### The Homemaker Echo

Official Newsletter of the Hawaii Association for Family and Community Education

### Volume 44 Issue 1

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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 а healthy environment.

Send your email address for a paperless delivery to:

Denise Smith Homemaker Echo Editor cdsmith2139@gmail.com

(650) 969-3422

Dear FCE members,

A warm "aloha" to our FCE family. The Board of Directors just completed our Mid-Year meeting and it was exciting hearing about the projects that you are doing and it's only March!

I remember when I became Hilo Council Vice President and was invited to the Mid-Year Planning meeting, it was so exciting meeting the other officers from across the state and getting



together to share ideas. Although we don't meet face-to-face anymore, we did it via "zoom meeting" (virtual meeting on our computer or cell phone) and the excitement was still there! We really missed those that couldn't attend because having everyone's perspective and expertise helps to better our organization.

We only get to see each other at convention and Maui Council has put a wonderful event together. There are two tours and they both sound awesome, the educational program is planned so everyone can participate and learn, and I'm planning the FUN night <sup>(2)</sup> This is our last year with Joan Chong, Extension Educator, as she will be retiring in December and she has been our guardian angel for FCE. I am asking each council to plan a 15 - 20 minute skit or anything special to honor Joan. Please register early and help us celebrate Joan's contribution to FCE and her retirement.

"Keep It Rolling: Success is Working Together" session two is in the planning stage. We are looking forward to seeing you again this year! Lori Kashiwa, Barbara Fujimoto and Lynn Nagata from the Hilo Council did a super presentation on "Women and Heart Disease". Really an inspiration – can't wait to see the other group presentations.

I love reading the newsletter with all the varied activities and program 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

### **Executive Officers**

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

### **Education Chairs**

Health ~ Dixie Dumaran Home ~ Susan Yee International ~ Sue Stewart Leadership ~ Lynn Barut Youth ~ Elaine (Queenie) Daligdig **Extension Educator (Advisor)** Hawaii ~ Joan Chong

### HAFCE VICE PRESIDENT MESSAGE - Ruthie Haitzuka



Can you imagine? Almost three months have flown away already. So many activities, so many reports and so many fun times have already taken place. At the Mid-Year Board meeting held on Saturday, March 24th, Board members were very encouraging with reports of activities being held at their club and councils. For example, Lynn Barut of Maui Council indicated that they held a workshop on Disaster Preparedness. Lessons learned were: 1) Electricity will likely go out first and be the last to come on; 2) Red Cross recommends that you have on hand a transistor radio and batteries and 5-gallon buckets with covers for water; and 3) when going to a shelter, take blankets, goods, etc. as the shelter is only a building and doesn't provide anything else. Another idea, bring a guest who is not a FCE member to an activity, your name will be placed in a drawing and the member will get credit. At council meetings, the winner's name will be drawn. The PRIZE? Your dues for the next year are paid! Now, that's an incentive program. Isn't that a great idea? Sooooo, going with that idea, it was suggested that Council Presidents and Vice Presidents have a "Group Sharing Session" via Zoom to "chit-chat" with each other to talk about what's happening with their clubs/councils, sharing what works and what doesn't, to bond with each other and just getting ideas flowing to help each other on a guarterly basis in the evening from 7:00 pm to 8:00 pm. Watch for the date and time as I will be sending an email to the presidents and vice presidents. Maintaining members/clubs/councils and individuals time reports as

to projects and donations towards projects, are very important in reporting what FCE does in the community. As you know, Joan Chong will be retiring at the end of 2018. HAFCE will have a huge challenge before us as to our survival. Our annual report shows our time and money with all that we do. The University needs to see that what we do is very important, and that the University should continue to give us some support. At this time, the UH President has elected to hire lecturers instead of filling Joan's position. That leaves us with no contact or a viable source for help with HAFCE activities and/or events, publication, etc. To facilitate and simplify the reporting process, Hilo Council did a test run on the newly created reporting forms. Presidents and Vice Presidents, watch for an email with attachments of these forms. These are the new REPORTING FORMS. All other forms should be deleted and replaced with these forms. In using these new forms, your club/council can decide whether or not to submit the reporting form for either data or an award (entries sent to the Educational Chairs under the five categories (Health; International; Leadership; Youth and Home/Community/Environment) and ONE category (Action; Education; or Leadership). Reporting your event/activity, your SIGN-IN sheet is the most important document. This form will capture the information needed to fill out the calculation sheet. These forms (signin and calculation) will need to be sent to the HAFCE Vice President for data collection purposes only or send these forms along with the State Award Form to one of the above referenced Educational Chairs for consideration for a state award. These forms were created so that everyone will use the same forms, to help capture the data necessary in their reporting and maintaining data for the Annual Report and the National FCE annual reporting done by the State Vice President. With all of us submitting the same forms, your State Vice President will then have an easier time doing her responsibility of capturing the data of events/activities. So, I encourage everyone to submit your maintenance forms at the end of each event/activity to the Educational Chairs or to Ruth Haitsuka (ruthiehaitsuka@gmail.com) so accurate accounting of our time and money may be documented. Thank you, Martha and Hilo Council, for your efforts to simplify the reporting format. CHARACTER COUNTS! sm essay and artwork contest has been completed for the Citizenship theme. Queenie, Youth Education Chair, announced that the first-place winner is Mandy Gokan of Kauai, Grayson Wakabayashi of Oahu, second and Arigail Krail of Hilo, third. Congratulations to all of our winners! A job well done. Next year's theme will be Trustworthiness. Information is already available on the National FCE website should you want to relay information to schools participating this year or possible schools for next year. Thank you for all the work in getting schools to participate and look forward to having more involvement next year. At the Maui Convention, October 12-14, your Educational Chairs will each present a 15-minute overview of one of the Hearth Fire Series booklets of their choice. You'll want to attend convention to hear these leaders as they continue to demonstrate the usefulness of these booklets. Remember, each council has a set of booklets for your use. Lastly, nominations for the positions of Vice President, Secretary, and Treasurer along with the Educational Chairs (Home/Community/Environment, Youth, Leadership, Health, and International) are open for the year 2019-2020. Please consider helping us fill these positions prior to convention. Contact Kathy Uehana for more information and/or filling one of the above positions. appreciate your continued support and willingness to serve.



### **Trimble Foundation Scholarship Awardee**

The Trimble Foundation Distribution Committee awarded Elizabeth (Liz) Hultman-Salfen \$1000 for tuition to attend University of Hawaii at Manoa. Elizabeth is majoring in Special Education. She is the former president of Hilo FCE Council, current president of Puna Wahine FCE Club, and has been an FCE member for 22 years. In 2011 she was the recipient of the NAFCE Spirit of FCL Award. Liz's sisters Sharon Bauchan and Rebecca Natividad and mother Diane Hultman (past HAFCE President) are also members of Puna Wahine Club and all are/were educators in the elementary/high school system on the Big Island. Liz currently teaches 4<sup>th</sup> grade at Waimea Elementary School. Congratulations Liz!

### From the Editor.... <u>A Reminder</u>

The deadline for articles for the next issue of the Homemaker Echo is: <u>June 10<sup>th</sup>. 2018</u> 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







### Mary Monden, 92



Mary Shigeko Monden of Kula, Maui, passed away peacefully in her sleep on December 16, 2017. She lived a very adventure filled life before and after retiring from Kula Hospital. She traveled to foreign countries and almost every state in America. She learned hula, traditional Japanese dancing, and was an accomplished bowler and karaoke singer. She loved to eat; talk with her friends; engage in politics and laugh until she cried.

Mary was very active in FCE in its early years, serving as president of Maui Council, president of HAFCE from 1982 - 1984, and she served on the National FCE board as Housing Energy Chair, and as Vice President of Public Policy from 1988 – 1990. She was the first Hawaii FCE member to serve on the National board! Because of her work with the FCL program, and Hawaii being one of the 6 pilot states for FCL, Mary had the background and the wherewithal to serve FCE members well in planning FCL training and moving the training forward leaps and bounds during the early years of the program.

She was predeceased by her husband Robert Monden, who often said he married her because of her million dollar smile. She is survived by her son, two daughters, a granddaughter, and her sister.

Contributed by the Maui News and Oarlene Wingate

Sneak Peek at the Trimble Foundation guilt for 2018

### "Martha's Mikado"

This stunning guilted wall hanging is being made in honor of HAFCE President Martha Yamada. It features lovely geishas in a garden setting in shades of browns, black, grey and gold. It is 34" X 54" in size with a sleeve for hanging. The tickets will be available from your council president soon. Donations will be **\$5 per** ticket or 3 for \$10. The drawing will be held at the 2018 convention in October on Maui. Need not be present to win. Good Luck to all who buy tickets!

### Trimble Foundation - Submitted by Amy Bugado

This report is a follow up since our Annual Business Meeting Report for 2017 and includes the first quarter of 2018. We have deposited nearly \$4,000 in our Trimble Foundation account through the efforts of our councils, clubs, and individual members. The Annual Convention brought in funds with the sales of "Kingyo", special items made by talented and gracious individuals, and contributions from generous past presidents. Councils have contributed from their efforts to make meeting and activities more enjoyable and participatory –Achievement Day, grab bags, games, and luncheons. Individuals and clubs have sent in funds in memory of those FCE members we have lost: Betty Jo Thompson, Molly Chun, Mary and Robert Monden, Alice Fix and Flossie Fergerstrom. We will always hold them in our hearts and remember how each has touched our lives. Thank you very much and please continue to keep up the good work. Address for contributions is: P.O. Box 7066, Hilo, HI 96720. Checks made out to "Trimble Foundation" please.

### Trimble Distribution Committee – Submitted by Martha Yamada

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 hawaiifce.org website or by contacting any FCE Council President. <u>Deadline: July 31<sup>st</sup>.</u>



### Hilo FCE Council – President Carolyn Sewake

Here in Hilo, spring is in the air. Energy level is high and the Council Programs are off to a running start. Despite this year's continuous rain, it hasn't dampened our spirits. Armed with umbrellas and rubba slippas, members braved the heavy rain, lightning, thunder and strong winds to attend the first quarter's programs. Members trained at last year's FCL training fulfilled their

commitment to practice the skills learned by organizing an outstanding workshop titled: Red Heart-Women & Heart Disease. Organizers were Lori Kashiwa (Hoaloha Club), Barbara Fujimoto (Hanalike Kakou Club), and Lynn Nagata (Hui O Wahine Club.) Roxanne Rowe, Advanced Practice Nurse Practitioner, with the Department of Veterans Affairs was the speaker. Her informative talk was complemented by an in depth handbook compiled by the committee, great door prizes, cute favors, and healthy refreshments brought by each club. The 41 members in attendance went home with more knowledge and information on how to keep a better handle on their heart health.



Barbara Fujimoto, Lori Kashiwa, Roxanne Rowe, Lynn Nagata

The very brave and committed (Lee Watanabe (Hoaloha Club), Elaine Sumida (Hui O Wahine Club), Diane Hultman (Puna Wahine Club), and Lavanda Salas (Hoike) attended the Report Writing Workshop led by Martha Yamada and Carolyn Sewake. The heavy rain didn't cloud their brains as they completed report writing exercises to practice completing a report form. With their input, the Sign in Form was revised to make it easier to understand and calculate and to make the data collected uniform and consistent. Kalei Tong and Donna Hanohano of Hoolulu Club coordinated the "Mystery" Nutrition Workshop. Ten of us learned how to make Taco Salad, the perfect boiled egg and to brew Butterfly Pea Tea, a beautiful blue colored tea from a flower. Again the heavy rains and change of date may have kept the members home, but those who attended had fun together with the good food. Looking forward to the upcoming Mid-Year Board Meeting and seeing all of the State Board, Council Presidents and Vice Presidents on Zoom.

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Kauai FCE Council – Submitted by Gladys Fujiuchi

New Officers for KAFCE were installed at the annual Achievement Day Luncheon at the Kauai Beach Bay Resort on 27, 2018 by HAFCE vicepresident Ruth Haitsuka. Pictured from L to R are: Margo Hashimoto, past president; Gladys Fujiuchi, historian/newsletter; Marina Pascua, treasurer; Pam Sokei, co-secretary; Ruth Haitsuka, installing officer; Laurie Ho, vicepresident; Queenie Daligdig, president; Maurina Borgatti, standing in for Juanita Barnett, secretary; Bernie Tangalin, state treasurer. Club Musubi continues to grow with a membership of 21, welcoming new member, Frances Dinnan. Hui Holomua, on the other hand is down to five with six opting to become mailbox members and the rest "retiring". The Council has an active agenda of promoting Character Counts!, Books for Newborn and Dress a Girl project.

### Maui FCE Council – Submitted by Kats Enoki

It is with great sadness that Maui members mourn the passing of long time FCE member, Helen Misner who passed away at age 95 on Sept. 14, 2017 in Kasilof, Alaska. She was born in Canada and spent many years in the warmth of the Maui sun. She worked 14 years for her son's setnet site in Alaska and was a homemaker well known for her dessert baking skills. She was a member of Kihei Lutheran Church, volunteered for the Cancer Society, was an Eastern Star, and was Maui's Citizen of the Year. She loved cross stitching, knitting and crafting. Helen was survived by 3 sons, 7 grandchildren, and 14 great-grandchildren. She will be missed by many!

### Molokai - President Gladys (Cookie) Brown

Aloha from the friendly Isle and Cookie. No clubs here yet. Doing individual projects with school and library. Need help gathering box top red seals on box items at store. Schools get a dime for each, most common boxes are Ziploc and cereal boxes. Real nice if everyone tears them off before throwing box away. If all members save a few from friends and relatives the kids get money for supplies. Tell all your friends to tear them off. If all of you gather them together and mail them to me regularly I would appreciate giving them to the school as I am doing now. Sending them from each council would be great. Email me often at new address gbrown6427@gmail.com. Love to hear from you all. Getting old and weak on my legs but my fingers and mouth still work wonderfully. Hope to see all of you at Maui convention. My condolences to families of deceased members! LOVE YOU ALL, COOKIE

### South Oahu FCE Council – President Kathy Uehana

A new year – new events and programs - so much to look forward to! Our 2018 programs are

chosen by our members and we are now in the midst of Spring fever period experiencing them. Much to learn, see and taste and the final act - The Nutcracker Suite! Some of our events, Peruvian food, geography, people

and culture, nature, government and economy and history in February. March takes us on a Chocolate Tour - lots of information about the cacao trees growing on the North Shore and how the beans are processed and made into the tasty chocolate bars.

> February 9<sup>th</sup> – Agriculture and Environment Day at the Urban Garden Center. South Oahu again did their "Benefits of Butterflies" in our Environment presentation. This was met with much enthusiasm from the 150 fifth graders from Central Oahu. They learned from our butterfly facts and did the butterfly craft with great glee. We thank the nine volunteers from Windward Council and the nine volunteers from South Oahu. What a great event - working with the children is very rewarding.















### South Oahu Continued

South Oahu Council delivered their 25 blankets, handmade journals, gift cards, and small stuffed animals to the Children's Justice Center in December. We are now making a decision on our Community Service Project for 2018. Happy Hens Club has recently made a donation of \$250.00 to Waiau Elementary School Library to be used for new books.

## WINDWARD OAHU FCE – Reported by Ruth Haitsuka

### JANUARY: HEARTH FIRE SERIES

Windward Oahu clubs, Hui `O Koolau (#65 – How is Technology Affecting My Family), Hui `O Makani (#66 – Are You a Sugar Addict?), and Imiola #67 – Aging in Place ....

Aging Well) presented the newest Hearth Fire Series Booklets. Club members had different aspects of each booklet. Highlights included the use of too many technology devices can cause isolation, lack of social skills, obesity, depression, increased bullying, lack of privacy, lack of social bonds and empathy, more violence, developmental issues in children and addiction.

For Sugar Addict – topics covered were why we love sugar, sugar in diet, read the nutrition labels, sugar-sweetened beverages, cereal and other foods, how to spot added sugar on food labels, 10 things needed to know about sugar. Examples of what sugar looks like were very convincing.

Aging in Place...Aging Well covered topics keys to

accepting aging as a positive attitude, eating healthy, physical activity, the brain, social activity, practicing safety and most importantly, know your healthy numbers as well as a good financial plan, and taking time for yourself.

### FEBRUARY: CULTURAL SIGNIFICANT YEARS

This month, our three clubs presented highlights of Cultural Significant Years in different countries. Imiola presented Hawaii – First Child's Birthday and other Celebrations; Hui 'O Koolau – Israel – What the country is about; Hui 'O Makani – Japan – Yakudoshi.



SUGARS

Jeanette and Carole of Imiola spoke about their experiences when growing up and how their family prepared for a baby luau and also mentioned that women who were pregnant did not wear lei that were tied. No written invitation was given as immediate family did it by word of mouth. Each ohana would tell another ohana and those attending would bring food and the party would last 2-3 days.

Koolau members covered various aspects of Israel from religion, food, culture, population, location in the world, Passover being their favorite tradition. Maggie spoke about different

foods according to the holidays of Israel, prepared delicious food and spoke about Menorah candle customs.

Makani members presented guidelines for Yakudoshi. Some interesting facts presented as to how to calculate Yakudoshi Age (nine months before birth, newborn is already one year old), years hazardous: Male: 25 – reaches manhood, 42 year attains height development and most dreaded year (shi-ni – to death), 61 declines - referred to as "Daiyakudoshi or Great Calamity Years. Female – woman at 19, reaches full bloom at 33 (sanzan or misery). Cranes are folded, 1,000 to be exact. Person honoring must fold at least one. Cake for Yakudoshi customary includes crane, turtle, bamboo and pine.







### **ACTIVITIES AND EVENTS**

### AG DAY at URBAN GARDENS



Friday, February 9, Windward Oahu members (Bernie Baker, Barbara Sheeder, June Tom, Annie Sagawa, Nancy Arakaki, David Haitsuka, Emily Deai, and Pat Kubo) went to Urban Garden Center in Pearl City to help South Oahu members with this event. 200 fifth graders were presented with a program "Benefits of Butterflies in our Environment. Included in the presentation was a quiz, a display of flowers that attract butterflies, craft of a butterfly clip and a handout of



Fun Butterfly Facts. There were six different groups of students who rotated every 30 minutes. This is an annual event which Windward Oahu helps South Oahu man their booth to educate these students.

### 2018 LEI FOR VETERANS UPDATE



Update, update please! Initially goal was 1,500 then we raised it to 2,000. I am happy to report that we have surpassed both goals of 1,500 and 2,000. We have collected as of this newsletter, 2,245 but more lei are expected to be turned in. Members worked together on Saturday, March 10 to check all lei donated and to get an accurate count. Although it was a tedious chore to check each lei for length and thickness, each lei that is being submitted needs to be in its best



presentable condition. Members used two lei to combine to make one, creating unique combinations of colors as some of the lei that were donated had to be doubled due to the type of yarn and thickness. On Tuesday, March 27, Mr. Wilfred Hirokane, Cemetery Operations Manager at the Hawaii State Veterans Cemetery in Kaneohe will be presented the lei made to date prior to his retirement on April 1. Other lei will be presented when Windward Oahu comes together to make fresh lei on Saturday, May 26 for Memorial Day. Last year fresh lei made were over 600. Thank you all for your generosity of your donations of yarn lei. Members are encouraged to attend this special presentation at 6:30 pm.

### EASTER IDEAS AT LILIOKALANI CENTER

On Tuesday, March 6, Windward members (Patricia Kubo, Emily Deai, Jeanette Pang, Chutima Leider, David and Ruthie Haitsuka) demonstrated their Easter Ideas to the Kaneohe Branch of Liliuokalani Center. Ideas presented were: Folded Paper Bag, Yarn Lei, Recycle Paper Roll Baskets, Cake Batter & Sprinkles Pretzels, Chocolate Easter Nest and Cranberry Crushed Pineapple Jell-O. Those in attendance were surprised and very pleased with the ease of these useful crafts. Some of them will be using our ideas to present to their youths at church. We were also treated to a delicious lunch.



### CHARACTER COUNTS! sm

Contest winners came from two schools this year. First place winner is Greyson Wakabayashi of St. John Vianney in Kailua. His teacher is Ms. is Earleen Victorino. (Pictured are Ms. Victorino, Greyson and Pat Kubo). Greyson's first place prize award was \$50. Second and Third place winners came from Hanalani Schools in Mililani. Second place winner is Leila Carson of Ms. Wendy Ah Quin's class whose prize award was \$30 and third place winner is Kamryn Okinaka of Ms. Ashley Kephart's class prize award was \$20. All students who entered the essay and artwork contest received a goodie bag for their participation.



1<sup>st</sup>: Greyson Wakabayashi



2<sup>nd</sup>: Leila Carson



3<sup>rd</sup>: Kamryn Okinaka

### **UPCOMING ACTIVITIES AND EVENTS**

### BOYS & GIRLS CLUB – Wednesday, March 21 – 9:00 – 12:00 Noon

Members are encouraged to help with leading three groups of children rotating every thirty minutes in activities of t-shirt bags, paper climbers and hot dogs in crescent rolls. Contact Ruthie if you are attending so activity assignments can be made prior to arrival at site.

### **CLUB HAPPENINGS**

### IMIOLA NEWS:



Highlight: Chutima Leider

Although I have not officially retired from United yet, I am still doing PT till I am released to go back to work. I am hoping to retire sometime in April if no other complications arise. Yes, I have 48 years of flying career between Pan Am and United. I started with PanAm in January of 1970. PanAm was sold to United in February 1986 when PanAm sold the Pacific division to

United! I decided to celebrate with my friends from PanAm and United at the Hale Koa Hotel with a theme of Carnival, Valentine, Chinese New Year, Retirement and all February birthdays. Pictured on the left is Imiola members and friends – Dennis Pang, Vincent Mulford, Bob and Jean Young, Carole Mulford, Jeanette Pang and Ayana Chang, daughter of a former Imiola member, Mildred Chang.

### HUI `O KOOLAU NEWS:

Five members celebrated Chinese New Year's with a Dim Sum luncheon at the Mei Sum Dim Restaurant on Nuuanu Avenue in Honolulu. We will be looking forward to a reason to return for another luncheon.



### Windward Oahu Continued

Koolau participated in the Council PLT International Cultural Significant Years presentation, a continuing education evening. Israel was our choice, a country that goes back to Prehistoric times. We just touched on their customs, religions and ethnic groups. Traditions, cultural life and their Shabot – holiday foods and cooking for special occasions. Maggie Schulte prepared a dish of chicken soup and potato pancakes which were very tasty and delicious. She also talked about their special foods for various religious holidays – foods for which we are not accustomed to. We gained more knowledge of the various customs with other countries as well.

### HUI `O MAKANI NEWS:

**January News** ~ Happy New (and safe) Year to all! We are looking forward to another good year with our FCE friends. We enjoyed our January Program of Sharing. We share recipes, events that happened during the year, goodies, ideas and even memories of long ago. Sharing helps to bond the members as we get to know and better understand each other.

**February News** ~ Hui 'o Makani members were introduced to Natalie Oda-Lee's Arkansas friend and FCE member Looney Fracker. We have invited Looney to visit us when she visits Hawaii again.



The Oahu Urban Garden in Aiea is visited by Oahu 4<sup>th</sup> and 5<sup>th</sup> graders annually for Ag Day. The children seemed to enjoy learning about the importance of butterflies for the environment and we have enjoyed helping to teach them. Led by Kathie Uehana, this is the  $2^{nd}$  year that Makani members have volunteered to participate. Thank you South Oahu for organizing the event, providing all supplies and helping us to learn as well.

### Reporting what you do is important and now there is an option ....

You can turn in a <u>Sign In Sheet</u> if you don't want an award. Talk to your council vice president or president about the new way of reporting!



Hawaii's Heart of FCE ~ 2018



### David Haitsuka - Windward Oahu Council

David's participation with FCE began with his mother, Dorothy, by helping with her FCE endeavors. He has become a very active

member by hosting council meetings, PLT's, workshops, and other activities, by setting up, providing refreshments, and assisting with parking cars, etc. at his residence. He has actively participated in council activities - doing cooking/craft demonstrations, and has been a presenter at youth workshops and community service events. He has served as a delegate to several state conventions. This year, he is serving as a mentor to four new male HAFCE members. David truly deserves to be nominated for Heart of FCE!

### **FCE Stars**

Want to be an FCE Star? If you have brought a friend or family member to an FCE meeting or event in 2017 and they decided to join, you can receive an FCE Star pin for being their sponsor! Just complete the "Star" form posted on the <u>HAFCE website</u>, the <u>NAFCE website</u>, or from your <u>council president</u>, and mail it to NAFCE headquarters. You'll receive a star pin for every new member you bring into FCE. The Star program applies to all new member sponsors in 2018 also, so start your Star collection now!!



### STAR PIN

I signed up a new member:			
Name of New Member			
Address			
City			
Date Joined			
My Name is			
Address			
City	ST	Zip Code	
Membership ID Number			

Please send my FCE Star Pin

Receive a free gold FCE Star pin every time you recruit a new FCE member. Complete this form and send to **National FCE Headquarters, 73 Cavalier Blvd., Suite 106, Florence, KY 41042-5178.** Once the new member information has been verified a star pin will be mailed to you.

You may also fax this information to headquarters at 859-525-6496 or you can email the info to <u>nafcehq@fuse.net</u>.