

Hawaii Association For Family & Community Education

*I believe in building a peaceful home, working
through my community and country for a
peaceful world*



2017 Annual Report



State President's Message.....

Hawaii FCE celebrates 68 years of service to strengthen individuals, families, and communities through continuing education, developing leadership and community action. Our partnership with the Cooperative Extension Service of the University of Hawaii's College of Tropical Agriculture and Human Resources helps to continue the intent of the Smith-Lever Act to bring the latest university research to rural families for a better life through community based education. Our club structure provides hands on practical learning in a safe and nurturing environment. We are honored to have members who value this organization to receive 50, 60, and 70 year membership pins! Our family membership has enabled three generations of learning and service to our communities. Books for Newborns, CHARACTER COUNTS! Art and Essay contest for 4th graders, and Hearth Fire Series booklets have helped our members to impact our community with health, safety, leadership, youth education and home and community environment issues. We invite others to inquire and join us in these efforts!

Martha Yamada, President 2017-2018



Advisor's Message

Volunteering makes an immeasurable difference in the lives of others. One of the better-known benefits of volunteering is the impact on the community. Volunteering allows you to connect to your community and make it a better place. And volunteering is a two-way street: It can benefit you as much as the cause you choose to help. Dedicating your time as a volunteer helps you make new friends, expand your network, and boost your social skills. Studies have shown that volunteers reap health benefits as well such as lower stress levels, enhanced well-being and an increase in life satisfaction. It is no wonder why FCE members are role models for the Blue Zones Project and Power of Nine as they lead longer, happier, and healthier longer lives! Share with your family and friends what you have gained through FCE and invite them to join your wonderful organization.

Hawaii FCE continues to make a difference in their communities through acts of kindness and volunteerism. In 2016, Hawaii FCE members have provided more than 52,413 volunteer hours and calculated at \$24.14 per hour, it is a contribution of more than \$1,265,250.00! Add in material contributions of \$52,583.00; your total contribution equals more than 1.3 million dollars towards a better Hawaii. Awesome!

Joan Chong, Extension Educator

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.*

FCE is a non-profit volunteer organization with 8 councils, 24 clubs, 266 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 (CTAHR) 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.

About the Cover

The members of Maui FCE Council joined over 600 walkers that raised \$45,868 for clients at 5 Maui Adult Day Care Centers caring for the elderly... who are frail, diagnosed with Alzheimer's or related forms of dementia. This event included a 3 mile walk at Keopualani Park where three centenarians were honored.

Hawaii FCE's goal of community service and action was on full display as Maui members Lynn Barut, Stephanie Borges, Margaret Cambra, Rae Kobayashi, James Nagata, Michi Sera, and Katsuko Enoki wore their Pink FCE shirts and manned a booth to promote FCE and invite others to join FCE.



Financial Statement 2017

Cash Basis –January 1- December 31, 2017

Current Assets:

Cash in Checking Account	\$30,793
Savings Account &	19,463
Certificate of Deposits	4,000
History Books/Quilt Books & Sate Pins	<u>692</u>
TOTAL	\$54,945

Current Liabilities: 0

TOTAL ASSETS, LIABILITIES & FUND BALANCE \$54,945

Support and Revenues:

Membership Dues	\$7,818
Donations, Fundraising, & Grants	<u>7,905</u>
TOTAL	\$15,723

Expenses:

Program Development & Implementation	\$ 5,889
Leadership Development	<u>9,567</u>
TOTAL	\$15,456

Excess of Revenue Over

Expenses \$267

Hawaii FCE State Board

Executive Officers

President	Martha Yamada
Vice President	Ruth Haitzuka
Secretary	Katherine Uehana
Treasurer	Bernie Tangalin
Past President	Sally Bowman
Parliamentarian	Dr. Jacqueline Maly

Education Committee Chairs

Health Issues	Dixie Dumaran, MD
Home & Community Environment	Susan Yee
International Leadership	Susan Stewart
Youth Education	Lynn Barut
	E. Queenie Daligdig

Committee Chairs

Bylaws	Dr. Jacqueline Maly
Finance	Bernie Tangalin
Trimble Foundation	Amy Bugado
Trimble Distribution	Martha Yamada
Nomination	Katherine Uehana
Education	Ruth Haitzuka
Ways & Means	Elaine Fukui
Membership	Patricia Kubo
Newsletter	Denise Smith
2017 Convention Chair	Katherine Uehana & Wanda Lew
Annual Report	Oarlene Wingate

Council Presidents

Hamakua	Dana Morifuji
Hilo	Carolyn Sewake
Kauai	E. Queenie Daligdig
Kona	Gay Okada
Maui	Margaret Cambra
Molokai	Gladys Brown
South Oahu	Katherine Uehana
Windward Oahu	Dixie Dumaran, MD

Hawaii FCE Creed

I believe in striving for the highest ideals of home life by having a sound body, a clear mind, and a generous spirit.

I believe in friendly neighborliness and understanding of ideas and customs of races that are different from my own.

I believe in building a peaceful home working through my community and country for a peaceful world.

Authors: Alice Clark, Mabel Keesling, Rae Ross

CONTRIBUTIONS FOR A BETTER HAWAII 2017

Program Area	Hours Volunteered	Persons Reached	Contributions Calculated at \$24.14 per hr.
Leadership Skills	2,075	1,147	\$50,091
<i>Plan & conduct state wide FCL sustainability training* Installing new officers * Program planning* Organizing, planning, advertising and executing a craft fair</i>			
Health Issues	1,756	252	\$42,390
<i>Learned about fall prevention * Gluten free diet * Blue Zone principles * Cardiac ablation* High stakes of legalizing recreation drugs * Spring cleaning your medicine cabinet *Demonstration of lomi lomi massage</i>			
International Projects	1,567	531	\$37,827
<i>Funerals – customs/traditions/food * Supported an orphanage in Juarez, Mexico * Partner with Hawaii Japanese Center community service project * Collect & donate empty pill bottles for use in developing countries</i>			
Character Counts!® Essay & Artwork Contest	151	247	\$3,645
<i>Conduct state wide essay & artwork contest for 4th grade students to promote character building</i>			
Youth Education	418	9,655	\$10,091
<i>Books for Newborns *Teach cooking & crafts to youth at Boys & Girls club* Read aloud to students on “Read Across America” day * Donate slippers & underwear to Puna schools * CTAHR Agriculture Day at Urban Garden Center</i>			
Home & Community Environment	36,708	4,091	\$866,131
<i>Donate food baskets for needy* Make lei for veterans cemetery,* learn to plant succulents, *ikebana presentation</i>			
Building Membership	1,488	208	\$35,920
<i>Sponsored Friendship Tea to reach new members * FCE brochures available to public at community events</i>			
Program Coordination & Organizational Maintenance	25,508	2,287	\$615,763
<i>Planning Educational Programs * Publishing State & Local Newsletters * Civic Engagement * Participating at State and National FCE conferences * Publishing Annual Report* Planning & Conducting Meetings</i>			
Total Hours/Value	69,671	18,418	\$1,681,858
Total Material Contributions			\$27,960
Total Contributions			\$1,709,818



Keep it Rolling: Success is Working Together

Hawaii State FCE President **Martha Yamada**, State Membership Chair **Patricia Kubo** and Extension Educator **Joan Chong**, provided training on four islands to meet with FCE members who can help develop programs of interest to grow FCE. These members learned about leadership tools available in FCE and will be able to use these tools to work together for the success of Hawaii FCE. The sessions were held on May 20th on Oahu, July 8th in Hilo, August 5th on Maui, and August 12th on Kauai. These one day sessions were free of charge. Ruth Haitzuka, State FCE Vice President was a “Presenter in Training.”

Throughout the history of Family and Community Education (formerly known as the Hawaii Extension Homemakers) leadership development has always been a major part of our volunteer program. Project Leader Training (PLT) was used to teach members research based material from the Cooperative Extension Agents and educators, then have those who were taught, go into the community and teach others.

In 1981 Hawaii Extension Homemakers was one of the six (6) pilot states across the nation to attend the initial trainings for the Family Community Leadership Program with funding from the W.K. Kellogg Foundation. Training was conducted in all 50 states and by 1992 the National FCE Public Policy Coordinators took FCL training to the Hague, a city in the Netherlands presenting FCL leadership training at the Associated Country Women of the World Triennial Conference. The training “Sharing Global Leadership” consisted of 4 training sessions and a general session. 1) Leadership Basics, 2) Intermediate Leadership, 3) Advanced Leadership and 4) Leadership Excellence from the FCL program. State presidents and coordinators came from 70 countries. Each participant received an FCL packet on Communication, Effective Meetings, Conflict Management and Leadership and were encouraged to present FCL training in their homeland.

FCL Training on the Big Island

FCE members receiving certificates for FCL Training: Lynn Nagata, Carolyn Sewake, Terrienne Sewake, Karen Hamada, Barbara Fujimoto, Milo Ferreira, Doris Iwaoka, Warren Chong and Lori Kashiwa with Joan Chong, Martha Yamada, Pat Kubo and Ruth Haitzuka. (not pictured: Gay Okada)



FCL Training on Oahu

FCE members receiving certificates for FCL Training: Evelyn Cabral, Wanda Lew, Annie Sagawa, Dixie Dumaran MD, Jeanette Pang, Ruth Haitzuka, Jackie Chong. (not pictured: Lillian Tim Sing, and Joan Yoshino)



FCL Training on Kauai FCE members receiving certificates for FCL Training: Front: Elpido Aquino, Elizabeth Aquino, Ruth Haitzuka, Martha Yamada, Kay Nakata, Phyllis Tokita, Margo Hashimoto, Carolyn Lum. Middle: Annie Rellin, Bernie Tangalin, Joyce Nakahara, Gale Kashuba, Pat Kubo. Back row: Joan Chong, Janice Plumer, Jo Shimamoto, Pearl Shimizu, Pam Sokei, Maurina Borgatti, Queenie Daligdig, Laurie Ho, Lucinda Tasaka, Gail Murashige, Terry Phillips



FCL Training on Maui FCE members receiving certificates for FCL Training front row: Katsuko Enoki, Rae Kobayashi Standing: Melinda Ishii, Pat Kubo, Pasita Pladera, Martha Yamada, Lynn Barut and Ruth Haitzuka.



Hawaii State FCE Past State Presidents remain active in their councils and attend the 2017 State Convention. L-R Susan Yee 2005-2006, Martha Yamada 2018-2019, Diane Hultman 2009-2010, Patricia Kubo 2011-2012, Jacqueline Maly, PhD 1993-1994, Oarlene Wingate 1987-1988. Seated: June Tom 1999-2000 and Sally Bowman 2015-2016



**Hawaii FCE's Heart of FCE
JEN LARIS**



Jen Laris, a 15 year member of Ho'ike FCE Club of Hilo, used her FCE leadership skills and generosity to implement a world-wide project to help dissuade human trafficking of young girls. With FCE members lending their support from across the State of Hawaii, she organized community support and gathered a group of seamstresses to promote the "Dress a Girl Around the World Project." Members from several churches, community clubs, Hawaii FCE clubs, and an ashram made the dresses or helped distribute them to various countries. The project was maintained as an FCE state program for 3 years with 4000 dresses sewn and distributed into six (6) countries on three (3) continents. Congratulations Jen!

**Carla Sue Small-2017 Winner of
the CHARACTER COUNTS! Art and Essay
Contest...**



First place state winner is Carla Sue Small, from Hanalani Elementary School on Oahu. This year, the artwork and essay focused on CARING. Winners were awarded cash prizes along with a certificate. CHARACTER COUNTS!® and the Six Pillars of Character are service marks of the CHARACTER COUNTS!® Coalition, a project of the Josephson Institute of Ethics. The six pillars of character: Responsibility, Caring, Respect, Trustworthiness, Citizenship and Fairness - promotes and teaches ethical behavior and encourages students to improve their writing and drawing skills by participating in this contest which runs from September 1 through March 1 each year in all FCE member states.

Hanalike Kakou FCE members Doris Saxer, Wendy Botelho-Cortez, Barbara Fujimoto and Etta Palea deliver the 24 miniature trees decorated by their club members to Legacy Rehabilitation and Nursing Center in Hilo.



Hui O Wahine Club members Gail Kimura, Debi Shigehara and Karen Konishi staff the "Light Up A Life" table at the Prince Kuhio Mall in Hilo.



Club Musubi members from Kauai Council donate 80 travel sized "Spa Bags" to the YWCA Family Violence Shelter.



Kauai FCE members donate 222 new and gently used books to Wilcox Hospital and the Kauai Easter Seals as part of their annual “Books for Newborns” project.



Book of Golden Deeds Award



Carolyn Oki with husband Wallace

Puna Wahine FCE club members donate 150 new pairs of slippers to Pahoia Elementary School and Keonepoko Elementary School each year. The school health room distributes to those children in need when their slipper breaks or they do not have any footwear. This year, the club donated 14 packages of new panties and boxers for students in need. Club president Diane Hultman (left in photo) delivers the under garments and slippers to the school .



Carolyn Oki, a 39 year member and founder of Hanalike Kakou FCE Club was honored by the Exchange Club of Hilo at their Recognition Luncheon on May 11th. Carolyn received the “Book of Golden Deeds Award” for her commitment to helping families dealing with mental illness. Because of her work, the Department of Health formed a National Alliance on Mental Health (NAMI) chapter in Hilo. NAMI was instrumental in advocating for the need to include a psychiatric unit in the new Hilo Hospital. In 1990, Hale Hoola was built to provide the opportunity to heal in a safe and therapeutic environment. Carolyn has been involved with NAMI for the past 35 years educating and supporting families through monthly classes. She also participates in the annual NAMI 6 week seminars providing current research in the field of mental illness, resources, and educational opportunities to individuals and families.

Hawaii FCE awards \$250 to Ruth Haitzuka 1st Timer to National FCE Conference \$250; and **\$180** to Pachi Tomasa 1st Timer to Hawaii FCE Convention

Kauai FCE Council awards \$500 each to PROJECT GRAD awardees representing, Kapaa High School, Kauai High School, and Waimea High School.

Maui FCE Council awards \$2000 each to Maui High School seniors: Jamaica Aquino, Dahnielle Cabacungan, Shaye Acopan, and Florimae Garcia; and \$2000 to Creselle Morales, Baldwin High School.

Trimble Foundation awards \$1000 to Elizabeth Salfen for tuition to attend University of Hawaii Manoa

2017 EDUCATION AWARD WINNERS

<i>Leadership Award: Lynn Barut</i>	
Action: Hoike Club - Hilo Council	Organized and hosted Friendship Tea
Leadership: Hui O Wahine - Hilo Council	Assisted Hawaii Japanese Center
Leadership: Hilo Council	Organized the annual FCE Fair
<i>International Award: Sue Stewart</i>	
Education: Windward Oahu Council	Present different funeral customs/traditions
Action: Hui O Wahine Club – Hilo Council	Assist Hawaii Japanese Center
Action: Windward Oahu Council	Support Mission Juarez, Mexico
<i>Health Award: Dixie Dumarán</i>	
Education: Windward Oahu Council	Programs about new medical information
Action: Hilo Council	Hosting weekend respite based on Blue Zone
Leadership: Hilo Council	Promoting Blue Zone life style
<i>Youth Education Award: Janice Plumer/Ruth Haitzuka</i>	
Education: Windward Oahu Council	Teaching youth to recycle and repurpose
Action: Puna Wahine Club - Hilo Council	Donation of slippers and underwear to schools
Leadership: South & Windward Oahu Council	Partner with CTAHR for Agriculture Day
<i>Home/Community/Environment Award: Susan Yee</i>	
Education: Windward & South Oahu Councils	Sponsored Fun Day
Action: Kauai Council	Helped finance Project Grad program
Leadership: South Oahu Council	Teach floral and succulents planting

Natalie Oda, member for 19 years of Makani FCE Club, Windward Oahu was recently honored by Kailua Town to be the 2017 July 4th Grand Marshal. As a member of the boards of the Kailua Boys and Girls Club and the St. Christopher’s Church Senior Center (one of its founders), an active member of her church and FCE, the honor is a way for Kailua Town to say ‘thank you’ to a tireless volunteer.

For Natalie’s once a month Scrabble partners, a memorable moment was when she used all 7 of her Scrabble tiles! At 96 years young, Natalie Oda is an unassuming and fun role model.



State FCE Educational Chairpersons conducted 20 minute workshops for FCE members who attended the State FCE Convention on Oahu. **Lynn Barut, Leadership Chair** and her daughter **Chaclyn** conducted a LEADERSHIP workshop and had participants worried that they were in a real disagreement! All convention attendees were able to attend every workshop and leave with valuable information as well as the Hearth Fire Series pamphlets to share in their councils.

AG DAY AT URBAN GARDENS



FCE members from Windward Oahu and South Oahu Councils participated in CTAHR AG Day at the Urban Garden Center in February. Six groups of children accompanied by their teachers and chaperones visited our presentation “**Benefits of Butterflies in Our Environment.**” Ten volunteers: Wanda Lew, Marilyn Kawazoe, Sandy Oshiro, Kathy Uehana, Annie Sagawa, Emily Deai, Florence Ouchi, Joanne Oyama, Nancy Arakaki and Pat Kubo taught the children to make butterfly clips and the importance of planting certain flowers to attract the butterflies into their garden.

Windward Oahu FCE members are well on the way towards meeting the goal that in 2018, every Veteran’s grave at the Hawaii State Veterans Memorial Park in Kaneohe, Hawaii will have a lei on Memorial Day. For Memorial Day 2017, there were 1500 graves without a lei.



In Loving Memory...



Betty Jo Thompson arrived in Hilo HI in 1953 as our Extension Home Economist and retired from the Cooperative Extension Service after 32 years of service. Betty Jo taught 4H youth and guided University Extension homemakers and Family and Community Education members in their leadership development, volunteer management and family resource management. She developed healthy recipes and promoted local fruits ~ like papaya, pineapple and guavas, and was a pioneer in using the newspaper, radio, video and television to reach more audiences. Betty Jo was a lifelong learner and a wonderful teacher,

sharing her knowledge and skills and helping people take control of their lives. She was a mentor to many and a friend to all. She was loved by everyone who knew her. In 2015, she moved to Pennsylvania to be near her daughter Mari Jo and passed away 11/17/2017 at 86 years of age. She has left her fingerprints on every person she touched, especially the FCE members and will always remain in our hearts A special teacher and friend!



67th Hawaii FCE Convention at the Pagoda Hotel in Honolulu held October 20-22, 2017

For more information visit our website at: www.hawaiiifce.org
Hawaii Association for Family & Community Education
President Martha Yamada 912 Puku Street Hilo 96720
CES Office 79-7381 Mamalahoa Hwy Kealahou HI 96750

*Annual Report prepared by Oarlene Wingate
Mahalo to Committee members Denise Smith and Karen Hamada*

