



# The Homemaker Echo

Official Newsletter of the Hawaii Association for Family and Community Education

Volume 44 Issue 4

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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,

It's the holiday season! A time to spend special moments with our family and friends to create life long memories. A time to reflect on the past year with gratitude for the many blessings, accomplishments and new learnings that made us better people as we grew ourselves and our organization. We had a wonderful convention this year on Maui. Thank you so much to Margaret Cambra and her team! The food was fabulous; the tour to the farmer's market, pumpkin patch and unforgettable bus ride☺ The Education Chairs did a wonderful job with their Hearth Fire Series presentations. I hope the members will share what they learned and how they are using it back home by writing a short article for the ECHO. Our Fun Night was installing Joan Chong, Advisor, into the "Retirement" Club. Every council was so creative and it was so much fun! We truly thank Joan for all her support and will truly miss her.



Kelvin Sewake, Interim Associate Dean & Associate Director for Cooperative Extension Service, University of Hawaii at Manoa, College of Tropical Agriculture & Human Resources (CTAHR) was our guest speaker and spoke about our connection and his commitment to support our organization. CTAHR has 10 initiatives that drive their work and Hawaii FCE program areas match eight of their initiatives. It was so encouraging to listen to someone that was able to articulate our valued partnership.

1. Sustain, Protect, and Manage Hawaii's Natural Resources and Environment  
**FCE:** Home, Community, and Environment (HCE) – Learning about plants & gardening.
2. Hawaii's Diversified Tropical Crop Systems for Sustainability and Competitiveness  
**FCE:** HCE – Learning about plants & gardening
3. Invasive Species Education and Management  
**FCE:** HCE - Learning about Plants & Gardening
4. Youth, Family and Community Development  
**FCE:** Leadership Skills – Assisting with 4-H activities; planning & organizing workshops & meetings. Serving on Council, State, and National FCE Boards.  
**FCE:** International Projects – Support Japanese Cultural Center, learn about different faiths of the world, Dress a Girl Around the World, helping needy families.  
**FCE:** CHARACTER COUNTS! Essay & Art Contest for 4<sup>th</sup> grade students.  
**FCE:** Books for Newborns, Dress for Success, Scholarship donations, Craft workshops for Boys & Girls Club.  
**FCE:** Program Coordination & Organization Maintenance – planning educational programs, Publishing state and local newsletters, civic engagement, participating at State & National FCE conferences, publishing annual reports.
5. Health and Wellness of Hawaii's Families and Communities  
**FCE:** Health – Blue Zone Project, Zika virus education, cutting cancer risks, acupuncture information, nutrition workshops, learning Qigong.  
**FCE:** HCE – Support Kauai Special Olympics, make holiday decorations for Veteran's Home; make quilts for homebound and ailing.

President's message continued

6. Global Food Security and Hunger  
    **FCE:** HCE - Serve meals for the needy.
7. Climate Change
8. Sustainable Energy
9. Childhood Obesity
  - a. **FCE:** Health - Nutrition workshops
10. Food Safety
  - b. **FCE:** Health – Nutrition workshops

Planning a convention allows members to put our leadership and communication skills into practice. We are looking forward to hosting the next convention in Hilo and will try to do as great a job as Maui and encourage members to be a part of the planning committee. **Please save the dates in your calendar – October 18, 19, and 20.** I will end my term as your State President and take on the role of Past President to support Ruthie Huitsuka and her energetic and committed Board of Directors. Our future is bright as we continue to pursue education, developing leadership and community action by sharing our Aloha Spirit. Thank you for allowing me to serve an organization that enriched my life and serves our families.

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

#### Hawaii FCE Board Members

##### **Executive Officers**

President ~ Martha Yamada  
Vice President ~ Ruth Huitsuka  
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's Message



September's ECHO was about "Who Are We?" At the HAFCE State Convention in Kahului, Maui, October 12-14, 2018, members discussed how we can start a conversation in one sentence about "What is FCE?". Members came up with the following:

FCE is sharing the Aloha Spirit through Leadership, Education and Community Action. Want to know if it worked? Yes, it does get the conversation going. I used this line while walking and talking to a stranger in the hallway of the Maui Beach Hotel. As it turned out, she and her husband are Maui residents who were on a "stay-vacation" at the hotel. As we talked, she became interested and wanted more information. I took her name, phone number and gave this information to Lynn Barut. There we go! That's how simple it is. Have you tried to use our newly created "slogan"? I know, this slogan may not tell ALL about FCE but it does get the conversation going to "talk story" about what we do. Let's see if we can recruit new members using this one-

liner to get the conversation going. The following vacant positions for the 2019-2020 Board have been filled: Ways and Means (Lee Watanabe – Hilo Council), Youth Education (Terry Phillips – Kauai Council), Trimble Distribution (Denise Smith – Hilo Council), Membership (Elaine Fukui – Hilo Council). Pending is Leadership Education.

As we end 2018 and begin 2019, HAFCE faces many challenges ahead. Without a permanent Advisor, your Executive and Board members will strive together to keep HAFCE on track and focused on our tasks ahead. Working together will be our theme whether you are a member, a club, a council and/or on the Board. Nothing will be too hard to accomplish if we all work together. See separate article for the list of new Board members.

One thing that I ask each member, club or council: **PLEASE SEND IN YOUR REPORTS FOR 2018 that is due DECEMBER 31<sup>st</sup>.** These reports were simplified at the HAFCE State Convention to a half page. See your council

VP Message Continued

president or vice president for the updated forms. No explanations needed. Just critical information (Name of activity, date, time, presenters, volunteers, hours, etc.). No more long explanations (if you want to receive a state award, then yes, you still need to fill out the LONG form) to fill out. All this information is needed to compile the annual report to National and for Oarlene to work on the 2018 Annual Report. Our Annual Report shows the University of Hawaii what we contribute as we lead in the community. As soon as these figures have been computed, our 2018 report can be worked on and can be sent out way earlier than it has been. So let's all jump on the bandwagon and get our reports in. With everyone working as a team, everyone's responsibilities and deadlines are met without much stress. Let's help one another.

Ready, Set, GO!

Kathy Uehana will be handling the HAFCE Website. If you would like to share your newsletter, please send it to her and she will post it.

## 2019 - 2020 HAFCE BOARD

### EXECUTIVE BOARD:

President - Ruth B. Haitsuka - Windward Oahu Council  
Vice-President - Elaine "Queenie" Daligdig - Kauai Council  
Secretary - Patricia Kubo - Windward Oahu Council  
Treasurer - Wanda Lew - South Oahu Council  
Past President - Martha Yamada - Hilo Council

### EDUCATION CHAIRPERSONS:

Health - Dr. Delfa "Dixie" Dumaran - Windward Oahu Council  
Home/Community/Environment - Carolyn Sewake - Hilo Council  
International - Susan Stewart - Windward Oahu Council  
Leadership - Oarlene Wingate - Hilo Council  
Youth - Terry Phillips - Kauai Council

### BOARD:

By-Laws - Dr. Jacqueline Maly. - Windward Oahu Council  
Finance - Wanda Lew - South Oahu Council  
Trimble Foundation - Martha Yamada - Hilo Council  
Trimble Distribution - Denise Smith - Hilo Council  
Nominations - Patricia Kubo  
Education - Elaine "Queenie" Daligdig - Kauai Council  
Ways & Means - Lee Watanabe - Hilo Council  
Membership - Elaine Fukui - Hilo Council  
Annual Report - Oarlene Wingate - Hilo Council  
Newsletter - Denise Smith - Hilo Council  
Convention - Carolyn Sewake - Hilo Council

By posting your newsletters on our website, we can have information about different councils/activities for anyone interested in what we are currently doing. It also gives visitors to our site information of where clubs/councils are located in their area. Thank you all for allowing me to be on your Board and being a part of the work for HAFCE. I have learned so much from each of you and all of you are very precious. Keep up the terrific work you that you give - time, resources and monies - towards the betterment of HAFCE. Please know that your Board is here for you. If you have concerns, want answers, etc.; please ask as we are here for you. Shortly, the new directory for the HAFCE Board will be out with contact information. If you have changed your email, telephone number, address, etc., please contact Martha Yamada so she can update your records.

Looking forward to the new challenge and working with all of you next year as your incoming president. Wishing you and your family the Merriest Holiday Season and a Happy 2019 New Year!

*Ruthie Haitsuka*



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

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

**March 10<sup>th</sup>, 2019**

**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*

## International Education Chair Report – Susan Stewart



The Associated Country Women of the World (ACWW) joined the United Nations and organizations around the world in celebrating October 11 as the International Day of the Girl Child, which the United Nations launched on October 11, 2012. This day celebrates the rights of girls everywhere. It aims to highlight and address the needs and challenges girls face, while promoting their empowerment and fulfillment of their human rights. In the last 59 years, ACWW has passed resolutions and policies in support of the rights of girls' education, health, and welfare. Progress has been made although ACWW committed to continuing to improve the lives of girls for the better. In Romania ACWW is working to improve living conditions and options for female victims of trafficking and prostitution. In Sudan, they are establishing schools and educational opportunities for children in Displaced Persons camps in post-conflict situations.

### **Convention Report from Trimble Fund Raising**



**By Pat Kubo  
Interim  
Past President**

Thank you so much to all the HAFCE members who supported the Trimble quilt fundraiser and the Christmas ornament sales. The beautiful quilt which was created by Denise Smith brought in almost one thousand dollars. The lucky winner of the quilt was Sanae Morita from Kauai. The ornaments and other monetary donations also brought in over one thousand dollars.

I would like to give special thanks to all the councils, clubs and individual members for making the lovely ornaments and other Christmas items. Thank you also to Katsuko Enoki, Rae Watanabe, Melinda Ishii, Wanda Lew, Rhoda Yoshino, and Becky Lau who helped man the Trimble table. Thank you also to Martha Yamada, Patricia Kubo, Katsuko Enoki, Dr. Jacqueline Maly and Rhoda Yoshino for their generous monetary donations to the Trimble Foundation.

### **Membership Chair Report - Pat Kubo**

The Membership contest was held at the convention this year. A name was drawn from all the new 2018 HAFCE members and a \$100 certificate was awarded to this member and sponsor. The certificate may only be used towards registration at an HAFCE convention for one of the next three years. The winning new member is Kathryn Watt-Morton from Hilo. Her sponsor is Lavanda Salas.

#### **Congratulations to these HAFCE members who received service certificates from National FCE.**

50 years – Katsuko Enoki – Maui Council

55 years – Rose Marie Pohina – Hilo Council

55 years - Katherine Wong – South Oahu Council



60 years – Eunice Masumura-Sakata - South Oahu Council

65 years – Ann Nathaniel- Hilo Council

70 years – Florence Fergerstrom – Hilo Council

## Alice Benbow Clark

Interview by Patricia Kubo in 2015



Alice Clark was honored at the 2013 HAFCE convention by becoming an Honorary Member of HAFCE. We were not able to learn very much about Alice at that time and as one of the writers of our Hawaii FCE Creed, we should know more about her. At a lunch with Alice Clark and Natalie Oda-Lee, I asked Alice questions about what her U.E. Club was like and about the Homemaker's Creed. Alice Clark, Mabel Keesling and Rae Ross, members of the Kainalu U.E. Club, got together over coffee at Alice's home and wrote the Hawaii Homemaker's Creed. They were asked to write something and Alice said they laughed and joked a lot as they came up with the words. Alice remembers that Rae was a minister's wife and that Alice was a Travel Agent. This was during the years that our organization, HAFCE was known as the Hawaii Extension Homemaker's Council. Alice recalled that their club was a very close knit group that shared maternity clothes and baby clothes. Kainalu U.E., located in Kailua, Hawaii, was one of the largest U.E. clubs and they even had a waiting list to join their group. At that time, it was way out in the "country" and there were not many social activities. One member that they invited to join was Dr. Jacqueline Maly. Alice's husband, Bruce, and Jacquie's husband, Ted, were friends. Alice invited Jacquie to be a guest speaker from the Windward Community College. Alice fondly remembers Christmas parties hosted at Jacquie's house. Often they had 20 club members and their husbands, sit down to dinner. Alice has had a very interesting life. She moved from New York to Ohio and then to Hawaii. She and her husband Bruce, wanted a change of climate so they boarded the Lurline and sailed to Hawaii. Bruce was an attorney in Ohio. They came to Hawaii with no plans for jobs or housing. Through a friend, they found a place in Aikahi, Kailua, and Bruce had to take the Hawaii bar exam. Alice has three children Carol, Lisa and Randy. She is the retired owner of Kailua Travel. She is now 93 years old and still keeps active with her bridge games.



*Alice Clark passed away on July 4, 2018 in Lahaina, Maui at the age of 96.*

### My memories of Alice Clark

By Dr. Jacquie Maly

Alice Clark was made an Honorary Member of Hawaii FCE a few years ago because she, along with two other women, composed the Creed which we all recite at meetings to this day. She and her husband, Bruce, an attorney, came to Hawaii from the mid-west. As near as I can tell, Bruce helped found a Kiwanis Club in Windward Oahu (which he and I convinced my husband to join) and Alice helped found a UE (University Extension Homemakers) club which bore the name of the street on which they lived, Kainalu. It was a large club and they limited membership to 20 - which was the maximum that most of their homes could hold for meetings. The Kainalu club was mostly made up of middle -aged members, many professional or working women who had more interest in guest speakers rather than the programs provided by the Extension Service. So, in 1972, when I helped found the Windward Community College, I was invited to tell them about it. My husband and I had attended several parties at Alice's home previously and I had heard conversations about Imiola UE. When I finished my talk, and over refreshments, I asked how to join the group. They were somewhat astounded by the question and said they would have invited me earlier, but "**They were sure I was too busy.**" That was almost 50 years ago and I am still an active member - actually, I consider myself Alice Clark's "legacy." Although Kainalu UE is long gone, she and I stayed in touch until her passing, commemorated at the past convention. Until recently, she sent birthday cards to me and my husband every year. I miss her very much.



The lesson I have shared with this story many times over the years - **do not make assumptions about other people's time commitments.** If a busy person finds value in a group or activity, they will always make time for that.



## Susan Yee

*Susan's passing occurred just a few days prior to the September Echo going to press. I would like to add more of her accomplishments to the brief write up given her in the Sept. issue. The following are contributions from Pat Kubo & Kathy Uehana, as well as myself. Susan served as my vice president when I was HAFCE president and we became good friends as well as a good FCE team ~ Denise Smith*

Susan Yee, FCE's Super Woman, passed away on September 20, 2018. She leaves her husband Ted, four children and 7 (?) grandchildren. She wore many hats during her 47 years in FCE – Club, Council and State President, Vice President, Secretary, Treasurer, and NAFCE Public Policy Director. She also was the recipient of Hawaii's Spirit of FCL and Heart of FCE awards. Susan had a long history of association with Cooperative Extension Services through her experiences as a 4-H leader and then as an outreach worker for the Expanded Food and Nutrition Education Program (EFNEP). She definitely understood the concept of continuing education, developing leadership and inspiring community action! When she was active in 4-H, the Pearl City Urban Garden Center needed to complete a road through their many acres. Susan and her 4-H club put together a grant request to complete this project. This was granted and the road was finished.

While serving as Hawaii FCE State vice president/president-elect, she revised and enhanced the state reporting system. As a result, our members are able to submit more comprehensive reports of their projects. As state president she promoted the use of National FCE educational materials such as the Hearth Fire series. She was also instrumental in developing an ad hoc committee that was chartered to review ways of increasing our membership numbers. The success of this committee increased the number of new members, particularly in the Family category. Susan and her contributions to FCE will be missed!



## *Eunice Masturra-Sakata*



*I am saddened to notify you of the passing of Eunice on December 12th. In February, she would have been 104 years old! This beautiful, gentle, and thoughtful woman was just given her certificate for 60 years (with a bridge of service) in UE and FCE on Thursday, December 6th and was again so happy to have spent so much time in the organization. She joined UE in 1949 and served as the second HAFCE President from 1952- 1953. We will miss her sweet smile and never-ending goodwill toward all.*

*Submitted by Kathy Uehana ~ South Oahu Council*

## Trimble Foundation Distribution Committee - Denise Smith

The Trimble Foundation Distribution Committee met on October 3, 2018 via internet. The committee members are Denise Smith - Big Island, Bernie Tangalin - Kauai, Kats Enoki - Maui/Molokai, Kathy Uehana - Oahu, Pat Kubo- Interim HAFCE vice president, Joan Chong - CES advisor, and Meleen Pang Corenevsky - Bank of Hawaii. Outgoing chair Martha Yamada attended as a non-voting member to help transition the chairmanship. New officers selected were Denise Smith - Chair, Pat Kubo - Vice Chair, and Bernie Tangalin- Secretary.

One application was received this year and \$2,000 was awarded to FCE member, Elizabeth Salfen for tuition expenses to attend the University of Hawaii at Moana. "Liz" is working towards her Master's degree in Special Education.

The committee would like to welcome new member, Julia Zee, who will take Joan Chong's place on the committee as the representative for Cooperative Extension Services. Julia was born and raised in Hilo, is a second generation Extension Agent (her mother served along with Betty Jo Thompson), and has been in her position for 32+ years. She works with a variety of community groups and programs to educate people of all ages about healthy eating, managing chronic diseases, and keeping food safe to eat.

The application deadline for individuals or organizations is **July 31, 2019**. Information and application forms are available on the HAFCE website, [hawaiiifce.org](http://hawaiiifce.org) or in your Council President or HAFCE Board member's handbook. Please help to inform others of the availability of this funding for FCE members, their families, community members, and community organizations.

### Sneak Peek at the Trimble Foundation Quilt for 2019

#### "Bento Box"

Congratulations to Sanae Morita of Kauai FCE, the winner of the 2018 TF quilt, "Martha's Mikado". The quilt for 2019 is already in progress and is named "Bento Box". It will be 30" X 36" in size and will feature beautiful Japanese prints, with dark blue indigos in sharp contrast to brightly colored red and orange prints. The tickets will be available from your council president in March or at convention. 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 2019 convention in October in Hilo. Need not be present to win. Good Luck to all who buy tickets and mahalo for supporting the Trimble Foundation.



## 2018 HAFCE Education Awards

2018 Convention on Maui

### **Health –**

#### **Action – Windward Oahu – Assisted Devices for Seniors**

Demonstrated different assistive devices we might utilize to aid in activities of daily living like folding walker, grabber for picking up objects, hooking bras, putting on long stockings, putting on shoes, safe driving, clipping toenails, demonstrated how to balance to prevent falls, Wellness Living.

#### **Education – Windward Oahu – Healthy Foods**

Educating members what Healthy Foods are. Members researched health magazines, copied and cooked their recipes, researched the Internet and told the caloric and nutritional values of what they served. Take Away lesson is to tailor your diet and what you eat to your health and what you need to stay Healthy. A compilation of all the recipes was made into a booklet and distributed to members who attended.

#### **Leadership – South Oahu – Disaster Preparedness**

This was a refreshing take on Disaster Preparedness. How many times have we heard about Tsunami and Hurricane Preparedness? Last year in the Island of Oahu, we all had a shock when our warning systems announced that missiles carrying nuclear bombs were inbound to our island from Korea!! Award goes to this council for thinking of allaying the fear and mental anxiety of everyone in the event of a nuclear attack! Handouts were given on the event of a nuclear explosion: where to seek shelter, how to prepare and how to survive and what to do after.

### **Home and Community Environment -**

#### **Action – Windward Oahu – Na Lei**

Coordinated with Hawaii State Veterans Cemetery, University Avenue Baptist Church, Moilili Senior Center, Puohala Senior Center, Urban Garden Center, florist for fresh flowers, making of yarn and fresh lei, contacting Midweek for publication of project; gathering flowers from community and seeking and accepting donations from community; contacted legislators and Kiwanis of possible assistance for 2019, surpassed goal for number of lei.

#### **Education – Maui Council – Defibrillator**

Speaker informed members about preparing in advance for less stress, update of CPR procedures & info on defibrillator use.

#### **Leadership – Windward Oahu – Disaster Preparedness**

Contacted speaker from Community Emergency Response Team – Retired Hawaii State Civil Defense; Contacted State Legislator Jarrett Keohokalole for distribution brochures, prepare game ‘How Prepared They Were’ and award prizes

### **International –**

#### **Action – Windward Oahu – Juarez Project**

Members made special angels and paper footballs for orphans and children in Juarez, Mexico for a mission trip. Curtains were sewed and other household items were collected for a house to be built for a needy family. FCE members partnered with a local church on this project. They will continue this project in 2019.

#### **Education – South Oahu & Windward Oahu – Wahiawa Botanical Gardens**

Members from South Oahu and Windward Oahu collaborated and learned about Hawaiian culture at Wahiawa Botanical Gardens. They met and planned the activities which included: two Hawaiian games (Pala’ie and Konane), practiced their knowledge of Hawaiian language, had a demonstration of how to make lomi salmon, enjoyed the Hawaiian foods lunch menu, made ti-leaf leis for Punchbowl Memorial Day, and learned how to make “buggy whips” from ti leaves.



## **Leadership – Windward Oahu – Culturally Significant Years**

Members developed leadership skills by presenting information on birthdays and other significant year's celebrations before groups. An overview of various cultures (Korean, Chinese, Indian, Japanese, Vietnamese, Tongan, Laotian, Hawaiian, and Israel) was shared as well as some cultural foods eaten during these celebrations.

## **Leadership –**

### **Action – Maui Council – Maui Convention**

Committee met and planned the 2018 Convention. Packets completed for mid-year board meeting and distributed. Met with hotel, eateries, and vendors for the best deal. Acquired donations for paper and printing. Got family members involved and hopefully, inspired to join FCE.

### **Education – Hilo Council – Rummage Sale**

Members planned for their annual rummage sale. Public response was excellent. Total collected was \$1252.20. Proceeds distributed to Trimble Foundation, Dollars for Leadership, Pennies for Friendship, one individual membership fee, and balance to the council general fund.

### **Leadership – Windward Oahu -Hearthfire Presentations**

Each club presented a Hearthfire booklet. Club members worked together to develop a presentation for the Council meeting.

## **Youth-**

### **Action – Windward Oahu – Boys and Girls Club**

Coordinated workshop consisting of three different activities – two crafts and one cooking for spring break at Boys & Girls Club in Kailua. Secured t-shirts for recycled bag; created hands-on game using string and cut-out to propel cut-out up a string; children learn how to prepare and bake crescent roll hot dogs; Director impressed as to activities for children and will use ideas for their children's activities

### **Education – Windward Oahu – Foster Gardens Gleam**

Community Support event with Foster Botanical Gardens. Members were able to provide and practice their leadership skills to work and explain to youth and parents about the craft. Collected materials to make bubble wands and solution for bubbles; using template created by Pat and David out of wood pieces and nails for design

### **Leadership – South Oahu – Urban Garden – Butterflies**

CTAHR AG Day for Oahu 5<sup>th</sup> Grade and Urban Garden Center. SO assisted CTAHR with the criteria that was asked. Benefits for Butterflies in our Environment



## **Hilo FCE Council – President Carolyn Sewake**

Happy New Year! Hilo Council extends to all of you our best wishes for a spectacular year of the Boar filled with good health, good fortune, and lots of love.

This is my last message to you as Hilo Council President. It was an honor to serve my Council and I want to thank my board for helping me make the past two years memorable. Together with the assistance of Diane Hultman, Vice President; LaVanda Salas, Secretary; Rose Vierra, Treasurer; George and Shirley Ito, Historians, Martha Yamada, Aloha; Elaine Fukui, Membership; Liz Hultman, Hibiscus ; Hazel Bello, Ways and Means and all the 11 club presidents, we accomplished a lot of great and successful programs. Joan Chong, Extension Educator's guidance was always there when needed. We will miss her.

## Hilo Council Continued

Hilo Council climaxed its successful year with their annual Installation and Recognition Dinner held on December 6, 2018 at the Nani Mau Gardens. The memorable dinner under the leadership of co-chairs, Gail Kimura, Janet Matsuo, and Sally Bowman of Hui O Wahine FCE Club, was enjoyed by 91 members including special guests and honoree Joan Chong upon her retirement as our Extension Educator.

This action packed evening included greeting special guests, Honoree Joan and Warren Chong; keynote speaker, Kelvin Sewake, Interim Associate Dean and Associate Director for Cooperative Extension Service; and Julia, extension agent and Francis Zee. Dr. Susan Miyasaki was enjoying herself on a trip and was unable to attend. The Mikioi Street Band led by Vic Vierra, Rose Vierra's husband kept us toe tapping and humming all evening with their lively, sing able selections. George Ito, Historian, produced a video of pictures of members enjoying Council activities and one of "Joan's Life" with Warren narrating each special event. He told us about how she captured his heart and she was really a beautiful bride. 27 members received service pins for the years, 1, 5, 10, 25, and 30, 40 - Carolyn Oki, 55 - RoseMarie Pohina, and Ann Nathaniel - 65 years. Andrea Negre, Hilo's Heart of FCE was recognized along with George Ito who submitted the Rummage Sale report that his club chaired and which won the Leadership Award for Hilo Council. The Quality Gifts that members won at the Maui Convention were distributed to the winners. A Memorial Table was beautifully decorated to honor Betty Jo Thompson, Flossie Fergerstrom, Herbert Rapoza, Chieko Alatan and former member Annie Camacho who passed away this past year.

Carolyn Sewake, outgoing president, recognized the board members (mentioned above) for their 2 years of conscientious and dedicated service to Hilo Council that made the Council run so smoothly. Joan installed the 2019 thru 2020 Council Officers and the Club Presidents with the long anticipated theme based on the evening's dinner theme, "FCE Celebrates with Hearts of Love." We will miss Joan's truly creative, appropriate and funny installations. We will miss her ever present smile, calm nature, humor, and guidance. But we wish her a wonderful retirement with Warren and her family.



↑ Hilo Council attendees at HAFCE convention



## Kauai FCE Council – Submitted by Gladys Fujiuchi

### **President's Message – Queenie Daligidig**

HO, HO, HO!! Tis the season to be Jolly. I would like to say a big Mahalo to all of you. Your dedication, presence and enthusiasm continues to inspire me. Being my first year, I have learned so much and want to help inspire more in getting involved. Knowing your daily schedules can be busy, but KAFCE is and has been part of your life for several years if not half a life time. Please share with family and friends about what KAFCE is. "Sharing the Aloha Spirit through Education, Leadership & Community Action" (ELCA). I'm looking forward to my last

Kauai Continued

year as your President and my first year as the State Vice-President. Photos below are from the Kauai FCL session held on October 27<sup>th</sup>. Have a safe and Happy Holiday!



↑L to R: Carolyn Lum, Pat Kubo, Martha Yamada, Bernie, Sanae, Queenie, Joan, Martha; Joan and Rep. Dee Morikawa

←Some serious discussion going on: Ruth Haitzuka, Maurina Borgatti, Carolyn Lum, JoAnn Shimamoto and Pearl Shimizu




Club Musubi celebrates the Holidays & welcomes new member Christine Wong.  
←

Kauai's delegation at FCE convention on Maui →



**Molokai - President Gladys (Cookie) Brown**

The convention on Maui was very well planned. We all had a great  time seeing old friends and new ones. Everything was interesting. Sorry to celebrate Joan's retirement but happy for the family! Slowly nearing end of my convention trips. Thank you all for your kindnesses, especially those who aided me with my transportation everywhere. Keep my email address close by [gbrown6427@gmail.com](mailto:gbrown6427@gmail.com). Want to share with you whenever possible. Many thanks to everyone for friendships since I first joined years ago.



Gladys "Cookie" Brown from the Friendly Isle!!!!!!

←Cookie Brown at HAFCE convention

# WINDWARD OAHU FCE – Reported by Ruth Haitzuka

SEPTEMBER - DECEMBER 2018



## *OCTOBER – HAWAII STATE CONVENTION – KAHULUI, MAUI*



Members from Hui `O Koolau (Dixie, Bernadette, Evelyn, Maggie), Hui `O Makani (Pat, Iris, Susan, Richard, Annie) and Imiola (David, Ruth, Carole, Jacquie) attended the HAFCE Convention in Kahului, Maui on Friday, October 12 through Sunday, October 14, 2019. The location of the convention was at the Maui Beach Hotel. Two locations were needed to facilitate the various programs for this convention. At the business meeting, members passed the new policies for the “Las Vegas Annual Meeting” to be held in 2021. Oahu will be the host for this convention and thus will be working on the package for not one but two locations. One will be in Las Vegas, Nevada and the other, Oahu, Hawaii. The reason for these two scenarios – should the conference in Las Vegas not have a quorum, the Oahu plan will fall into place.

Educational workshops were very informative and interesting. Lynn Barut (Leadership) presented an interesting dialogue with her daughter, Chaclyn Nagata, using HFS #10 – Making Good Decisions and also presented a short demonstration of a Halloween Spider craft. Sue Stewart (International) used HFS #67 Aging Well and gave examples on how to embrace aging – adapting to life’s changes. Pat Kubo (Home Community Environment) HFS #68 Eating Healthy Foods – describing what whole foods are, pulse grains, proteins, gluten, GMO foods. Pat also provided goodie bag of “various beans” that are great healthy snack. Dixie (Health) talked and demonstrated various apparatus that seniors can use to help and assist in their daily routines. It was a fun time and lots of conversation and feedback discussion was had.



←Dixie Dumaran demonstrates

Maggie Schulte created and sewed a quilt made of recycled muumuus. The quilt was donated at convention to raise funds for their club and also for our council. Maggie is pictured with Shimomi of Hilo Council. Shimomi always sews quilts for others and hasn’t any for herself. How fitting that she won this quilt! Congrats Shimomi!

*Maggie Schulte and Shimomi Araujo →*



What is FCE? Members came up with a slogan that can be used to start a discussion about FCE. You can use this: “Living the Aloha Spirit through Leadership, Education and Community Action.” Memorize this statement so that you can start a conversation. Also, don’t forget to carry our Mini Booklet of Windward Oahu Events.

## **ACTIVITIES AND EVENTS**

### ***JUAREZ MISSION TRIP***

David and Ruthie Haitzuka traveled to Juarez, Mexico for their annual mission trip. During the trip, they helped build a home for a family that included a dad, mom, 5 year old son and a grandfather who is in a wheelchair. The family was very involved in the building of their home. Curtains were sewn by Ruthie and Maggie Schulte brought brightness to their rooms. Members donated monies towards the water system so that the family would have filtered water and a container to hold the water.



## *Windward Oahu Continued*

At the orphanage, as usual the children were very excited about the team bringing a Bible story (Jesus Loves the Little Children), crafts, games and just playing and hugging them. They loved the goodie bags that were provided that included toothpaste/brush, toys, pencil, writing book, whistle (very interesting expressions when blowing it) and snacks. One thing I noticed was that these children “LOVE” to paint, color, stamp with markers and stickers. They were very creative. So save those stickers that you get in the mail! Soccer balls were a huge hit as some of the children has tried to “hide it” under their shirts. We had a good laugh but knew where the balls were. The children cherished their “personal Angel” as they don’t need to share it with other children. As usual balloons were a huge hit. We did a community service activity for one of the churches in the community. At this event, we fed the attendees hot dogs, chips, fruit salad and drinks. Crafts were a part of this activity which were enjoyed by adults and children. Instamatic photos were taken of families and children were so excited to see themselves in the photos. Children enjoyed the soccer balls as well as the balloons.

### ***NOVEMBER – INSTALLATION/COUNCIL MEETING***



Iris Fukunaga installed the 2019 Windward Oahu Council officers: President: Dixie Dumaran, Vice President: Maggie Schulte, Secretary: June Tom, Treasurer: Emily Deai, Past President/Historian: Ruth Haitsuka. Guests included Rhoda Yoshino, retired FCE Advisor, Teddy Yee, husband of Susan Yee of South Oahu Council, Wanda and Diane Lew, South Oahu Council, Joan Chong, FCE Advisor (retiring December 31), Patchi Tomasa, former member visiting from Chicago. Potluck dishes were plentiful and delicious. Delegates to the HAFCE convention gave their written and oral reports each covering a specific day. Members raised \$74 for the Trimble Foundation.

The following members received their pins for years of service:

New Members: Simon Chong, Herbert Leider, Vincent Mulford, Dennis Pang

5 Year Members: Jordan Lane and Ketzen Lane

20 Year Member: Jeanette Pang

30 Year Members: Florence Ouchi, Carole Mulford, Chutima Leider

35 Year Members: Annie Sagawa, Joanne Oyama, Patricia Kubo

45 Year Member: Evelyn Cabral



*Newly installed Windward Oahu officers for 2019 ↑*

### ***CELEBRATION OF UH COMMUNITY EDUCATION***

Windward and South Oahu members celebrated along with CTAHR in commemorating 90 years in Hawaii. Also celebrating was the 4-H Program who is now 100 years old. Members attending this celebration were Ruthie Haitsuka, Wanda Lew, Dixie Dumaran, Evelyn Cabral, Jacqueline Maly, Patricia Kubo and guest Jean Young. Windward members put together the mini booklets of activities tied with a bag candies as a favor for participants telling them of who we are. The cost of this project was approximately \$100 with printing and materials.



### ***FCL LEADERSHIP TRAINING***



Members from Windward and South Oahu attended the FCL Leadership training on Saturday, November 10 at the Haitsuka’s home. Attending were Wanda and Diane Lew, South Oahu, Evelyn Cabral, Dixie Dumaran (Hui `O Koolau), Nancy Arakaki, LaVerne Chow, June Tom (Hui `O Makani) and Ketzen Lane (Imiola). FCL leaders were Joan Chong, Martha Yamada, Patricia Kubo and Ruthie Haitsuka.

### ***DECEMBER – ANNUAL GET TOGETHER***

A time to relax and have fun was the theme this year. Members brought their “special” dishes to share and be enjoyed by their friends.



Members also brought their White Elephant Grab Bag for exchange. Ted Yee from South Oahu joined in the festivities. Pat Kubo provided a mixture of games with lots of prizes to be won. Tree decorating, who did activities with a Christmas theme, candy cane steal, drawing blind, musical present were among the games. Pictured are some of the creative Christmas trees, with Nancy, Natalie, Emily, Ketzen, Iris, Annie and David as some of the creators. Wonderful laughter, full of time was the highlight of the night.



HAWAII ASSOCIATION FOR  
FAMILY AND COMMUNITY EDUCATION  
339 KALILI STREET  
HILO, HI 96720-4061