



# The Homemaker Echo

Official Newsletter of the Hawaii Association for Family and Community Education

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September 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)

Hi everyone!

Here it is already September and soon we will be seeing each other at our state convention on Kauai. Martha Yamada & I just had the privilege of attending the National FCE Conference in Memphis, Tennessee held on July 14-18th. This year National FCE celebrated its 80th anniversary! The conference started with a State President's Day. We had breakfast and shared what's happening in each of our states followed by a tour of significant Memphis sites.



We attended FCL workshops which featured the following programs:

1. Public Policy / Stars & Stripes Forever / Flag Codes & History
2. Group Process/Great Groups, Terrific Teams, Motivating Members, Personalities
3. Teaching Techniques/PowerPoint basics / Developing a great visual presentation

General Sessions also presented the following:

1. Boredsmanship or Boardsmanship?
2. What is ACWW and where do I fit in?
3. Human Trafficking and Farm Labor

Three new Hearth Fire booklets were presented. They are as follows:

- #63 Grandparents Raising Grandchildren
- #64 How to Manage My Obesity
- #62 About Human Trafficking

I will be getting copies of these new booklets to you soon.

The guest speaker at the FCL Benefit dinner was Willy Bearden, a writer, who spoke of his own experiences and visions of the Rock and Roll, Blues & Jazz in the Delta. He was a great speaker & we all enjoyed listening to him. The Inspiration/Memorial was held on Sunday with Gospel singing and a lot of memories shared. It was also such an honor for Hawaii to have Patricia Kubo selected as the 2016 National Spirit of FCL. Congratulations Pat! You are so deserving and you were remembered by many. Although not a national award, I'd like to congratulate Hilo's Karen Hamada for being chosen HAFCE 2016's Heart of FCE. Karen does so very much for FCE in both the club & council levels. Congratulations Karen! Thank you for all you do. It was an award year for Hawaii - we took First Place for the 2016 Program Award Book in Leadership for the "Dress a Girl Around the World" project as well as First Place for the 2016 Program Award Brochure in Leadership for the same. Thank you to Denise Smith and Patricia Kubo for all their hard work!

## 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

President's Message Continued

It was truly a great experience meeting new members & renewing old friendships. I look forward to finding out how they do their meetings & projects & it's great knowing that these members from throughout the states are all doing FCE projects with the same love & enthusiasm as we are.

Lastly, I would like to share that I was elected to the NAFCE Board as a Public Policy Coordinator for a three year term. I'm so appreciative of having had the opportunity to attend conference this year! See you all at the Kauai convention.

HAFCE President, *Sally Bowman*

Report on NAFCE Conference – by Martha Yamada, HAFCE Vice President

I was able to attend the July National FCE Conference with Sally Bowman and it was an eye opening experience. There are three new Hearthfire Series that I am excited to share at our State Convention: **62 - Human Trafficking** - the modern form of slavery. It involves controlling a person through force, fraud, or coercion to exploit the victim for forced labor, sexual exploitation, or both. Let's learn more about what's happening in your neighborhood; **63 - Grandparents Raising Grandchildren**. Of all the FCE states, Hawaii has the highest percentage of grandchildren living with grandparents and we are so fortunate that Jackie Chong and her FCE club took leadership with NaTuTu project to improve the system to remove barriers for healthcare and education for their grandchildren; and **64 - How do I manage my Obesity?** Covers tips on nutrition, emotion and activity. Your Council Vice President will be getting a set to share with you.

The most beneficial part for me was learning new things and the opportunity to meet members from other states to share stories and to meet our dedicated National Board. The CHARACTER COUNTS winner and her family attended the awards event, it was so special. Thank you so much for allowing me to represent you at this conference.



**OCTOBER 21-23, 2016**

**CONVENTION ON KAUAI**

**The Musical Showcase has changed ! It will now be participation by all to:**



- 1) a line dance selection**
- 2) a bon dance selection with taiko possibly**
- 3) a puppet performance**
- 4) a down memory lane "free for all"**

## Youth Education Chair – Lynn Nagata

Aloha from Hilo! Please submit your Program Reporting Form for your Youth Education activities so they can be considered for our State Awards. I've received the following since the June newsletter:

1. 4-H Environmental Day Camp/Disney Project June 9, 14, 29, 2016 South Oahu FCE collaborated with 4-H and UH-Manoa, Urban Garden Center Master Gardeners, and Windward FCE to provide "mini pizzas" to youth after they visited Pizza Garden.

2. 2nd Saturday Events - "Keiki Hands On" 5/14, 6/11, 7/9, 8/13 2016 South Oahu FCE worked with Urban Garden Center and UH-Manoa CTAHR to create a monthly craft for youth to complete during their monthly visit to Garden Center.

2017 Character Counts! Essay Contest is on website. All entries are due by March 1, 2017 to incoming Youth Education Chair so she/he can have each Council's entry judged to determine the Hawaii State Winner which goes on to represent Hawaii at the National level. Good luck to all fourth grade writers and teachers! I'm willing to assist the incoming Chair with the Character Counts! Contest so contact me.

Hope to see many of you on Kauai at the State Convention. Keep creating ways to support youth education!

*Mahalo, Lynn Nagata*

## International Programs

I'm delighted to have received so many reports this past quarter! All of the clubs and councils have been engaged in great International programs. I'm also pleased to hear that one of the general sessions at the NAFCE conference held in July in Tennessee was about ACWW.

Mahalo nui to the following clubs/councils for their reports and good luck to all on the upcoming recognitions for Program Awards at Kauai Convention!

- *South Oahu* – Learned about a Blue Zone country by eating at an Okinawan restaurant
- *Windward Oahu*- Partnered with a church to assist an orphanage in Juarez, Mexico
- *Hoike FCE Club* – Had a guest speaker who gave presentation on the Hawaiian culture and ahupu'a'a.
- *Kauai* – Supported the Kauai Museum for Japanese Culture Day. Donated gently used jewelry for fund raising for ACWW
- *Maui* – Each club gave a presentation on a different country & shared a food dish from that country.

Hugs, *Denise Smith*  
International Education Chair

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

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







## **Congratulations to Patricia Kubo, Hawaii and National winner of the 2016 Spirit of FCL Award!!**

A member of Makani FCE Club in Windward Oahu Council for over 32 years, Pat (her preferred name) served as Windward Oahu Treasurer in 2008-2009, Hawaii Association for Family and Community Education (HAFCE) Vice President 2009-2010, HAFCE President 2011-2012, and HAFCE Past President 2013-2014.

Pat has not only worked with her local FCE council in organizing community service activities, but has also used her Family Community Leadership (FCL) skills in working with Ikebana International Honolulu Chapter 56 to organize community service projects which included organizing demonstrations for community groups at Tokai University, Hawaii State Library, University of Hawaii, and Moiliili Community Center. She has also organized student hands-on workshops at eight schools in the past two years. She is organizing the presentation of these workshops at four more schools. She has demonstrated the value of attending FCL workshops and putting the skills learned into action.

Pat says "I have no problem speaking and directing children but speaking in front of adults still makes me a bit nervous." She believes participating in FCL training has helped in giving her more confidence.

Her professional work included being a teacher for the academic gifted and talented for 15 years, teaching a fully self-contained special education classroom for the emotionally handicapped for over 6 years, and a combination of teaching in elementary schools all over Oahu for over 30 years.

Pat has truly benefitted from FCL training and is willing to share her knowledge and experience with others. She believes that a leader should be able to encourage others to take roles in leadership. At her Makani club meetings, she has all the members take turns as presiding over a meeting. At first they were really nervous, but with encouragement, Pat reports they now very willingly take turns in leading their club meetings.

Pat is an excellent role model and her style of leadership has enriched all whom she has worked with and we are so very proud of all her achievements!

Submitted By: Katsuko Enoki

### **Sneak Peek!**

This year's Trimble Foundation Quilt is made in honor of outgoing HAFCE president, Sally Bowman. The quilt is titled, *"Sally Sells Seashells"*. It features sea shells in shades of creams & browns, with vibrant accents in pinks & yellows in a non-traditional 9-patch pattern. It is 41" X 51" in size with a sleeve for hanging, if desired. Tickets will be sold at convention by Milo Ferreira for \$5 each or 3 for \$10. All council presidents have tickets available for sale prior to convention, so if you are not attending convention, you still have an opportunity to win this wonderful wall art quilt! Good luck to all who purchase tickets - proceeds go to the Trimble Foundation for scholarship awards!





## TRIMBLE MYSTERY BAG FUND RAISER

The HAFCE Past Presidents will be selling “Mystery Bags” at the Kauai Convention. The bags will cost \$5.00 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. Please mail your items to Pat or bring them to the convention.

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)

### Hamakua FCE Council – President Dana Fukumori



Hello All,

We have had a very busy summer. We started by picking flowers from our yards and made lovely bouquets for the dining room tables at the extended care facility here in Honokaa for Mother’s Day. The dining room looked so lovely and the clients were very happy.

We assisted the Hamakua Lions with their annual pancake breakfast. We started serving at 6:00 am. It was nice to see the community members at this event. As we served breakfast and watched the Lion Members wearing their yellow club shirts it gave us an idea that we should have club shirts to identify the FCE involvement at the community events. So we now have beautiful red shirts that we will wear when we join the Hamakua members for Highway trash pick-up through town in September and through the year.

We will also participate in the Annual Peace Day Festival which is on September 24<sup>th</sup> with a booth promoting our FCE Creed for Peace.

We are looking forward to the next season’s events, such as the Convention on Kauai, Bell ringing with the Salvation Army, and decorating a tree for the Festival of Trees, at Mauna Lani Beach Hotel. We are also planning on joining the Hamakua Business Association for caroling in Honokaa Town to kick off the holiday season.

We are also taking part in the Blue Zone Project. Love the Wine at five! May you all have a great fall season.



## Hilo FCE Council – President Elizabeth Salfen

### **Aloha from Hilo Council**

Hilo FCE Council has had a busy summer. Our members have embraced the Blue Zone way of life. Many clubs are enjoying building their “tribe,” downshifting with club members, and enjoying healthy eating.

In June we declutter our lives and hosted our Annual Rummage Sale. We cleaned our closets, kitchens and garages and had “tons” of stuff to sell. Each year I am amazed at how club members come together and set-up in just two hours or less. It is always a pleasure to see so many people happy with their “new” items.

In July, Hilo Council hosted our Candidates Forum with 28 candidates attending. We had just under 100 people attend and many stayed to join in a “talk” story time with candidates. We had several candidates fly from other island to attend our forum. It was very interesting to hear different points of view on how to solve our community problems. I hope everyone takes time to vote this year.

In September we will be joining Hamakua and Kona Councils in a day of fellowship at the Kona Airport. The Hilo Council looks forward to seeing everyone in Kauai at Convention!



## Kauai FCE Council – reported by Janice Plumer

### Books for Newborns



Annie Rellin, chair for Books for Newborns, and Reina Kurisu

Kauai FCE Books for Newborns project presented 196 books, worth ~\$800 to Reina Kurisu, director of the Child and Family Service-Headstart on Saturday September 10, 2016.

This project is to encourage parents to begin reading to their child as soon as it is born and hopefully, turn it into a lifetime of reading. Although the baby will not understand all that is being read it will introduce him/her to new sounds and basic ideas. If a child comes to love books as a baby, he/she will be eager to learn to read when it is time to start school.

Children love the feeling of warmth and security that comes from snuggling up to their mother and father while listening to a story. These physical contacts, combined with the sound of the parent's voice makes “story time” become a precious memory.

**2016 – “Third Quarter”**



▶ Interesting June workshop with speaker, Sandy Scott, who talked about “**Cults**”. Her vast knowledge on this topic came from intense research for her Master’s Thesis. The psychological, philosophical and human interest aspects of a topic that we are aware of but not to the depth that she so adeptly shared with us drew much interest and awareness of the difference in “cults” and how they affect families and communities. An informative and interactive session that was enjoyed by all.

- ▶ **4-H Environmental Day Camp/Disney Project** was again put together by UH Manoa CTAHR and partnered with Urban Garden Master Gardeners and FCE. Our volunteers participated in prepping and guiding the youth with their making mini pizzas after their visit to the “pizza garden”. Awareness of eating from garden to table made a big impact on them and they fully enjoyed this. There were 80 participants from 3<sup>rd</sup> grade to 8<sup>th</sup> grade. Working with the CTAHR Educator, Kate Eickstead, was a great experience and gave us a broader exposure to all that they do for the community.
- ▶ **Lunch at Violet’s Grille**, an **Okinawan restaurant** in Honolulu was enjoyed in August. **Wanda Lew** put together a program that included history, culture, personal photos, healthy eating and Blue Zone information. **Pat Kubo** shared the “Hara hachi bu”, blessing of food and Ruth Nakasone showed fabrics that identified with Okinawan culture. Tasty, enjoyable and informative adventure.
- ▶ **“Keiki Hands On”** at the **Urban Garden Center 2<sup>nd</sup> Saturday** events in **July, August and September** again brought many participants who always enjoy our quick, simple items for them to “make and take”. (sailboat made with wine corks and floated in the water, pom pom clip bookmarks for their new school year, pom pom pumpkin for Halloween and Thanksgiving). 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.
- ▶ **Peace Day Hawaii 2016 will be celebrated at the Urban Garden Center on September 24<sup>th</sup>**. This is an island wide event with 50 booths from different agencies, food booths, speakers, music et al. We will be there with peace doves (paper) for all (450)! We are working not only with UGC but with outside agencies which will give us a broader presence on Oahu.
- ▶ **Harvest Festival** is happening on September 21, with all clubs participating with food and crafts. Another good connection time for us.
- ▶ Our **“2017 Oahu Convention Kick Off”** celebration took place on **Saturday, July 2<sup>nd</sup>!** We were able to chart the course to bring members together to enjoy, learn, and create. We will give updates along the way and hope that a trip to Oahu in October of 2017 is on your calendar.







## **WINDWARD OAHU FCE – President Ruth Haituka**

JUNE – AUGUST 2016

### ***JUNE 28 PLT: CARL OTTINGER – Blue Zone***



Carl Ottinger spoke to our members about the Blue Zone – basically his point of view as a physician. Very informative and members were asked to read the book prior to attending. Discussion about wine, eating healthy, exercise, diets, cholesterol, weight, stress, genetics, and longevity were some topics.



### ***JULY 16 PLT: FOSTER GARDENS***

10 members met at Foster Gardens on Saturday, July 16 from 8 to 1:00 pm to assist fellow member, Iris Fukunaga, with her monthly project. The community was invited to come and visit the gardens and participate in various activities throughout the garden.

Windward Oahu members gathered toilet tissue rolls and cut them in half, cut four corners to form a base for the mini planters. Participants were able to take home rosemary, bush beans, soy beans, bush cucumber plants planted by David Haituka. Foster Gardens also provided herbs.



### ***AUGUST PLT: BINGO***



Bingo Nite is always fun especially when your bingo caller is Jackie Chong. She comes armed with “Jokes” to liven the festivities and “Chocolate Candy” as prizes. Ruthie and Dixie always have fun as they don’t seem to win “prizes” but they begged for their numbers to be called. Ruthie let David play her card (had to talk to grandkids) and guess what? David won. How about that? Each participant pays \$1.00 for a card and brings two prizes. There’s always an abundance of prizes, along with great food to eat. By the way, whatever money is collected, 50% goes to the Blackout winner and 50% goes to the council. Way to go Windward!!



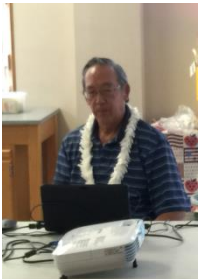
## ***INTERNATIONAL MISSION PROJECT: JUAREZ, MEXICO***

### ***Journals for Orphans***

On Saturday, July 9, 16 Windward members came together to work on the International Mission Project to Juarez, Mexico in conjunction with University Avenue Baptist Church. Seven members from UABC and six Sisters of the Latter- Day Saints, Kaneohe Ward also participated with Windward on this day. The purpose of this project is to assist UABC with their annual mission trip to Juarez, Mexico with a craft project that will be given to orphan children. The orphanage has about 100 children and has very limited resources to provide each child with something they own personally. Composition books were purchased and cut in half to make the journals. 100 journal books were covered with various scrapbook papers that were pre-cut and scored by Ruthie Haitzuka. This event allowed members to meet and talk about FCE and learn about the mission trip.



## ***FCE MEMBERS MEET/JOIN UNIVERSITY AVENUE BAPTIST CHURCH JOY SENIORS***



Seven Windward members joined the Senior Joy group at University Avenue Baptist Church on Friday, August 26 to learn more about their joint venture for the Juarez, Mexico Mission trip. Windward is helping UABC with the journals as their international service project. Bob Kam, who heads the mission trip, talked about the background of the mission trip and presented a video presentation that provided a visual connection to what Juarez looks like. The main purpose of the mission trip is to build a house for a family.



Pachi Tomasa and Ruthie Haitzuka will also help to make six sets of curtains for the house. While in Juarez, the mission team will also do a community service project – providing activities for children to do crafts, play games, provide a meal and goodie bags for children. This trip will take place in early October.

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

Members continue to contribute clothing, household goods, including toilet tissue, napkins, soap, shampoo, conditioner, detergent, school supplies and monetary gifts to Family Promise. In June and July, members have contributed about \$1,000 worth of items. Family Promise graciously accepts our gifts and grateful for our participation to their program and families. To date, Windward members have contributed approximately \$2,200 of gifts. Our gifts have helped over 1,500 families since participating from 2014.

## ***CLUB NEWS: Imiola***

Jackie Chong created bracelets for the International Service Project to Juarez, Mexico in October. After creating the 67 bracelets, she donated them for the orphans in Juarez. Beautiful Jackie! I know the children will love these bracelets as they will have something that they can say "It's Mine!"

Club members work each month on different craft projects for their fundraising project in September and November. Various necklaces, bracelets, books, headbands, leis, flower pins are among the items made.



## ***Hui O`Makani: June - August***

We enjoyed learning how to make another flower from Iris Fukunaga. Very easy to make from coffee filters, attractive and inexpensive, we're quite sure we will make this flower for events. Thank you Iris Fukunaga.



In years past, Bingo Night was a yearly event for Hui O` Makani. Led by Iris Fukunaga and Annie Segawa, our ladies truly enjoyed the return of Bingo Night.



*Annie Segawa, another excellent artist in the kitchen shared the following recipe:*

### **Salmon Tofu Patties – Annie Segawa – 8/1/16**

1/3 c. dried mushroom, chopped fine  
1/2 c. firm tofu (20 oz.)  
1 can salmon (7.5 oz.)  
2 eggs  
1/3 carrot – finely chopped or grated

1/4 c. green onions – finely chopped  
1/4 tsp. salt  
1 T. sugar  
1 1/4 T shoyu

Soak mushroom in water. When softened, chop fine. In cheesecloth or paper towels, squeeze water from tofu well. Put crumbled tofu in bowl and add salmon, eggs, carrot, green onion, salt, sugar and soy sauce and mix thoroughly. Form into balls. Fry in greased pan on medium heat. Brown each side golden brown.

Windward Oahu continued

Joan Yoshino, an excellent cook and generous sharer of her delicious and easy to make recipes.

Joan made Ozzie Nelson's Mexican Dish in August for members.

**Ozzie Nelson's Mexican Dish – Joan Yoshino – 8/1/16**

For 9x13 pan

1 pkg. flour tortilla	2# hamburger
1 pkg. Mozzarella (used 3 pkgs)	1 can corn
1 ½ T. chili powder	½ small onion
1 can tomato sauce (large can)	Cayenne (to taste)



Cook hamburger, onion, corn, tomato sauce, chili powder & cayenne in pot.

Spray PAM thoroughly on pan, line with tortilla. Add hamburger mixture. Reline w/ tortilla until last layer ends with hamburger mixture. Top w/ mozzarella cheese and bake in 325 degree oven for 20 min. Line every layer with the cheese (optional).

For 8x8 pan: If use large size tortilla – use 1 per layer, 1# hamburger, cheese, as desired. Use same amounts as above of the following ingredients: chili powder (1½ T), onion (½ small), 1 can corn, large can tomato sauce (or as desired) and cayenne.

## FCL Graduate's Survey

With the upcoming November election, there seems to be lots of telephone surveys these days. Almost every evening, someone calls to ask questions about who or what you are going to vote for! In case you haven't received any of these calls and therefore, feel left out, here's a survey you can take.....

**Question:** Are you a graduate of Hawaii Family Community Leadership training (completed a 30 hour, weekend long session)? It doesn't matter how long ago you took the training.

**If you are a graduate, please contact me at the  
email/phone number below by October 31<sup>st</sup>, 2016**

Thanks so much! *Denise Smith* [cdsmith2139@gmail.com](mailto:cdsmith2139@gmail.com) 650 969-3422  
(I'll have a prize for you!)