



# The Homemaker Echo

Official Newsletter of the Hawaii Association for Family and Community Education

Volume 44 Issue 3

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**Go Paperless!** ~155 FCE members have chosen to receive the Homemaker Echo via email. Please consider joining them by contacting me so that I can add your name to the email list. You will receive the Echo in COLOR and weeks before the USPS issue. This also saves HAFCE in mailing costs and it saves a few more trees for a healthy environment.

Send your email address for a paperless delivery to:

Denise Smith  
Homemaker Echo Editor  
[cdsmith2139@gmail.com](mailto:cdsmith2139@gmail.com)

(650) 969-3422

Dear FCE members,

I was so honored to represent Hawaii at our National FCE Conference held in Austin, Texas. It was so nice that Ruthie Haitzuka, State Vice President, was able to attend with husband, David. He received his Heart of FCE pin and was one of the recipients of the National First Timer's Scholarship to attend conference. It was fun to spend time with Pat Kubo, State Membership Chair, Margaret Cambra and Lynn Barut from Maui Council. We were able to meet our dedicated National Officers: Lynn Maples, President; Betty Schalk, Vice President for Program; Connie Larrington, Vice President for Public Policy; Marlene Faul, Secretary and Susie Martell, Treasurer. Ardyce Snyder was installed as the new President and Lynn was showered with gifts of appreciation for her leadership and commitment. It was cute that everyone we met was interested and concerned about our safety with the volcano eruption. We explained it didn't affect the entire state and Hawaii is still a wonderfully safe place to visit. One of the benefits of belonging to FCE is the learning opportunities. The topics for Family and Community Leadership Day were "Grow as a Volunteer", "Wills, Trusts and Funeral Plans" and "STOP this Epidemic Now: Opioids". The new Hearth Fire Series are "Asking for a Friend ... How Does Aging Affect My Senses?" and "Someone's in your Home ... Eating Healthy Food". We submitted our "Keep It Rolling: Success in Working Together" Sustainability FCL trainings for a program award and won second place for the Award Book category of Education and first place for the award brochure and received a \$375.00 voucher to be used for educational materials. It was announced that there will be no program booklet awards next year to give the board time to evaluate the process. However, the brochure awards will continue. It was decided to continue asking members for a voluntary donation of \$7.00 or more to be applied towards insurance coverage instead of raising dues. I thank all our members for their continued support and appreciate the creative ideas of clubs and councils to help those that are unable to contribute. I want to express my sincere appreciation for the opportunity to serve you as your State President. I am proud to be learning about the Blue Zone Project and incorporating the concepts into our organization, the community service projects, and the FCL Sustainability Training. FCE is all about learning and building relationships. As I end my term, I want to thank the executive board and Board of Directors that said "yes" to serving our organization. A very



special *Mahalo* to Dr. Maly for mentoring and supporting me and the board. As you all know, Joan Chong, our compassionate, supportive, organized extension advisor will be retiring in December. She will be dearly missed and we will celebrate her retirement at our Maui convention. She trained us well so I'm very excited about our future because we have so much to offer as an organization and as Joan always reminds us "Don't keep FCE a secret!" There is still time to join us at convention. Looking forward to seeing you all very soon!

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

## Hawaii FCE Board Members

### **Executive Officers**

President ~ Martha Yamada  
Vice President ~ Ruth Haitzuka  
Secretary ~ Kathy Uehana  
Treasurer ~ Bernie Tangalin  
Past President ~ Pat Kubo

### **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 – September 2018**



As mentioned in my last article for the ECHO, have you given any thought about “Who Are We?” At the National Conference held in Austin, Texas July 20-22, 2018, the very same question came up, only it was “Who are we (NAFCE)?” As Hawaii is struggling to retain and recruit membership, it is also the same at the national level. Do you know that between 2006 – 2017, there was a loss of 5,000 members? Wow! That’s a huge number of lost members. Think of Apple. When Apple promotes their new technology “iPhone”, iPad, etc. there are the “Innovators (2.5%)” who wait outside the store and can’t wait to get the newest item; “Early Adopters (13.5%)” who waits awhile to see how it goes; “Early Majority (34%)” waits for a price cut; “Late Majority (34%)” who says they might as well get one as everyone else got one, and “Laggards (16%)” who have to get it as what they have is obsolete. The core group that we need to focus on is the Innovators. If we get this group, we will get the Early Adopters too. What we as members need to focus on is the “Why”, “How” and “What” FCE is today. Times have changed from 50 years ago when some of us became members. We need to know why we do things, how we need to do it, and what is it all about. We need the new millennium generation to believe what we believe whether it’s going green, planting gardens, or going back to cooking, etc. We need to figure out what is important, what value it is to the person and something that no one else is doing it. This generation is about technology, the business of working and making a living as the cost of living has risen, therefore necessitating women to work outside of the home. How are we going to accomplish this? We need to think outside of the box where we have been operating these past years. Most people are not interested in coming to a meeting and then learning a craft. What they are looking for is something of value that they can go back home and teach others. Time is precious and very limited. We need to capture their attention when we say who we are in a few words. Does our few words tell a story about FCE? It should in order to keep their interest. If we keep talking, we surely will lose their interest. Think about it. On another note, there are several positions that are “vacant” on the Board (Ways and Means, Education Chairs – Leadership and Youth). Some of you are thinking, done that, did that, it’s not my turn again, I’m too tired, no time, I’m too old, etc. If all of our members say these sayings, are we going to be able to operate as an organization? Is your President going to “have to” pick up the load for these vacant positions? Sure, your President can appoint someone, but what if they refuse to take the position? Where does that leave your President? In the same spot as she started. At the FCL Leadership Training, I mentioned the fact that members need to step out of their “comfort zone” and take on the challenge. There are other members on the Board that will be willing to mentor you as you learn your position. Let your previous chairpersons lead, help, guide and offer their advice when called upon. Take the challenge. I am still learning about the Vice President’s position, what responsibilities and what needs to be done. It’s an ongoing learning process. Please consider volunteering for one of these positions. Working together as a team is what FCE is all about. As I look towards 2019, the challenge is so great without having an advisor much less a place to process our needs. 2019 is a NEW BEGINNING FOR FCE. We need to come together as a unified FCE TEAM! I CANNOT DO IT WITHOUT THE HELP OF YOU!

Looking forward to seeing all of you at convention and your continued support.

*Ruthie Haitzuka*

Last Sneak Peek at the Trimble Foundation Quilt  
for 2018

**"Martha's Mikado"**

This stunning quilted wall hanging has been made in honor of HAFCE President Martha Yamada. It features lovely geishas in a garden setting in shades of browns, black, grey and gold, and embellished with beading. It is 34" X 54" in size with a sleeve for hanging. The tickets are available from your council president or at convention from Pat Kubo. Donations are **\$5 per ticket or 3 for \$10**. All donations go to the Trimble Foundation Trust for future scholarship awards. 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 Fund Raiser at Maui Convention**

*Submitted by Pat Kubo*

I will be collecting the Trimble quilt tickets and donations. We will have more tickets for sale at the Maui Convention. Thank you to Denise Smith for all her work each year, in designing and sewing a beautiful quilt. The Trimble Foundation supports scholarships and other worthwhile endeavors.

If your club or council has made Christmas ornaments to donate to the Trimble Foundation, please let me know at [kleimamo@hawaii.rr.com](mailto:kleimamo@hawaii.rr.com). We will have some angels made by the Maui Council for sale. Hilo Council has donated 10 angels and 10 snowflakes. Hui `O Wahine has also donated 8 button key chains. We welcome donations by other councils! If you are unable to attend the Maui Convention, send your money with someone and they can purchase an ornament for you!



**EDITORIAL CORRECTIONS**

*FROM THE JUNE 2018 ECHO NEWSLETTER*

My apologies for mis-identifying the Kauai FCE ladies in the June Echo article about lei makers. *Marina Pascua* is the prize winning lei maker on the right with Gladys Fujiuchi (center) and Margo Hashimoto (left).

Denise Smith – Newsletter Chair



**Dates for Upcoming FCL Sustainability Training**

**October 27 ~~~ Kauai**  
**November 10 ~~~ Oahu**

**Contact your FCL trainers Pat Kubo, Martha Yamada, Ruthie Haitzuka, advisor Joan Chong, or your council president for more information about how to sign up and for program content.**





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

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

**December 10<sup>th</sup>, 2018**

Please send articles and photos to: [cdsmith2139@gmail.com](mailto:cdsmith2139@gmail.com) *OR*

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

*Aloha, Denise Smith*



**Hilo FCE Council – President Carolyn Sewake**

It didn't take long after the residents of Hilo and Puna caught their breath following Madam Pele's fury had subsided that we had to gear up to the potential wrath and destruction of Hurricane Lane. Although here on the Big Island we are pretty accustomed to days of rain, Lane dropped a record number of inches on us. Luckily we didn't experience the devastating hurricane winds Lane could have inflicted on us. I can still hear the flood control channel behind my house flowing (it usually is dry), but the sound is a far cry from roar of the raging amounts at its peak.

Hanalike Kakou hosted and chaired the annual Friendship Tea held on August 4 at Kamana Sr. Center. I gave a brief overview of the history of FCE, and the highlight of the program was the demonstration of Seaweed Soba Salad, Cold Noodle Salad, several dressings and Mushroom Black Bean Burger by Doris Raabe, a retired home economics teacher. What a feast we had trying to eat not only all the food Doris made but also all the food the clubs brought. When we went home, we all rolled happily out of the room. We had a few potential members attending and I hope they choose to be part of our organization.



*Seaweed Soba Salad ↑*



*Doris Raabe demonstrates ↑*



Hilo's 2<sup>nd</sup> FCL training was held on August 17, 2018. Our training was held on Admission Day which may have accounted for the smaller turnout. But the FCL team (Martha Yamada, Ruth Haitzuka, Pat Kubo, and Joan Chong) did not disappoint. We learned how to lead a group to good decisions, how to handle difficult people, and how to mobilize positive community outcomes. Although the topics were heavy duty, we learned in a fun and unintimidating way. The day was filled with lots of laughter, sharing of different kinds of experiences, possible solutions and "ahah" moments. Thank you FCL team for taking the time to help us improve our leadership skills and grow as a person.

George Ito and assisted by his wife, Shirley, presented a valuable learning workshop on how to create a slideshow with an iPad or iPhone. His handout was simple and easy to follow as he went

through the process with his iPad connected to the large screen TV. Those of us in attendance received a Certificate of Completion, a lei and a beautiful koa bracelet that George makes himself. This was our baby step number one in an effort to be able to follow George's footsteps in producing a picture slide show depicting all of Hilo Council's activities at our year end Installation and Recognition Dinner.

Upcoming is our Tri-Council chaired by Hoike with Hoaloha's help. The theme is "Disaster Preparedness." It will be held at Kamana Sr. Center on September 29, 2018. There will be a panel of knowledgeable speakers and we are looking forward to renewing our friendships with fellow members at the State FCE Convention on Maui in October. Hilo Council is also beginning preparations for next year's convention that we will host in 2019.

### Seaweed Soba Salad

*Soak, then drain out water:  $\frac{1}{4}$  cup wakame and  $\frac{1}{2}$  cup hijiki*  
*Stir-fry seaweed in: 1 Tbsp. Oil, 1 Tbsp. sugar, 1 Tbsp. shoyu*

*Boil 1 package soba noodles; break and cook according to package directions. Place in large salad bowl. Slice vegetables: Cucumbers, lettuce, diakon, kamabuko, watercress, carrots, and green onions. Create layers over noodles. Save carrots and green onions for color. You can top with boiled shrimp, boiled chicken breast, or ham.*

*Pour one of the following sauces over before serving.*

*Sauce I: 2 Tbsp. oil, 6 Tbsp. shoyu, 2 Tbsp. sugar, 3 Tbsp. lemon juice*

*Sauce II:  $\frac{3}{4}$  cup oil,  $\frac{3}{4}$  cup shoyu,  $\frac{1}{4}$  cup sugar,  $\frac{1}{4}$  cup + 2 Tbsp. lemon juice*

### **Hilo FCE Council Rummage Sale ~ George Ito, Chairperson**

The annual rummage sale was held on June 23<sup>rd</sup> and was hosted by LHK, Maile and Nu'oli clubs. We would like to thank all 9 clubs, family, and guests who participated in this event. We know how much time and energy this project involved and we really appreciate all your hard work and cooperation. Clubs volunteered for various assignments and 38 members and guests helped to set up on Friday evening. 45 members and guests came on Saturday morning at 6:30 am and worked until 12:00 noon. We collected \$1252.20 total! The proceeds will be distributed as follows: one individual membership fee placed in the council Membership Scholarship Fund, 10% to Trimble Foundation, 10% to Dollars for Leadership, 10% to Pennies for Friendship (ACWW), and the balance goes to the council general fund to be used for service projects or at the discretion of the council.



*Hilo members  
working hard  
to sort and set  
up Rummage  
Sale*





**Kauai FCE Council – Submitted by Gladys Fujiuchi**



**President’s Message**

Aloha members,

As we are in the hurricane season, I pray that all is well and that we get past this season with no further damages. I want to congratulate Lori Ho and her committee for a successful Character Counts! activity with Mandy Gokan placing second at the National Level. The State Convention is in October on Maui. The 2019 HAFCE new officers will be voted on at the Maui Convention and I was asked to run for the HAFCE State Vice-President. If elected, I will continue my last year as KAFCE

President. On October 27, Kauai will be having its second FCL Leadership Training, and I hope all members can try to make it. I had a great experience as a first timer in this recent Primary Election. Defeated, but holding my head high, I will continue to move on with my community activities. Mahalo for all your support, and let’s enjoy the rest of 2018. Wishing you all a safe upcoming Holiday.

A BIG MAHALO TO WINDWARD FCE FOR THINKING OF KAUAI AND FOR ITS GENEROUS DONATION TO THE KAUAI FLOOD RELIEF FUND.

*Queenie Daligdig*

**120 BOOKS FOR NEWBORNS** were presented to Andrew Bestwick of the Wilcox Health Foundation and Dr. Carl Yu, pediatrician, from the Kauai Medical Clinic. Dr. Yu and Dr. Carreau, both from KMC, brought the nationwide program “Reach Out and Read” to the Garden Isle, when they learned that Kaua`i keiki showed below average reading skills when they enter kindergarten. →



HUI HOLOMUA met on Tuesday, August 4 at the Kukui Grove Food Court. Present were Gladys, Bernie, Margo, Laura and Frank, Sanae, and Kay. ←



Gladys and Bernie volunteered for the Grove Farm museum’s 1st annual sugar plantation bash selling tickets. Sanae Morita did duty as docent for the museum tour. ↑





## CLUB MUSUBI'S MIDYEAR ACTIVITIES

Club Musubi held their midyear meeting at the Kauai Beach Resort at the Naupaka Crab Buffet Night on September 1st. *Front L to R:* Marcia Otta, Terry Phillips, Suzy Yokoyama, Pam Sokei *Back L to R:* Frances Dinnan, Maurina Borgatti, Jo Shimamoto, Gale Masukawa-Kashuba, Juanita Barnett, Queenie Daligidig and guest Christie Wong

←



## KAFCE PROJECT: PILLOW CASE DRESSES

Members of Kauai Council with dresses made for girls in Portugal, Appalachia and other destinations.

←

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

**You can turn in a Sign In Sheet if you don't want an award.**

**Talk to your council vice president or president about the new way of reporting!**



### Molokai - President Gladys (Cookie) Brown

Looking forward to convention on Maui. Feeling better at the present. Be sure to say hello when we meet. No news of club at all. Will try to get there on time. Tough on me health wise. Got a roller chair to use. Thanks for caring. Love, from Friendly Isle to all!

Gladys "Cookie" Brown - Molokai



## South Oahu News by Kathy Uehana



■ Autumn is almost here after our super warm summer! This didn't stop us from doing varied and good things throughout that time. Members have been travelling, creating, volunteering, care giving, and sometimes getting together!

■ **April** – we presented our **Disaster Preparedness Information** after our Board and Council Meeting. Good interactive discussion and all ideas and thoughts were greatly appreciated. Our focus was on Nuclear Explosion as most of us did not have lots of knowledge about that. Very productive and feel that another “reminder” is forthcoming.

■ **May** - Lunch and Learn Event to **National Memorial Cemetery of the Pacific at Punchbowl Crater in Honolulu** was enjoyed. This was an excellent selection as we walked throughout the facilities and found their presentations interesting and informative. Lunch was at Piggy Small's, a new eatery in Honolulu that is “Vietnamese Hip”. Good menu and tasty lunch.

■ **June** – A brilliant workshop by Ernelle Lum on Succulents. The variety of plants set up was propagated by Ernelle, and antique cups and saucers were given to each participant for their “creation”. Soil for succulent plantings was available and recipe available. What a good time with much success with our plantings.

■ **August** – Donations for **Family Promise** (our annual Community Service Project) have been generous with delivery to Honolulu office. Our Council has sent get well wishes to Susan Yee who has been “under the weather” recently. We are looking forward to her being at our events soon.



*It is with great sadness that we share with you the passing of Susan Yee on September 20, 2018. Susan was a long time member of South Oahu FCE Council and held many offices at club and council level over the years. She served as HAFCE president from 2005 – 2006 and served on the NAFCE board as Pacific Region Public Policy Coordinator from 2008-2011. She was the recipient of Hawaii FCE's Heart of FCE award in 1997 and received the Hawaii FCE Spirit of FCL award in 2008. Susan was devoted to her family and to FCE. Her contributions to FCE are immeasurable and she will be terribly missed by all who knew her. Our heart-felt condolences to her husband Teddy and to her family.*





## WINDWARD OAHU FCE – Reported by Ruth Haitzuka



### **JULY – MIDSUMMER NIGHT'S GLEAM @ FOSTER GARDENS**

Windward Oahu members continue to support other organizations in the community, such as Foster Gardens in Honolulu. On Saturday, July 21, 2018, members arrived at Foster Gardens to set up and get ready for a large projected group to come and visit the Gardens. Iris Fukunaga, a member of Hui `O Makani, was the lead contact at Foster Gardens.



This year the craft project for participants was "Stars". After several attempts to design a template for children to use to make bubble wands, David Haitzuka cut pieces of wood and nailed nails to form a star template on the cut wood. Children used these templates to wrap pipe cleaners around the nails to form the star. Many children and adults had fun making these stars. With over 300 participants, Windward members were kept very busy.

### **JULY – IKEBANA**

History : Meaning of "ikebana" – "ikeru" - keeping alive, arranging, living ~~ "hana" - flower

Ikebana started in the 6th century in Japan as part of the Buddhist practice of offering flowers on the altar. In India, the birthplace of Buddhism, flowers were placed informally and sometimes only petals were strewn around. By the 10th century, the temple priests were presenting their offerings in containers.

- ✚ Ikenobo - the oldest ikebana school. Beginnings from a priest of the Rokkaku-do temple in Kyoto. He was such an expert that other priests went to him for lessons.
- ✚ First - practiced by the imperial family and nobles. Also practiced by samurai warriors. The samurai were said to have practiced the tea ceremony and ikebana before entering battle to purify their heart and mind.
- ✚ 15th century - spread to the common people. Arrangements were made to place in the "tokonoma". These were niches or alcoves in a "zashiki", Japanese room. The tokonoma would contain a flower arrangement, incense and candle.
- ✚ Meiji period (1800's)- The government decided that women should be educated to be "good wives and mothers". They decreed that ikebana, which was once a male art was to be a standard part of women's education.
- ✚ Now - many different schools each having their own style and rules.

IKEBANA ..... Translation - "giving life to flowers" or "arranging flowers"



Patricia Kubo, who belongs to the Ikebana International Honolulu Chapter #56, gave the oral history and then proceeded to explain and demonstrate the various methods of creating the beautiful arrangements using traditional style – bird of paradise, triangular arrangement, straight lines of bulrush reeds, curved lines – ginger and cactus, fruits and vegetables, and man-made materials – silver wire. Five arrangements made by Pat were given away in a lucky name drawing.

## **AUGUST – HEALTHY RECIPES**

To encourage members to eat healthy foods, clubs were encouraged to bring dishes that are healthy. Each participant who brought a dish gave a three-minute short presentation about their particular dish and the recipe was presented to Pat Kubo in order to produce a recipe book for the dishes. Members who did not attend sure missed the delicious and healthy recipe dishes. Although the group was small, everyone enjoyed each presenter's choice of healthy foods.



## **ACTIVITIES AND EVENTS**

### **JUAREZ MISSION TRIP CRAFT KITS**

Members gathered at the Haisuka's to prepare kits for the upcoming Mission Trip to Juarez Mexico. Kits for paper footballs were prepared along with a paperclip angel for each orphan. The Mission trip will be in October which the Haisuka's will be participating in. Besides the building of a home for a family, the team will go to the orphanage to spend some time with the children providing various crafts, games, songs and Bible story.



## **CLUB HAPPENINGS**



### **IMIOLA NEWS:**

Jacque Maly led members to the making of the pictured craft. Can you guess what it is? A scissors holder made from a tissue holder. This idea was made when Dorothy Haisuka was in the club and Jacquie, on purpose, did not tell the group what it was but Dorothy spoiled the surprise. Hang this holder up so that you will never lose your scissors again.

Members are continuing making crafts for their fundraiser at the three-day event at NBC at the Senior Fair on September 21, 22 and 23. If you are not busy, come down and check out the crafts and other booths that have informative brochures of interest.

Members are helping at the Windward Community College Paleku Theater serving refreshments during intermission the month of September (Friday, Saturday and Sunday). They are joined by the Kiwanis group in this joint venture serving the college theater.

Wishing Jacquie Maly a speedy recovery from her knee replacement on August 30th.

## **HUI `O KOOLAU NEWS:**

*Condolences to Norma Shackley – loss of her son and Maggie Schulte, loss of her husband.*

## **HUI `O MAKANI NEWS:**

### **June**

*June Tom's son and family live in Baltimore and she gave a very interesting talk on the city of Baltimore:*

*Did you know?*

- *The first United States post office system was inaugurated in Baltimore in 1774.*
- *The first telegraph line in the world was established between Washington, D.C., and Baltimore in 1844.*
- *Baltimore was the first city in the United States to illuminate its streets using hydrogen gas in 1816.*
- *Baltimore's Fort McHenry defended the Baltimore harbor during the War of 1812 and is the birthplace of the American National anthem, written by Francis Scott Key.*

### **July**

*Pat Kubo demonstrated making pipe cleaner star bubble wands that we will make at Foster Garden's Gleam. Volunteers who helped at the event reported that parents and children enjoyed making and using the wands. We played Left, Right, and Center. This game, which most members were familiar with, is a simple and fun (inexpensive too, with pennies) group activity.*

### **August**

*Makani members shared (and sampled) healthy recipes in August. Some of the delicious healthy food included Summer Rolls with Peanut Dipping Sauce, Tofu Burgers, Brown Rice and Lentil Salad, Chia seed Pudding, and an island favorite, Nishime, which Annie Sagawa adapted for a healthier version with substitutions for sugar. Proving that even desserts can be healthy - favorites were apple slices spread with peanut butter and Chia Seed Pudding (this recipe was presented at August 28 Healthy Food PLT meeting).*

#### **Chia Seed Pudding – from Barbara Sheeder**

*1 cup vanilla flavored unsweetened almond milk*

*1 cup plain low fat (2%) Greek yogurt*

*2 Tablespoons pure maple syrup (preferably grade B), plus 4 teaspoons for serving*

*1 teaspoon pure vanilla extract*

*¼ teaspoon kosher salt*

*¼ cup chia seeds*

*1 pint strawberries, hulled and diced*

*¼ cup sliced almonds toasted (see Cook's Note)*

*In a medium bowl, gently whisk the almond milk, yogurt, the 2 Tablespoons maple syrup, vanilla, and salt until just blended. Whisk in the chia seeds. Let stand for 30 minutes. Stir to distribute the seeds if they have settled. Cover and refrigerate overnight. The next day, in a medium bowl, toss the berries with the remaining 4 teaspoons maple syrup. Mix in the almonds. Spoon the pudding into 4 bowls or stemmed pudding glasses, mound the berry mixture on top and serve.*

**Cook's Note:** *To toast sliced almonds, arrange in a single layer on a baking sheet. Bake in a preheated 350 deg. oven.*

*Per serving: Calories 125; Protein 9g; carbohydrates 27g; Dietary Fiber 8g; Sugar 17g; Total Fat 10g; Saturated Fat 2g; Sodium ¼ mg.*



# NAFCE Conference – Austin, TX July 20 - 22, 2018

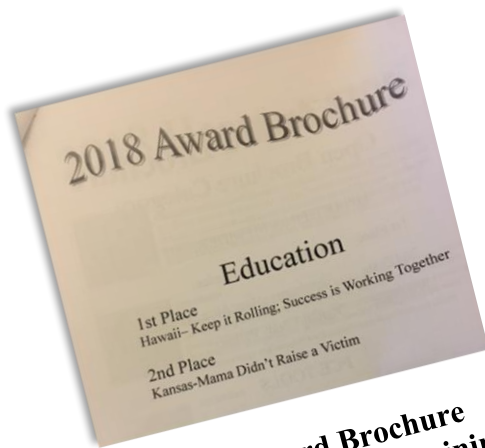


David Haitzuka & other first timer scholarship winners

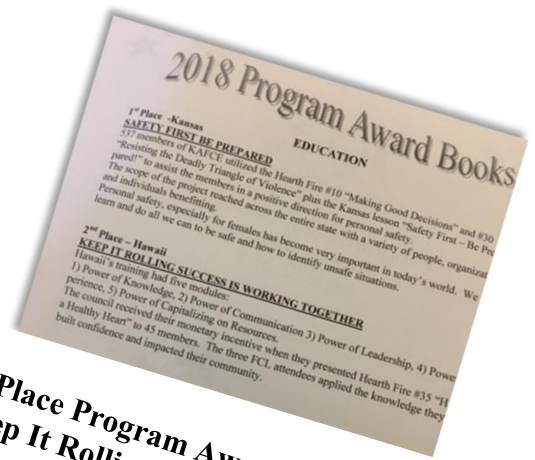
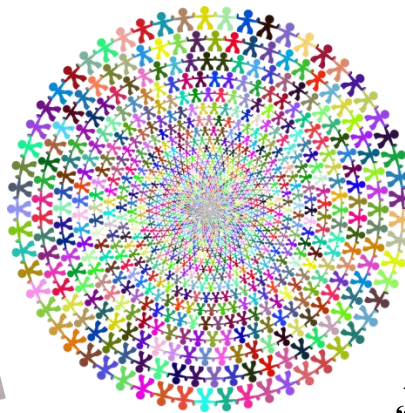


Martha Yamada & "Heart of FCE" David

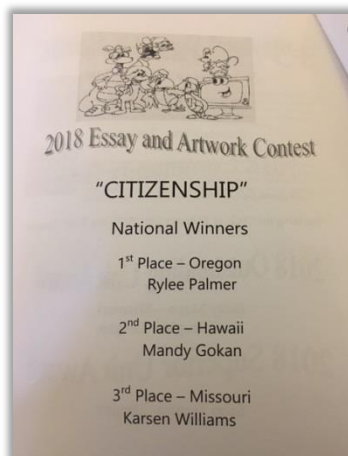
**David Haitzuka of Windward Oahu Council was presented a certificate and a Heart of FCE pin at National Conference in Austin, Texas in July. David was surprised to learn that he received a scholarship for being a first-timer at conference.**



**1st Place Award Brochure  
"Keep It Rolling" – FCL Training**



**2nd Place Program Award Book  
"Keep It Rolling" – FCL Training**



**2nd Place Character Counts!  
Kauai Student Mandy Gokan  
Kapa'a Elementary**



68<sup>th</sup> Hawaii FCE Convention

October 12 - 14, 2018 ~ Maui Beach Hotel ~ Kahului, Maui

*Have you registered for convention? It's not too late!*

*Convention packet with registration form is available on the HAFCE website, [www.hawaiifce.org](http://www.hawaiifce.org) or from your council president.*

*Please join us for fun, education, camaraderie, good food, workshops, & tours!*