



The Homemaker Echo

Official Newsletter of the Hawaii Association for Family and Community Education

PRESIDENT'S MESSAGE

December 2021

Volume 47 Issue 4

December 2021

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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

December 31st is fast approaching and another year of Covid and the variants, thus not allowing us to go back to "how it was". As we look forward to 2022, will there be a "normal" for us? Will we be able to walk without masks? Go places without restrictions? It seems as though there will never be "how it was back then". So how do we as HAFCE proceed? At the present time, our council presidents have been updated with our correspondence with CTAHR (Heather Greenwood, the representative for CTAHR for dialog between the parties but is unable to make decisions for CTAHR). Council presidents will meet with their council members to discuss what is being proposed regarding HAFCE's future relationship with CTAHR. Please contact your council president for update and your input regarding this matter is welcomed. In the near future, announcements for future events by the Education Chairs will be announced. I encourage members to log in to the Zoom link to participate and support them with their topic of choice. As soon as the topics and dates have been chosen, your Vice President will notify your council presidents and vice presidents. If you missed the lessons this past year, I hope you will mark your calendars this coming year. There's so much time and effort that your Education Chairs put into their lessons and a larger audience is appreciated. You will also get to meet with your fellow FCE members! 2022 will be another busy year, with setting the procedures in place for the future of HAFCE, tying up loose ends for various projects which hopefully will be completed. I would especially like to complete the procedures for the Future of HAFCE (Dissolution). Once the procedure is in place, whoever is in office should HAFCE need to dissolve, the procedures will be in place and can be implemented without having to start from ground zero. I am hopeful that 2022 will have more members step up to the plate and help HAFCE to survive for the next 25 years which is what the majority of the members voted for. Until then, have the Merriest Christmas and a Very Happy and Safe New Year. Continue to be safe, wear your masks, be careful of your surroundings, wash your hands and contact fellow members.



Ruthie Haitsuka, HAFCE President

Hawaii FCE Board Members

Executive Officers

- President ~ Ruth Haitsuka
- 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: March 10th, 2022



Please send articles and photos to: csmith2139@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

International Education Chair – Susan Stewart



The National FCE held their conference in July via Zoom and the main speakers dealt with the issue

of Human Trafficking. This continues to be a concern for the organization and many state societies have informational programs teaching members what they can do to educate communities how to be involved in combatting this issue. Some reports at the conference included lessons that

coincide with the ACWW Resolutions and the Sustainable Development Goals, "Pollinator Protection" and "Family Community Environment" dealing with health and nutrition for women, homelessness, and environmental health. A new program was announced focusing on "Tune Out Violence" on social media and unplugging from social media and electronic devices for a set period of time. The desired outcome of this program for members and other contacted about this project will realize the impact unplugging from too much time spent online will have on their lives and mental health.

7 Easy-to-Grow Plants for Beginners

Health Education Chair, LaVanda Salas held a Zoom workshop on October 9th, during which she talked about how she and her daughter planted vegetables and herbs in their garden during the Covid shutdown – partly for amusement and partly for having fresh homegrown veggies available for their kitchen. I was so impressed with LaVanda's presentation – how she felt more connected to nature and enjoyed seeing her garden flourish. Where I live, I have no "garden" to plant so all my gardening is done in pots. I wanted to share with you photos of my herb garden – a testament to the wonderful things we can grow, in even the smallest of spaces. Thank you to LaVanda for the inspiration to take our hands and our souls outdoors to our gardens!

Submitted by Denise Smith



Curley Parsley with Alyssum



Mint



Thai basil with Gazanias



Thyme and Oregano



Trimble Foundation Distribution Committee - Denise Smith

The TF Distribution Committee will meet again in September/October of 2022 to determine awardees and amounts of funding to be distributed. Upcoming committee members for the next term (2022 - 2023) will be Stephanie Namihira - Big Island, Carolynn Lum - Kauai, Stephanie Borges - Maui, Dr. Dixie Dumaran - Oahu, Katsuko Enoki-HAFCE past president, Meleen Pang Corenevsky - Bank of Hawaii trustee, and Heather Greenwood-Jukermeier - CES advisor - Maui. Carolynn Lum will be the interim Chair. The HAFCE Executive Committee voted on Oct. 6, 2021 to increase the amount of funds available for distribution to \$20,000. This is a considerable amount compared to past years so we hope that we can spread the word to our high schools, colleges, universities, and community organizations, to apply. 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 hawaiifce.org website or by contacting any FCE Council President or Board member. Deadline to apply: July 31, 2022.



ACWW Quilt Denise Smith

This year's art quilt, called "Kyoto Kimono", was won by David Haitsuka of Windward Oahu FCE Council during the Sept.25th Zoom convention. Thanks to your wonderful generosity, \$1030 was raised for the Associated County Women of the World organization. A new quilt for 2022 will be designed to honor our outgoing HAFCE president, Ruthie Haitsuka. Watch in upcoming Echo issues for a "sneak peek"!



Free to a Good Home!

If you would like one or more of these Hawaii FCE enameled membership pins, they are available for free! Contact Denise Smith at csmith2139@gmail.com or at 808 430-2097 (cell/text) or 650 969-3422 (home) with your name, mailing address, contact info, and how many pins you would like have. Denise will mail them at no cost to you. We have about 40 pins available so there are plenty for your entire council!

"Memories and History of Hawaii's Homemakers"

Published in 1997

This oral history book is full of wonderful stories told by our FCE members from times past - home life on the islands and UE/FCE history. There are copies available, for free, on a first come basis. Contact Martha Yamada at martha.yamada58@gmail.com or at 808 989-1651 (cell). Give her your contact information, mailing address, and how many books you would like. She will mail the book to you at no cost.



Oh My! **Katsuko Enoki**, our Past President from Maui Council, took a bad fall on December 5 in the midst of a raging storm on Maui. She was in the hospital but has been transferred to a rehabilitation facility for further recovery. She will be there for about 3 weeks. We wish her all the best for a good and speedy recovery. We're sure she would like a card to cheer her along. Here's the address:

**Hale Makua, Kahului
472 Kaulana St.,
West Neighborhood
Kahului, HI 96732**

SHARING MANA'O September 22, 2021 ~~ by Kathy Collins of the Maui News

Recently – to the great surprise of those who know me well – the long-dormant domestic goddess within me has awakened. After more than 30 years of declaring “Sorry, I don’t cook anymore,” I’m actually enjoying my return to the stove. Sentimentality is partially to blame. Having just celebrated another birthday, I’ve been hungering for the comfort foods of my youth. While I still remember my mother’s creamed tuna recipe, I needed an old-school refresher course. Thank goodness, even though decades of kitchen abstinence, I’ve held on to my copy of “More of Our Favorite Recipes,” published in 1973 by the Maui Extension Homemakers’ Council. For local girls of my generation, as well as the ones before and after, the Homemakers’ Council was a godsend. Known affectionately as “the UE (University Extension) ladies,” they were the original domestic goddesses, an invaluable resource for inexperienced homemakers like myself. The Extension Service program began on Maui in 1929 and the first UE club was organized in Puukolii, where 24 women attended home demonstration meetings on food and clothing. By 1946, there were 23 clubs on the Valley Isle. Today the statewide organization is known as the Hawaii Association for Family and Community Education (FCE), whose mission is to “strengthen individuals, families, and communities through continuing education, leadership, and community action.” A month ago, my friend and longtime UE lady, Kats Enoki, called me out of the blue and offered me a priceless gift: a copy of “Memories and History of Hawaii’s Homemakers,” written by FCE members in 1997. Now out of print, the book is a treasure trove of anecdotes and remembrances dating back to the 1920s.

Here are a few of my favorites: Kats shared memories of her childhood in the 1930s. “I lived in Maalaea, a fishing village of about 40 people, from the age of three to seven. My father was an aku (tuna) fisherman. When the fishermen came home with the fish, they sold only the big ones to stores, the tiny akus were given to children to sell. I remember carrying the aku down to the village and the people who were passing through would stop and buy the whole aku for twenty-five cents, about five cents a pound...There were a lot of kiawe trees in Maalaea around the bay and we picked the kiawe beans and sold them for a penny per pound to cattle owners. I remember my mother with a young child strapped to her back, picking beans off the ground.” Another friend, Aunty Bea Barboza, recalled, “We did not have running water and electricity. Dad, with his kerosene lamp, would take us to the outhouse when we needed to go at night...We

Sharing Mana'o Continued

were poor, but we always had something to eat. We ate crackers with water and a little sugar in it, and sometimes for lunch, all we had was poi with chili peppers. At school, we had free milk and graham crackers at snack time in the morning."

Carol Ogawa contributed this chicken skin story. "In the early 1920, when I was about nine years old, we didn't know there was an island called Hawaii. We didn't even know about volcanoes, but the children in the district just below Wailuku Elementary School, where I lived, believed that Pele, the Hawaiian goddess of fire, walked among human beings whenever she felt like doing so...to be on the safe side, whenever a lady stranger came to the neighborhood, we were nice to her, thinking that perhaps she was Madame Pele...Our outhouse was far away from the main house, so in the evenings, mother put a urinal bucket on the front veranda...one night, at about 4:30 .m., I had to go. I went out to the porch and squatted, and almost fell into the bucket as I gave out a yell, 'Pele! Pele!' I thought Madame Pele was sitting on our front steps. Father came running out and found that my Madame Pele was only white-haired Grandma Dutro who lived behind our property, on her way to the store to buy crackers for her breakfast. She always went to town early in the morning because it took her about an hour and a half to go to the store and back to her house. Poor Grandma Dutro was frightened more than I was. Father calmed her and sent her off to town." The book is unavailable for purchase, but you might be able to find a copy at your local public library. And if this stroll down Memory Lane has stirred your appetite, you can find various versions of "Our Favorite Recipes" on eBay and Amazon. I've already ordered my copy of the Golden Anniversary edition.

Kathy Collins is a radio personality (The Buzz 107.5 FM and KEWE 97.9 FM/1240 AM), storyteller, actress, emcee and freelance writer whose "Sharing Mana'o" column appears every other Wednesday in the Maui News. Her e-mail address is kcmaui913@gmail.com.

Remembering our Fellow FCE Members



Jodean Dela Cruz

Jodean was an active member of Hamakua FCE Council. She was an avid FCL training enthusiast and attended whatever sessions were available. She served as president of Hamakua Council from 2007 to 2011. She also served as an Education Chair on the HAFCE Board in 2009 & 2010 and served as convention chair in 2011. She left FCE a number of years ago but to those of us who knew her, her warm smile and good nature will always be remembered. She passed away on December 9, 2021.



Carol Yurth

Carol Yurth was a long-time member with Hamakua FCE Council. She worked as an administrative service assistant for the Honokaa Complex at the high school and intermediate school. She retired in July, 2021. She was the incubator project coordinator of the Honokaa Ohana Kitchen, Hawaii County Economic Opportunity Council. She and her family were also macadamia nut orchardists.

Carol Yurth continued

Carol was dedicated to the process of FCL training and used her skills to contribute to the Hamakua Coast community. In 1999 she was selected as the HAFCE winner of the Spirit of FCL award – the 2nd awardee of this program. She went on to accept the NAFCE title of Spirit of FCL in the same year. Carol served as Hamakua Council president from 2005 to 2006. Her mother, Lois Wright, was also a long time FCE member. We will always remember Carol's chicken dance at the HAFCE conventions and her lauhala hat which she always wore. She passed away at the end of August, 2021.



La Verne Leilani "Lei" Chow

Lei Chow was a member of Hui 'O Makani Club, Windward Oahu FCE Council for over 19 years. She passed away at the age of 90, on August 1, 2021 at her home in Kailua. Lei was born on July 31, 1931 in Oregon but she grew up in her grandparents' home located at Kawaihoa Beach in Haleiwa, Oahu. She attended Leilehua High School and during her senior year travelled to San Francisco, where she graduated from Commerce High School and attended college. Upon her return to

Hawai'i, she attended the University of Hawaii. She could always be seen wearing her muumuu and a lei po'o on her head. We would see her and her husband Al sitting in McDonalds, enjoying their coffee. Lei was the sweetest person and never had a negative word to say about anyone. She always looked for the best in people and tried to find something positive to say about everyone. Lei served as HAFCE state secretary and was always ready to volunteer. She was an devoted believer in the FCL program and shared her training skills with her community by being a member of St. Anthony's of Padua Catholic Church, the Young Ladies Institute of Kailua #213 (where she served as Institute Deputy and District Deputy) and the Young Ladies Institute Ana Malia #208. She captured the HAFCE and NAFCE "Spirit of FCL" award in 2013 for her work with the "Na Tutu" program. Although she had serious health problems, that never stopped her positive spirit. She would tell funny stories. She talked about how her biological father tried to get her to join the communist party. She also told a funny story about how people always thought Al was the kamaaina and that she was the mainland haole. Lei took pride in her Hawaiian ancestry and was passionate about passing on her knowledge about her genealogy. She researched and documented her ancestry. Her creative skills led her to become a self-taught artist and poetess. She will be missed but never forgotten. Her Aloha and kind generous spirit will live on forever. We will all miss Lei.

Hilo FCE – Submitted by Robin Messenheimer



On Thursday, December 2, 2021, Hilo Council held its annual Installation and Recognition Celebration virtually by Zoom. Thirty-two members attended the Zoom event, most of them by video conferencing. They were joined by keynote speaker, Michael Shintaku, the new Hawai'i County Extension Administrator; Marielle Hampton, Extension Agent; and musician, Vic Vierra. Hilo Council President, Martha Yamada, was the Mistress of Ceremonies for the evening, joined by Council secretary, Robin Messenheimer as Zoom host. Dr. Shintaku was the keynote speaker for the evening, explaining his new role as the Extension Administrator. He graciously opened the floor for questions and comments when he was finished with his talk, and the conversation was lively. Following the meeting, several Hilo Council members shared with him their memories of him and his mother in the Ka'u district of the Big Island. Extension Agent, Marielle Hampton, conducted the installation of officers, with a gardening theme, likening each officer's duties to the seeds of particular plants that contribute to the health of the garden, our FCE organization. Membership Chair, Jill Yamamoto, recognized each member of Hilo Council who reached a membership milestone during this past year. Robin Messenheimer, who had been recognized as Hawai'i State Heart of FCE for 2021, thanked everyone for their contribution to FCE, with a heartfelt *A Hui Hou* to all as she was to be moving from Hawai'i to Florida within the week. As in every year-end celebration, Hilo Council recognized those members who had passed away during the year. Thanks to State Secretary, Frances Dinnan, we were able to see a brief version of the video viewed by those at the State Convention earlier in the fall. Following the video, members of Hilo Council spoke about Hilo Council's own late members, remembering them and their contributions to our community. After each club president presented a message to the group from their respective clubs, entertainer, Vic Vierra, husband of member Maria Rose Vierra, closed the meeting with songs serenading the members of Hilo Council, especially Robin Messenheimer and his wife.

Not shown below: Elizabeth Toledo, Claire Kawahara, Jackie Rapoza, Karen Kawate

A grid of 32 video call thumbnails showing attendees of the Hilo FCE event. The thumbnails are arranged in a 5x6 grid. Each thumbnail contains a small video frame of a person's face and their name below it. The names of the people shown in the grid are: Wilma Martinson & Mabel Martinson, Jolette Nakamura Rosemary Hokoana, Lee Watanabe, George and Shirley Ito, JoAnn Aguirre, Terrie Sewake, Rebecca Natividad, Martha Yamada, Lynn Nagata, Shimomi Araujo, Kay D. Smith, LaVanda Salas Hoike, Marielle Hampton, Sharon Beauchan, Michael Shintaku, Lynn and Stephanie Namihira, Rose Vierra, Kathy Inouye, Kathy Watt-Morton, Jill Yamamoto, Elizabeth Hultman-Salfen, Barbara Fujimoto, Vic Vierra, Alesta Ortiz, and Claire Kawahara. Below the grid, there are two sections of names labeled "Not Shown": Karen Hamada, Kalei Tong, Diane Hultman on the left, and Etta Palea, Elaine Fukui, Jolette Nakamura on the right.

Kauai FCE – Submitted by Frances Dinnan

Season's Greetings KAFCE Members! Thank you for staying the course and renewing your membership for the 2022 year!

What was accomplished in 2021?

2021 Books for Newborn (BFN) KAFCE donated a total of 450 books to Wilcox Hospital's Pediatric Dept. Books are distributed to families in our community to help instill reading readiness for many children. As you may know, early reading supports a child's ability to learn and to grow in knowledge as they progress in school.

On behalf of the children who will receive books from this program, thank you! Each book has a KAFCE donation sticker on the inside cover. Thank you to all BFN volunteers. As reported earlier in March the BFN Program welcomed a few new donors. Grants and individual donations continue to support KAFCE's book purchases. We welcome your continued interest, support, and suggestions. Contact Carolynn Lum, Vice President and BFN Chair at hawaii96766@yahoo.com.



Andrew Bestwick, Carolynn Lum, and Dr. Bridgette

Carreau



Jaeneiah Balubar
Wilcox, 3rd Place

←



Honorable Mentions
Jazzmine McGlaughlin &
Liliana Kiilau, Wilcox

←

CHARACTER COUNTS! ®

The theme was "Responsibility." Kai Guimarães, represented Kauai FCE at the State and National FCE levels. Kai took first in States and second in Nationals with his essay and art work titled "Bee" Responsible.

Summary of Outcomes:

1st Place - Kai Guimarães, Home School,
Teacher Keya Guimarães (mom)
2nd Place - Ryder Vivas, King Kaumualii,
Teacher Nathan Cotter
3rd Place - Jaeneiah Balubar, Wilcox,
Teacher Katherine Stennett

Five Honorable Mentions (HM):

1. Liliana Kiilau, Wilcox
2. Elias Gaines, Wilcox
3. Kawehi Oana-Makanani, Kapaa
4. Emma Aki, Kapaa
5. Jazzmine McGlaughlin

Thank you once again to everyone who came out to help with application distribution, marketing, lei making, award prepping, letters, gift certificates, etc.

Please note that assistance may be needed in the upcoming 2022 year. If you can help, please contact Laurie Ho, President, laurieho1@hawaiianet.net

The 2022 CHARACTER COUNTS! ® Essay and Art theme is on "Fairness." Forms are available online at nafce.org.

Frances Dinnan - Newsletter/Historian



2021 Summary of Activities by Month

JANUARY - Covid cloth face masks were sewn in 2020 by KAFCE members and reported in 2021. Together, we sewed over 600 cloth face masks for a total of 325 volunteer hours and spent approximately \$170.00.

FEBRUARY - KAFCE held its last in-person meeting on February 20, 2021 before Covid indoor meeting restrictions.

JUNE - Tea Leaf Picking in Kokee. A few members participated in harvesting tea leaves up in Kokee. It was done by invitation of Kokee's Resource Conservation Program and Cloud Water Tea Farm.

KAFCE hosted its first Zoom presentation on "Hospice," by Debra Spung, Kauai Hospice Nurse, on June 12, 2021.

JULY - NAFCE hosted a virtual Convention on July 30, 2021.

AUGUST - KAFCE donated \$100 to Kauai Hospice and made a \$50 donation to ACWW. A "Scrubbie" Workshop was presented on August 14, 2021 by Kay Nakata.

A farewell party for Suzie and Joyce Yokoyama, was held at Kukui Grove's Food court on August 21, 2021. The Pascua family had been instrumental in making sweetbread for our fundraisers.

SEPTEMBER - HAFCE's Convention and Annual Meeting was held virtually on September 24, 2021.

OCTOBER - A "Poinsettia Ribbon" Workshop was held on October 9, 2021 by Marina Pascua.



Pic: Margo Hashimoto, (in back) Terry Phillips, Annie Rellin, Maurina Borgatti, Laurie Ho, (in back) Kay Nakata and Marina Pascua at Ribbon Workshop ↑

Happy Holidays to all,

I joined KAFCE 9 years ago because I liked the Club Musubi name not knowing that besides eating Musubis, there were service projects and life lessons to be learned as shared by the more experienced and wiser members of the Club. I am thankful for what I have learned from members past and present and we always did have wonderful food sessions at all meetings.

The Christmas parties from simple Isenberg to fancy restaurant gatherings are all memorable as I learned about the giving spirit and generosity of each member. The Annual Meetings and Chinese Auction quickly followed for super fun and fellowship. Then came a year of projects: Character Counts, Special Olympics, Dresses to Love, and Books for Newborns to name a few.

I appreciate KAFCE educating me about life but I still like the idea of musubis, bentos and parties to share the cheer!

Carolynn Lum - Vice President



Club Musubi Members
at a restaurant



Pic: Margo Hashimoto, Suzie Yokoyama, Laurie Ho, Kay Nakata, Joyce Nakahara, and Lucinda Tasaka

Windward FCE – Submitted by Pat Kubo

Pat Kubo, Hui O' Makani Club member and State Treasurer/Membership Chair, shared her beautiful floral designs with Windward Council and South Oahu Council members during a Zoom workshop. The designs had a Fall motif, using fresh pumpkins as floral containers. Pat is a skilled Ikebana florist.



Patricia Kubo's Pumpkin
arrangement from
WWO Zoom Workshop
←



Wanda Lew's (South
Oahu Council) Succulent
Pumpkin arrangement.
←



Happy Holidays



*Best wishes to you at the holiday season
and through the coming year.*

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