



The Homemaker Echo

Official Newsletter of the Hawaii Association for Family and Community Education

Volume 43 Issue 1

MARCH 2017

In this issue:

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

Happy New Year!

I had such a wonderful time at the State Convention held on Kauai and so honored to be installed to serve as your State President. I will be representing you at the National Conference in Omaha, Nebraska in July and hope you will join me there. I am so proud to be working with Ruth Haitzuka, Vice President, Kathy Uehana, Secretary, and Bernie Tangalin, Treasurer. I remember going to my first Hilo Council meeting many years ago and was a little scared but the FCE ladies were so nice and welcoming ... I was planning to quit when I became a new "mommy" but my friend, Carolyn Sewake, who invited me to join FCE said, "You need to take time to care for yourself too". I'm so glad I didn't quit. I have learned so much from cooking (still learning); craft projects are so relaxing for me, community service, doing fun activities and projects, serving as an officer at the club, council and now the state level. When I talk to the FCE ladies that have been members for over 30, 50, 60 years, they are so inspiring and they look so good! I want to be like them when I grow up 😊



Our State Project is Blue Zones. Dan Buettner was a National Geographic fellow and studied people living over 100 years and wanted to learn what they were doing. He found 9 principals: move naturally, eat wisely (plant slant and following the Okinawan way of eating mindfully and wine at five), know your purpose and downshifting, family first, belonging to a faith-based community and the **Right Tribe**.

I truly believe in these principals and in FCE we are continually learning, developing leadership to empower us to serve our community ... I look forward to serving you for the next two years to focus on our programs and build bridges with our community. Please join me in creating an environment around us that will make the healthy choice the easy choice so we can be like our 60+ year members who have done so much for our organization and invite our friends and family to join us.

We are in the Right Tribe!. *HAFCE President, Martha Yamada*

Hawaii FCE Board Members

Executive Officers

President ~ Martha Yamada
Vice President ~ Ruth Haitzuka
Secretary ~ Kathy Uehana
Treasurer ~ Bernie Tangalin
Past President ~ Sally Bowman

Education Chairs

Health ~ Dixie Dumarán
Home ~ Susan Yee
International ~ Sue Stewart
Leadership ~ Lynn Barut
Youth ~ Janice Plumer

Extension Educator (Advisor)

Hawaii ~ Joan Chong



To: State Presidents, President-elects, and all FCE members

From: 2017 Nomination Committee: Jeanne Purich

Date: July 15, 2016

We are writing this letter to all State Presidents, President-elects, and all FCE members. We would hope that each of you would look over the upcoming openings on the National FCE Board and pass all of the information to all of your members in your respective states. Please encourage the members of your state to consider running for a National Office. Serving for a National FCE office can be a very rewarding experience. **Please forward this letter to all FCE members. As of this day we have no applicants nor are we aware of any persons interested. Please help us out with helping to find someone that may be interested and let us know about them. Contact any of us if you need further information.**

Offices coming open in 2017 are:

- President-elect
- Vice President for Public Policy (currently Ardyce Snyder) – 3 year term
- Secretary (currently Judy Fullmer) – 3 year term
- Program Coordinator 3 (currently Jeanne Purich) – 3 year term
- Public Policy Coordinator 3 (currently Connie Larrington) – 3 year term

The application forms for Candidates to apply for the 2017 positions that will be open on the National FCE Board can be found on the NAFCE website (nafce.org) or by contacting your state president.

Please contact me if you have any questions at 301-641-4878; email jcpurich@cs.com

A copy of the Qualification Form and all attachments **MUST** be postmarked and mailed to the National FCE Headquarters and the National FCE Secretary **on/before May 15, 2017**.

Please note: Those not turning in a Qualification Form and all attachments by the due date of May 15, 2017 will need to turn in all forms on/before the first day of the National FCE Conference. They must also be nominated from the floor during the business meeting.

Thank you,
Jeanne Purich and the Nomination Committee

Membership Report – Pat Kubo

HAFCE has a total of 237 members and 29 family memberships. Our total count is 266 enrolled. This year we have three new members enrolled. Please welcome these new members:

Traci Young – Hoaloha Club (Hilo Council), Gale Matsukawa – Club Musubi (Kauai Council), and Joye

Nakahara – Club Musubi (Kauai Council)



HAFCE VICE PRESIDENT MESSAGE



Hello Fellow FCE'ers:

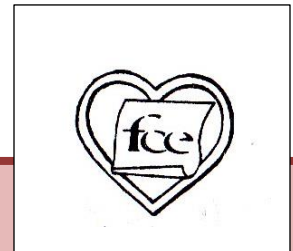
As my term begins as your new vice president, I am privileged to learn alongside of you as our adventure begins. Being a council president for Windward Oahu for the past few years has allowed me to learn different aspects of our organization.

My journey with FCE began over 21 years ago driving my mother-in-law, Dorothy Haitsuka, to her monthly Imiola club and council meetings at various locations. Dorothy figured that since I was driving her to her meetings and waiting for her to finish, I might as well become a member of FCE. She paid my dues and thus the journey began. Before Dorothy died, she instilled in me the core values of what FCE is all about. It is NOT what "you want" but instead what "FCE stands for". FCE is all about striving to do the best we can do to help in our homes, with our extended families, and in the community. Do what you can with what resources you have, learn from others and work together to accomplish the goal set.

I'm married almost 44 years to my husband, David. We have three children, a daughter, Stacy, and twin sons, Grant (Pono) and Scott (Ikaika). Also, we have three grandchildren, Jordan (7th grader), Ketzen (3rd grader) and Evan (4 years old – Preschool) along with three grand dogs, Malie, Titan and Mr. Roo. David has been a member of FCE for six years, and Jordan and Ketzen are also members. Whenever they are available, we try to involve them in various activities by doing volunteer work or working on projects. Besides FCE activities, David and I are active in our church at University Avenue Baptist Church. I teach preschoolers (2-5 years of age), lead a senior JOY group (David is our in house chief), maintaining various aspects of the church properties, fellowship and homeless meals as well as being on various committees.

As I start to process and learn all that is required during my term as your vice president, I ask that you allow me to learn and work alongside you. I look forward to receiving your first quarter reports. I want to get to know you not by just being a member but as an individual of FCE. If you have any questions or want answers to anything, please don't hesitate to ask and I will do my best to solve it. I look forward to meeting you and getting to know you better.

Ruthie Haitsuka



HAFCE 2017 Heart of FCE -Jen Laris

Jen Laris, a 15 year member of Ho'iike FCE Club of Hilo Council, used her FCE leadership skills and generosity to implement a world-wide project to help dissuade human trafficking of young girls. With FCE support, she gathered a group of sewers, and community support to promote the Dress a Girl Around the World project. Community clubs, Hawaii FCE clubs, several churches, and an ashram either made dresses or helped distribute them. The project was maintained as an FCE state program for 3 years with 4000 dresses being sewn and distributed in 6 countries on 3 continents! Jen Laris is truly our Heart of FCE!



Island Wide Family Community Leadership (FCL) Training

*During the HAFCE officer retreat held in January 2017, the officers created a vision to “Keep it Rolling: Success is Working Together”. **Joan Chong (Advisor), Pat Kubo (State Membership Chair), and Martha Yamada (State President)** will be going to four islands to meet with FCE members who can help develop programs of interest to grow FCE. These members will learn about leadership tools available in FCE and will use these tools to work together for the success of HAFCE. **The sessions will be held on May 20th on Oahu, July 8th in Hilo, August 5th on Maui, and August 12th on Kauai.** These one day sessions are open to any FCE member and are free of charge.*

The most important thing an organization can offer its volunteers are the tools to help them succeed in their role. This training will provide the opportunity to learn new skills and work together as a team to continue training on their island. For 65+ years, Hawaii FCE has provided educational programs and outreach in communities across the state in five program areas: Home/Community/Environment; Youth Education; International; Health; and Leadership. By learning more about our organization, the Hearth Fire series, and Family Community Leadership workbooks, we can “keep it rolling” to benefit our personal growth, and impact the activities of our program areas. We look forward to meeting you and are excited about working together for our future success.

For information about attending these sessions, please contact the following HAFCE Board members on your island:

Oahu – Susan Yee or Dr. Dixie Dumaran or Ruthie Haituka

Maui – Lynn Barut

Kauai – Janice Plumer

Hilo - Carolyn Sewake

*If you have questions, you may contact: **Joan Chong** at jchong@hawaii.edu, **Martha Yamada** at dream@hawaiiantel.net, or **Pat Kubo** at kleimamo@hawaii.rr.com*

Sneak Peek at the Trimble Foundation quilt for 2017“Kingyo”

The quilt features koi carp in shades of brown, 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. The tickets will have reached your council president and are available for sale by the time you receive this newsletter. Donations will be **\$5 per ticket or 3 for \$10**. 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.





Trimble Foundation Scholarships

Alice P. Trimble was the first State Leader in Hawaii. The Cooperative Extension Service came to Hawaii in 1936 and Alice arrived in Hawaii in 1939 as a 4-H leader. Alice devoted her life to helping Hawaii's families help themselves. The Alice P. Trimble Foundation was established in 1974 as a memorial to her outstanding leadership.

The Trimble Foundation awards funds annually to individuals and organizations meeting the following criteria:

Individual Must:

- Be a resident of the State of Hawaii for a minimum of five (5) years.
- Be enrolled or planning to enroll at a Hawaii (public/private-non-profit) educational institution.
- Be in the field of study of : Education and Human Services (e.g. literacy, develop, health/mental care, hygiene disease prevention, care of aged/destitute, social welfare, human development, volunteer management, or related areas)
- Be in need of financial assistance. Provide copy of Financial Aid package from the school you plan to attend. In lieu of financial aid, include your tax return or parent's tax return if you are a tax dependent.
- Include two (2) current letters of recommendation.

Organizations Must:

- Provide for maintenance and betterment of public health and welfare, strengthening family and community, promote social/domestic hygiene, scientific research in health/education related areas, prevention of disease or other related areas, or community well-being projects.
- Be an established non-profit organization in the State of Hawaii, for a minimum of five years.
- Show latest financial statement and budget for the project. If non-profit, submit IRS Determination Letter.
- Include two (2) current letters of support from outside the organization.

Average awards range from \$300 - \$1500.

Applications forms are available on the hawaii4ce.org website or by contacting any FCE Council President. Please help spread the word about this award to those that may benefit.



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

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



Malama Kekahi I Kekahi
(Taking Care of One Another)

67TH Hawaii FCE Convention
October 20-22, 2017
Pagoda Hotel - Honolulu

- Conventions packets will be out in April!
- Packets will be sent to Council Presidents
- Information will be on hawaiifce.org web site!
- Come and join us for a weekend of fun, good food, shuttles to Ala Moana and Waikiki for your shopping pleasure, Oahu Sites Bus Tour, Friendly Folks, and lots of good will and sunshine!
- Many interesting and tasty restaurants all around the hotel within short walking distance!



Hilo FCE Council – President Carolyn Sewake

Hi everyone. Here in Hilo, we're off to a good start in 2017. Last year, we held our Installation and Recognition Banquet at the Nani Mau Gardens. This event was chaired by Hoike Club. The installation of both the Hilo Council officers and Council Club presidents was done by Joan Chong, Extension Educator. We had the pleasure of having Kelvin Sewake, Interim Associate Dean for Extension and Ted Feitshans, Hawaii County Administrator as our special guests. All the coveted awards Hilo Council accepted at the Kauai Convention were presented to the club representative who submitted the winning program report. Maria Rose Vierra's husband, Vic and his weekend Mikioi Street Band, serenaded us all evening. The monetary collection from attendees was donated to the Food Bank. To assist our Council Treasury, the gifts from the following members were donated: grand prize was a gorgeous crocheted pineapple afghan by Cathy Kimzy, Hoike club; Denise Smith, a California Puna Wahine member, sewed a beautiful set of nesting baskets; gift cards from Sam and Edna Baldado, Nu Oli club; miscellaneous items from Sue Nakamura, LHK; and poinsettia plants donated by KTA. We played a fun grab bag exchange game to climax the night of fun, laughter and fellowship. The evening highlighted the achievements of 2016 and with that momentum we will continue to better ourselves in 2017.



Hilo Council Officers installed were: Carolyn Sewake, President; Diane Hultman, Vice President; LaVanda Salas, Secretary; Maria Rose Vierra, Treasurer; and Martha Yamada, Historian. Club Presidents installed were: Carolyn Oki, Hanalike Kakou; Lee Watanabe, Hoaloha; Elaine Fukui, Hoike; Kalei Tong, Hoolulu; Sally Bowman, Hui O Wahine; Shimomi Araujo, LHK; George Ito, Maile; Edna Baldado, Nu Oli; Elizabeth Salfen, Puna Wahine; RoseMary Hokoana, Settlement; and Misae Hayashi, University Heights.

Council clubs and Activity Chairs are all turning in reports. They use the sign in sheet for their memory. Older members who don't have computers turn in their sign in sheets with a brief comment of objectives and what went well and assistance was given to submit their report. They were amazed at the data their monthly social encounters with each other amounted to. Congratulations to Hilo Council and keep up your good work. A round of applause should go to the State Executive Board that presented the successful Mid-Year Board through Zoom. Everyone statewide is stepping up to the plate with new found technological skills and knowledge so that we can have productive statewide meetings and the best part is not having the outrageous travel expense and travel time.

Hanalike Kakou FCE Club Holiday Service Project

Hanalike Kakou FCE members decorated 24 miniature artificial trees that were each 12 inches tall. Each tree was uniquely trimmed with colorful miniature ornaments and garlands and bows. On Sunday, November 27, 2016, the 24 decorated trees were hand delivered to Legacy Hilo Rehabilitation and Nursing Center and presented to Wendy Botelho-Cortez, Legacy Activities Coordinator, as a donation. Each of the decorated trees were used as centerpieces for all the tables in the resident dining rooms for all to enjoy throughout the holiday season!



*Hanalike Kakou member
decorating the tree*



*Doris Saxer, Wendy Botelho-
Cortez, Barbara Fujimoto &
Etta Palea*

Knitted Knockers – Puna Wahine FCE Club

On a sunny Spring Saturday in March, members of clubs from the Hilo FCE Council met to crochet "Knitted Knockers" to donate to individuals and oncology centers on the Big Island and elsewhere. Knitted Knockers are hand-knitted or crocheted breast prosthetics made for women around the world who have had mastectomies or other breast surgery procedures. With FCE's mission to help individuals through community action, Puna Wahine FCE Club purchased a box of yarn appropriate for the

Hilo Council cont.

prosthetics and invited other clubs to join them in beginning to help in this important volunteer work. As part of its regular meeting in March, Puna Wahine hosted members of Hilo's Hoike FCE Club to begin a program that we hope will expand in the future. Robin Messenheimer, of the Puna Wahine Club, and Gail Buck, the East Hawai'i contact for the national Knitted Knockers organization explained the history of the program and how each of us who knits or crochets can help. Gail said that many women find that traditional breast prosthetics are usually expensive, heavy, sweaty and uncomfortable. Robin related stories about friends to whom she had given knockers she'd crocheted and how happy they were with them. There is no formal organization required to start a program in any area, and anyone or any group can contribute to this worthwhile effort. FCE members and clubs can find out more about this program at knittedknockers.org. Or get in touch with Robin directly at Rmessenheimer@earthlink.net.



Picture: Clockwise from Top Left: Examining completed prosthetics; a bowl of yarn supplied by Puna Wahine club contains many fun colors; Crocheters get started with a lesson in Magic Circles; Gail Buck displays a completed set of Size C prosthetics, stuffed and ready for donation.

Kauai FCE Council – Submitted by Gladys Fujiuchi

New Officers for Kauai Council 2017



Newly installed officers are (L to R) Historian, Gladys Fujiuchi; Treasurer, Marina Pascua; Secretary, Rose Ella Roach; Vice-President, Queenie Dalligdig; President, Margo Hashimoto and Past President, Bernie Tangalin.



Maui FCE Council – Reported by Kats Enoki and Lynn Barut

2017 Maui Family Caregiver Walk

Maui Association for Family Community Education members joined more than 600 walkers that raised \$45,868 for clients at 5 Maui adult day care centers on February 25, 2017. The event was held at Kaahumanu Shopping Center which included a 3 mile walk at Keopualani Park. 3 centenarians were honored. In line with HAFCE's goal of community service and action, members wore their pink MAFCE shirts. People inquired what FCE stood for so we were able to educate them about FCE and invited them to join our activities. The display we had at our booth also helped. Participants were Lynn Barut, Stephanie Borges, Margaret Cambra, Rae Kobayashi, James Nagata, Michi Sera, and Katsuko Enoki. Team total contributions amounted to \$283.00. We all enjoyed the entertainment of Maui's own Darren Lee as Elvis Presley! We will continue to help increase awareness of this walk to help frail elderly individuals including those diagnosed with Alzheimer's disease or related forms of dementia.



← Seated: Kats Enoki, Michi Sera
Standing: Stephanie Borges, Margaret Cambra, Rae Kobayashi, James Nagata, Lynn Barut



Chaclyn & James Nagata demonstrated Bacon Stuffed Mushrooms at Pukalani FCE's February meeting.



Bacon Stuffed Mushrooms

16 Large fresh button mushrooms (1-1/2 lbs.), stems removed and set aside
 4 oz. cream cheese, softened
 ¼ cup grated fresh parmesan cheese
 1 – 3oz pkg. real bacon bits
 Pinch of salt and ground pepper
 Breadcrumbs, for topping

Preheat oven to 400°F. Fill baking sheet with approx. ½” of water; add garlic salt and pepper to water.

Chop mushroom stems; cook until tender. Add bacon bits. Cook for approx. 2 minutes.

In a bowl, combine mixture with softened cream cheese. Mix in parmesan cheese. Add salt and pepper to taste.

Fill mushrooms with heaping spoonful of mixture. Top with breadcrumbs. Bake until tender or for approximately 20 min.

STAMP PROJECT

What do most people do with canceled stamps? They usually end up in the trash can. Imagine these stamps providing work for people! Yes, we send them to Stamp Collecting Centers in Bethel, Germany and Washington D.C. I first learned about this project promoted by Woman's Board of Missions on Oahu. Bethel is the home where 2300 handicapped (epileptic, psychiatrically sick, homeless) and approximately 4500 able bodied people live together. The stamps must be sorted, washed, dried, filed

Maui Council continued

and classified, stuck into selection albums for collectors and bagged up for stock keeping. Patients do these jobs and gain expert knowledge in certain areas but need sufficient stamps to keep their jobs.

When cutting out the stamps, please make sure there is approximately a one centimeter edge all around the stamps so that the perforations are not damaged. THANK YOU to Carolyn Lum who donated her entire stamp collection of 6,544 stamps! Thank you to Elaine Fukui for gathering stamps in Hilo. Mahalo to all those faithful collectors from Maui who support this project!

In Hawaii, send stamps to:

Carol Miura - Stamp Project Coordinator
c/o Hawaii Conference of the United Church of Christ
1848 Nu'uanu Avenue Honolulu, HI 96817



SOUTH OAHU FCE Council – President Kathy Uehana



■ **January** - Board and Council Meeting convenes to start off the year with workshops that include excursions that are educational, fun and end up with breaking bread together. Our year greets us with convention planning that has us looking forward to meeting up with old and new friends from all the Councils in October.

■ **Community Project** is working with “Friends of Children’s Justice Center”. We are providing journals, drawstring bags, new small stuffed animals and blankets. Ernelle Lum is leading us in this effort; deliveries to the Center are quarterly.

■ **February 10th**
Participation in annual **CTAHR Ag Day** event. “**Benefits of Butterflies in Our Environment**” was our presentation along with a butterfly clip which the students made. Ten volunteers worked on this, Pat Kubo, Emily Deai, Nancy Arakaki,

Annie Sagawa, Florence Ouchi, Joanne Oyama,

Wanda Lew, Marilyn Kawazoe, Sandy Oshiro and Kathy Uehana. The

students read “Fun Butterfly Facts”, interactive short quiz, flowers that attract butterflies in Hawaii were on the each table and presented, then the butterfly was put together and, off they went! Six sessions of 20-25 students – a busy morning but enjoyable. Thank you to all the volunteers who worked diligently to make this interesting and informative for the students.



South Oahu Council continued

■ **February** Workshop was a visit to Kukaniloko, Wahiawa, the Birthing Place of Chiefs, and Fertility and Healing stones, and the Botanical Garden to view the cherry blossoms. Well, since there had been so much rain before our visit, Kukaniloko was closed, but, I did bring lots of information on this historical place so we did learn a lot in spite of the weather. While at the Botanical Garden, joined in with making ti leaf leis for the veteran's head stones on Memorial Day (over 5000 are made each year). A good day, we learned much and enjoyed the history, gardens and fellowship.

■ **March** workshop – making cacti dish gardens! Ernelle Lum and Mary Takeshita are supplying the cacti and soil plus guiding us through this. We are looking forward to planting, along with another tasty pot luck luncheon.



WINDWARD OAHU FCE – Reported by Ruth Haituka

JANUARY - FEBRUARY 2017

JANUARY: ICE BREAKER/CLUB DEMONSTRATION

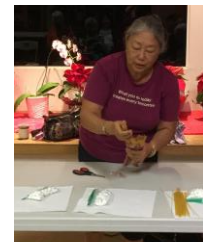


It's the first meeting of the year and what a start we had. Each club was tasked with presenting an ice breaker along with practicing their leadership skills by demonstrating. Hui `O Koolau chose to do a skit involving Ruth Haituka accepting to be State Vice President. The skit showed how Windward Oahu members caucused and came up with a plan involving current officers stepping up a notch in positions and a member stepping into the secretarial position. Katherine Vadovich also demonstrated making towel napkins. Lillian Tim Sing

asked the group how they folded "bath/hand towels". It was very interesting to see the various ways members folded and stored their towels.



Hui `O Makani's Emily Deai demonstrated recycling by using an old t-shirt and turning it into an apron. Pat Kubo had a game for us. Using only mini marshmallows and uncooked spaghetti, members were instructed to build a structure and the team who has the highest structure would win a prize. Some teams were two, some three, and so forth. Sometime during the making of their structure, there was an "earthquake" and Pat went around breaking the long spaghetti into smaller pieces, thus creating a new dimension of their building skills. Imiola's Chutima Leider informed the group about her latest discovery, Google Home. This is a voice activated device that Chutima has in her home. By voice commands, she can tell it to turn on lights, play Elvis Presley songs, answer questions, and so forth. A YouTube video was played for members also. Jackie Chong, Windward jokester, entertained the group with some of her jokes to end the evening. There was lots of delicious food, as always to go along with the night's activities.



AG DAY AT URBAN GARDENS



WWO members joined South Oahu to participate in AG Day at the Urban Garden Center on February 10, 2017. Six groups of children accompanied by the teachers and chaperones visited our tent. We taught them about butterflies and the importance of planting certain flowers to attract them. After a short quiz to see how much they learned, we helped them in completing a butterfly craft consisting of a crocheted round, a pipe cleaner, and a clothes pin.

Windward members participating in this event were – Annie Sagawa, Emily Deai, Florence Ouchi, Joanne Oyama, Nancy Arakaki and Pat Kubo. This event was a joint venture with South Oahu members.

IMIOLA NEWS - To bring in the New Year, club members met at Chutima Leider's home for a fabulous dinner of a delicious roast with toss salad, potatoes, steamed vegetables, fish and chocolate cake. After dinner, members held their club meeting. Imiola continues to create crafts for their money making project that members present at the club's monthly meetings as program planning. It also helps members to fine tune their leadership skills. The February club meeting was cancelled due to the weather.

HUI `O MAKANI NEWS -

January - Happy New Year to all of our friends in FCE! We hope that 2017 brings happiness and good health to all of you and your loved ones. Leadership Committee Chairperson, Iris Fukunaga, has been presenting information on leadership characteristics and how they can be developed. To help us commit to proactively develop as leaders in 2017, Iris asked us to list 2-3 of the characteristics we hope to work on. Committing in writing defines for our brains what we hope to achieve. The lists were stapled and will be held by Iris until November when we will check whether the goals were achieved. Makani's first program of the year has been "Sharing" for many years. Whether it is sharing a recipe, a favorite memory, food or crafts, January "Sharing" has been a bonding time for our members as we get to know each other better.

February - For our February program, Joan Yoshino demonstrated her recipe for ono Cone Sushi and Emily Deai brought the ingredient to practice making mini spam musubis.

Joan Yoshino's Ono Cone Sushi

4 cups rice

¾ c. sugar

¾ c. vinegar

2 teaspoons salt

Heat sugar and salt in vinegar to dissolve sugar. Mix gently into rice.

Carrots – slivered, and cooked in ½ cup sugar, ¼ cup water, 4 dried shrimp (can substitute ½ pkg. dashi no moto), ½ cup sugar. Cool. Gently mix the seasoned carrots into vinegar rice.

Microwave 2 minutes to warm seasoned aburage (tofu pockets). Stuff sushi carrot rice mixture into pockets. MSG free pockets can be bought from Marukai.

During Spring Break, the story Musubi Man will be read to the children at the Boys and Girls Club. Then, the children will make mini spam musubis. (This idea was Pat Kubo's.) To practice, Emily Deai brought rice filled snack bags, seasoned mini spam and nori. We had an excellent (and fun) practice session. Plus, we got to eat the musubis and the ono cone sushis. Florence Ouchi, Health Committee Chairperson will send out information on the health benefits of houseplants. Information on the effect of high blood pressure on our body is also available upon request. Email: fkouchi@yahoo.com.

HUI `O KOOLAU NEWS - Koolau meetings are focused on education and social activities and scheduled for each month. The holidays were enjoyable. Members visited the Prince Hotel along with an unexpected tour of Elenora Cadinha's home where members were treated with a "Wonderland of Christmas" which included so many beautiful decorations and an assortment of wreaths.



For Chinese New Year, members went to a restaurant in Kailua to celebrate the New Year along with an early birthday for Maggie Schulte. Following the outing, members convened at Evelyn Cabral's home to do a craft workshop to help fellow member, Dixie Dumarán, with centerpieces for her Alumni convention to be held in May, 2017. February's meeting opened with the FCE mission statement and/or a reading of a positive article that members can reflect on its positive message. Dixie educated its members about fireworks and the hazards, how smoke affects their health including the sound fireworks produces. Biotox was also discussed as a new drug that currently treats everything but cautioned that there are some risks that are unknown. Bernie Baker continues to plan and coordinate activities and outing for Hui `O Koolau.