Former Kauai members, Alice Fix and Gladys Horner were longtime, dedicated members of FCE who formed friendships across the state in the FCE family. Responding to queries about them, your curious reporter went to visit the two ladies. Both ladies have lived full, productive lives and taught us how to make our lives more meaningful. I, for one, am truly grateful to them.

..... Submitted by Gladys Fujiuchi - Kauai FCE Council

[Gladys Horner](#) has been hospitalized for six years at the Garden Island Long Term Care since April 14, 2010 when she suffered a stroke. With the loving care of her family who visits every day to have dinner with her, she appears to be healthy. Although she does not speak much, she will occasionally respond, like she did to Alice when she said, "You, rascal". She is now 87 years old.



[Alice Fix](#) just recovered from a bout of pneumonia about a month ago, but is now back at home fully recovered. At 97, Alice is still sharp and shares that her greatest joys on Kauai were FCE and doing the hula. She attributes her longevity to her grandparents. She looks forward to seeing old friends at the next convention on Kauai.

# **REGISTER EARLY FOR THE OCTOBER 21-23, 2016**

## **CONVENTION ON KAUAI**

Special FCE Member Package is \$180 if postmarked by July 15, 2016

Late registration between July 16 - Sept. 21, 2016 is \$205.00

## **CONVENTION BOOK ADS SALES**

Questions, call Queenie Daligdig (808) 634-8810

Email: [greentea@hawaii.rr.com](mailto:greentea@hawaii.rr.com)

\$75.00 Full page

\$50.00 half page

\$25.00 Business card size

\$100.00 back cover full page or inside back cover full page

Mail completed form with check payable to "2016 KAFCE Convention" with camera ready copy of ad (CD or email attachment) to:

Queenie Daligdig, 329 Kanae Place, Kapaa, Hi 96746-9418

## **EDUCATIONAL WORKSHOPS – DESCRIPTION**

**Advance Care Planning** with Dr. Michael Plumer (Limit - 25)

The Hearthfire series #59: Advance Directives – do I want/need them?

Listen to specific elements of Advance Care Planning and create your own documents. Leave with important work already done by having begun a process that will continue lifelong.

**Cooking Demonstration** (Limit – 25)

Join Chef Instructor Steven Nakata from Kauai Community College's Culinary Arts Program.

**Crochet Scarf** with Joyce Takahashi (Limit – 10)

Sashay yarn you say! - crochet this scarf the easy way.

**Recycle Crafts** with Jo Shimamoto (Limit – 20)

Complete a cork keychain and a writing pad/cover. Participants will be provided with two kits of each project – one to complete; the other to take as a sample to teach others. Suggestions/demos for other simple recycle projects will also be shared.

## FCE State Project - DRESS FOR SUCCESS, Youth Education – reported by Lynn Nagata

The lovely ladies of Hui O Wahine took on the Dress for Success idea and literally "flew with it". We had a Hilo Council meeting where we rolled the idea out in February. By the end of March, Hui O Wahine collaborated with the clerical organization at HAWCC (Hawaii Community College) and UH-Hilo through our newest member, Doris Chang, who organized collection contacts and rooms at both colleges. She also created an "information sheet" that students could complete with sizing and career goals. Donations of over 500 pieces of professional clothing, some shoes, jewelry, bags, and men's wear were received. Solicitations from Hilo merchants yielded four stores donating items and another willing to lend us hangars and a rolling clothing rack. Karen Kawate willingly crafted a tri-fold brochure, "Dress for Success", with information gleaned from the Hearth Fire Series #55 booklet of the same name. Hui O Wahine conducted two ironing, hanging, organizing events. Lynn Namihira and Judi Fujiyama also attended a "Career Day" at HAWCC on April 5 to pass out fliers and let students know of the upcoming "Dress for Success" event. On April 22, Lynn Nagata brought a portion of the "Dress for Success" closet and presented a 30 minute informational talk on how to dress professionally and show your best manners during job interviews to Pahoa Intermediate and High schoolers during their AVID (Advancement Via Individual Determination) class. The students were most appreciative of the tips and clothing; they sent heart-warming messages of thanks. On April 26, Doris Chang and Sally Bowman shared "Dress for Success" at HAWCC for 4 hours and on April 27, Doris Chang, Carolyn Sewake, Gail Kimura, Amy Bugado, and Lynn Nagata presented UH-Hilo college students the opportunity for 4 hours. Many students were able to get a total outfit - blouse, necklace, pants, and shoes! They couldn't believe it was all "free". "Dress for Success" was well-received by the students and our members were so selfless contributing to youth education and community service to the high school and college students.

Lynn Nagata at Pahoa  
Intermediate & High School ↓



She doesn't iron at home  
but she will for FCE ↑



Pahoa HS Students ↑

Hui O Wahine members  
at UH – Hilo ↓



← Dressed for Success!  
Checking it out at UH – Hilo ↓



## TRIMBLE MYSTERY BAG FUND RAISER



The HAFCE Past Presidents will be selling “Mystery Bags” at the Kauai Convention. The bags will cost \$5.00 each and will be sold at the Trimble Table on Friday, from Noon to 5 PM. The sale will be on a “first-come-first-served” basis and bags may not be reserved ahead of time. If you are not attending the convention but would like to purchase a bag, please send your money to the convention with a friend.

We will also accept donations of items (worth at least \$5 or more) for placement into a mystery bag. Craft items may be labeled with the donor’s name.

If you have any questions, please let me know. Mahalo!

Pat Kubo (808-425-6044, [kleimamo@hawaii.rr.com](mailto:kleimamo@hawaii.rr.com), 1450 Akialoa Place, Kailua, HI 96734)



### Hilo FCE Council – President Elizabeth Salfen

#### **Aloha from Hilo Council**

The Hilo Council members were busy bees this spring as we hosted our Annual FCE Homemaker’s Fair. This year was another successful year of clubs working together to organize the event, as well as club members making wonderful items to sell. This year’s fair had many Blue Zone inspired healthy food choices so we could eat wisely. There were journals, wine coasters, and other craft items that inspire us all to help us have the right outlook. And, most importantly we, the FCE members, were building a sense of belonging as we socialized with our “tribe” and our community. FCE is a community that lives the Blue Zone!

In May, Hilo Council participated in the National FCE program “Books for Newborns”. We were able to collect many books. The Hilo Council also participated in the Character Counts! Art and Essay Contest. This year we had over 75 entries on “Fairness.”

Upcoming programs include our Annual Rummage Sale and our Candidate’s Forum. We have invited 66 candidates to this event which will be held at the end of July. Hilo Council is looking forward to seeing everyone on Kauai.



*Local kine Books for Newborns*

### Kauai FCE Council – reported by Gladys Fujiuchi



Our Character Counts! Essay and Artwork contest was very successful with 125 entries from 11 classes from 4 participating schools. The initial judging was done by one FCE member and one non-member, who narrowed it down to the top 10 essays. The final judging was done on Feb. 13<sup>th</sup> at our council meeting by 4 FCE members who acted as judges. An awards luncheon & presentation was held on April 9<sup>th</sup> to honor the winners and their families, teachers, and principals. Each winner was presented with a certificate, cash award and lei. The families and teachers were also recognized with lei. The winners were:

### Kauai Continued ~

Honorable mention - Pohaikaloa Kaona	Kapaa	Mrs. Sagucio	\$15
Honorable mention - Chenelle Mae Andress	Wilcox	Ms. Martin	\$15
Honorable mention - Cresa Valenciano	Eleele	Mrs. Seward	\$15
3 <sup>rd</sup> Place - Kailee Gorospe	Kapaa	Mrs. Yama-Gokan	\$25
2 <sup>nd</sup> Place - Schasie Sasil	Eleele	Mrs. Seward	\$50
1 <sup>st</sup> Place - Sophia Badua	Wilcox	Ms. Martin	\$75

Sophia Badua's entry was forwarded to state level where she won 2<sup>nd</sup> place and another \$75 prize award.

Last year Kauai participated in sending 1,000 + yarn lei to a Special Olympics Program in Japan. As an off-shoot of that successful project, KAFCE council voted to undertake a similar project this year. We presented 215 finger-yarn lei to Kauai's Special Olympics Area Director Jocelyn Barriga. The lei will be used for the athletes of the Program's largest events - a Track and Field competition in April and a Bowling tournament in October.

Nine members of Club Musubi met in March to complete the club's first efforts at another council project. - Pillowcase dresses. It was a working session for "cutters". Kits were prepared for our nine "seamstresses", which included the already cut fabric, elastic and ribbon. All materials were donated by club members. Club Musubi's goal is to contribute 27 dresses. Pearl Simizu is the lead in this venture!



### Maui FCE Council – Reported by Kats Enoki

Seven Pukalani FCE members and a guest collected a total of \$309 and participated



as a team in the "mini walk" through Queen Kaahumanu Center wearing our pink Maui FCE shirts. There were over 400 participants raising \$50,000 in the Annual Caregivers' Walk which supports five Maui Day Care Centers.

*L to R: Irene Machida, Rae Kobayashi, Margaret Cambra, Chaclyn Nagata, James Nagata, Lynn Barut, Kats Enoki*



### SOUTH OAHU FCE Council – President Kathy Uehana

April – May - June 2016

- ▶ Traditions of Faiths throughout the World Workshop in **March** was very informative and creative with excellent member presentations emphasizing how connections are made through faiths and organizations.



- ▶ Buddhism, Christianity, Islam and Judaism were



## South Oahu Continued ~

addressed and many facets of these faiths were discussed which included prominent holidays and how and why they are celebrated and the foods that are part of these. We enjoyed many treats representative of the traditions: the Hamantashen, the classic Purim cookies; hot cross buns which is part of the Easter season; baklava – a delectable treat eaten in the Islam communities. Among our many examples, the Lighting of the Hanukkah candles tradition was explained and gold wrapped chocolate coins were gifted. This memorable event brought clarity of the faiths that our community and global friends practice. Kaimuki provided refreshments that were in keeping with Islam food traditions.

- ▶ In **May**, a visit to the **Hawaii Plantation Village** lead by a “Friends of the Plantation Village” docent was enjoyed. The Hawaii Plantation Village is an outdoor museum in Waipahu that tells the story of life on Hawaii’s Sugar Plantations (circa 1850-1950). The village includes restored buildings and replicas of houses of various ethnic groups, community buildings such as plantation store, infirmary, community bathhouse, and manager’s office. The story of Hawaii’s various cultures, including Hawaii, Chinese, Portuguese, Puerto Rican, Japanese, Korean and Filipino was shared. They took a journey back to the early 1900’s, experiencing more than 25 authentic plantation homes and structures featuring personal artifacts, clothing, furniture and art placed in their original settings. Unusual plants brought from China, Portugal, Japan, Puerto Rico, Korea, Okinawa, Polynesia and the Philippines by the immigrants provided delicious fruit samples during the tour. A bento lunch, provided by the Council, was enjoyed after their morning of “going back in time”.

- ▶ We began our **“Keiki Hands On”** at the **Urban Garden Center 2<sup>nd</sup> Saturday** events in **May and June** (butterfly clip, rose stamped card and origami fish card for Mother’s Day and Father’s Day). We provide simple crafts that are made with recycled materials. Becoming a part of UGC’s events is good for our continuing participation with CTAHR.



- ▶ **4-H Environmental Day Camp at UGC** in **June** with FCE volunteering to partake with the youth “building” their mini pizzas after their visit to the Pizza Garden at the three sessions. These day camp days has been given a grant by Disney to defray some of the costs. An enjoyable event and the youth really enjoy making their personal pizza snack!
- ▶ The June workshop speaker on **“Cults”** is Sandie Scott. We will also enjoy creating the origami fish clip/card and refreshments by Palisades. Another enjoyable and informative time to connect.
- ▶ Our **“2017 Oahu Convention Kick Off”** celebration is **Saturday, July 2<sup>nd</sup>!** We are looking forward to all Oahu members taking part in the convention planning. The location has been chosen, now all the other pieces have to be put in place.

## WINDWARD OAHU FCE – President Ruth Haitzuka

APRIL – MAY 2016

### **APRIL PLT: INTERNATIONAL POTLUCK – COUNTRY FLAGS**



Three council clubs met on Tuesday, April 26 to present their respective country flags. Hui O’Koolau - Liechtenstein; Hui O’Makani – Brazil; Imiola – Sri Lanka. Each club gave the location of their country, background history, food, culture, places of interest, and interesting facts about their selected flag. The food was delicious!



Windward Oahu Continued ~



Hui O`Koolau



Hui O`Makani



Imiola

**MAY PLT: CRAFT NITE**



Members met to learn how to make a necklace using a specialty yarn purchased and taught by Patricia Kubo. The necklaces that members learned to crochet were the same necklaces that Pat sold at our 2015 State convention with funds going to the Trimble Foundation. Each member paid \$3.00 for a kit and monies will be donated to Trimble Foundation.

**WINDWARD OAHU'S CHARACTER COUNTS!sm WINNER PLACES THIRD IN STATE DIVISION**

Kawakua Palafox placed third in the State division of the CHARACTER COUNTS!sm contest. Kawakua is from St. John Vianney's School in Kailua. We look forward to their participation again in the 2016-17contest. Congratulations on a job well done!



**FUN CAMP AT HO`OMALUHIA**



Windward and South Oahu clubs met at Ho`omaluhia on Saturday, April 16. The planning committee had a full day of events – crafting (braided ribbon lei – in time for graduation by Jeanette Pang and origami boxes by Kathy Uehana), food

## Windward Oahu Continued ~

demonstrations by Kathy Uehana (sauerkraut), Wanda Lew (microwave oatmeal); Mary Takeshita (prawns with fennel, and Patricia Kubo (garlic chicken and chocolate cake). A contest was held for the best name tag, coloring sheets by Kathy Uehana, mini bazaar sale, and a delicious taco salad bar for everyone to feast on for lunch. Even though the mini bazaar was small, the table for Trimble Foundation by Patricia Kubo raised \$163.50. Thank you Pat!

### ***2016 SERVICE PROJECT: FAMILY PROMISE***

2016 Service Project with Family Promise in Kailua, Hawaii continues to do well. Members bring to each meeting items to be used by these families. Not only goods are being donated but monetary donations too. Hui O`Makani continues to lead by collecting, tallying and delivering donations to Family Promise. Continue the great job Windward!

### ***FUN DAY AT THE BOYS & GIRLS CLUB Kailua, Hawaii***



With supplies and craft kits ready for 45 youth at the Kailua Boys & Girls Club, 11 members taught these youths to make pizzas, turn pill bottles into handy holders, 9 oz. cups turned into a mini shooter game, and spam cans decorated as presents for moms. Over 80 hours were put into this project and many supplies were donated as well. Nancy Arakaki, Stella Wakamatsu, Natalie Oda-Lee and Emily Deai were the leaders for the spam cans, Patricia Kubo, Pachi Tomasa, Ketzen Lane, Asja Deai and Annie Sagawa leading the pizza making and David and Ruth Haitzuka, Jeanette Pang and Jordan Lane leading the mini shooter and pill bottle craft. The youths were excited to make these recycled crafts as they were planning to give their special crafts to their mothers.

### ***CLUB NEWS:Hui O`Koolau:***

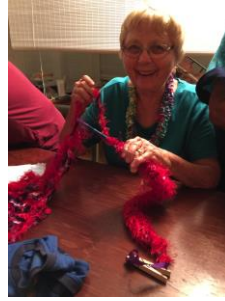
Hui O`Koolau is full of Educational and fun projects planned for the coming months. Besides the Homemaker's Creed or the Mission Statement to open our meetings, members are sometimes read an inspirational article or poem. Dixie Dumarán, our president and health chairperson, always has interesting articles on health issues consisting of research and new methods of treatment and prevention.

An Events Coordinator has been added to our club and Bernadette Baker is our leader. Bernie keeps members active with planning educational tours and exhibits for upcoming months. Members had a tour of the Farmer's Market in Kailua, which was very overwhelming. In April, members visited the Rose Garden and succulent collection of Lillian Bloombaker in Kaneohe. She shared her knowledge of her hobbies, especially her Rose Garden collection. Members went home with many succulent plants.

Mahjong anyone? Dixie has gotten her members to learn the basics of the game and has her members "HOOKED". They have become more competitive and into the game more. There's always snacks and lunch at this event.

There's always a local treasure right here in our backyard at Kaneohe – Ho`omaluhia. It never fails to amaze us. Our visit started with review of local artist's works which were on display to the public. Our visit was highlighted by several sightings of wild pigs foraging for food. Bernie Baker just had to have tamarind fruits, "just to taste", from the 3 trees! The day was topped off by a delicious lunch at Zia's nearby.

## *Imiola:*



As you can see from the pictures above, members are having quite a grand time making items for their upcoming fundraising event. Each member who leads the program for our monthly meeting presents a craft to make. In addition, members make crafts at home to contribute to the various items already made.

## *Hui O`Makani:*

Looking for a way to decorate and enhance festivities at your next get-together? Iris Fukunaga provided all materials to make large 3-D flowers for wall decorations or centerpieces. The attractive flowers were fun to make and some members used them for their Easter celebrations.



A favor that Iris created using wide mouthed jars planted with wheat berry grass seeds, was used by Iris to make an Easter favor for members. Nestled in the grass was a chocolate Easter bunny and eggs – a perfect Easter treat. Thank you Iris!



Providing pre-cut multicolored cards, paper strips and stamps and even envelopes, Annie Sagawa and her daughter Susan Stewart showed members how to make pretty greeting cards. Now, members know that they can produce an inexpensive customized greeting card with just a bit of investment of time and materials.



Pat Kubo shared a delicious English muffin pizza for each member. The pizzas were one of the food/crafts the Boys and Girls Club members learned to make at their beautiful new facility in Kailua during the public schools' Spring Break.

Pat Kubo shared her long time passion for the Sogetsu School of flower arranging with members. Lucky members then had a chance to make their own arrangements. We thank Pat for all the materials and especially for the fun and relaxing opportunity.

