



The Homemaker Echo

Official Newsletter of the Hawaii Association for Family and Community Education

Volume 43 Issue 2

June 2017

In this issue:

President's Message
Board Reports
Council & Club News
2017 Convention News

Go Paperless! ~150 FCE members have chosen to receive the Homemaker Echo via email. Please consider joining them by contacting me so that I can add your name to the email list. You will receive the Echo in COLOR and weeks before the USPS issue. This also saves HAFCE in mailing costs and it saves a few more trees for a healthy environment.

Send your email address for a paperless delivery to:

Denise Smith
Homemaker Echo Editor
cdsmith2139@gmail.com

(650) 969-3422

A warm "aloha" to our FCE family. I will be attending the National Association for Family and Community Education (NAFCE) Conference with Ruth Haitzuka, State Vice President, and Sally Bowman, National Public Policy Coordinator this July and sharing our Aloha Spirit.



On the NAFCE website it states, "Assembling in Washington, D.C. in 1936, a determined group of rural farm women had a vision... to strengthen adult education, to share their good sense and experience for improvement of home and community life, and to initiate and promote projects of national importance for the protection of the American family. That vision became the mission of the newly formed organization."

"Early efforts focused on support for a national school lunch program, development of local public health services, immunization programs for children, implementation of the first bookmobiles, and national safety programs. Recent efforts resulted in the establishment of the content-based television programming system for children and families."

I grew up in Kona on a coffee farm and remember walking down our unpaved road to meet the bookmobile to borrow books and my favorite was "Pippi Longstocking". How wonderful that FCE had a part in bringing books to the rural areas of our community. Do you recall going to the bookmobile?

We enrich our members by providing opportunities for continuing education, developing leadership and community action. It was such a pleasure to do our first FCL session on Oahu... "Keep It Rolling: Success is Working Together". Our second session will be held in Hilo on **July 22, 2017**. There was a date change so please contact Hilo FCE President, Carolyn Sewake, for registration as we need a count for correct lunch orders. Joan Chong, Pat Kubo and I are looking forward to meeting the Hilo members☺

I love reading the newsletter with all the varied activities and programs that we provide our communities. Thank you for submitting your articles with beautiful pictures of crafts, plants, cooking, parties, community service and most importantly fun and fellowship. Thank you for sharing your "aloha spirit" as FCE members as we care and share with each other and our communities.

*With much gratitude,
Martha Yamada, State FCE President*

Hawaii FCE Board Members

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President ~ Martha Yamada
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Youth ~ Janice Plumer

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Hawaii ~ Joan Chong

HAFCE VICE PRESIDENT MESSAGE



Hello Fellow FCEers:

Have you ever started your club/council meeting using one of our Hearth Fire Series Booklets? If you haven't tried using them as an ice breaker, bonding or just getting great information, consider using one of the 64 booklets that have been written for our use.

For example, using Booklet 8-A, Person to Person . . . Does Your Engine Purr? I just picked this booklet randomly and this is what I got from it.

Considering that our membership has lots of “seniors”, this would be very informative. Is your body working perfectly and purring like a kitten? If your car is running rough, do you take it to your “trusted” mechanic? Likewise, you go for your “check-up or tune-up” also to your physician.

We need to keep our bodies in working condition by fueling it correctly on a regular basis. Without our health, our lives can be turned upside down. So let's begin our tune-up.

1. **Exercise.** Try walking for 30 minutes a day, four or five times a week. If you can't devote 30 minutes at one time, then do 10-15 minutes but do it several times to equal 30 minutes. Walking is the BEST exercises to do with a good pair of walking shoes & determination. Better yet, get a friend to walk with you. Time flies by when you're having fun – talking as you walk! You can reduce your stress, lower cholesterol and blood pressure, get better sleep, increase your energy and “Slow Aging”. Of course, BE SURE TO CHECK WITH YOUR DOCTOR BEFORE STARTING SOMETHING NEW.
 - a. When starting your new walking routine, be sure to stretch for 5 minutes, start walking and always finish with a 5 minute cool down (walking slowly).
 - b. It is important to remember to BREATHE. Breathe, I have to breathe. You might be surprised that some people try to hold their breath. Inhale deeply and exhale on exerting. Inhale to the count of 3-4 and blow out through your mouth which will keep you from being out of breath.
2. **Clean-Up.** Wash your hands – frequently. Wash my hands you say? Yes, soap and water with lots of scrubbing.
 - a. Make sure dishes, pots and pans, utensils, counter tops – anything that food touches **is kept very clean.** Food borne illness is dangerous so proper cleaning is essential.
 - b. Wash all raw fruits and vegetables.
 - c. Thoroughly scrub rough surface food (potatoes, melons) before you cut them.
 - d. Thaw meat in refrigerator.
 - e. Cook meat and eggs thoroughly.
 - f. Foods need to be stored in refrigerator and not left out at room temperature. Put a thermometer in refrigerator.
3. **Fueling Up – Eating Healthy.** The best thing you can do for yourself is to eat healthy – how and what is important. Eat a well-balanced diet – low in fat, lots of fruit and vegetables, whole grains, low in saturated fats and cholesterol and increase fiber.

VP message continued

- a. 2 servings of meat
- b. 2 or more servings of milk group
- c. 4 or more servings of breads/cereals
- d. 4 or more servings of fruits and vegetables
- e. Sparingly – fats, oils, high snack foods – chips, candies, chocolate, jellies, jams
- f. Maintain a healthy weight
- g. Use sugars moderately
- h. Trim fat from meats
- i. Instead of frying, bake or broil
- j. Use egg substitute
- k. Use skim milk
- l. One meatless meal per week
- m. Combination dish of dried beans, peas, legumes, whole wheat
- n. Cornstarch and water instead of flour/fat thickeners
- o. Lower fat cheeses and salad dressing

You hold the key to YOUR healthy lifestyle – Take these steps and you're on your way to staying younger and healthy.

I will be visiting Hilo, Maui and Kauai for the FCL Leadership Training Sessions on your island. I am looking forward to getting to know members better by joining your training. If you have the opportunity to attend and learn at the Leadership Training Session, please inform your council president and she'll gladly inform Martha, Joan and Pat. More information about our Hearth Fire Booklets will be discussed.

Ruthie Huitsuka



FUKU BUKURO ~~ "Happy Grab Bag"

As an idea for the Past President's fundraiser for Trimble at the State Convention, I have selected the Fuku Bukuro way of presenting the items.

The theme of items will be Home Decor with a value of \$5 each bag. Something to add to decorating a home either pretty or functional!

I have asked the past presidents to contribute items for the bags. I'd also like to ask all of you, if possible, to contribute an item or two (\$5 value).

Something you make with crafting or likewise for purchase.

You may wish to purchase a bag for \$5. A list of names of all who are adding their \$5 will be made & bags will distributed at the convention. No tickets will be distributed.

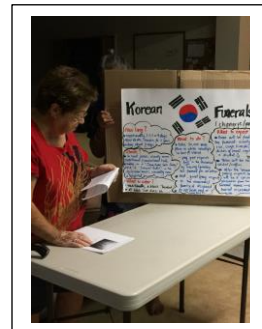
Please join us in helping to raise funds for Trimble and contact me to get your name & money added to the list. We have already received many beautiful items!

Mahalo, Past President Sally Bowman salljb7@gmail.com

International Education Chair ~ ~ Susan Stewart



The Windward Oahu Council held a program on funeral customs, traditions, and food. Clubs presented funeral customs of China, Japan, Philippines, Indonesia, Portugal, and Korea. Some items were presented to those in attendance (i.e. for the funeral customs of China, a nickel wrapped in red paper (lisee) is given to bestow good luck and good fortune to who receives it, and a piece of Chinese candy). Foods shared reflected items presented during funerals. It was a very informative night about various countries customs, traditions, and food. FCE members presented information that was new and informative, and members added their personal experiences.



International Day of Families – May 15, 2017

International Day of Families comes on May 15 of every year. This year the United Nations declared the theme of “Families, Education, and Well Being,” and this speaks of much of the work done by the Associated Country Women of the World (ACWW) of which the National Association for Family and Community Education partners with. ACWW connects and supports women and communities worldwide, and their funding has significant impacts on communities around the world. Their 1000th project was funded in 2015 providing IR skills to women in India. Projects funded by ACWW included Health Education, agricultural training and development, and nutrition and home economics projects.



History of International Day of Families

On 1994, United Nations proclaimed the **International Day of Families** in response to the changing social and economic structures, which affect the structure and stability of family units in many regions of the world. The day is an occasion to reflect on the work started during 1994 and to celebrate the importance of people, families, societies and cultures around the world. From 1995, the **International Day of Families** has been celebrated on every year. The symbol of the **International Day of Families** contains solid green circle with an image in red. The symbol includes simplistic drawing elements of a heart and house. It indicates that families are the center of society and they will provide a stable and supporting home for people of all ages. **International Day of Families** is a day of global observance and not a public holiday.

The quality gift tickets sale is the only fundraiser for the Hawaii FCE general fund and we would appreciate your help. Each member is requested to sell 5 tickets at \$2 each, for a total of \$10. HAFCE appreciates your support and appreciates it if you are able to sell all of your tickets. If you need more, please contact me.

As a reminder, each club is asked to donate one quality gift worth a minimum of \$15. We are asking that Councils with only one club donate two \$15 gifts and also grateful if each council could donate one \$15 gift. As a reminder, we appreciate travel-friendly quality gifts.

Elaine Fukui ~ HAFCE Ways & Means Chair

rfukui1@hawaii.rr.com

Sneak Peek at the Trimble Foundation quilt
for 2017 **"Kingyo"**

Thank you to all who have already purchased tickets for an opportunity to win the Trimble Foundation quilt, "Kingyo". The quilt features koi carp in warm shades of brown, rust, cream and gold, with vibrant accents in midnight and sky blues. It is 49" X 68" in size with a sleeve for hanging, if desired. Tickets are available from your council president. Donations will be **\$5 per ticket or 3 for \$10**. If you need more tickets, please contact state advisor, Joan Chong. Good Luck to all who buy tickets! The drawing will be held at the 2017 convention in October in Honolulu. Need not be present to win.



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

The deadline for articles for the next issue of the Homemaker Echo is: **September 10th, 2017**
Please send articles and photos to: cdsmith2139@gmail.com OR

433 Sylvan Ave. spc. 39 Mountain View, CA 94041 OR (650) 969-3422 (leave a message if I'm not at home)

Aloha, Denise Smith

2016 State Membership Contest Winners

Each year a state membership contest is held if 10 new members join HAFCE. At convention, the names of the new members and their sponsors (current member who invited them to join FCE) are put into a drawing. The winning pair of names each receives a certificate worth \$100 towards registration at a future state convention. The 2016 winners were from Hilo Council. Encourage your friends or family to join FCE and your names can be added to the 2017 membership contest drawing!

L- R: Liz Salfen, 2016 Hilo Council president; Arlene Simmons, sponsor; and new member Debra Afonso from Hoike Club. →





Hilo FCE Council – President Carolyn Sewake

Hilo Council members have been like busy bees, working feverishly on projects to educate, entertain, provide community service and fundraise not only for themselves but the community. It is a daunting task, but like bees, each member does its duty, helps one another, gets creative with challenges and never fails to have a successful outcome.

Shimomi Araujo and her LHK club were left on a limb when their professional demonstrator was unable to attend at the last minute for the Council's #2 Nutrition Workshop. Not being one to cancel, she, together with members Elizabeth Toledo and Pricilla Escatore put their heads together and did the program as scheduled. Show casing Shimomi's and Elizabeth's personal experience and Pricilla's dietitian expertise, they demonstrated how to make and cook gluten. They wowed the audience with how delicious and tasty gluten can be. In true FCE style, they took this potentially very difficult situation and turned it into a positive and successful one.

Another successful annual FCE Fair was held on May 6 at Aunty Sally's Luau House. Since January, every Hilo Council Club's representative participated in the planning and execution of the Fair under the leadership of Liz Salfen of Puna Wahine and Kalei Tong, from Hoolulu Club. Every club was a Fair "Engineer" with an assigned duty to fulfill. So like bees working together, the representatives took information back to their clubs and the members then began to work on their "engineering" assignment and on the products they wanted to sell. Besides the conventional word of mouth and newspaper advertisements, road signs etc., Puna Wahine and members of Hoike club went on KTA's Seniors Living in Paradise TV program and did an excellent job promoting our Fair that was aired for a month. Penny Madamba's singing and guitar music entertained us throughout the morning and Russel Nagata gave us the dos and don'ts of raising succulents and creating a container using a cement mixture and household plastic tubs as molds. Julia Zee, CTAHR Extension Agent, displayed information on Rat Lungworm Disease. Handouts included materials on how to identify, remove, set traps, and erect copper barriers and names of different bait products. Using this information will protect us from contacting the disease. Lana Paiva of Hoike Club made a poster highlighting each of our 11 club's meeting dates and interests, picture of the club president, and our FCE tri-fold handout to five interested prospective members. Lloyd Narimatsu, a Safety Training Professional was on hand to provide blood pressure screening and/or first aid to anyone upon request or need. It was a fun morning for all, visiting sister member's clubs and purchasing items knowing that the proceeds would be used for that particular club's projects and operating expenses.

Outstanding Individuals and Organizations Book of Golden Deeds

The *Exchange Club of Hilo* is America's premier service club working to make our community a better place to live. On 5/11/17, the Exchange Club of Hilo held "A Very Special Recognition Luncheon" honoring the 2017 outstanding individuals and organizations at the Hilo Hawaiian Hotel Moku'ola Room. Among others honored for the Book of Golden Deeds award was *Carolyn Oki of Hilo FCE Council*.

Hilo Continued

Carolyn's commitment in helping families dealing with mental illness led to helping the Department of Health to form a National Alliance on Mental Health (NAMI) chapter in Hilo. NAMI was instrumental in advocating for the need for including a psychiatric unit in the new Hilo Hospital. In 1990, Hale Hoola was built, providing the opportunity to heal in a safe and therapeutic environment. She has been a volunteer for NAMI for the past 35 years. Carolyn holds monthly classes educating and supporting families understand the challenges of mental illness. She also participates in the annual NAMI 6 week seminars providing current research and findings in the field of mental illness providing educational opportunities and resources for individuals and families.

We are proud and honored to have Carolyn Oki as our founding member of our FCE Hanalike Kakou club. She is truly an inspiration to all of us. Hanalike Kakou Club (Carolyn Oki, Claire Kawahara, Etta Palea, Lori Kashiwa, Doris Saxer, Barbara Fujimoto, Charmaine and Brianne Felipe).

Wally Oki and Carolyn Oki



Kauai FCE Council – Submitted by Gladys Fujiuchi

Achievement Day Highlights



45 YEAR MEMBERS:
L - Edith Ushio,
R - Barbara Yake



35 YEAR MEMBERS: L – R
JoAnn Shimamoto, Laurie
Hadama and Marcia Ota.



5 YEAR MEMBERS:
L – R: Terry Philips,
Daphne McClure,
Carolyn Lum, Queenie
Daligidig



THE GOLDEN GIRLS - 80+

Message from President Margo Hashimoto

Seems we are off to a great start for 2017! I am hoping for a more peaceful and fun year with the activities we have planned and adding on as wished. Blue Zone activities and more report writing will be on our wish list (HAFCE's list). A

welcome to new members Joyce Nakahara and Gale Masukawa-Kashuba. The KAFCE members presented

PROJECT GRAD awardees, representing Kapaa High School, Kauai High School and Waimea High School with \$500 each. The KAFCE winners of the Character Counts! contest were: 1st place - \$75 Zaileah Lopes, Wilcox School, 2nd place - \$50 Haley Kikuchi, Wilcox School, and 3rd place - \$25 Benjamin Singleton, Hanalei School. Member Sanae Morita has been nominated for Outstanding Older American Award. Sanae has distinguished herself in the community, in church and various organizations, especially FCE. Yay, Sanae, we're rooting for you! Thanks to Club Musubi members Pearl, Annie, Jo, Juanita, Gale Masukawa-Kashuba, Maurina, Suzie, Laurie Ho and Carolyn Lum for participating in the cutting session for 36 pillowcase dresses that are going to Portugal with the Mayor next year. Upcoming events are collecting Books for Newborns, the Kauai County Farm Bureau Garden Fair, FCL training and a KAFCE outing at mini golf in Kilauea. Have a healthy, productive and happy year. As my mom always said, "body take care!".



Kona FCE Council – Submitted by Joan Chong

At our last Tri-Council held in Kona (2016), Rose "Tootsie" Mesick made this cake that everyone enjoyed. Many people requested the recipe and here it is:

- 2 Cans Fruit Cocktail or Pineapple Chunks (Put in Blender or Food Processor) - juice and all
- 2 Cups Sugar
- 2 Cups Flour
- 2 Tsp Baking Soda
- 2 Tsp Salt
- 2 Eggs

After mashing all the fruit, mix with all the other ingredients and pour into 9x13 baking pan. For topping, mix 1/2 cup brown sugar and 1 TBLSP cinnamon and sprinkle over cake. Also sprinkle 1 cup chopped walnuts over the sugar/cinnamon mixture.

Bake at 325 deg. for 40 minutes or till done. Check with toothpick. Enjoy.....From Tootsie

WINDWARD OAHU FCE – Reported by Ruth Haitzuka

March - May 2017

MARCH: BOYS & GIRLS CLUB (Youth)



Team Musubi Making: Lillian Tim Sing, Joan Yoshino, Emily Deai, Florence Ouchi and Annie Sagawa. This team prepared the rice with sushi mix, placed rice in ziploc bags for molding and then added the nori and spam to complete their musubi. The children ate their spam musubi with delight.

Team Popsicle Harmonica and Duck Cup: Natalie Oda-Lee, Nancy Arakaki, Joanne Oyama, Stella Wakamatsu, Katherine Vadovich. This hands-on project included two noise maker items. Using large popsicle sticks and rubber bands, decorating with stickers, boys & girls created their own harmonica. Decorating a cup with movable eyes and feathers, attaching a



string, and sponge, created our duck noise maker.

Team Journals: Jeanette Pang, Evelyn Cabral, Maggie Schulte, David and Ruthie Haitzuka. Using composition books that were cut in half, craft paper, markers and stickers, boys and girls were very creative in personalizing their journals. Some of the children decided to make a “Mother’s Day” gift for their moms.



APRIL: FUNERALS – Customs/Traditions – (International)

Highlights of the evening were funeral traditions of the Chinese, Japanese, Indonesia, Philippines and Koreans. Members from the three clubs presented traditions. Hui `O Makani: Pat Kubo, Chinese and Iris Fukunaga, Japanese; Hui `O Koolau: Lillian Tim Sing – Philippines and Tana Toraja South Sulawesi; and Imiloa: Jackie Chong, Jeanette Pang and LorMona Meredith - Korea. Some of the countries had similar traditions and practices.

MAY: HAWAIIAN VALUES – SPEAKER: KAMAKA JINGAO



Kamaka started our session with an “oli”. Kamaka emphasized the importance of getting to the “root” of the cause of the issues that are affecting a person. This got him started in studying Healing and Wellness. He was taught by various Kumus and how important it was to listen to their stories. He does “lomi” at his home and said it was important for persons to come to him because the issues sometimes are in their “homes”.



Kamaka led the group in a demonstration of massage using relaxation techniques. Hawaiian values – knowing by doing and building relationships, aloha: receive but also to give – is very important. One must put what is learned by doing.

Before starting the Lomi, need to ask permission first, pule (for healing, not getting hurt, to be centered), terms used: hand on forehead, other hand on back of neck – lomi; crab claws – under collar bone and sternum making small circles; soccer goal – flat thumbs next to each other, put light pressure on shoulder area to neck area; finger pads – roll out shoulder area; lomi arm; below elbow, hands parallel to each other and squeeze and shake.

Ti-LEAF AND FLOWER LEI FOR VETERANS

This service project was started by Ruth Haitzuka when she learned that the Kaneohe Veterans' Cemetery does not get enough fresh flower lei for the Veterans that are buried in Kaneohe. The graves that are closest to the ceremony area where the Governor and other dignitaries come to the ceremony honoring our Veterans, receive the fresh flowers. What happens to the other graves? They get artificial, yarn or any other lei that have been collected over the years. (Two years ago, Windward members made yarn lei.)



So, as you can see, fresh lei are important and even though Windward will not be able to provide the 7,000 needed for the other graves, Windward will at least provide some additional leis. Ruth's senior JOY group from University Avenue Baptist Church joined FCE members in this project to provide lei. Seventeen members of the Ho`okino Volleyball Team and their families joined us also. Without their help, preparing the flowers to be sewn, FCE members would not have been able to complete sewing all the flowers collected and purchased. The total amount of lei made were 646 for our Veterans! A new plan is being formulated now called "2018 Lei for Veterans". The plan is to make 2,000 yarn lei for the veterans at Kaneohe. So, if you have yarn to spare or have idle fingers to make lei, we'd appreciate your help. (PLEASE NOTE: The Kaneohe Veterans Cemetery is not allowed to ask for donations of lei from any Park and Recreation sites or ask schools for graduation lei.)



CHARACTER COUNTS!sm



This year along with St. John Vianney in Kailua, Hanalani Schools in Mililani participated in the Essay and Drawing contest. Judges had numerous essays and drawings to judge. Windward Oahu members donated items for the students who participated. Winners were awarded cash prizes along with an award certificate. This year, the winners were: Third Place: Jeremy Choi, Hanalani; Second Place: Kulai Schuman, St. John Vianney; and First Place, Carla Sue T. Small, Hanalani School. Carla also won first place at the State level and her entry has been sent to National for further judging. We are hoping she will be our National winner!

FUN CAMP AT HO`OMALUHIA



Fun Camp was held on Saturday, April 22 at Ho`omaluhia Botanical Garden in Kaneohe with thirty-two in attendance in a joint participation event with South and Windward Councils. Although the skies were cloudy and did not rain, it was very comfortable. Our Eunice Matsumura opened our festivities with prayer and Iris Fukunaga led the activities. Members were treated to three excellent speakers: Kathryn Rone MA, CYT, leading a Meditation session, who helped relax everyone for the fun filled day of activities. Leonora Ching, also known as "The Pickle Lady", demonstrated and talked about various ways of making pickled items as well as kim chee. Members were treated to sampling of her delicious pickles. She also prepared a fabulous lunch to go along with the pickle dishes.



Marc Koga, using 2 liter bottles, made plumeria flowers. Marc demonstrated and taught members how to draw the petals, cut, and spray paint their plumeria flowers.

Windward Continued

Members also sold picked onions, breads, cookies, avocados, jams, jellies as well as a collection of various craft items at the Mini Bazaar. Members of the public were also treated to these items as this year was the first year the public participated in our mini bazaar. A “Trimble Table” with many items donated by members, raised \$240 for the Trimble Foundation.

Just prior to the conclusion of the Fun Camp, members were treated to a demonstration of using various “recyclable” items and given a handout of items shown by Iris Fukunaga, Emily Deai, Patricia Kubo, Dixie Dumaran, Kathy Uehana, Mary Takeshita, Wanda Lew and Ruth Haitzuka.

As always, laughter was plentiful, stomachs were full and lots of knowledge gained from the various activities using the theme, April Showers Bring May Flowers as well as lots of bonding activities and contests to keep all members on their toes.

The committee members: Chair: Iris Fukunaga, along with Emily Deai, Patricia Kubo (Hui `O Makani), Dixie Dumaran (Hui `O Koolau), Jeanette Pang, Ruthie Haitzuka (Imiola) – Windward Oahu; Kathy Uehana (Happy Hens), Mary Takeshita (Palisades), Wanda Lew (Kaimuki) – South Oahu.

EASTER IDEAS AT QLCC



Windward members again came through with their ideas for Easter for the QLCC Kaneohe location members. Joining the 2017 Easter Idea Demonstration was Maggie Schulte, Hui `O Koolau (Angel Lush with Pineapple), Annie Sagawa, Hui `O Makani (Baked Sushi Casserole), Lillian Tim Sing,



Hui `O Koolau (Broken Glass Jell-O), Pat Kubo Hui `O Makani (Mini Notepad, Emily Deai, Hui `O Makani (Coffee Filter Candy Cups), and Evelyn Cabral, Hui `O Koolau. Please note that the Baked Sushi Casserole was submitted by Pat Kubo, Hui `O Makani and demonstrated by Annie Sagawa and the Coffee Filter Candy Cups was submitted by Iris Fukunaga of Hui `O Makani and demonstrated by Emily Deai. Ruth Haitzuka was in attendance to lend a hand when needed and took pictures for the newsletter. Thank you ladies for doing an excellent job. Yes, Evelyn and Lillian, you are now officially a seasoned “presenter”! Job well done.

FCL TRAINING: Keep It Rolling: Success is Working Together

On Saturday, May 20, Oahu FCE members met at the Haitzuka residence for their first FCL Training session led by President, Martha Yamada and Past President, Membership Chair and FCE Trainer, Patricia Kubo. Members from Windward Oahu included: Hui `O Koolau: Evelyn Cabral, Lillian Tim Sing, Dixie Dumaran; Hui `O Makani: Annie Sagawa, Joan Yoshino; Imiola: Ruth Haitzuka, Jeanette Pang; South Oahu – Kaimuki: Wanda Lew.



Members were given the history and organizational structure of FCE – Club, Council, State & National; Effective Communication; Brainstorming; Leaders have different qualities and everyone can be leaders; “Care”fronting; Mentoring; Going over an Agenda; the Hearth Fire Series; Developing a Project; along with bonding activities and onolicious food. We also celebrated Annie Sagawa’s ?? birthday.

Windward Continued

Members were teamed up to take a Hearth Fire Booklet and come up with a presentation to the groups with 15 minutes to prepare. Even though the time was short, presentations were excellent using whatever resources and experiences the group had. The Hearth Fire Booklets are a great way of introducing valuable learning tools for members to talk about and possibly do an action project with. There are currently 64 Booklets of various topics to choose from.

CLUB HAPPENINGS

IMIOLA NEWS:



Ruth Haitzuka and Nancy Arakaki made ten dolls for Dixie Dumaran's Alumni Reunion. Ruth cut, surged edges, hand sewn running stitch for gathering for dress and sleeves, glued floral to hats and strung shells for lei. Nancy glued heads to air freshener, gathered the dress and attached the bead for hands, attached arms to dress, attached hat to head and painted faces as well as the finishing touches. Thank you ladies for your help in completing Imiola's assigned contribution to Dixie's alumni reunion event.

HUI `O MAKANI NEWS:

March



With graduation season approaching and the need for leis, Annie Sagawa taught members a very useful craft: how to make a simple 3 straw yarn lei. These leis will also be used for the Memorial portion of the 2017 FCE Convention in October. Thank you Annie for the all prep work including testing which width straws make a good sized lei, prepping the straws and patiently teaching us how to do this useful, easy and fun craft.



April



We were happy to welcome Imiola FCE Historian/Past President Ruth Haitzuka/State Vice President to our April meeting. Our meetings are held at 7 pm, the first Monday of the month at Kelleway House. In preparation for the WWO Funeral Practices April PLT, Pat Kubo briefly went over Chinese Funeral Practices. Members were taught how to wrap "lysee" – a red paper wrapped coin, given with candy to funeral guests to ward off bad spirits. The candy is to help sweeten the bitterness of a loss. The lysee and candy will be given to attendees of the Funeral Practices PLT.

Iris Fukunaga, chairperson of the April 22 Hoomaluhia Fun Day and Pat Kubo guided members on creating the flower topped pencil favors to be given to all attendees. Very attractive and easy to make. Template with directions available on request.



May – 2017



For our May meeting, Pat Kubo shared the Make a Notepad craft that she had demonstrated at the Queen Liliuokalani Community Center in April. Post-it pads are at the center of these covers. The Notepads make a useful and an attractive gift or favor and we thank Pat for prepping and sharing this craft!

HUI `O KOOLAU NEWS:

April:

Team Work was the theme of the month of April. We came to the aid of member, Dixie Dumaran, who is chairing a large Alumni Reunion in May. Dixie needed ideas for centerpieces and table decorations. Her focus was on Hawaii. Koolau decided on making Hawaiian Angels. Workshops were scheduled for the tracing of patterns, cutting, pasting, sewing tiny head and shell lei. We put together a total of 100 angels in red – a beautiful finish. The second phase was the centerpiece trees made from dried coconut fronds, cut into small branches. Red flowers were attached to the branches. Thirty of these were completed.



A garage sale was also held in April with lots of clothing and household items. The remaining items, especially baby clothing, were taken to St. Anthony's Parish Outreach, Family Promise and Big Brothers, Big Sisters as part of the Community Outreach Program. All of these items, in turn, will help the needy in the community.

SCHOLARSHIP FUND RAISING FOR HAFCE



Quilts donated by Estelle/Ken Sumimoto



Needlepoint pillows donated by Susan Stewart

A "Chinese Auction" will take place at the 2017 Convention, to raise funds for HAFCE Scholarships. The HAFCE Board awards scholarships to members to help with expenses incurred in attending state conventions, national conferences, and leadership development. Fund raising for scholarships has not taken place in several years. (Money raised for HAFCE through quality gift tickets, goes into the general funds.)

Tickets will be sold at the convention (1 ticket for \$3, 2 tickets for \$5, or 5 tickets for \$10). Tickets may be deposited in the container next to the item(s) you select, and a drawing will be held. If you are unable to attend the convention, please send money for your tickets with a friend.

If you have any questions, please contact Patricia Kubo at kleimamo@hawaii.rr.com or (808) 261-5148.