



# The Homemaker Echo

Official Newsletter of the Hawaii Association for Family and Community Education

Volume 45 Issue 2

June 2019

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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

## PRESIDENT'S MESSAGE



Many hours have been spent by your Executive Board in updating the Board's Handbook in order for your Board to be in one accord. With Martha leading the revisions and seeking the board's input, we are almost ready to send out the complete revised Handbook for insertion. Once each Board member receives the revised pages to the Handbook, please take the time to replace "ALL" pages for the Handbook in its respective categories. Thank you Executive Board members: Queenie Daligdig, Patricia Kubo, Wanda Loo, Martha Yamada and Jacqueline Maly

for the many hours spent on these revisions. The revised pages will be finalized and will be sent to each Board member for total replacement in each member's handbooks. Zoom has been very helpful in conducting business for your Executive Committee and Board. I recently was not able to be present at my club's meeting and was able to use Zoom to conduct the club's business as its president. Should any of you would like to schedule a meeting with others, let me know and we will see what we can work out. There will be a meeting scheduled by your HAFCE Vice President, Queenie, to talk story with council vice presidents about your programs, reporting your events/projects, etc. Jacquie Maly brought up a topic that HAFCE may consider to be a state project for 2020. Wasting Food! What do you do with foods that are "leftovers"? Do you toss it out? Make another meal out of it? Do you buy foods and don't use them? Think of what good uses of these foods can be to others. Jacquie will be passing out a survey during the convention in Hilo during the Saturday meal. When filling out the survey, please answer honestly and your feedback will be useful in the planning of Wasting Foods program.

There has been a change in one of our Education Chair positions – Leadership. Due to Oarlene's health situation I have taken the liberty of releasing her from that position to concentrate on her health and devote all of her energies to getting well. With Oarlene's permission, in a separate article, she gives an update of what is happening and wants her FCE friends know that she loves all of you. Please consider stepping forward and filling the Education Leadership position. Please contact Queenie if you are interested.

National Conference is in St. Louis, Missouri, July 18-21, 2019. I look forward to learning and bringing back information to be used in our councils. Patricia Kubo will also be attending this conference. I have made some friends last year, especially Scott and Bonnie Teeple from Oregon. He has been a huge help to me whenever I needed answers. He has indicated that Portland, Oregon is being considered as the next NAFCE Conference.

I have updated the Hearth Fire Series booklet inventory. Should you need any booklets, see your council presidents as they have the current listing. Please contact Elaine "Queenie" Daligdig, your HAFCE Vice President. Please note that "Xeroxing" copies requires permission from National FCE before doing so. So many booklets have valuable information that our members can learn and share with others outside of FCE.

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

*Ruthie Haitzuka, HAFCE President*

## Hawaii FCE Board Members

### **Executive Officers**

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

### **Education Chairs**

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

### **CES Advisor**

Vacant

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

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



## *Message From Oarlene Wingate*



I am gonna update my Hoaloha family (and some others) with this email cause I miss you all so much and I know you are concerned and wondering how I am. I am still tired...and have breathless moments and labored breathing in the day. My Tim doing all the cooking and serving me in bed makes me feel like a queen! He has stepped up to the plate...drives me where I need to go, watches me closely and is taking such good care of me! Still my ever so sweet man.

I get breathless moments....but started drinking about a tsp. of my Chinese herbal concoction -YOK JOW - every night and I can breathe easily at night now. It was so labored before. I would lay here trying to get a full breath thru labored breathing and think about whether to say my thanks and goodbyes to Tim and Shelly. But I think I am going to make it!

Getting a diagnosis of Stage 4 lung cancer that has already metastasized to my liver, pelvic bone and brain was a terrible shock to Tim and me after having a dry cough, a bit of breathlessness and a diagnosis of pneumonia! They did a chest x-ray and found fluid in the left lung. Removed 500 cc of fluid which tested positive for cancer! I went for the PET scan yesterday. A full body scan that looks for disease in the tissues and organs. They gave me a shot of radioactive fluid that is supposed to make the cancer in my body GLOW. I go to Eugene tomorrow to see the oncologist at the Willamette Cancer Institute. I am sure he will discuss the findings and possible treatment recommendations.

I want you to know how blessed I am to have had you in my life over the years and I am so grateful for your friendship.

Please add me to your prayer list.♥ *Hugs and kisses, Oarlene*



# 71<sup>st</sup> Hawai'i FCE Convention

**SAVE THESE DATES!!! Why?.... you ask.**



**OCTOBER 18- 20, 2019 at the Hilo Hawaiian Hotel** promises to be a fun filled weekend for the 71<sup>st</sup> Hawaii Association for Family and Community Education Convention and we guarantee that you will regret missing it if you don't attend. We are putting the finishing touches to the packet and it will be on the HAFCE website soon. Did you notice that this will be our 71<sup>st</sup> instead of our 69<sup>th</sup> convention? There was an error in counting many years ago and we added 2 years!

In keeping with the Theme: "Living the Aloha Spirit through Continuing Education, Developing Leadership & Community Action, all activities will showcase this. Our keynote speakers will expand on the topic of the Aloha Spirit and we will learn about the current Vaping Epidemic. Education Chairs will be presenting their awards based on the reports you have been turning in. Awards are given to only full reports and those are coming in few and far between. Get them in and you have a good chance of receiving one of them. We know you are doing great programs for your community so don't keep them a secret.

We will be recognizing all attending members 80 years or older and suggest clubs purchase program booklet ads with their pictures. What better way to acknowledge the years of service they have given to FCE.

The historical tour of Hilo will be led by a knowledgeable historian tour guide, Leilehua Wong Yuen or you can purchase your Omiyage on the shopping tour to Big Island Candy and KTA Store. Space is limited on both tours, so get your reservations in early. Hamakua Council is planning the Memorial Service and sends a reminder to all clubs to bring the picture of your late member in a free standing frame and a short write up of their contributions to your club.

For members who prefer to hang loose and relax at the hotel, we will have a "Make and Take" session and a surprise demonstration. Other sessions will be by Dr. Jacquie Maly on Parliamentary Procedure, Queenie Daligdig & Carolyn Sewake on Report Writing, and the educational chairs on their program areas.

First Timers to convention will get to chat with all the Past Presidents at their special Breakfast.

Don't forget our Mini-Bazaar with unique gift ideas!

Remember to register early, make your hotel reservations directly with the hotel, and make checks out to **Hilo FCE.**

We are so excited about hosting all of you in Hilo ... So keep an eye out for the revised Registration Packet on the web. For any questions, contact Carolyn Sewake at [casewake@gmail.com](mailto:casewake@gmail.com)

Registration Packet available at [www.hawaiifce.org](http://www.hawaiifce.org)





## Aloha HAFCE Ohana!

Quality Gift Tickets for 2019 HAFCE Convention were mailed to each council president which they will be distributing to the individual clubs.

This is the only fundraiser for HAFCE and we are requesting your help by purchasing five (5) tickets per member at \$2 each for a total of \$10. Your continued support and contribution is greatly appreciated.

We are also asking each club to donate one quality gift worth a minimum of \$15; please attach your club name and council to your gift(s).

For further questions, instructions and deadlines, please contact your council president.

Mahalo Nui Loa, Lee Watanabe - Ways & Means Chair



### Requesting donations for Past President's Trimble Fundraiser From Martha Yamada- HAFCE Past President

Could I ask for your help by donating at least one item that can be used to transport or protect food items to a potluck, work, or picnic? Such as:

- Furoshiki (fabric wrap to carry food items to a potluck or bento box to work)
- Soda box cover
- Casserole carrier
- Table cover
- Netting to cover food and protect from flies or other insects
- Any other creative ideas

I would like to request a picture of the item be sent to my email at [dream@hawaiiantel.net](mailto:dream@hawaiiantel.net) or to my cell phone 808-989-1651 by July 31<sup>st</sup>. I would like to put the pictures on a flyer so that members can select which item they would like their ticket placed for a chance to win.

The Trimble Foundation application deadline is July 31<sup>st</sup> and provides scholarships to community members and community non-profit groups. More information can be found at [www.hawaiifce.org](http://www.hawaiifce.org).



2019 HAWAII FCE CONVENTION – HILL  
OMIYAGE ORDER FORM  
MR. ED’S BAKERY IN HONOMU

ONE ORDER FORM PER INDIVIDUAL

Listed below are the three most popular items at Mr. Ed’s Bakery.

Name: \_\_\_\_\_

Please print

\_\_\_\_\_

COUNCIL

CLUB

PHONE NUMBER: \_\_\_\_\_

E-MAIL ADDRESS: \_\_\_\_\_

| QTY   | ITEM                        | PRICE  | TOTAL |
|-------|-----------------------------|--------|-------|
| _____ | OHELO BERRY JAM 8 OZ.       | \$8.00 | _____ |
| _____ | LILIKOI LOW SUGAR JAM 8 OZ. | \$8.00 | _____ |
| _____ | LILIKOI BUTTER 8 OZ.        | \$8.00 | _____ |
|       | TOTAL                       |        | _____ |

PLEASE MAKE CHECK PAYABLE TO: **LEE WATANABE**

**MAIL TO:** Lee Watanabe  
1073 W. Kawaihani Street, #F  
Hilo, HI 96720

**DEADLINE: MONDAY, SEPTEMBER 30, 2019**

**NOTES:**

1. Jams and Butter pickup will be announced at the convention.
2. Jams and Butter are not allowed as hand carry on the airplane. Jars will be wrapped with newspaper and bubble wrap for your packing convenience.
3. No Cancellations/Refunds



## Trimble Foundation Distribution Committee - Denise Smith, Chair

I would like to remind everyone that the deadline for submitting an application for a Trimble Foundation Trust scholarship is July 31<sup>st</sup>. If you know of an individual or an organization, worthy of applying, please direct them to the HAFCE website: [www.hawaiiifce.org](http://www.hawaiiifce.org) for application forms and instructions. Or applications can be obtained from any HAFCE Board Member or council president. 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.

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

### [Sneak Peek at the Trimble Foundation Quilt for 2019](#)

#### **"Bento Box"**



"Bento Box", the quilt for the 2019 Trimble Foundation Trust fund raiser, is finished! It was displayed at the Santa Clara Valley Quilt Association guild bi-annual quilt show in May (see photo left). It is 31" X 37" in size and features beautiful Japanese prints, with dark blue indigos in sharp contrast to brightly colored red and orange prints. Great as a table topper or to hang (sleeve included). The tickets are available from your council president 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!

## fce TODAY

We no longer receive the FCE Today, the NAFCE newsletter, by USPS mail. We should be receiving it via email, however due to an internet glitch; the Hawaii FCE members did not receive the current issue. The [FCE Today Summer 2019](#) is available on the NAFCE website – [www.nafce.org](http://www.nafce.org)



## Hilo FCE Council – President Martha Yamada

### Nutrition Workshop

Hilo Council’s Annual Nutrition Workshop featured Audrey Wilson. She is a weekly contributor to the Hawaii Tribune-Herald, a guest contributor to the Food Network Magazine, has published 3 cookbooks, an culinary arts instructor at Hawaii Community College, does *the Audrey Wilson’s Cooking Show* on Na Leo TV, a co-owner and baker for AJ’s Volcano Cottage and AJ’s Volcano Cooking School among her many achievements.

On March 7, 2019 she shared Dr. Dean Ornish’s Indian Lentil Soup. She said Ornish cooking uses no chicken, fish or anything with eyes, no fat or sugar but uses seasoning like turmeric, coriander and other spices to enhance and produce the delicious flavor to the lentils. The vegetarian Ornish diet is beneficial for many types of health conditions like Diabetes and Heart Disease. The 26 in attendance wiped the pot clean! Members who did not attend missed out on a very informative workshop and the “moai” we shared.



Audrey Wilson



The Hungry Crowd



Ornish Indian Lentil Soup



Puna Wahine FCE Club of Hilo Council shows off their signature soup mixes and wares during the FCE Fair. The fair was hosted by Ho’aloaha and University Heights clubs on May 4<sup>th</sup>. ↑



## Kauai FCE Council – Submitted by Frances Dinnan

### **KAFCE CHARACTER COUNTS! ® HANA HOU**

Congratulations to Emma Badua and her Wilcox Elementary School Teachers: Ms. Fujii & Mrs. Heresa. Emma's 2019 Essay/Art on **Trustworthiness** was selected First Place at both Island and State levels. "Hana Hou" (means to do it again, encore); in 2018 Island winner, Mandy Gokan, also won First Place at the State level and came in 3rd at National FCE level.

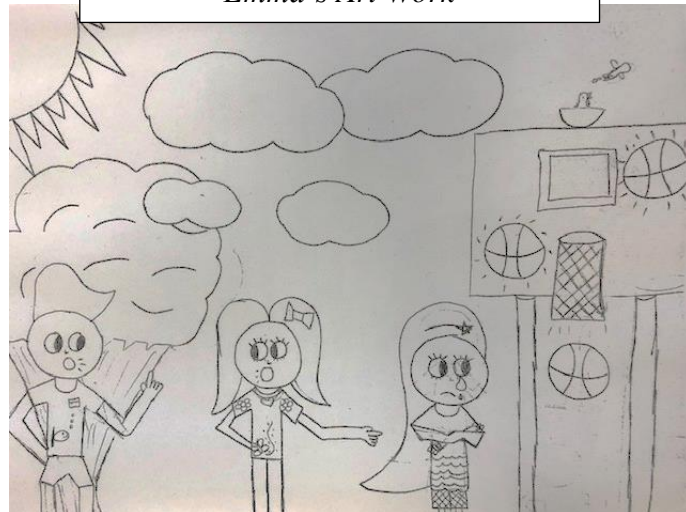
Emma wrote that **Trustworthiness** is all about being "honest, dependable, and loyal." In her examples she writes about her home/family life, friends/school activities, and serving as a role model by standing up and defending others. Emma wrote, "I am a true friend who will stand up for and defend my friend no matter what other people say or do." Her art work depicts her standing up for a crying friend that was being bullied on a basketball court. Our best wishes go out to Emma as her essay/art competes at the National Level!

KAFCE hosted a fabulous luncheon on Saturday, April 13, 2019 honoring six FCE CHARACTER COUNTS! ® Essay/Art Winners, their families, and teachers. Much appreciation to Hui Holomua members for making yarn leis, presenting leis, certificates, and cash envelopes during the ceremony. Kudos to the 2019 FCE CHARACTER COUNTS! ® Chair, Laurie Ho, for coordinating the essay contest, judging, certificates, pins, awards, invitations, and presentations.

*Emma Badua*



*Emma's Art Work*



### **AN ENDEARING TRADITION LIVES ON**

Synonymous with Hawaii is the image of a flower lei. The wearing and giving of a flower lei is a long-standing Hawaii tradition. It makes both giver and receiver feel encircled with good feelings and thoughts no matter what the occasion. A lei not only adorns the body but also lifts one's spirit.

On May 1st, Hawaii celebrated Lei Day! KAFCE Hui Holomua Club provided service to the community by teaching lei making during Kaua'i Museum's Annual Lei Day Event. Joined this year by Club Musubi members, a variety of flowers were handpicked for this 9-3 p.m. workshop. The event took place at the Kaua'i Marriott Resort in Nawiliwili, Lihu'e, HI. The simple lei making technique using lei needle and string was demonstrated at this workshop. Many guests having never made a flower lei before, found it very exhilarating. Upon completing their own lei, an awe-inspiring site awaited guests as they gazed upon over 85 amazing lei entries and awarded ribbons at Kaua'i Museum's Annual Lei Day Contest.





2019 Annual Lei Contest Entries ↑



KAFCE Hui Holomua Member, Marina Pascua, teaching Lei Making to guests ↑

**WINDWARD OAHU FCE – Submitted by Ruth Haituka**

APRIL-JUNE 2019



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

***BOYS & GIRLS CLUB***



Members from our three clubs –Hui O`Makani, Hui O`Koolau , and Imiola participated in Windward Oahu Council’s annual service community project with the Boys & Girls Club located in Kailua, Hawaii. There were 27 boys and girls participating along with 5 staff leaders. This year’s projects were launching straw rockets, decorating cookies and butterfly pins. FCE members made their own rockets and competed with the kids in attendance. Decorating cookies was a huge hit as they got to eat their cookies after decorating. They looked even more delicious with all the frosting and candies to enhance the decorations. Lastly, the children learned about butterflies as leaders had a printout of information and quizzed kids about butterflies. The clothespin butterflies were put in their hair and some boys used it in an unusual way. All enjoyed the activities and Windward Oahu looks forward to working again with them next year.

***CHARACTER COUNTS!®***



St John Vianney Class



Lily Supall



Cayla Lynne Flood



Alexander Goto

Windward Continued:

**CHARACTER COUNTS!**® - Windward Oahu's winners from St. John Vianney in Kailua and Hanalani Schools in Mililani were announced: First Place: Lily Supall of St. John Vianney, Second Place: Cayla Lynne Flood and Third Place: Alexander Goto, both of Hanalani Schools. Lily placed second in the statewide competition. Congratulations students for your excellent essays and artwork. We look forward to having you participate in our **CHARACTER COUNTS!**® contest this coming fall.

### ***PLT – APRIL – HAKU LEI MAKING***



Emily Deai, who has been making Haku Lei for over 50 years after first learning the skill at the Parks & Recreation class, shared her expertise during our April program leadership training. Members gathered a variety of flowers (bougainvillea, pentis, miniature crown flowers, globe amaranth [bozu], gardenia, stephanotis and others) as well as ferns and leaves. Emily demonstrated the basic techniques and members set out to do their own creations. Here's a sample of their creations. Thank you, Emily, for teaching all of us!



### ***PLT – MAY - MALASADAS***

Maggie Schulte, among her many talents, demonstrated the making of Malasadas, using a recipe from one of their longtime member, Eleanora Cadinha. This recipe has been used at Hui 'O Koolau's garage sale which community residents would come by to purchase these



dough and placing malasadas and home to share with sharing this recipe



malasadas. Members took turns with the it in the hot oil. The batter for this recipe there were plenty to be eaten as well as other family members. Thank you, and how to make malasadas!



scooping of the makes 5 dozen some to take Maggie, for

### ***COUNCIL NEWS UPDATE: NA LEI FOR VETERANS PROJECT***

The Na Lei Project for our Hawaii State Veterans graves in Kaneohe was held on Saturday, May 25 at the residence of the Haitsuka's. Joining us this year, a volleyball team consisting of thirteen members plus their coach and several parents, members from the Kahaluu Senior Citizens and Kahaluu Key Project, and others from the community. Windward members were Pat Kubo, Emily Deai, Annie Segawa, Maggie Schulte, Jeanette Pang, Faye Kozuma, Ketzen and Jordan Lane, David and Ruthie Haitsuka. Lillian Tim Sing could not attend but she did contribute by sending flowers along with purchasing orchids for this event along with chili, hot dogs and chips. Thank you also to George and Norma Crowder for their time spent collecting ti-leaves for our project. George remembered our project from last year and took the time to contact us to support our cause. I also would like to thank Steve Nagano at Urban Garden Center in Pearl City for allowing Windward Oahu to pick crown flowers. Putting in many hours were our hosts, David and Ruthie Haitsuka. Picking over 3,000

*Windward Continued:* crown flowers from Urban Garden Center as well as hosting the senior group at University Avenue Baptist Church, we also purchased orchids for this important event. These seniors made 50 lei for our precious Veterans. After all the preparing and sewing, Windward Oahu Council delivered 688 fresh lei to the Hawaii State Veterans Cemetery. Many community members and FCE members made 2,707 yarn lei in addition to fresh lei. We need to get the message out that Hawaii State Veterans Cemetery has over 12,000 veterans to be honored. During the fresh lei making, we have made new supporters for next year to help with flowers and other supplies to make more lei for our veterans.

## ***CLUB HAPPENINGS***

***IMIOLA NEWS:*** Imiola Club utilized the “Zoom” meeting format to hold their club meetings as its president, Ruth Haituka, was not available to be in Kaneohe for its meeting as she was in Mililani for May and on Maui for June. These meetings were an avenue in which the club business could be taken care of even though not physically present. With members traveling, talk story was on the program for meetings.

***HUI `O KOOLAU NEWS:*** Hui `O Koolau club members Evelyn Cabral and Dixie Dumaran took advantage of a one of a kind exhibit of the wood puppets of Asia. The free exhibit started in January and will run till May 5, 2019 at the John Burns Gallery, East-West Center at UH. The costumes were mesmerizing in their colors and brilliance while the painted masks in miniature recreations were painstakingly detailed. A wonderful gift to us, bringing us closer in understanding different cultures within the Asian community thru music, dance and puppetry. The outing was topped by a relaxing lunch at the new management Waioli kitchen and bakeshop in the middle of lush Manoa valley.

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

FCE membership has brought benefits such as the following:

- Fellowship with people we respect and have come to like very much
- Learning new crafts and recipes
- Opportunity to be of service to our communities – local, island and state
- Opportunity to practice leadership skills
- Opportunity to acquire insights and information on Leadership and Health

But most of all, FCE has been fun. Meetings are lighthearted and accepting and usually includes food! Our Leadership Chairperson has been Iris Fukunaga and for this edition of the Newsletter a shortened version of her insights for each month is included.



**March** - Leadership: Leaders motivate by expecting the best and expecting positivity. An important concept to remember is that a person’s view of themselves is often reflected in how they react with others.

Activity: With materials provided by Natalie Oda-Lee and Pat Kubo, and in honor of Girl’s day, we made a thank you note card (Arigato –bowl with chopsticks).

**April** - Leadership: If a person’s actions inspire others to do, dream, be more, that person is a leader. Leadership is evidenced in productive relationships with others. Strive for good relationships because they make a person a better leader but most importantly, a better person.

Activity: Fun Day Preparation – Makani enjoyed making candy filled paper cup piñatas.

**May** - Leadership: Leaders lead with humility and their hearts. They treat people with encouragement and inclusivity. People are the priority.

Activity: Making a basket garden. – Pat Kubo provided flowers, plants, baskets, figurines (dirt too!) to make fairy gardens. Thank you Pat!



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