



The Homemaker Echo

Official Newsletter of the Hawaii Association for Family and Community Education

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March 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

Aloha everyone! Spring is in the air and we will soon be planting our gardens full of beautiful flowers and delicious vegetables. I hope your gardens will give you gorgeous blooms and nourishing food. Remember the Blue Zone theories on living long lives by eating fresh veggies. We all want to stay healthy and happy! Don't forget the wine at 5!



As we move forward to what I'm hoping will be another exciting and successful year for all of you with your FCE projects, I am eager to hear from all of you and to know what you are currently up to. I know Kauai is busy planning the HAFCE Convention which they will host this October. I hope some of you are planning to attend. The conventions are always so much fun and to enjoy your time on beautiful Kauai is an added blessing. Not to forget the time we share with our tribe of supportive friends - our FCE Sisters!

While we were honoring our memories of the 29 members that had passed within the past two years at the Hilo Convention in October, I sat there not only with tears in my eyes but with such a deep sense of loss. These were FCE members that we had known for years, laughed with and worked next to. When the convention was over, I was still feeling the deep sadness. I had to do something. I decided that we had to honor our members, our friends now while we are still together. Now when they are able to hear just how much they are appreciated and most of all loved.

With a plan in mind, I called Liz Salfen, Hilo Council President, and shared with her my thoughts. She was all for it and as excited as I was. We must have talked for a couple of hours. We wanted to plan an event for the members of the Hilo Council who were 80 years & over. We decided to turn it over to Elaine Fukui and the ladies of Hoike Club of which Elaine is President and also in charge of membership. They gladly accepted the job.

So on Feb. 20th, Hilo honored their 80 plus years young members with a lovely luncheon. There were over 25 of them. It was great to give them all hugs and thank them for all the hard work they have done for FCE over all of these years - many of them were 60 plus years members! And to tell them

just how wonderful it's been having them as friends. So I hope that the rest of the councils statewide can do a celebration of your 80 plus years members. Do it soon.

Remember you can always contact me with any need you may have - I'm always here for you. Thank you for all you do.

Me ke aloha pumehana, *Sally Bowman*
HAFCE President



From Martha Yamada – HAFCE Vice President

Blue Zone Living was voted as one of our state projects for 2016

Blue Zone Living: A Design for Easy Health

- ❖ Eat with Friends and Family: Stress hormones can interfere with your digestion and degrade food metabolism
 - Never eat standing up
 - Never eat while driving
 - When you eat alone, just eat. Avoid reading, watching TV, or perusing your phone or computer – all of which lead to faster, mindless eating.
 - Establish a time and a family rule that everyone eats dinner together
- ❖ Celebrate and Enjoy Food: Don't deprive yourself.
 - Pick one day of the week and make it your celebratory day to splurge on a meal with your favorite foods.
 - Feel free to indulge at family celebrations and holidays.
- ❖ Four Always and Four to Avoid:

Four Always	Four to Avoid
100 percent whole wheat bread	Sugar-sweetened beverages
Nuts	Salty snacks
Beans	Processed meats
Fruits	Packaged sweets

- ❖ Kitchen Checklist:
 - Post a sign with the Four Always & Four to Avoid on refrigerator
 - Dedicate the center section of your refrigerator to fruits and veggies
 - Use dinner plates no larger than ten inches
 - Drink out of tall, narrow glasses – no more than 2.5 inches in diameter.
 - Create an out-of-the-way junk food location
 - Pre-plate your food
 - Remove TV, cell phones, and computer from your kitchen and dining room. (promotes mindless eating)
 - Put a full fresh fruit bowl in the most prominent place in your kitchen.
 - Use hand-operated kitchen tools. (manual can opener, potato masher, garlic press, whisk rather than electric mixer, squeeze fruit by hand) Encourage hand and arm strengthening.

The Blue Zone idea is to create an environment around you that makes the healthy choice the easy choice Let's create an FCE Blue Zone!

Youth Education Chair – Lynn Nagata

Youth Education News!

Hawaii State is gearing up to select our Hawaii State Winner for the **2016 Essay and Artwork Character Counts! Contest - "Fairness". As of press time, Windward Oahu and Kauai Councils have turned in their winners. Congratulations to these gifted writers.

Council level winners need to be turned into me by MARCH 1, 2016. The judging for our State Winner will be completed by April 1, 2016 and I will e-mail winners' names to all Councils.

All fourth grade participants need to fill out a 2016 Permission Form and Press Release Form. *Only Council Winner (the one you send to me) needs to fill out Website Permission Form. Please include the one Council Winner's Permission Form and Press Release, too.

I hope your Councils are considering implementing the "Dress for Success**" State Project this year. Hilo Council has undertaken this important need and will be reaching Pahoa High School seniors as well as Hawaii Community College and University of Hawaii-Hilo students through interview/job attire suggestions. Hilo is also planning to offer a "Closet" of appropriate outfits for students who attend the educational session.

Please continue to send me your forms so I can tally all the worthwhile volunteer efforts you do to enrich your communities. FCE Members are Vivacious Volunteers! We live and breathe the Blue Zone lifestyle.

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: **June 10th, 2016**
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)

International Education Chair – Denise Smith

Mahalo to Kauai Council for integrating their Christmas celebration with an International event when Gladys Fujiuchi shared her recent adventures traveling in the South Asian county of Bhutan. Gladys and fellow FCE members also provided some Bhutan food dishes for everyone to try.

ACWW has approved its **1,000 project** for funding since the Projects Committee was set up in 1977. The 1,000th project is "Computer Literacy for Adults and Children" in Kolkata, West Bengal, India. A group of 15 young women and 5 children were selected from underprivileged local students. They were selected for having an aptitude for and interest in computer literacy. Five computers, a printer and scanner and other accessories will be purchased for them. The students will be trained in Microsoft Word, Desk Top Publishing, Tally, and Financial Accounts, as well as other programs. The younger children will be taught more basic training courses. The courses will last one year, after which there will be an assessment by an external examiner. They will be assisted in finding job placements with local educational and professional institutions. It is hoped that the project will raise awareness of the importance of computer education, and give the students the means to improve their status and their prospects in the employment market.*

This is a great example of your "Pennies for Friendship" at work! Please consider a fund raising project in your club or council to help provide for projects such as this.

I'm looking forward to receiving your International programs reports!

Hugs, Denise Smith

cdsmith2139@gmail.com 650 969-3422

*Source: "The Countrywoman", International magazine of the ACWW – Jan. – Mar. 2016



Meet Bernie Tangalin

Continuing our "Meet Your Board" series, we would like to introduce the board member who keeps our check book balanced and makes sure the bills get paid! She is serving her second term as treasurer and has served under five state presidents. Besides being an expert bookkeeper, she is also a great singer!

HAFCE Treasurer Bernie Tangalin joined Kauai FCE when a co-worker introduced her to Hui Anuenue Club in 2001. Bernie is currently retired 6 years from the Kauai County Housing Agency as a Compliance Officer. After a year into her retirement, she cared for 2 day old niece and is now the legal guardian until she goes out for adoption. Besides Bernie's involvement with Hawaii FCE and Kauai FCE and taking care of her niece, she is the secretary for the Retired Senior Volunteers Program on Kauai; volunteers as the Kauai Coordinator for the Hawaii Blood Bank of Hawaii; and does computer work and assists with the children's' ministry at her church, New Hope Lihue.

What first impressed Bernie was the number of FCE members with many years of service. She has never seen an organization that honors so many members with over 50 membership years. She loves the friends she has made on the Kauai FCE Council and State FCE levels. She admits she would not have met these beautiful people if she did not take on leadership roles and become more involved than just being a member. Bernie encourages members to take on a leadership role and continuously learn new things and meet other members by getting involved.



Hilo FCE Blue Zone Stars



For the purposes of the recent luncheon held by Hilo FCE Council to honor its "Blue Zone Stars", 26 members over the age of 80 were interviewed as to what they attributed their longevity to. The following is a small sample of their responses. All 26 members were showcased in a program booklet given out at the luncheon.



Lily Chow (88) Chinese

FCE member since 1994. Keeps in touch with her two sons and four grandchildren. Still active in church and community organizations. Tutors English and works in her garden. Exercises and eats a diet of veggies, fruits and proteins. Copes with stress by having faith in God and a healthy attitude and lots of friends. FCE gave her proper direction in family and to see different cultures in a balanced group and to learn from those you come in contact with.

Blue Zone Stars Continued

Jen Laris (85) German-French-Indian

FCE member since 2002. Raised in Wisconsin, mother of 3 children. Enjoys large family gatherings and celebrating on many occasions. Exercises and walks her dog. Still active in her community and regularly attends church. Eats a healthy diet and drinks a glass of wine in the evening. Volunteered for many years for the Girl Scouts. Worked as a seamstress and owned her own sewing business and then as a real estate agent. She attributes her long life to her spiritual devotion. Enjoys being independent and staying busy.

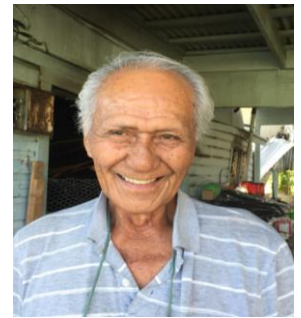


Flossie Fergerstrom (86) Portuguese

FCE member since 1948. Enjoys doing lots of things with her family. Had many years of volunteering with the Girl Scouts and YWCA. Maintains healthy diet of all things in moderation. She exercises by walking daily. Has a strong faith in God and attends the Catholic Church. Flossie enjoys woodworking and taking care of her family, especially her grandchildren. Enjoys maintaining many friendships and keeping active.

Simplicio “Sam” Baldado (87) Filipino-Hawaiian

FCE member since 1986. An active member of his Christian church, he attends every week with his wife. He credits his long life to putting other’s needs before yourself, though you need to also take care of yourself. He the third of eleven children but sometimes thinks he is #1. Growing up they grew and ate their own vegetables and some chicken and fish. He started raising taro and taught the kids and later their parents started to grow taro too. Says he is not one to join clubs but when asked why he joined FCE... most likely because his wife told him to! They are a good team!



Shimomi Araujo (90) Japanese

FCE member since 1954. Likes to keep busy. Not one to sit around; if she is sitting, her hands are doing something like sewing, knitting, cooking or baking. She volunteers at her church once a month and spearheads the Hilo Council’s Quilt Workshops. She enjoys lunch with her friends from FCE Settlement Club. Shimomi volunteers at Waiakeawaena Elementary School, serving lunch and also goes to Hilo Medical Center to do some sewing on Fridays. She is a vegetarian on weekends because she prepares potluck for her church on Saturdays. Sunday is her “play day”.





Hilo FCE Council – President Elizabeth Salfen

Aloha from Hilo Council

This year we have started the year continuing our Blue Zone theme.

Hoike Club designed a program to celebrate our Hilo FCE Blue Zone Stars celebrating members that are over 80 years old. Hilo Council has 26 members that are over 80 and still going strong. At our Hilo Stars program they shared some of their wisdom. Most said they contribute their good health to eating more fruits and vegetables and walking each and every day. They stay in touch with their FCE friends and family and most are part of a faith-based community. It was a blessed day celebrating our Stars.

The Blue Zone theme continued with our Annual Friendship Tea where we invited potential new members to spend the afternoon with FCE. Once again it was a Blue Zone themed event with each club bringing dishes that were from the Blue Zone book or a healthy treat. Once again, the food was delicious. Who knew that healthy eating could be so flavorful? We hope to have brought in some new members to our FCE family.

The Quilting Club continues to meet monthly and Hilo Council participates in National Programs such as Character Counts and Books for Newborns. Hilo Council looks forward to seeing everyone in Kauai at the next State Convention.

Kauai FCE Council – reported by Gladys Fujiuchi



ALOHA FROM KAUAI!!

Kauai ended and began the New Year on a somber note having to say goodbye to long time, dedicated members Betty Ihara and Haruko Otsubo, a familiar face at many conventions. Kauai is now down to two clubs to carry out the Council's activities. But on the other hand, we gained two new members, Gail Murashige and Juanita Barnett.

Our end of the year KAFCE activities included a swap meet at the Grove Farm Community Park in Puhi to help fund our activities, our International/Christmas Party and individual club Christmas parties. Gladys Fujiuchi shared her experience of traveling to Bhutan with her club's assistance in preparing Bhutanese dishes.

To begin the New Year, KAFCE celebrated Achievement Day with a Chinese auction and the installation of officers by Joan Chong. The Kauai Council will be led by Margaret (Margo) Hashimoto, pres., Janice Plumer, VP, Rose Ella Roach, sec., Marina Pascua, treas., Gladys Fujiuchi, historian and Bernie Tangalin, ex-officio.

Kauai is now busy preparing for the annual convention on October 21-23 at the Kauai Beach Resort. We hope to see many of you here. Till then.....



Kauai FCE's Club Musubi and new members Gail Murashige and Juanita Barnett



Kauai FCE's Hui Holomua and new members Haruko, Cecelia, and Dorothy



Molokai FCE Council - President Gladys "Cookie" Brown

Hi, it's Cookie from Molokai keeping touch with all of you. Our council, small as it is, has dropped its membership. I am the member now. I have tried to continue holding the council together but have not succeeded. For over 55 years I tried to keep working on island residents to stay as a council. Now I want all of you to know the club is gone. Many longtime members have passed away and the membership has finally diminished. So this year the remaining members have decided to stop. I will continue on Molokai with efforts to persuade others to join. Pray that I can do this next year.

Please continue to keep in touch with me. I will always remember the friendships I have made throughout the years.

Gladys Brown gdown6426@hawsaiiantel.net

SOUTH OAHU FCE Council – President Kathy Uehana



January

- Board and Council Meeting at Urban Garden Center. The 2016-2017 South Oahu Council officers are Kathy Uehana, President/Historian; Wanda Lew, Vice President; Susan Yee, Secretary/Treasurer/Past President. Our goal is to open each meeting with a set of "chair" exercises to move our joints! Kathy taught the group to make an origami box with cover that fits correctly - fun and good for the fingers and mind!!
- We are looking forward to many interesting and informative programs which are planned throughout the year along with maintaining our alliance with the CTAHR/Urban Garden Center activities.

February

- Our kick-off workshop was an introduction to **Blue Zones** with speaker **Scott Stensrud**, Executive Director @ Healthways / Blue Zones. He led us through the formation of Blue Zones and what the purpose and goals are globally and locally. They are working with the supermarkets to create healthier "snack foods"



South Oahu FCE Continued

that are available while going through the checkout process etc. Right now, KTA and Foodland are offering this. Mention was made that they are now in the process of taking on three more Blue Zone areas in Hawaii. There were many questions and he was most happy to answer with lots of information shared. This can happen in your community - work with your local governments to initiate a new Blue Zone!

- Happy Hens Club was there to present their "Blue Zones" luncheon which included quinoa pudding and many healthy foods!
- This workshop was well attended as we shared our workshop with people interested in learning about Blue Zones. We will continue to open our meetings to those interested and also, to use Blue Zones "personal checklist" as a guide for the future.

March

- We again participated in the annual CTAHR Ag Day for 500 fifth graders. Ruth Haitzuka and Susan Yee planned the "reuse, recycle, repurpose" craft for the group plus described the many items made with reused material. Mary Takeshita, Wanda and Mowdy Lew, and Kathy Uehana volunteered and enjoyed being at the Experimental Center in Waimanalo watching the students take in all the information about agriculture and the environment.
- This month our workshop is about *Faiths throughout the World* and their holiday traditions. We are emphasizing the way we connect for these holidays and how it is celebrated. Please note this is another aspect of the Blue Zones personal checklist. Will update you with the results in the future!

WINDWARD OAHU FCE – President Ruth Haitzuka

DECEMBER CHRISTMAS GET-TOGETHER AT HAITSUKA'S



Windward Oahu's Annual Get-Together at the Haitzuka's was December 12 with many, many dishes potluck style to choose from. Honored guests were Alice Clark and Bob and Jean Young. We welcomed back Lillian Tim Sing and LaVern Chow. Always a big hit is the grab bag game in which members keep passing their gift items until the music stops. At one point, members were holding onto gift(s) they *really* wanted but had to pass on. Lots of laughter and was a great time to fellowship during the holiday season.

JANUARY PLT: CHARACTER COUNTS!sm

Members present who were not familiar with FCE's CHARACTER COUNTS!sm program were treated by Pat Kubo as to what our contest is all about. After the workshop was presented, members were given the opportunity to judge the essays and artwork that were submitted by the students of St. John Vianney School in Kailua.

CHARACTER COUNTS!sm WINNER



Students from Ms. Earleen Victorino's 4th Grade of St. John Vianney School in Kailua, Hawaii participated in Windward's CHARACTER COUNTS!sm contest. This year's first place winner: Lawakua Palafo; second: Reagan Beissel; Third: Kaia Jade Park. Hui O`Koolau donated prizes for each student who participated as well as gifts for the class. Lucy Campos made plastic canvas pencil holders for this event also. This is the first year that St. John Vianney has participated in this contest and we are hopeful that they will continue in future years.

EASTER IDEAS DEMONSTRATION AT QLCC



Kaneohe's Queen Liliuokalani Children Center hosted Windward Oahu FCE members at their demonstration of Easter Ideas on Tuesday, March 8th. Ideas presented were Crafts: Spam Can, Easter Basket and Bunny Goodie Bag; Food Treats: Cinnamon Roll French Toast Bake and Best Blueberry Cream Cheese Dessert. (See pictures above) Presenters were Nancy Arakaki, Ruth Haitzuka, Maggie Schulte and David Haitzuka. FCE members presented ideas that can use inexpensive and recyclable items along with food items that are readily available on sale. Approximately 25 were present. Members indicated that they will be teaching others as well as making items for their Ohana.

FEBRUARY PLT: BINGO!



Bingo Night anyone? Members were treated to a fun night of playing Bingo! Some members were soooooo lucky! They kept winning. Joan Yoshino brought her lucky charm that her grandson bought for her. She not only won many prizes but also won the last game of CASH jackpot. Ruthie, who just returned from Korea after five weeks, wasn't so lucky as she kept calling out numbers she needed to win and



Windward Oahu FCE Continued

sometimes even begging or bribing our number caller, Jackie Chong, to call her number to win. Jackie Chong provided the group with jokes in between bingo games and provided added fun and made us all laugh. Dixie Dumaran joined in the jokes and that's when we were laughing more than playing Bingo to the point of tears (see picture). Members brought so many prizes that we have lots for another round of Bingo.

CTAHR 2016 AG AWARENESS DAY AT WAIMANALO

Friday, March 4, 13 members plus 2 guests participated in the annual CTAHR (College of Tropical Agriculture and Human Resources) Agriculture and Environmental Awareness Day held the Waimanalo site. There were many stations in which Windward Elementary Schools visited and learned about agriculture and its importance today. Windward and South Oahu councils joined together to inform the students about the five R's (Reduce, Reuse, Recycle, Reject and React) and all the possibilities of using these concepts in today's world. Members demonstrated making a toy, a Mini Shooter, using a plastic cup, balloon, and a pompom. After demonstrating, students made their mini shooter and tried out their new toy at a target that David Haitzuka made (pictured below). We hosted six different schools and students were very surprised that using simple and inexpensive items could be so much fun and were anxious to share with family and friends.



2016 SERVICE PROJECT: FAMILY PROMISE

2016 Service Project will again be Family Promise in Kailua, Hawaii. Hui O'Makani will be heading this project for Windward Oahu Council this year. Members will be bringing in clothes, toiletries, school supplies, paper goods, and food. Members also donate cash. Windward hopes to raise more than last year's donation of \$1,030.39.

CLUB NEWS:

Imiola:



Members have been busy with crafting for the last two months using their creativity in coming up with crafts. Each month, one member will do their presentation and practice their leadership skills in demonstrating their crafts. Pictured are Jackie Chong, David Haitzuka and Carole Mulford displaying their flowered pins and lanyards. Ted Maly continues to improve and is getting stronger each day. Ruth just

returned to Hawaii from being away in Korea on family emergency for five weeks and getting back in the swing of things even with the death of her sister and planning funeral arrangements.



Hui O'Makani:

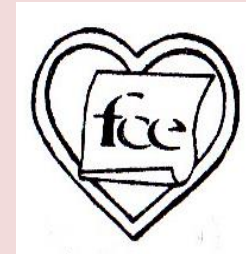
Welcome to Windward Oahu and our club, Patricia (Pachi) Fukunaga! Since joining us, she has become a very active participant in various activities. At their recent meetings, sharing by members included treats, ideas, tips,

Windward Oahu FCE Continued

stories, pictures and even jokes. Flower crafts was a session taught by Pat Kubo to use as hair ornaments, decorations for little girl's clothing and bows for gifts. She also shared a Chinese translation game.

Hui O`Koolau:

In January members had lunch at Nice Day restaurant and ate dim sum, then headed to the University of Hawaii East-West center to view Persian, Indian and Chinese exhibits located in the gallery at the John Burns Building. Mahjong was their next session Dixie's home. March members visited the Kailua Farmers Market. There were lots of tourists as well as food and vegetables and fruits. Members thought the vegetables and fruits were on the high side but found various delicious foods to eat.



Heart of FCE – Karen Hamada

Ho'aloaha FCE Club of Hilo Council has a well-kept secret in one of their members - Karen Hamada! Karen has been an FCE member for 20 years and exemplifies the true meaning of a grassroots member who works continually to support her FCE club, council, state, and community from the background. She uses her craft skills to help her club with fund raising efforts and is ever ready to help present toys and items for kids hospitalized during the holidays, as well as the Books for Newborns project. She has consistently helped with logistical support for the annual weekend FCL training sessions on the Big Island. Menu planning, registration, set up, and clean up all fall under her purview. She shares her computer skills with FCE by maintaining a data base of members and printing mailing labels for her council newsletter and for the state newsletter. She is also a member of the team who prepares the annual FCE report for state elected officials and University of Hawaii staff.

She is an excellent seamstress and has made quilts to donate to the hospital, lap blankets for the long term care facilities and unique fabric gifts to share with members. Any project the Hilo Council or her club has been involved in, Karen is fully involved and contributes generously. She has served as her club secretary and president for various terms over the years and has served as council secretary.

Besides all the time and energy that Karen devotes to FCE, she has worked full time at the Hilo police station since 1979, currently as a Police Investigative Operations Clerk. She has been the Hawaii Police Department co-chair for the American Cancer Society "Relay for Life" event for the past ten years but has been a participant for over 20 years.

Karen Hamada represents the true meaning of an unsung grassroots FCE member and Hilo FCE Council is proud to recognize her!