

*Hawaii Association for Family
&
Community Education
2016 Annual Report*



Keeping Our Kupuna Healthy

The Hawaii FCE Mission Statement

The mission of the Hawaii Association for Family & Community Education is “Living the Aloha spirit” to strengthen Individuals, Families, and Communities through Continuing Education, Developing Leadership and Community Action

Family Community Education (FCE) is a non-profit volunteer organization with 8 councils, 26 clubs and 238 individual and family members on the islands of Hawaii, Kauai, Maui, Molokai, and Oahu. In 1949, Hawaii FCE was officially organized in Hawaii with support from the Cooperative Extension Services of the College of Tropical Agriculture and Human Resources of the University of Hawaii at Manoa. This year members will celebrate 68 years of working in their communities to improve home and family life, develop leadership skills, and promote community action. Hawaii FCE is a member of the National Association for Family & Community Education and is affiliated with the Associated Country Women of the World, a non-governmental organization (NGO) with consultative status at the United Nations. Membership is open to all interested men, women, and children regardless of age, sex, or religious affiliation. For more information visit our website at: www.hawaiiifce.org

The Cover:

Our cover features a small percentage of Hawaii FCE’s Blue Zone “Stars”. They are kupuna who follow the principles Dan Beutner’s Blue Zone life style of healthy living by volunteering, attending church services, eating a plant-slant diet, exercising, and maintaining a social circle.

Left to Right, Top to Bottom: **Hawaii Island** – Marjorie “Jeri” Barlow (88), Chieko “Jane” Alatan (87), Lily Chow (88), Shimomi Araujo (90), Betty Wung (90), Simplicio “Sam” Baldado (87), **Kauai** – Alice Fix (98), **Maui** - Katsuko Enoki (86), **Oahu** - Natalie Oda-Lee (96), Laverne Lei Chow (86), Evelyn Cabral (94), Eunice Masumura-Sakata (101).



President's Message

In Hawaii, we continue to live our FCE creed striving for the highest ideals of home life, being a friendly neighbor, and building a peaceful home by working through our community, and country for a peaceful world. We continue to support community events, and agencies providing services in Hawaii, and offer support to individuals who pursue education that benefits the health and welfare of the people of Hawaii. FCE is a nationwide organization made up of neighborhood clubs that provide opportunities for men, women and children to grow in knowledge to strengthen their families. I know you will find pleasure reading about the creative ways our members volunteer their time to make Hawaii better.

Sally Bowman, President 2015 – 2016

Advisor's Message



We live in an interconnected world where everything we do affects other things. This is uplifting because it means that when you are kind, you are usually affecting more than the person right in front of you.

The Hawaii Association for Family and Community Education (Hawaii FCE), a non-profit volunteer organization was organized with support from Cooperative Extension Service in 1949. Even though it has been around for more than 67 years, Hawaii FCE continues to be of value in their communities through acts of kindness and volunteerism. In 2015, Hawaii FCE members provided more than 39,432 volunteer hours and calculated at \$23.56 per hour, it is a contribution of more than \$929,000.00! Add in material contributions of \$219,000.00 and Hawaii FCE's total contribution equals more than 1.1 million dollars towards a better Hawaii. Awesome!

Hawaii FCE volunteers continue to enrich our lives through their Leadership, Health, International, Youth, and Home & Community Environment educational programs that play a vital role in enhancing communities and our quality of life.

Thank you Hawaii FCE for being a strong voice in promoting a healthier and better life for Hawaii's individuals, families, and communities! I applaud the efforts of Hawaii FCE members who dedicate their time, talents, skills and energy in making a difference for Hawaii's families!

Joan Chong, Extension Educator



2016 Hawaii FCE State Board

Executive Officers

President	Sally Bowman
Vice President	Martha Yamada
Secretary	Katherine Uehana
Treasurer	Bernie Tangalin
Past President	Milo Ferreira
Parliamentarian	Oarlene Wingate
Hawaii Advisor	Joan Chong

Financial Statement

Cash Basis Jan– December 31, 2016

Current Assets:

Cash in Checking Account	\$25,406
Savings Account & Certificate of Deposits	27,769
History Books/Quilt Books & Sate Pins	<u>692</u>
TOTAL	\$53,867

Current Liabilities: 0

TOTAL ASSETS, LIABILITIES & FUND BALANCE \$53,867

Support and Revenues:

Membership Dues	\$3,738
Donations, Fundraising, & Grants	<u>7,468</u>
TOTAL	\$ 11,206

Expenses:

Program Development & Implementation	\$2,394
Leadership Development	<u>11,113</u>
TOTAL	\$13,507

Excess of Revenue Over Expenses \$ 2,301

Education Committee Chairs

Health Issues	Dixie Dumaran, M.D.
Home & Community Environment	Elaine Sumida
International Leadership	Denise Smith
Youth Education	Melinda Ishii
	Lynn Nagata

Committee Chairs

Bylaws	Dr. Jacqueline Maly
Finance	Bernie Tangalin
Trimble Foundation	Amy Bugado
Trimble Distribution	Martha Yamada
Nomination	Katherine Uehana
Education	Martha Yamada
Ways & Means	Bernie Tangalin
Membership	Patricia Kubo
Newsletter	Denise Smith
2013 Convention Chair	Carolyn Lum
	Joyce Takahashi
Annual Report	Oarlene Wingate

Council Presidents

Hamakua	Dana Morifuji
Hilo	Elizabeth Salfen
Kauai	Margo Hashimoto
Kona	Gay Okada
Maui	Margaret Cambra
Molokai	Gladys Brown
South Oahu	Katherine Uehana
Windward Oahu	Ruth Haisuka

Hawaii FCE's 2016 Heart of FCE is Karen Hamada

Karen Hamada has been a member of Hoaloha FCE Club, Hilo Council for 20 years and continuously works behind the scenes in support of her club, council, state, and community. She uses her craft skills to help her club and council with community projects and fund raising efforts and is willing to deliver and present items to hospitalized individuals during the holidays and other events. She has helped with the annual FCL weekend training sessions on the Big Island assisting with menu planning, registration, set up, and clean up. She shares her computer skills by maintaining a statewide data base of members and emailing or printing mailing labels for her council newsletter and the state newsletter to those without email addresses. She also assists with the distribution of the Hawaii FCE Annual Report. She is an excellent seamstress and has made quilts and lap blankets for hospital patients, long term care facilities and foster care children; has contributed books to the National FCE Books for Newborn project. She has also created unique fabric gifts to share with her club members. Karen has served her club and council in various officer roles. Karen is a Police Investigative Operations Clerk. and has been the Hawaii Police Department co-chair for the American Cancer Society "Relay for Life" event for the past ten years.



National FCE's 2016 Spirit of Family Community Leadership

Award Winner: Patricia Kubo



Hawaii's Spirit of FCL winner was awarded the National Spirit of FCL Award! Pat Kubo has received FCL training by attending National FCE conferences and workshops in Hawaii where she learned to be a confident and dedicated leader and mentor. She has helped her own club members preside at meetings by sharing her knowledge of Parliamentary Procedure. Pat has used her leadership training and skills in the many positions she has held in her local club, South Oahu Council and as the State President of the Hawaii Association for Family & Community Education. As a member of Ikebana International-Honolulu Chapter 56, Pat has organized service projects, demonstrations at the university, libraries and community centers with hands on workshops for the students, teaching the disciplined art form of Japanese flower arrangement where humanity and nature are brought together.

Maui FCE Scholarships

Maui FCE council has offered generous scholarships to graduating seniors of Maui high schools for the past 35 years. The funding for these scholarships has come from the sale of a series of six cookbooks that were written by the Maui FCE members starting in the early 1960s.



**Jared
Carvalho-Cambra
Baldwin High
School received
\$2000 to attend
UH-Maui**



**Jellyfer Tamara
Maui High School
received \$2000
to attend UH-Maui**



**Mike Nguyen
Lahainaluna High
School received
\$2000 to attend
University of Notre
Dame**



**Zoe Whitney
Maui High School
received \$2000 to
attend UH -Hilo**



L- R: Ruth Haitzuka, Joan Chong,
Dean Rachel Novotny, and Martha Yamada

Meeting with CTAHR Dean

Incoming HAFCE President Martha Yamada and Vice President Ruth Haitzuka along with Extension Educator Joan Chong, met with Dean Rachel Novotny at the UHH Manoa Campus. They discussed the Blue Zone Project, which would be an excellent outreach program for the public, creating a “Culture of Health” to make a difference in Hawaii’s communities.

2016 Program Awards

Leadership Award Melinda Ishii, Chair	
Education: Windward Oahu Council	Putting CHARACTER COUNTS! to work
Action: Hilo Council	Annual FCE Craft Fair
Leadership: Windward Oahu	Boys and Girls Club Workshops
International Award Denise Smith, Chair	
Education: South Oahu Council	Traditions of Faiths Throughout the World
Action: Windward Oahu	Mission Trip to Juarez, Mexico
Leadership: Kauai Council	Japanese Cultural Day
Health Award Dixie Dumaran, Chair	
Education: Windward Oahu Council	Numerous medical tidbits sessions
Action: Hilo Council – Hoolulu Club	Nutrition Workshop
Leadership: Hilo Council – Hoaloha Club	Friendship Tea Membership Drive
Youth Education Award Lynn Nagata, Chair	
Education: South Oahu Council	Disney/4-H Day Camp
Action: Windward Oahu Council	Boys and Girls Club
Leadership: Hilo Council – Hui O Wahine	Dress for Success
Home/Community/Environment Award Elaine Sumida, Chair	
Education: Hilo Council – Maile Club	Hilo Council Hibiscus Newsletter
Action: Windward Oahu Council	Family Promise project
Leadership: Maui Council	Four \$2,000 scholarships to Graduating Seniors



Donated Hand-Made Quilts

The Quilting Group in Hilo donates 50 patchwork blankets of various sizes to the residents of the Okutsu Veteran's Center in Hilo. Project leader, Shimomi Araujo, and members gather each month to create patchwork blankets to be distributed to the shut-ins, children in Child Protective Service, hospitals, and private care-giving facilities within our community and other islands. Special requests extending to out-of-state facilities give us the opportunity to spread our Aloha Spirit. Many years and thousands of blankets continue to be made to keep bodies warm and laps covered by the loving hands and hearts of these Hilo FCE members.



4-H Environmental Day Camp/Disney Project

This project was coordinated by UH Manoa CTAHR and partnered with Urban Garden Master Gardeners and FCE. Our volunteers participated in prepping and guiding the 4-H youth in 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 3rd grade to 8th grade.

FCE State Project: Blue Zone Life Style

The for past 3 years, FCE members have promoted the behaviors of people who live in the Blue Zones of the world. Dan Beutner discovered that people live well into their 90's because of their lifestyle: eating plant based foods and nuts, maintaining an active mental, physical, social and spiritual life with close inter-generational contact and knowing their purpose in life. Many who live past 100 continue to maintain good health and remain active mentally and physically. Blue Zone areas include Okinawa, Ikaria Greece, and Loma Linda, California. Many communities are working cooperatively with community organizations, businesses and churches to create a supportive Blue Zone community.

FCE encourages members to focus on Blue Zone principles to improve and lengthen their lives by presenting workshops and sharing Blue Zone information. Many FCE members attend church services, volunteer in their communities, eat a plant base diet, including nuts, and enjoy a glass of wine. Many don't drink any alcohol. Exercising, working in their gardens, maintaining a social circle, and belonging to one or more organizations and volunteering their time to help others all contribute to a life style of good health and enjoyment.



2016 Character Counts! Hawaii State Winners!

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

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

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

Books for Newborns



Kauai FCE Books for Newborns project chair, Annie Rellin (L) presented 196 books, worth \$800, to Reina Kurisu (R), director of the Child and Family Service-Headstart. 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.

International Mission Project ~ Juarez, Mexico



Making journals

Windward Oahu FCE members partnered with the Senior Joy group at University Avenue Baptist Church and the Sisters of the Latter- Day Saints, Kaneohe Ward, to work on the International Mission Project to Juarez, Mexico. The purpose of this project was to assist UABC with their annual mission trip to Juarez, Mexico with a craft project that would 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 journals for each child. The journal books were covered with various scrapbook papers that were pre-cut and scored. The main purpose of the mission trip was to build a house for a family. FCE members helped to make six sets of curtains for the house.

While in Juarez, the mission team, including some FCE members, did a community service project – providing activities for children to do crafts, play games, provide a meal and goodie bags for each child.



Sewing curtains



Doing crafts with orphanage children



The journals

CONTRIBUTIONS FOR A BETTER HAWAII 2016

Program Area	Hours Volunteered	Persons Reached	Contributions Calculated at \$24.14 per hr.
Leadership Skills	3258	817	\$78,648
<i>Installation of Officers * Planning Club Meetings * Conducting Workshops & Meetings * Assist with 4-H activities</i>			
Health Issues	8649	23528	\$208,786
<i>Blue Zone Project * Zika Virus Education * Cutting Cancer Risks * Acupuncture Information * Nutrition Workshops * Learning Qigong</i>			
International Projects	1012	747	\$24,429
<i>Support Japanese Cultural Center * Study Different Faiths of the World * Fund Raising for Needy Foreign Families</i>			
Character Counts! sm Essay & Artwork Contest	506	458	\$12,215
<i>Character Building Lessons – Coordinating the National CHARACTER COUNTS! sm Essay & Artwork Contest for 4th grade students</i>			
Youth Education	844	1167	\$20,374
<i>Books for Newborn * Donate Scholarships * Dress for Success Project * Craft Workshop for Boys & Girls Club</i>			
Home & Community Environment	36518	5307	\$881,545
<i>Support Kauai Special Olympics * Participate in Learning About Plants & Gardening * Make Holiday Decorations for Veterans Home * Cook & Serve Meals for the Needy * Make Quilts for the Homebound & Ailing</i>			
Building Membership	788	867	\$19,022
<i>Friendship Tea * Distributing membership brochures at FCE Fair & Windward Community College Ho'olaulea</i>			
Program Coordination & Organizational Maintenance	838	1850	\$20,229
<i>Planning Educational Programs * Publishing State & Local Newsletters * Civic Engagement * Participating at State and National FCE conferences * Publishing Annual Report</i>			
Total Hours/Value	52413	34843	\$1,265,249
Total Material Contributions			\$52,583
Total Contributions			\$1,317,832

State Project – Dress for Success

Hui O Wahine members collaborated with Hawaii Community College (HCC) and UH – Hilo's clerical organization, Na Laulima, to collect donated "professional outfits" and accessories that high schoolers and college students could choose from to be interview ready. A Dress for Success brochure was created that offered "tips" on how to look and speak appropriately during an interview. FCE members sorted, ironed, and set up over 500 pieces of clothing and accessories that were offered to student at HCC and UH – Hilo. An FCE member also did an hour presentation at Pahoa High School to 25 students on how to dress for a successful interview and students then selected attire from our "closet".





Annual Report Prepared by Oarlene Wingate
Committee Members Denise Smith and Karen Hamada

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