



# The Homemaker Echo

Official Newsletter of the Hawaii Association for Family and Community Education

Volume 45 Issue 1

March 2019

In this issue:

- \*President's Message
- \*Board Reports
- \*Council & Club News
- \*FCE Women Running for Public Office

**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)

## PRESIDENT'S MESSAGE

Can you believe it? March is here already! Your new president is hard at work learning her new responsibilities and getting items in place for the new administration of our executive committee and board.



Since the New Year started, your executive committee met in January face-to-face for a time of bonding, reviewing plans, timelines, due dates, planning and other matters but more importantly to review the handbook of our organization. If I am not mistaken, our handbook has not been updated since 2012 when Patricia Kubo was president. Many, many hours have been put in by Martha Yamada, past president, along with other board members to revise, update and verify all information for the handbooks. The purpose of updating the handbook will enable all members of the board to have the most current information and the same documents in our handbooks. Some information needed to be deleted, additions due to changes in current format (i.e. polycom vs. Zoom). Our goal is to have the handbook revisions ready for approval by the Board in May or shortly thereafter. Should anyone have questions about policies, guidelines, by-laws, etc., your council presidents will have the updated handbook for their reference.

Learning to use "Zoom" for our meeting has been challenging and a learning experience all at the same time. It has helped with communications with other members of the board. We had a rough start at our first zoom conference session but the second session went rather well. Zoom representatives were most helpful with solving issues that we encountered. As I continue to learn the system, please be patient with me.

I'd like for you to consider using the Hearth Fire Series booklets. The list of available booklets has been updated and before ordering booklets from National Headquarters, please contact Elaine "Queenie" Daligdig, your HAFCE Vice President for available copies currently on hand. Please note that "Xeroxing" copies require permission from National before doing so. So many booklets have valuable information that our members can learn and share with others outside of FCE.

I encourage everyone to begin this New Year supporting FCE and its endeavors. We are the ones that will help FCE into the future. We are currently adjusting to not having an "Advisor", hopefully temporarily. There are two part-time positions available for Lihue and Kona. Hopefully, whoever comes on board will acclimate to what we are about and jump in and become a "team player" with us.

I remember a while ago, Pat Kubo referred to the acronym – T.E.A.M. (Together Everyone Accomplishes More). I really like it. Your executive committee, board members, council representatives, and club officers cannot do it all by themselves. We're all in it together. It takes more than just a few of us to do the work to keep our organization moving into the future. Thank you to those of you who have stepped up to your challenging leadership positions in FCE but also to those members who are there to support your leaders. We need everyone's help in the planning for the future of HAFCE! When they ask for help, please kokua. Remember, we are all in this together!

*President Message Continued*

As our membership continues to dwindle, we are encouraged by new members joining FCE. With decreasing membership comes the problem of a workable budget and our 2019 Budget is "a bare bone" one. We have adjusted our expenses and will work within our budget. Thank you for those of you who continue to support FCE with "your own funds" in order to offset our organizations' funds.

I'm looking forward to receiving your reports about your activities and events quarterly, if not sooner. I encourage councils to write about the activities and events in your newsletter. Send a copy to Kathy Uehana at [kuehana@msn.com](mailto:kuehana@msn.com) and she will post it on our website. If anyone goes to our website wanting to know what we are doing, they can look at the various newsletters and possibly become involved with us.

Remember: Share the Aloha Spirit through Leadership, Education and Community Action

*Ruthie Haitzuka, HAFCE President*

**Hawaii FCE Board Members**

**Executive Officers**

President ~ Ruth Haitzuka  
Vice President ~ Elaine (Queenie) Daligidig  
Secretary ~ Pat Kubo  
Treasurer ~ Wanda Lew  
Past President ~ Martha Yamada

**Education Chairs**

Health ~ Dixie Dumaran  
Home ~ Carolyn Sewake  
International ~ Sue Stewart  
Leadership ~ Oarlene Wingate  
Youth ~ Terry Phillips

**CES Advisor**

Vacant



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

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

**June 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**

A council held a Zero Hunger Challenge by collecting coins in water bottles. After drinking the water in the small bottles, they were labeled "Zero Hunger Challenge" and the following poem:



*"Check your pockets every day, for any dimes if you may. To help bring hunger to an end, fill this little bottle to the brim."*

The coins were collected at two meetings and were counted, then sent to the NAFCE for distribution. The proceeds from this will be split between a United States Hunger program and ACWW.

Please submit International Program Reporting Forms to Sue Stewart at [sastewart02@hotmail.com](mailto:sastewart02@hotmail.com) or mail them to me at:

5657 155th Ave SE, Bellevue, WA 98006

## FROM THE LEADERSHIP CHAIR

### Oarlene Wingate

So much to learn, so little time! Did you know that in the 1990's National FCE Board members developed the "Hearth Fire" series?

There are 69 mini lessons now available from National FCE Headquarters, to help you learn about and teach different topics to improve your Home, Family and Community.

Here are just a few that could help you sharpen your leadership skills:

- #6. Someone's in a Meeting...Serving as a Delegate
- #10. Someone's in a Meeting...Making Good Decisions
- #14. Someone's saying... Don't do it! Delegate!
- #21. Someone's in a Meeting...Practicing Proper Protocol
- #31. Person to Person...Serving on a Board
- #33. Person to Person...Resolving Conflicts
- #36. Person to Person...Guidelines for Developing a Dynamic Group



**IN** 2010, I ran for Mayor of Honolulu against Mufi Hannemann and others. My only previous "political experiences" were limited to running for President of the Faculty Senates and President of several organizations, including FCE. I assume that my FCL training contributed to my decision as well. My major issue was the proposed rail transit system, strongly supported by Mufi. It was clear to me that it was a very bad idea. Experiences in other cities showed that there would be cost over-runs and delays, the layout of Oahu did not support the system, and it would be ugly to block the views of the ocean as it passed through the city. (By the way, all of my predictions have come true.)

*From the Editor.....*

### ***FCE Women Who Ran for Public Office***

*Last year during Mid-Term Elections, there were an extraordinary number of women who ran for public office – either for Congressional seats, gubernatorial offices, or mayoral slots. Approximately 277 nation-wide!! That number of women running for office just astounded me and got me to thinking about how progressive Hawaiian women have always been in regards to public office and how many have held offices long before it was “fashionable”. Just in modern times the list of women serving is long - Jean Sadako King, Eileen Anderson, Patsy Mink, Linda Lingle, Mazie Hirano, Colleen Hanabusa, and now Tulsi Gabbard, running for President of the United States!*

*These strong and community minded women all have grass roots beginnings and probably ran for office because they saw a need in their communities that they felt they could help meet. Isn't that the basis of FCE? As members, we learn valuable information and then share it with our families and communities - to help enrich their lives and make the communities a better place. Family Community Leadership (FCL) training teaches us the skills to become pro-active, to see and meet the needs of our communities. So ..... I decided to invite some of our FCE members who have run for public office to share their experiences with us and mainly to find out why they chose to run. The following are the responses I got from **Dr. Jacqueline Maly**, long time Windward Oahu member, former HAFCE president and NAFCE board member and from **Elaine “Queenie” Daligdig**, a newer member from Kauai FCE and our current HAFCE Vice President/President–elect.*

*Denise Smith – Newsletter Chair*

*FCE Women Continued*

I wanted to run under the name "Stop Rail Transit" and soon discovered that unless that was my legal name, I could not do it. So, I legally changed my name and ran as "J. Stop Rail Transit Maly" (which just fit the limit of the number of characters allowed on the ballot).

The process of changing my name was a HOOT, but that is another story.

My campaign was pretty much limited to showing up at Neighborhood Board meetings and other political gatherings. I made some small (1 inch across) buttons proclaiming "Maly for Mayor". I always wore one and gave them out. If anyone asked, I would say, "It's a SMALL campaign." Mostly I campaigned by gathering many more signatures on my nomination papers than were required which gave me a chance to talk to individual people about my issue.

I got 1500 votes. Of course I lost the election, but if I had not run, Mufi would have been elected on the first ballot. As it turned out, he had to face a runoff election. The results were eventually the same, but I have always felt it a sort of moral victory that he did not have an unopposed mandate.

*Jacqueline Maly*



IN 2018 I was not in any way influenced or encouraged by FCE or FCL in my decision to run. My decision was on my own. Kauai has terrible traffic issues. My granddaughter asked me, "Grammie, when I get my driver's license, will I have to drive in this traffic?" My reply, "Not if I can make any changes to this problem and that is running for office." The week before the deadline date to file for a political office, I decided to run against the incumbent for Hawaii State House Representative for District 15. Kauai highways are a State issue. I felt that it was time for a New Voice for the people to make a choice to remain the same or to elect a new representative in the house legislation. With no endorsements, my campaign was fully financed by myself. Nervous, I accepted an invitation to attend a public forum against the incumbent that was rebroadcasted on a local radio station. Questions that I didn't know, I told myself to just answer them truthfully and from my heart. I only did sign waving with my husband along the main areas of my district. Defeated at the elections, I was happy to have votes and more than expected. I was asked if I would run again in two years and I will try it again. Defeat is hard but I keep my head high. A WINNER is also a GREAT loser. I feel I am a winner for at least stepping up to the plate. This experience has broadened my vision on what the political arena is like. Political party difference is a major manufacture and can go for or against you. I am a Democrat and Hawaii is a democratic State.

*Maḥalo Nui Loa, Queenie*

*Photo Left to Right: Son- Ikaika Pezario, Husband - Ted Daligdig III, Queenie, Daughter- Pua Pezario, Son – Kainoa Pezario*





## Trimble Foundation Distribution Committee - Denise Smith

Every year the Trimble Foundation awards between \$300 - \$2000 in scholarships to worthy individuals who are furthering their education or organizations who contribute to the well-being of our communities. In recent years there have been only one or two individual applicants and few organizations apply for awards annually. I would like to ask that our FCE members encourage anyone that they know of who meets the criteria, to apply for an award. Individuals can be FCE members, members of our families, or members of the public. They can be first time college students or returning students. Organizations must be a non-profit dedicated to the betterment of communities through health, welfare, or education.

Updated application forms and instructions for applying are posted on the HAFCE website: [www.hawaiifce.org](http://www.hawaiifce.org) or can be obtained from any HAFCE Board Member or council president.

### Individuals 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.
- 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.

**Applications forms are available on the [hawaiifce.org](http://hawaiifce.org) website or by contacting any FCE Council President or Board member. Deadline: July 31<sup>st</sup>.**

The members of the Trimble Distribution Committee for 2019 are Denise Smith - Big Island, Carolyn Lum - Kauai, Kats Enoki - Maui/Molokai, Kathy Uehana - Oahu, Martha Yamada - HAFCE Executive Committee, Julia Zee - CES advisor, and Meleen Pang Corenevsky - Bank of Hawaii.

Sneak Peek at the Trimble Foundation Quilt for 2019

**"Bento Box"**

The quilt for 2019 is already in progress and is named "Bento Box". It will be 31" X 37" 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 April 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.



**Hilo FCE Council – President Martha Yamada – contributions from Lavanda Salas**

The Tri-Council presented a  
**DISASTER PREPAREDNESS WORKSHOP**  
September 29, 2018

Forty people attended the well prepared day of education for FCE members, friends and family. The workshop was chaired by the Hoike Club and Hoaloha Club of Hilo Council. The three speakers were informative and entertaining with plenty of practical information and helpful tips to consider while preparing for any and all emergencies.



**Talmadge Magno**, Hawaii County Civil Defense Director shared Hurricane Preparedness booklets with all attendees. He has been very busy this year and explained how much the county does to help before, during and after each emergency. Recommendations were given for securing our homes or businesses and how to make a home survival kit or evacuation kit. Preparing in advance is the key to feeling in control in emergencies.

*Hilo FCE Continued*

**Tracy Wise** from the Department of Health gave great ideas about keeping your mental health going strong during the time of isolation and after a disaster. When the power is out and the phones don't work, what helps you stay happy and comfortable? Her idea of a comfort box with personal items packed and ready in advance was well received and will be copied by many. **Linda Griffin** has already survived many hurricanes, three major ones!



She gave us many practical hints for shopping and buying the necessary items in advance of any emergency. The food was plentiful with a morning coffee break and a wonderful Sushi Bar with plenty of toppings for lunch. The food was prepared as an example of what can be made on only one burner in keeping with food to be prepared during emergencies. FCE presented all attendees with the Hearth Fire Series #19 booklet entitled, "Prepared for a Natural Disaster" with many ideas for a disaster plan. These planning and preparation tips will save valuable time should a disaster occur. Good recommendations for all of us!

### Hui O Wahine FCE Club

Hui O Wahine celebrated its 45<sup>th</sup> Anniversary and Installation Dinner at the Hilo Bay Hotel on December 12, 2019. Planning committee, Ann Kikuta, Debi Ueda, Doris Iwaoka, JoAnn Aguirre, Debbie Shigehara, and Wendy Yoshioka promised members an unbelievable, "dazzling," evening filled with ooohs and ahhhhs. They did not disappoint!

JoAnn installed the 2019 officers with a clever and unpredictably humorous ceremony using tea as her theme. Newly installed were President - Karen Kawate; 1<sup>st</sup> VP - Eleanor Miyake; 2<sup>nd</sup> VPs Wilma Martinson, Janet Matsuo, Debi Ueda; Treasurer - Karen Konishi; and Historian - Carolyn Sewake. The remaining members take turns being the rotating secretary.

Honored were Lynn Namihira, Amy Bugado, and Carolyn Sewake for being the longest serving members at 42 years. Members received a plum design Mailelani "Manapua" bag as their celebration gift. Doris Iwaoka created and designed all the spectacular table decorations, the floral arrangements given to the outgoing officers, and the succulent filled bowls given to the 42 year members. What a memorable evening to climax our successful 45 years as a FCE club!



Planning Committee ↑



New Officers ↑



42 Year Members ↑





**Kauai FCE Council – Submitted by Frances Dinnan**

KAFCE held its Achievement and Officer Installation Day at the Courtyard by Marriott in Kapa`a. on January 13, 2019. Our guest speaker, Ms. Uri Martos, Hawaii Community Foundation Philanthropy Officer, said, “Kaua`i is one of the most generous communities in HI.” Sanae Morita, KAFCE Member, and her classmates established an endowment funding college scholarships in perpetuity for Waimea High School graduates. A variety of homemade items, household goods, crafts, plants, and books contributed to a silent auction and bazaar raising over \$335.00. President Daligdig gave a “state of the association” speech and shared Chinese New Year stories and predictions. Together, we enjoyed some great food, laughs, games, and fellowship.



2019 HUI HOLOMUA CLUB OFFICERS  
R to L: Marina Pascua, Treasurer; Gladys Fujiuchi, Secretary; Kay Nakata, V. President; and Bernie Tangalin, President.

2019 CLUB MUSUBI OFFICERS  
R to L: Frances Dinnan, Secretary; Maurina Borgatti, President; Terry Phillips, V. President, and Annie Rellin, Treasurer.

GUEST SPEAKER - URI MARTOS, Hawaii Community Foundation Philanthropy Officer, receives donation check from KAFCE President, Queenie Daligdig, to benefit victims of April 2018 Flooding



KAFCE members at Achievement and Officer Installation Day

2019 KAFCE COUNCIL OFFICERS (no photo)  
Elaine “Queenie” Daligdig, President; Laurie Ho, V. President; Juanita Barnett and Pam Sokei, Secretaries; Marina Pascua, Treasurer; Frances Dinnan, Historian/Newsletter; Margaret “Margo” Hashimoto, Ex-Officio; Bernie Tangalin, Hui Holomua Pres; and Maurina Borgatti, Club Musubi Pres.



*Kauai Continued*

KAFCE met on February 9, 2019 at Lihu'e Neighborhood Center, Lihu'e. Committee Chairs: Laurie Ho, Character Counts!®, and Carolyn Lum, Books for Newborn, gave brief reports. Judging for Character Counts!® Essay on "Trustworthiness" will be conducted in March. KAFCE's 2018 recipient, Mandy Gokan, came in Third Place nationally for her essay on "Citizenship." View Mandy's video at: <https://drive.google.com/file/d/1MXwaZ6W6ACFpNvyRrwYM1WGMD3508oi1/view>. Kaua'i FCE Hilo Convention delegates were asked to develop a workshop presentation around a "Hearth Fire" series topic. Due to copyright infringement, we will no longer be singing our Grace to the tune of "Edelweiss." KAFCE clubs are gearing up to participate in a variety of community service activities. After enjoying a delicious lunch, we were honored with two presentations: Terry Phillips, State Youth Chair, demonstrated "how to make teas" using a variety of dried leaves and potpourri. Mason Hill, Terry's 14-year old son, shared his 4-H project and passion for raising succulents. We sang and laughed as Laurie Ho celebrated her 21st birthday...really?



*Laurie Ho turns 21! ↑*



*Terry Phillips demos tea ↓*



*Mason Hill & his 4-H succulents ↑*



**Maui FCE Council - President Lynn Barut**



Members of Maui FCE Council participated in the Maui Adult Daycare Walk, February 23<sup>rd</sup>.

*L to R: James Nagata, Lynn Barut, Dr. Doggie (?), Margaret Cambra, Gerald Cambra, Kats Enoki*



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

Celebrated Chinese New Year with a gift of gau from Oahu. TASTY! Get to share it with friends. Hope all of you are well and enjoying 2019. Approaching Easter in a month. Great holiday! Wish you all the best.

FCE with all of you is wonderful. Love hearing from you in the newsletter.

Know you are sharing with each other.

Not much more to say except that I love all of you! LOVE, the Fortune Cookie

# WINDWARD OAHU FCE – Submitted by Ruth Haituka

JANUARY - MARCH 2019



## *PROJECT LEADERSHIP TRAINING (PLT) AND OTHER EVENTS*

### *AG DAY @ URBAN GARDENS*



Members from our three clubs –Hui O`Makani: Natalie, Nancy, June, Emily, Joanne, Florence, Stella; Hui O`Koolau: Maggie, Ed, Evelyn; Imiola: David, Chutima, Jacque. The theme was Butterflies – Pollination; Students were given information about butterflies and quizzed, allowing them to ask questions and went home with a craft of a butterfly holder. Kathy Uehana was the lead person from South Oahu and Windward Oahu members were there to support this event.

### *ACTIVITIES AND EVENTS*

#### *CHARACTER COUNTS!®*

CHARACTER COUNTS!® - Judging by each club has been completed for all three schools: St. Vianney in Kailua and Hanalani Schools in Mililani. The theme was “Trustworthiness”. Members met on Tuesday, February 26 to pick the winner from the nine top entries submitted. The winner was forwarded to Terry Phillips, Youth Education Chairperson. The State winner was picked on Saturday, March 9. No word at this time as to who won. Stay tuned for our next issue.

#### *BOYS & GIRLS CLUB ACTIVITY*

Members are busy preparing the kits for our service project at the Boys & Girls Club in Kailua. We anticipate approximately 30-40 children at this time. Children will be decorating cookies, learning about butterflies and making a craft, and creating their own flying straw rockets. There will be approximately 12 members who will be volunteering at this event. Stay tuned for results in our next issues with pictures too!

#### *DIMES PROJECT*



Members collected dimes for the Zero Hunger Challenge, a program presented at the National Conference in July of 2018. The total amount collected was \$248.50 which was forwarded to National Headquarters. Thank you, Windward Oahu members, for a job well done!

#### *EXERCISING WITH MAGGIE SCHULTE*



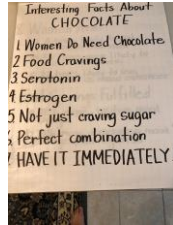
As our new council Vice President, Maggie has been leading our members in simple stretches and exercises at each meeting. Exercises include sitting – lifting legs, raising of our arms to the sky, outward, up and down, etc. These exercises are intended to get members moving to keep their limbs limber and keep them strong and active.



**PLT – JANUARY - LEADERSHIP**

Using the Hearth Fire Series Booklets, each Windward Oahu Club picked a booklet from the updated listing. Each club then worked to present what the booklet was about showcasing what facts to highlight.

**Imiola - #7 Searching for Chocolate!**



With an outline for the booklet provided by Ruthie, members were given parts of the booklet to present to members. Chutima and Faye searching for chocolates around the house and end up in the kitchen, opening cabinets, the freezer (thinking they surely froze some chocolate) and finally looking in the refrigerator. Having found no “chocolates – the usual bars”, they decide “can I drink the chocolate syrup?”

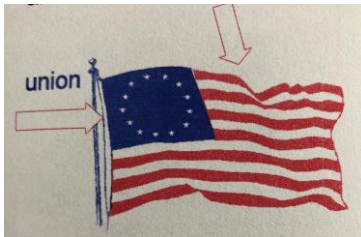
With a chart in hand listing the some of the benefits of chocolate, Carole, Jeanette and David gave facts about chocolate.

Jacque unwraps candy – oh ever so slowing – anticipating the taste, savoring the flavors as members watched wanting some too. Of course, she just couldn't stop with just one! Sharing with other members, we all enjoyed CHOCOLATES!



**Hui `O Koolau - # 11 Showing Respect for the Flag**

The flag was “born” after July 4, 1776 when the colonies declared their independence from England with signing of the Declaration of Independence as the people wanted a national flag as a symbol of their new spirit of unity. Designer:



Francis Hopkinson, one of signers of Declaration of Independence and member of Continental Congress. Betsy Ross, a flag maker from Philadelphia made the flag and also suggested that the stars be five-pointed. Stars are added because President Monroe signed into law on April 4, 1818 that a star will be added for each new state admitted to the Union; took effect on July 4<sup>th</sup> of the next year following admission. What does the flag represent? It symbolizes national independence, sovereignty of power, free people blended into one nation. A Nation distinguished by liberty, a pursuit of happiness, righteousness, justice for all and spirit of patriotism.

**Hui `O Makani – #69 How Does Aging Affect My Senses?**

The challenge as we age is that stimulation is necessary to comprehend sensations. The stimulation level required for sensation increases but our ability to comprehend that stimulation decreases. This is difficult to maintain our senses. So what are some of the ways the five senses change with age? Hearing, Sight, Smell, Taste, Touch

Jacque Maly informed the group of another “sense” and it is called Proprioception”. What is this? It is the sense of the relative position of one’s own parts of the body and strength of effort being employed in movement. It is sometimes described as the “sixth sense”. Members also discussed about early signs of Alzheimer and Dementia and gave situations experienced. Jacque Maly indicated that she remembers three of the five signs of early dementia - if you can still smell leather, lilac and strawberries. You can find Jacque smelling strawberries at Safeway, Carole smelling lilac when she visits Canada yearly – want to find out if you have early signs of dementia, try the smelling test!



**PLT – FEBRUARY - HEALTH**

Windward Oahu members were in for a real treat with our guest speaker, Bill Doi, and his team, from Kupuna Aikido Hawaii. Barbara Sheeder of Hui O`Makani invited this team as she took classes from him and yes, it does work as Barbara had fallen in Costco and she had the situation under control all because of learning to balance and techniques of falling. What does safe falling mean? Falling in a way to protect your head from injury. Never put out your arms instead reach for the “ground”, one hand hits first, roll, turn body enough so not to hit face or back by rotating.

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