



The Homemaker Echo

Official Newsletter of the Hawaii Association for Family and Community Education

PRESIDENT'S MESSAGE - March 2020

Volume 46 Issue 1

March 2020

In this issue:

- *President's Message
- *Board Reports
- *Council & Club News

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

(650) 969-3422

As I sit here thinking, what shall I write to our members about? Just thinking about the first three months of my second term, did I expect changes from last year? Yes, I did. I was hoping that with the new members of the executive team and board, things would be better, run a little smoother, and just maybe, maybe just a little easier time and have a life with other family members and do something for myself – getting in the garden, sewing, crafting – but sad to say, it will not be. Why? Circumstances that are occurring has put me in a position to fulfil positions until such time as members are able to fulfil their responsibilities. At times, yes, it can be very discouraging when all your time is being spent on FCE matters, foregoing your personal time to do your own family responsibilities or enjoy a day without doing much of anything. Don't get me wrong, I accepted the position as your president knowing it would be hard without an advisor and took on the challenge. But, you know, it just gets pretty darn frustrating and discouraging when you're working so hard to keep this organization going - fulfilling your obligations of your position.



Then comes the bumps and turns, which one can somewhat maneuver as long as the "team" is working together. When the team's communication has broken down, getting little or no response to requests can be downright disappointing. You must be thinking, that Ruthie – has to get things done. Yes, you're right, in a way. It's because I took my pledge to HAFCE and its members to fulfill my duties to the best of my abilities. What I didn't expect is to be the one holding our organization up (although I have been having support from the Oahu Executive committee members – Pat, Wanda and Jacquie), getting deadlines met on time, trying to get information from people that's needed in order for her to get what is needed to be done.

I understand that everyone has their own responsibilities with their families, etc. but we are also working as a team to accomplish things. As I mentioned at the Kauai installation, using bread as an example, without all of the materials, whether it's mine or others, we aren't getting the response to communication sent to proceed with what needs to be done. I understand everyone has their own issues for their time that can be allocated to FCE but communication needs to be addressed. All the sender is asking is for a response so that matters can proceed. Communication in any organization is very crucial for it to survive.

Sending out messages and waiting for responses in a timely manner that doesn't materialize can be taxing. Pending items become a standing item on one's "To Do" list. As deadlines gets closer and closer, more pressure to meet the deadlines become urgent and stressful. It then becomes an urgent matter instead of a routine item. One's personal time now is devoted to complete the deadline. What I am saying to all of you, please, please, respond. A quick response to the question will suffice. I know that everyone is a volunteer to HAFCE but there still a responsibility to our organization. Will you help me to keep the work of HAFCE going? I'm glad that I have the support of the Oahu members of the executive committee. Pat, Wanda and Jacquie have been a valuable

asset to me when time crunch is critical and decisions need to be made. Without an advisor, I must reply of these three members to help me. Hopefully when situations improve for our other members, work will become easier. Other notes, I have finished the computation for the National FCE report and will be submitting the report to National soon. Although all reports were not received, the computation was compiled with what was received from your executive and board members, along with the educational chairs, councils, clubs and individuals. See separate report for update figures in the June Echo issue. Events that are coming up that need attention: Mid-year reports (Meeting scheduled for April 11) are due to Pat Kubo by March 31 to compile and send out to all executive, board, education, standing committees, council presidents. Quarterly reports, whether award or data are to be sent to the educational chairs and HAFCE vice president and president from council vice presidents by March 15. National Conference will be in Portland, Oregon on July 23 – 26, 2020. Deadline to register is June 12, 2020. If interested in attending, please go to nafce.org website for more details. Remember, help one another – work as a team to get the task done. Everyone could use the help and make life easier for all.

Share the Aloha Spirit through Leadership, Education and Community Action

Ruthie Haitzuka, HAFCE President

Hawaii FCE Board Members		
Executive Officers	Education Chairs	CES Advisor
President ~ Ruth Haitzuka	Health ~ Dixie Dumarán	vacant
Vice President ~ Margaret Cambra	Home ~ Carolyn Sewake	
Secretary ~ Pat Kubo	International ~ Sue Stewart	
Treasurer ~ Wanda Lew	Leadership ~ Kalei Tong	
Past President ~ Martha Yamada	Youth ~ Terry Phillips	



From the Editor.... A Reminder

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

June 10th, 2020

Please send articles and photos to:

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



Margaret Needs a Few

Good Members

As your HAFCE vice president, I will be contacting HAFCE members to see if you would like to serve on my board for my term as president 2021 – 2022. Positions would be on the Executive Committee, as Education Chairs, or as Committee Chairs. Please consider being a part of my team when asked! Without members stepping up to the plate to help me run the organization, we may not be able to continue being a part of the Family Community and Education network. We all learn by participating, whether you are a newer member or one who has been around for a while. Please volunteer to join me in helping to support and enrich our HAFCE organization and programs.

Margaret Cambra – HAFCE Vice President

Kay Uho Kaneko



Kay Kaneko, of Holualoa, Big Island, died at age 87 on October 7, 2019 at Hospice of Kona's Nakamaru. She was a retired home care registered nurse and member of Kona FCE, as well as numerous other community associations. She served as HAFCE state president from 1997 – 1998. She is survived by 2 daughters, 1 son and 5 grandchildren. She enjoyed people and was generous with her time, energy, and resources to make life better for others. A true FCEer! She loved weaving, flower arrangement, macrame, cooking (especially Japanese dishes), and anything that she could make with her hands. She spoke of her life in the internment camps during

WWII. She and her family stayed in Granda (Amache) concentration camp in Colorado and in the Crystal City internment camp in Texas. Kay will always be remembered for her warm smile and love of FCE. *Contributions by Joan Chong & Densho Digital Repository*

Meet Our HAFCE Vice President



Hi! I am Margaret Cambra, born and raised and living on Maui. I am married to an awesome/wonderful person, Gerard M. Cambra (which some of you have met). To introduce our family of six children - the eldest is our one and only daughter who comes with an instant family of 3 children. She's an FCE member with Maui Council's Pukalani club. Then comes our five young men. One, the third oldest, has four children - two girls and twin boys. The last two were once members of FCE and the youngest son was one of the Maui scholarship recipients. So we have seven grandchildren! My first involvement with FCE was while I was working at "HC & S", Hawaiian Commercial & Sugar Company. A phone call came in and I spoke to a former member inquiring if the company did tours as she was inquiring for her club. I asked what kind of club she was in and she replied "homemakers and craft". So there it started and here I am today. I thank you all in advance for all your volunteering, dedication, education and support you have for this association. This is my first year as your 2020 vice president and then I will be switching gears in 2021 to be your president (I'm scared as heck). I ask for all your support, prayers, blessings and patience. We all can do this as we're a TEAM and this is not a one-person team! To all the club VPs - thank you for all you do and what you are capable of doing when getting in your reports in by the deadline. Thank you again. If any of you have questions please free to contact me. cambramc808@gmail.com



Meet Our Leadership Education Chair

I joined Hoolulu FCE club in 2000. I had a family membership and FCE became a transformation experience for my whole family. When my daughters were young, FCE encouraged family, culture, friends, personal interest, surrounding environments, community involvements, and volunteer opportunities. This helped shape my daughters' identities. FCE promoted education in all aspects. As a recipient of the Trimble Foundation Scholarship, I was able to obtain my BA in Sociology, a Minor in Hawaiian Studies, and a Certificate in Women's Studies in 2013. As a 20 year member of FCE - all that I am today and whom I've become - I know that I am a product of FCE. As your 2020 Educational Leadership Chair, I thank you for allowing me to be of service and to give back to my FCE organization. With knowledge comes responsibility. I am utilizing what I've learned to help make a difference in FCE.

Kalei Tong

Reminder

The NAFCE newsletter, FCE TODAY, can be found at www.nafce.org. We no longer receive it via USPS.

Council Vice Presidents

QUARTERLY REPORTS DUE MARCH 15

Your quarterly reports will be due on March 15 to your Educational Chairs as well as your president and vice present. These reports are for awards and data. As a note, council vice presidents, please do not send in your tracking log to your vice president. This form is for your tracking use. Please send the actual report only with the figures. Award reports will need to have the report filled out entirely, specifically answering the questions mentioned on form.

Educational chairs will then compile their reports based on information received for an award or data purposes.

STATE PROJECT: *Food Waste*

The State Project for 2020 is Food Waste. What is your council/clubs doing to promote this project? Let your HAFCE Vice President know. She will be collecting information this year to compile and produce a brochure for submission for National Conference for 2021. It's still early in the year and plenty of time to plan and implement the project.



Trimble Foundation Distribution Committee - Denise Smith

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.

Heather Greenwood-Junkermeier - CES advisor from Maui, has joined the TF Committee, replacing Julia Zee who retired from CES at the end of 2019. We welcome back Becky Lau, also from Maui, who served on the committee several years ago. The other members of the Trimble Distribution Committee for 2020 are Denise Smith - Big Island, Carolyn Lum -Kauai, Kathy Uehana - Oahu, Martha Yamada - HAFCE Executive Committee, and Meleen Pang Corenevsky - Bank of Hawaii.

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 website or by contacting any FCE Council President or Board member. Deadline: July 31st.



Sneak Peek at the Trimble Foundation Quilt for 2020

"Roses for Ruthie"

The quilt blocks for the 2020 TF quilt are beginning to come together. There are roses by the dozens on these sweet fabrics in pale pinks, creams, and soft blues, sewn in a classic "star" pattern. It is named "Roses for Ruthie" in honor of outgoing president, Ruth Haitzuka. It will be 53" X 62" in size - a comfortable lap blanket. The tickets will be available from your council president in April or at the annual meeting. 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 2020 annual meeting in October on Kauai. Need not be present to win. Good Luck to all who buy tickets and mahalo for supporting the Trimble Foundation..... *Denise Smith*

International Education Chair – Susan Stewart



At the Hilo Convention in October 2019, members were given the opportunity to voluntarily participate in the 4-week Food Too Good to Waste Challenge to raise awareness of how much food is going to waste in their household. They were asked to record how much food currently goes to waste in week 1. In weeks 2 and 3 they tried a strategy to prevent waste, and in week 4, again measured how much food went to waste. A few members took the challenge and reported less waste in week 4. Nice job, keep up the good work in eliminating wasting food!

ACWW Dates:

March 8 is "International Women's Day" according to the UN is a worldwide event with a human rights theme, highlighting the social, economic, and cultural achievements and contributions made by women. Not only is this a tribute to International Women, but also to our FCE members for every one of you make a difference in your home and communities every day.

March 22 is World Water Day. This day is about water and climate change and how the two are inextricably linked. Adapting to the water effects of climate change will protect health and save lives. Everyone has a role to play.



On or around April 29 is Women Walk the World. Women worldwide celebrate ACWW's international network by joining together to Walk the World. The aim is raise awareness of ACWW's work, promote the organization and raise money for Pennies for Friendship - this money goes to further develop ACWW's core work in raising the standard of living for rural women and their families through awareness-raising, advocacy, education,

training and community development programs, supporting rural women and girls, and helping eliminate gender discrimination.

As part of the International Women's Day celebrations, ACWW invited their member countries to submit a fabric panel representing rural women in power & participating in community action. The panels will be sewn into a banner to be displayed at the United Nations in New York. USA president, Bonnie Teeples, asked Denise Smith to create a panel for this event. This is her rendering of a woman raising her hand to be called upon at a meeting or perhaps voting. After the event in New York, the panels will be used as a fundraising event in Kuala Lumpur, Malaysia at the 2022 ACWW Triennial.





Kauai FCE – Submitted by Frances Dinnan

ACHIEVEMENT DAY, 01.12.2020

Welcome back to a New Year; in fact to a new decade! As we reflect on our past achievements and look to the future, let's celebrate each day as a new beginning!



↑ Marina Pascua, lei master extraordinaire, presented her lei creations to guests: David and Ruth Haitsuka, HAFCE President

Bernie Tangalin, Emcee, convened the group and introduced the day's guests: Ruth and David Haitsuka. Laurie Ho, KAFCE President, distributed 2020 KAFCE Directories and ran a short contest to "find directory errors." Prizes were earned by members providing directory edits. We fondly remember members who dropped out and wish them well on their journey. Laurie revealed "The Year of the Rat," Chinese horoscope and gifted each of us with a beautiful bracelet. The bracelet's symbolism was as follows: red cord (good luck), two mystical foo/fu or lion dogs (blessings, protection), and a golden ball (money). Thank you Laurie, for the thoughtful Chinese New Year's gift! Laurie mentioned two statewide initiatives: 1. Zero Hunger Challenge (save those dimes) and 2. Food Too Good to Waste. Application packets for CHARACTER COUNTS!® were distributed in schools with a deadline of January 31, 2020. "Respect" is this year's essay/art theme.



Pic L-R: Ruth Haitsuka, HAFCE Pres.; Lauri Ho, KAFCE Pres.; Carolynn Lum, V. Pres.; Frances Dinnan, Secretary; and Marina Pascua, Treasurer



After the event, floral centerpieces, made by Margo Hashimoto's Craft Group, were auctioned off by Bernie Tangalin, Emcee. Thank you Margo and Bernie!



Achievement Day Guest Speaker, Padriac Gallagher, Red Cross Disaster Program Manager, padriac.gallagher@redcross.org



Margo Hashimoto holding a 4-finger yarn lei device created by David Haitsuka. At our Feb. 8th Meeting Margo will demo how to use David's creation and email us what to bring. →

The Installation of Officers was compared to ingredients used in making “BREAD” by Ruth Haitzuka, HAFCE President. Marina Pascua made beautiful ribbon leis honoring each officer. President Laurie Ho was compared to liquid. As President, she will bring together members to achieve group outcomes. Vice President Carolyn Lum was compared to yeast and sugar. As V.P. she will activate and cultivate members to move on agreed programs and services. Secretary Frances Dinnan was compared to flour. As a Secretary she will keep accurate meeting records of the Council. Treasurer Marina Pascua was compared to shortening. As Treasurer she will keep accurate financial records to help the organization run smoothly. Members were compared to the many additional ingredients. Each slice of bread in the loaf is important ~as KAFCE~ each member is important. Together, we are awesome!



L: Margo and Suzie
R: Margo and Bernie wrestling w/duct tape

YARN LEI WORKSHOP, 2.8.2020

KAFCE members learned how to make yarn leis using a special device taught to Margo Hashimoto by David Haitzuka. Margo sent out a supply list prior to the workshop but also brought materials for anyone wanting to learn. Suzie Yokoyama completed her yarn lei first! Others struggled and needed one-to-one tutoring, like me. Marina Pascua, our master lei maker, made us laugh out loud as her explanations took on a provocative tone. To begin the process you wind the yarn “in and out” of four chopsticks. I think you had to be there. It was a wonderful workshop and a fun way to learn how a simple craft could be improved with a homemade jig. Thank you Margo and David!



KAFCE crafters busy making yarn leis and jigs ←

CLUB MUSUBI EVENT, 02.16.2020

Pic above: Club Musubi members went out to enjoy the day! A luncheon and activities at the South East Asia (SEA) Restaurant, Harbor Mall in Nawiliwili was coordinated by Team 2: Annie Rellin, Pearl Shimizu, Frances Dinnan, Suzie and Joyce Yokoyama. “Thank you for all the goodies!!! It was fun!! The food was tasty. Just what we all needed, good friends, good food, good conversations ... very relaxing.” Annie Rellin. “Just wanted to give a Shout Out to Team 2 for organizing a great event! ... Best of all was catching up with everyone and, of course, all the goodies! I truly value our friendships!” Jo Shimamoto

HAFCE ANNUAL MEETING, 10.17.2020

Everyone get ready to experience “**Aloha, It’s Kaua’i’s Spirit!**” Save the 17th in October; make plans to attend the statewide annual meeting. A full schedule of business meetings and activities are being planned. All other Councils are encouraged to send delegates or to consider designating proxies with Kaua’i’s Council. Registration info will be published soon.
Maurina Borgatti - Annual Meeting Chair



Hilo FCE – Submitted by Carolyn Sewake

The second annual Hilo Council Officer's Retreat was held on January 26, 2020 at the Komohana Cooperative Extension Conference Room. It was attended by Council or Club officers or interested persons. Attendees included: Robin Messenheimer, Council Historian; Karen Hamada, Council Ways and Means Chair; Rose Vierra, Council Treasurer & Hoike Club President; Elaine Fukui, Council Membership Chair; Clair Kawahara, Council Aloha Chair and Hanalike Kakou Club President; Kathy Morton, Hoike Secretary; Terrienne Sewake, Hui O Wahine President, Lee Watanabe, Hoaloha President; Carolyn Sewake, Council Vice President and Marielle Hampton Bowman, Extension Educator.

Attendees received the 2020 handbook that included the budget, Hilo Council Bylaws, Hilo Council Calendar, Executive Board and Standing Committee Directory, Club President's Directory, Report Forms and the Hearth Fire Series list.

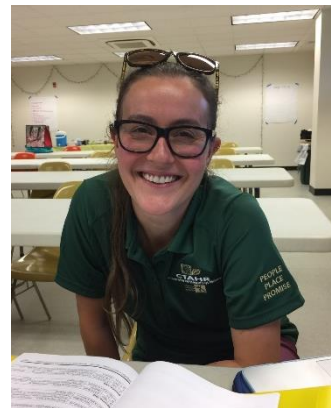
Robin Messenheimer did an informative presentation on how to write Newsletter articles. She stressed that all articles should include the 5 "W's" that answer the questions Who, What, When, Where and Why. Pictures make the article more interesting.

Marielle gave an expanded presentation on Food Waste which is our State Project. Her information was geared on Hawaii's data and she is willing to share her information with anyone requesting it. A helpful tip she shared was to buy frozen vegetables if you fear your fresh vegetables will spoil before your next shopping trip. She said they are picked and frozen at the peak of freshness and may be more nutritious than the fresh vegetables or fruits that may have spent days in travel.

Following the Retreat portion of the day was the first Fair meeting. Joining us were Shimomi Araujo and Elizabeth Salfen. Clubs selected their Fair assignments and received their committee handbooks. We are off to a great start in the year 2020!



Hilo Council Officer's Retreat



←
CES Educator Marielle
Hampton Bowman



Hoaloha FCE Club of Hilo Council, joins Children's Welfare Services to help gift wrap and tag donated gifts for clients. Can you find Lee Watanabe, Laureta Ka'awaloa, & Marcia Matsui? This is an annual event for Hoaloha.



Maui FCE – Submitted by Kats Enoki

MAFCE Community Action - January 1, 2020

Summary for Past Pukalani FCE and Haiku FCE Community Services:

1. Collection of cancelled stamps to help handicapped clients in a Germany sheltered workshop to have employment.
2. Collection of toiletries (toothpaste, combs, razors, tooth brushes, lotions, shampoos, conditioners), eye glasses, reading materials, money for sanitary products for Woman's Board of Missions to help clients from prison to transitional center, patients at Hawaii State Hospital and homeless clients.
3. Collection and distribution of toiletries, toys, books, and clothing for clients (and their children) at Women Helping Women, a domestic violence agency.
4. Participating in Books for Newborns, a project for National Association for FCE by collecting donations and purchasing new books.
5. Creating small arrangements of flowers and plants and distributing them to Hale Makua nursing home.
6. Sewed bibs for patients at Kula Hospital.
7. Participate in annual Senior Fair promoting FCE and encouraging people to join.
8. Annually, providing \$2,000 scholarships to 5 high school seniors totaling \$10,000.
9. Annually, gives donation to Trimble Foundation as an association and individually.
10. Members actively volunteer in their individual churches, YMCA, BLOOD BANK, MAUI ECONOMIC OPPORTUNITY, Native Hawaiian Plants Society, Island HOSPICE, Haiku Elementary School, Maui Nui Botanical Gardens, and Maui Medical Center.
11. Participate in fundraising annually for Caregivers Walk and Alzheimer's Walk.
12. A member has facilitated Powerful Tools for Caregivers classes.
13. Two members have taught Brain Gym classes at several lunch sites for seniors.

HAFCE KAUAI ANNUAL MEETING

This year instead of having an annual three-day convention, your HAFCE Executive and Board members have decided to have an ANNUAL MEETING in Lihue, Kauai on Saturday, October 18. Why? Due to the financial restraints for Kauai Council to secure a hotel for the meeting without being in the RED and charges associated with non-compliance of terms of the contract, it is not feasible to have a convention. More details will be forthcoming. Kauai FCE Council is working on the specifics and more information will be announced at the Mid-Year Board meeting. Executive and Board members are expected to attend and delegates will be needed also in order for a quorum to be met to conduct the business of HAFCE (approving of the budget, by-law changes, quality gift tickets, Trimble Foundation fundraiser and other business as deemed necessary). *Ruthie Haituka – HAFCE President*



PROJECT LEADERSHIP TRAINING (PLT) AND OTHER EVENTS

JANUARY – MARCH 2020

PLT – LEADERSHIP

Three clubs presented their topics for the yearly Project Leadership Training. Hui `O Makani presented “Gonzo” – Learning to Delegate. Members were told to make Gonzo with little or no instruction. As time went on, more information was given and members were able to create their version of Gonzo. See pictures:



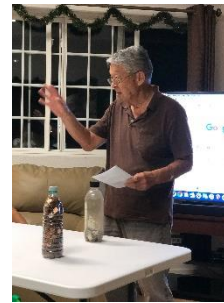
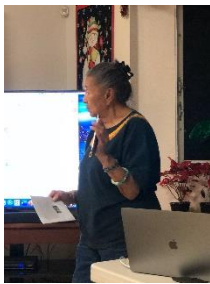
Gonzo instructions



June Tom designing her Gonzo



Dixie explaining food chart



Jeanette Pang, Chutima Leider, David Haituka and Jacqueline Maly speak about the HFS #71 – What is ACWW and How does FCE fit in? explains what ACWW does and its programs: Pennies for Friendship, Zero Hunger Challenge, Zero Loss or Waste of Food, and Sustainable Development Goals. Also pictured: Jeanette shows the plate which shows the sections of portions of food.



As a treat for those in attendance, Pat Kubo demonstrated making Malasadas using bread and Bisquick. If you were to eat one of these donuts, you would not be able to guess what it was made of. You can surprise your family and friends with these delicious malasadas.



PROGRAM LEADERSHIP TRAINING: FOOD WASTE

Using a PowerPoint presentation by Education Chair, Susan Stewart, Pat Kubo and Jacqueline Maly presented the state project: Food Waste, to the members. As the state project for this year, Jacquie did a survey at 2019 convention about our habits for leftover foods and what members do with it. This year, members are encouraged to keep track of what they do with their leftover foods. At events that are scheduled with food being provided, members are encouraged to reuse or make another dish with leftovers.

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