



The Homemaker Echo

Official Newsletter of the Hawaii Association for Family and Community Education

Volume 47 Issue 3

September 2021

In this issue:

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

Go Paperless! ~100 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

PRESIDENT'S MESSAGE

September 2021

What will 2023 look like for HAFCE Executive Committee and your HAFCE Board? Will we have officers to keep HAFCE going at least another two to four years? Will members step out of their comfort zones to serve in positions that will require them to learn, be mentored, give of their time, willing to be part of a team for the betterment of the organization? Even if members say they want to be in a certain position, in actuality, time will tell. If you are a member who wants HAFCE to

continue and not dissolve, then your HAFCE needs members to step forward and assume roles that will become vacant next year and not assume status quo. No one knows for sure what will or will not happen but one thing is certain, members will need to step up to the plate to keep HAFCE well and alive.

On Saturday, September 25th, HAFCE will hold its Annual Meeting/Convention via Zoom. Every member or interested persons are welcome to join in this event. Please remember to send your request to join in order that the Zoom link will be forwarded to you a few days prior to the Zoom meeting.

With the Delta virus still on the rise, members are still being asked to follow the guidelines of CDC and State guidelines. Sometimes, it seems as though we will never see each other. But there is a way. Via Zoom. Practicing social distancing is important as well as getting the social aspect of our wellbeing. Via Zoom, members are able to see each other and chat while waiting for the event to start. What about this idea? What if we set up a time where members can log in just to chat with each other – What have you been doing lately? Is there anything we can help you with? What craft have you learned or working on? Any great recipes you can share? Etc. Etc. Think about it and let me know.

Members who have no means of a computer can team up with another member to get onto Zoom. Or maybe, just maybe, a grandchild, son, daughter, etc. has an iPad or computer that you can use (you don't need to create an email, use a family member's address). They can log into their email account and look for the email

containing the Zoom link and get you logged in. I'm pretty sure, chit chatting with each other who we have not seen or talked with each other for over a year will boost your spirits. Think about it and logistics can be worked out.

As we strive for the future, let us all keep in mind what HAFCE is all about. What do we want to accomplish and how do we keep HAFCE going for a long, long time? Important decisions will need to be made for the future of HAFCE.

In the meantime, please take care and be safe.

Ruthie Haitzuka, HAFCE President



Hawaii FCE Board Members

Executive Officers

President ~ Ruth Haituka
Vice President ~ Dr. Jacqueline Maly
Secretary ~ Frances Dinnan
Treasurer ~ Pat Kubo
Past President ~ Katsuko Enoki

Education Chairs

Health ~ LaVanda Salas
Home ~ Lynn Barut
International ~ Sue Stewart
Leadership ~ Kalei Tong
Youth ~ vacant

CES Advisor

vacant

From the Editor....

A Reminder

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

December 10th, 2021

Please send articles and photos to:
cdsmith2139@gmail.com OR
433 Sylvan Ave. spc 39 Mountain
View, CA 94041 OR
(650) 969-3422 OR (808) 430-2097 cell
~ Leave a message if I'm not home

Aloha, Denise



Save the Date!

Upcoming Education Chair Zoom Workshop



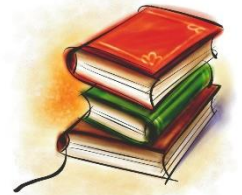
Health – LaVanda Salas
Saturday, October 9, 2021 at
9:00 am

7 Easy-to-Grow Plants for Beginners

Zoom workshop presented by
LaVanda Salas – Health Education
Chair

Historical Materials Ad hoc Committee Update

How many of you have HAFCE items in your homes under your beds, in your cars, in boxes, bags, file drawers, in the garage, etc.? The HAFCE Executive Board created an ad hoc Historical Materials Committee. Members are Denise Smith, Martha Yamada, Robin Messenheimer, and Katsuko Enoki. The goal is to find a home for HAFCE materials stored previously at Komohana Ag Center in Hilo, now in Martha Yamada's and Robin Messenheimer's homes.



The following has been accomplished:

In May 2021 Lanai UE/FCE materials were graciously accepted by Lanai Culture and Heritage Center via assistance of Kepa Maly, Board member. The Center is a non-profit charitable museum, research and educational organization. In June 2021, Molokai Museum became the home of 100 "How to Make your Hawaiian Quilt" books & patterns. This was very appropriate because it was the work of mainly Molokai UE members who were quilters. The museum director is Noelani Kelikipi, a former FCE member.

Historical Materials Continued

Did you know that 17 libraries in the state already have our oral history books - *Memories and History of Hawaii's Homemakers*? The Executive Board approved the sending of these books to all 51 libraries in the state. You should be proud when you visit your library that HAFCE oral history books have a nice home! We still need to find homes for the rest of the items in storage. I thank the committee members for their dedication and commitment in focusing on their mission! Mahalo nui loa!

Submitted by Katsuko Enoki, Past President/State Historian



Katsuko Enoki presents HAFCE oral history books to Elizabeth Knight, Branch Manager & Youth Services Librarian at Makawao Public library

One of ACWW Global Goals for Sustainable Development is:

We know that individual action is not a replacement for responsible behavior from governments and corporations, but here is a list of challenges and activities you can consider in your everyday life:



1. Commit to using your car less, and sharing journeys with others
2. Consider using a bike, scooter, public bus, or walking instead of cars
3. Turn appliances off when you're not using them, as 'standby' mode expends energy (and costs you money!)
4. Consider reducing the amount of meat you consume, try one new vegetarian recipe per week
5. Plant trees, fruit, vegetables, or plants (from a window box, to a garden, to a field!)
6. Reduce how often you use mail-order services, combine multiple orders, share with other people to reduce the carbon footprint of the service
7. Set up a community garden where everyone can contribute
8. Use slower postage options whenever possible, as it allows companies to combine orders to the same regions or communities
9. If you have to fly, invest in a carbon offsetting scheme (often offered by the airline)
10. Let ACWW Central Office what you are doing, send pictures or even a few words about your activities

International Education Chair – Susan Stewart

ZOOM THIS DATE

Saturday, September 25, 2021, at 8:00 A.M.



This is your reminder of when Windward Oahu FCE hosts the Annual meeting for 2021. Of course, there will be a Business Meeting, but we have also planned some additional events, more like an actual Convention. It has been over two years since we recognized members who have passed away, so we will have a virtual Memorial Service. But there will be a number of fun and interesting things as well - games, speakers, a workshop, quilt drawings, door prizes, and maybe more! Hope to see all of you who registered! President Ruthie Haitsuka will email you the Zoom link.

Jacquie Maly - HAFC 2021 Convention Chairman



Trimble Foundation Distribution Committee - Denise Smith

The TF Distribution Committee met on September 10th, via Zoom. The committee members are Denise Smith - Big Island,Carolynn Lum - Kauai, Stephanie Borges - Maui, Kathy Uehana - Oahu, Katsuko Enoki- HAFCE past president, Meleen Pang Corenevsky - Bank of Hawaii trustee, and Heather Greenwood-Jukermeier - CES advisor - Maui. Officers are Denise Smith - Chair, Carolynn Lum - Vice Chair, and Kathy Uehana - Secretary. We had \$7000 to distribute among three applicants. Windward Oahu FCE was granted \$750 for their programs that support Boys & Girls Club, elementary school children & an orphanage. Neighborhood Place of Puna on the Big Isle was awarded \$4250 for their programs to support local families and prevent child abuse. Chantrica Uch of Kailua was awarded \$2000 to assist with her education at UH Manoa - majoring in Biology with anticipation of going on to medical school. Congratulations to all these worthy awardees! Individuals applying for scholarships can be FCE members, members of our families, or members of the public. They can be first time college students or returning students. Organizations who apply for grants must be a non-profit dedicated to the betterment of communities through health, welfare, or education.

Application forms are available on the hawaiiifce.org website or by contacting any FCE Council President or Board member. Deadline to apply: July 31, 2022.



A Sneak Peek – ACWW Quilt Denise Smith

This year’s quilt proceeds will benefit the Associated Country Women of the World (ACWW). This organization is composed of members from 84 world-wide countries, with the United States, supported by FCE, being one of them. ACWW assists rural women and their families by developing policy resolutions, working with the United Nations as an NGO, providing project activities, education, outreach, information, and research. I hope that you will join me in supporting this worthwhile organization by buying tickets for our lucky number drawing to be held on Sept. 25, 2021 during our virtual HAFCE convention. This year’s art quilt is called “Kyoto Kimono” and features just two colors – purple and pink – with additional embellishments and a sleeve for hanging. It is 24” X 36” in size and is reminiscent of the lovely kimonos worn by the famous Kyoto geishas.



Free to a Good Home!

You will soon be able to have your own HAFCE enameled membership pin for FREE!

Watch for information in future newsletters on how you can request a pin and have it mailed to you at no cost.

Kauai FCE – Submitted by Frances Dinnan

KAFCE Promotes Literacy and Arts on Kaua’i

Two programs are actively promoted by KAFCE:

Character Counts! ® (CC) and Books for Newborn (BFN)



KAFCE’s 2021 CC Winner, Kai Guimarães, placed 1st in Hawaii FCE and

2nd in National FCE Contests on the topic of “Responsibility.” Our Kauai students have performed consistently well over the past four years, placing in the top three both State and Nationally. Kudos to our community for strengthening our student’s six pillars!

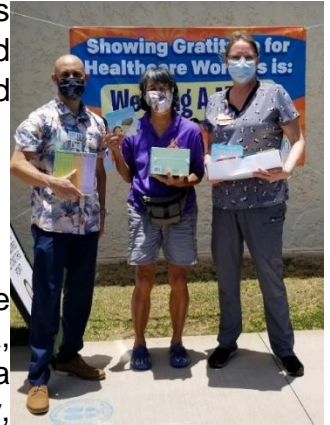


Get involved in getting the word out for next year. Next year’s topic is “Fairness.” This FCE Essay & Art Contest begins on Sept. 1, 2021 and runs until Feb. 1, 2022. Applications are available online at nafce.org or by contacting Laurie Ho at laurieho1@hawaiiintel.net. It’s open to any fourth-grade student attending public, private, or home school. It’s a great opportunity for students to improve literacy skills and develop ethical values.

Kauai Continued

KAFCE’s second literacy related program: **BFN** promotes early reading to infants and children. Each year KAFCE donates with the help of generous contributions and partnerships, new books to Wilcox Hospital’s Pediatric unit. Books are distributed to island families as part of the “Reach Out and Read,” program.

Pic: L to R: Andrew Bestwick, Carolynn Lum, BFN Chair, and Dr. Brigitte Carreau of Wilcox Hospital →



Scrub A-Dub-Dub

In keeping with Covid regs a total of 10 members convened at Lihue Neighborhood Center, after our business meeting, to learn from Kay Nakata, presenter, how to make “scrubbies.” Kay has been making scrubbies for a number of years and offered to teach us this simple crochet workshop. Kay, Marina, Maurina, and Pearl were on- hand to teach those of us who are crochet challenged to work the needle. Kay purchased sparkle yarn by bulk and sold various colors to members at cost. A short video of our time together is located at: <https://youtu.be/5u2z6L35iO4>. No food 🙄 could be served due to Covid rules and everyone wore masks. 😊

Thank you, Margo, for making the facility use reservation. We heard there were many obstacles involved in being able to meet as a group here. Thank you, Kay, for thinking fondly of us by sharing your scrubbie project, wholesale priced sparkle yarn, and leadership skills. Little things like this do count and we appreciate our members for sharing their time and talents.

Frances Dinnan Historian/Newsletter



KAFCE “Scrubbies” Workshop participants, August 14, 2021 ↑



Carolynn Lum, Daphne McClure, Suzie Yokoyama (holding sweetbread), Annie Rellin, Marina Pascua, and Margo Hashimoto ↑

How Sweet it Was . . .

The Pascua Family has been graciously assisting us in our Sweetbread Fundraisers for several years. Suzie (Pascua) Yokoyama, KAFCE Member, is relocating to Westfield, IN. With her exit, KAFCE loses an excellent source of fundraising. Thank you so much Suzie, we’ll never forget your smile and generous spirit. These fundraisers enabled KAFCE to make charitable donations to several community non-profits.

“The gift of service leads to a life of love.” 💕💕💕
—Mary White

Topic: What FCE Means to Me

When I hear "FCE" I think of:

"laughter" 😄 "sharing stories" 😊 "sharing food" 😊 "sharing recipes" 🍴

"sharing crafting ideas by hosting workshops - like yesterday" ~ "hands-on activities"

WE do stuff and are life time "learners!" PLUS take care of our "family" and maintain close "friendships". NO matter what!



Laurie Ho

FCE has meant interesting experiences, friendships, learning leadership, keeping the mind and body busy to ward off dementia. It means having fun with sightseeing Kauai, crafting, various activities and enjoying food. It is also impressive that we "old ladies" can be active/healthy in the home and community despite our old age frailties. In FCE we also learn perseverance even when we want to quit. We learn compassion and acceptance of our differences. After Covid subsides, perhaps we can possibly have our fun activities again. *Margo Hashimoto*

FCE means to me is: I have made a lot of good friends and made some friends at the conventions. Learning lots of things like crafts, cooking food from different cultures, etc. The best thing is getting away from home and leaving all your worries behind. Going to the meetings gives me time to myself for a couple of hours. It's a happy time! *Kay Nakata*

KAUA'I HOSPICE PRESENTATION – Debra Spung, MSN, June 12, 2021

- ◆ Is covered by Medicare Part A, no fees for services
- ◆ It may include: medications, equipment, & staff to assist care- givers
- ◆ Focus is on the quality and comfort of patient who received a terminal diagnosis of six months to live
 - ◆ Alzheimer's is difficult to assess due to the functionality of each individual.
- ◆ Volunteer program, massage, healing touch, sitting w/patient while caregiver runs errands, play music, read books, etc. Training is provided.
- ◆ Bereavement services provided to the family up to 13 months after patient dies

View presentation on YouTube: <https://youtu.be/zUHa-qOg3A>

In appreciation of Debra's presentation and in support of the work that Kaua'i Hospice provides in our community, KAFCE donated \$100.00.

"I have learned that Hospice is more about the quality of life than it is about death." ❤️

SUMMARY GUIDANCE FOR COVID-19 CASES & CONTACTS



Cases vs. Contacts



What does this mean?

CASE	CLOSE CONTACT: HOUSEHOLD	CLOSE CONTACT: NON-HOUSEHOLD	CONTACT OF A CLOSE CONTACT
<p>▲ ISOLATION Must stay at home except to get medical care until:</p> <ul style="list-style-type: none"> • At least 10 days have passed since symptoms first appeared (or if no symptoms, since test was taken); AND • At least 24 hours have passed since last fever without use of fever-reducing medicine; AND • Symptoms, if any, have improved <p>➕ NO ADDITIONAL TESTING Has already been tested and confirmed to have COVID-19</p> <p>📄 CONTACT: Please notify school/employer and all Close Contacts</p>	<p>📌 QUARANTINE Unvaccinated Contacts: Must stay at home for 10 days[§] after last contact with the Case If unable to avoid contact with the Case (living in the same house with no separate bedroom, bathroom, and living space), must stay at home while the Case is in isolation AND for an additional 10 days[§]</p> <p>Fully Vaccinated* Contacts: If no symptoms, do not need to quarantine</p> <p>🔍 GET TESTED Unvaccinated Contacts: Get tested immediately. If test negative, must:</p> <ul style="list-style-type: none"> • Still remain at home until quarantine period is over • Be tested again in 5-7 days after last contact with the Case or immediately if symptoms develop <p>Fully Vaccinated* Contacts: Get tested at 3 – 5 days after last contact with the Case, even if not having symptoms</p> <p>🏠 MONITOR FOR SYMPTOMS All contacts (unvaccinated and vaccinated) should monitor for symptoms for 14 days after last contact with the Case. If symptoms develop, immediately self-isolate and get tested.</p> <p>📄 CONTACT: Please notify school/employer</p>	<p>📌 QUARANTINE Unvaccinated Contacts: Must stay at home for 10 days[§] after last contact with the Case</p> <p>Fully Vaccinated* Contacts: If no symptoms, do not need to quarantine</p>	<p>👍 NO QUARANTINE No quarantine required unless the Close Contact becomes sick or tests positive for COVID-19</p> <p>👍 NO TEST NECESSARY Unless:</p> <ul style="list-style-type: none"> • Symptoms develop; or • Close contact becomes sick or tests positive for COVID-19 <p>👍 NO NOTIFICATIONS REQUIRED</p>





DEFINED: ▲ Isolation: keeps someone who has COVID-19 or tested positive for COVID-19 without symptoms away from others, even in their own home

📌 Quarantine: keeps someone who was in close contact with a person with COVID-19 away from others in case they get sick

[§]14-day quarantine still applies to congregate settings (e.g., long-term care facilities, group care homes, assisted living facilities, correctional facilities, shelters, residential rehabilitation and treatment settings, military housing, etc.)

*People are considered fully vaccinated two (2) weeks after receiving their 2nd dose in a 2-dose series or 2 weeks after a single-dose COVID-19 vaccine

Additional Guidance

 CASE	 CLOSE CONTACT: HOUSEHOLD	 CLOSE CONTACT: NON-HOUSEHOLD	 CONTACT OF A CLOSE CONTACT
<p>♥ TAKE CARE OF YOURSELF</p> <ul style="list-style-type: none">• Monitor symptoms and call a healthcare provider if symptoms get worse• Call 9-1-1 for medical emergencies* and tell the dispatcher you have COVID-19• Get lots of rest and stay hydrated <p>☹️ PROTECT OTHERS</p> <ul style="list-style-type: none">• Stay home except to get medical care• Do not allow visitors• Stay away from other people and pets in the household<ul style="list-style-type: none">- Stay in a separate room and use a separate bathroom- If you must be in the same room as other people, maintain physical distance of at least 6 feet and wear a mask• Do not share personal items with other people in the household (e.g., toothpaste, towels, bedding, dishes, utensils, phones, etc.)• Wash hands often, cover coughs and sneezes, and disinfect surfaces and objects regularly• Have meals and items that you need left at your door. Use paper plates and disposable utensils• Bag your trash separately from other members of your household <p><small>* Trouble breathing, bluish lips or face, chest pain, etc.</small></p>	<p>♥ TAKE CARE OF YOURSELF</p> <ul style="list-style-type: none">• Avoid contact with the Case and wear a mask if you must be in contact with the Case• Monitor your health and call a healthcare provider if you develop symptoms• Call 9-1-1 for medical emergencies* and tell the dispatcher you have been in contact with someone with COVID-19	<p>♥ TAKE CARE OF YOURSELF & PROTECT OTHERS</p> <p>Continue following physical distancing and masking guidance when outside of the house</p>	

Where can I get help?

Medical

- ☐ Call your healthcare provider
- ☐ If you do not have a healthcare provider or health insurance, call Aloha United Way 2-1-1

Other

- ☐ Call Aloha United Way 2-1-1

Crisis Support, Mental Health or Substance Use Treatment Services

- ☐ Call Hawaii CARES at 1-800-753-6879 (TTY 7-1-1)
- ☐ Text ALOHA to 741741

COVID-19 Isolation and Quarantine Assistance

If you are unable to isolate or quarantine at home:

Honolulu County:

- ☐ Call Hawaii CARES 1-800-753-6879 (TTY 7-1-1)
- ☐ Call We Are Oceania helpline at 808-913-1364

Hawaii County:

- ☐ Hilo: Call 808-974-6006
- ☐ Kona: Call 808-322-4880

Maul County:

- ☐ Call 808-984-8213 Mon-Fri 7:45 am to 4:30 pm
- ☐ Call 1-800-360-2575 After Hours

Kauai County:

- ☐ Call 808-241-3563 Mon-Fri 7:45 am to 4:30 pm
- ☐ Call 808-241-3496 After Hours



Updated 08/17/21



For additional information, visit hawaiiicovid19.com/resources

Summary Guidance (English)

Memories of Conventions Past



2013
Windward Oahu
Hosts
←Maui Attendees
Having Fun! →



2015 Hilo Hosts
Mu'u mu'u and Island Wear Fashion Show



2015
Special Awards!

2016 Kauai Hosts
Our state officers
For 2017 – 2018
↓



2016
Making new friends ↓





2017 Oahu Hosts - "Selfie Queens"



2017 - Windward Oahu Attendees



2018 Maui Hosts

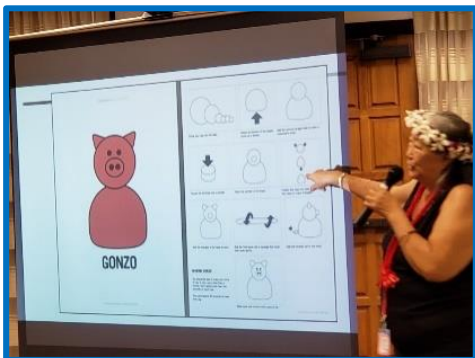


2018 Hilo Attendees



2018 "Cookie" from Molokai

2018 Kauai Attendees



2019 Hilo Hosts
Pat teaches us how to follow directions
←
80+ Members →



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