



The Homemaker Echo

Official Newsletter of the Hawaii Association for Family and Community Education

Volume 48 Issue 3

September 2022

In this issue:

- *President's Message
- *Board Reports
- *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:

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Homemaker Echo Editor

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PRESIDENT'S MESSAGE

September 2022



The 74th Annual Convention and Annual Meeting is coming this month (Saturday, September 24th) led by the Maui Council team. We are looking forward to seeing everyone soon as it's been a long, long time seeing our members. We look forward to managing the business of HAFCE but also get to see who our 2023 HAFCE Executive Committee and Board will be comprised of. It's been a long, long journey and I know the members who are stepping up to the "plate" will do their best for HAFCE as they begin their two-year journey in 2023.

Oh, just a note: If you log in early during a time when the Board is having its meeting, you will be placed in a WAITING ROOM and be ADMITTED at the conclusion of this meeting. We are not ignoring you. We know you are there. Please be sure to "MUTE" your microphones when the meeting starts. You can chit-chat until the meeting is officially called to order.

Soon you will be receiving my expanded President's Annual Report of my attendance to the National Conference in Portland, Oregon. Although there were about 40 in attendance, there was much to learn and bring back home. I have forwarded copies of all the learning materials to your council presidents and vice presidents last month upon my return from National. Sessions were long and tiring, but it was worth the time to be there. I also got to meet other members as well as bidding aloha to Ardyce Snyder, National President. Thank you, members, for allowing me to attend this conference through our budgeted funds. Thank you Kauai, Maui and Windward Oahu Councils and Pat Kubo and Ruthie for contributing towards "gifts" for participants. Cookies from Kauai, Tea from Maui, Gummy pineapples, nuts, chocolate candy, and tea. Members in attendance were so appreciative of our generosity. Thank you Denise, for sending your contribution to the Alumni sale as well as Maui and Windward Oahu for the general Chinese auction. It was fun trying to choose which prize we wanted to win. We did pretty good at winning prizes. Your president was the only one who hadn't won a prize until the very last one! It was so hilarious and lots of laughter. There's lots to do between now and the end of the year BUT election of council and club officers is one very important item to handle as the information for 2023 officers will need to be updated for our 2023 HAFCE Directory. Please send your officers for 2023 to me by

November 30 so that I can update the directory and send it out by the end of the year, if at all possible. It will be emailed. Always be mindful of where you are and taking care of yourself is very important so that we can continue to enjoy things that make us happy. Visit or contact your friends. Even a short telephone call will cheer someone. It will put a smile on their faces. Looking forward to seeing you at our Annual State Conference and Annual Meeting.

Aloha Everyone, 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 ~ Terrianne Sewake

CES Advisor

vacant

From the Editor....

A Reminder

The deadline for articles for the next issue of the Homemaker Echo is: **December 10th, 2022**



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

International Education Chair - Sue Stewart

THE GLOBAL GOALS
For Sustainable Development

Published by ACWW
as information for all
members

Agenda 2030 and ACWW

The Sustainable Development Goals, or SDGs or Global Goals, are a shared agenda to end poverty, fight inequality and injustice, and protect the planet. Collectively, they are known as Agenda 2030.

The Millennium Development Goals (MDGs), adopted in 2000, were aimed at an array of issues that included poverty, hunger, disease, gender inequality, and limited access to safe water and sanitation. Enormous progress was made on the MDGs, showing the value of a unifying agenda underpinned by goals and targets. Despite this, the indignity of poverty has not ended for all.

The SDGs, and the broader sustainability agenda, go much further than the MDGs, addressing the root causes of poverty and the universal need for development that works for all people. The SDGs seek to finish the job of the MDGs, and ensure that no one is left behind.

ACWW is committed to the SDGs, and we hope that you will commit yourself to them too. Once you've read this, pass it on, or use the back pages to keep track of your efforts to aid the success of the Sustainable Development Goals.



To Learn more about the Sustainable Development Goals visit

www.un.org/sustainabledevelopment



Trimble Foundation Distribution Committee - Denise Smith

The Trimble Foundation Distribution Committee met via Zoom, on September 9, 2022, to determine the winner(s) of the current available scholarships/grants. In October of 2021 the HAFCE Executive Committee voted to increase the maximum amount of available awards money to \$20,000. This is above the amount of interest accumulated during the year (normal source of awards money) and will partially be taken from the principle amount. The reason for this vote was to begin to use more of the accumulated funds in the TF trust account, in hopes of attracting more applicants and to use up the funds more quickly.

There were three applicants to consider and the committee agreed to award the following grants:

- Neighborhood Place of Puna - \$9500 for purchase of case management software to track service outcome information, key data metrics, case noting, & to help measure effectiveness of their family strengthening programs in Puna on the Big Island.
- United Church of Christ Transition House - \$6500 for purchase of a fence & keypad lock gates to help secure their safe house for domestic abuse victims on Oahu.
- Hawaii Japanese Center - \$5000 for production of educational kits with hands on materials for students & teachers. Also, for admission fees & exhibition catalogues for students.

The current committee members are Robin Messenheimer - Big Island,Carolynn Lum - Kauai, Stephanie Borges - Maui, Delfa (Dixie) Dumanan - Oahu, Frances Dinnan (alternate for Katsuko Enoki) - HAFCE past president, Meleen Pang Corenevsky - Bank of Hawaii trustee, and Heather Greenwood - CES advisor - Maui. Officers presiding at this meeting were Carolynn Lum - Chair and Robin Messenheimer - secretary.

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 31,2023



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 cdsmith2139@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 34 pins available so there are plenty for your entire council or club!

Happy Birthday !!



Happy 101 Birthday to Stella Wakamatsu! Stella has been in HAFCE through Hui `O Makani Club, Windward Council, for 43 years! She is celebrating her 101 birthday this year in September. We all wish her a Happy Birthday!

ACWW Quilt Sneak Peak - Denise Smith



Good luck to the winner of this year's ACWW Quilt! The quilt is named in honor of our outgoing president, Ruthie Haitzuka. It is called "Ruthie's Rabbits". The quilt features 20 darling little bunnies made in stunning blue Japanese Kasuri style batik fabric. No two bunnies are alike! The size is 56" X 67", big enough for cuddling with and it also has a sleeve for hanging. This year's quilt fund raiser will be for the Associated Country Women of the World (ACWW), a world-wide organization that HAFCE belongs to, via NAFCE. The tickets have all been turned in and the lucky one will be drawn during the Annual Meeting/Convention held on September 24th. Good luck to all who purchased tickets!



See you all soon!

2022 HAFCE Conference

Saturday, September 24, 2022

8:15 am

Hosted by Maui FCE

Marielle Cooks!



On Sunday, August 7, Hilo FCE held a cooking demonstration featuring CTAHR's Marielle Hampton via ZOOM. Hilo FCE members were joined by others from Hawaii FCE as well as the Teeple's from Oregon. We all enjoyed Marielle's sharing her version of plant based tacos. If you missed it, the recipes are below. You can also watch a video recording on Marielle's You Tube channel at <https://youtu.be/9pSWUVIXe9Q> or if it is easier, go to You tube and type in CTAHR Intergenerational Extension Programs to see a recording of our workshop and others that Marielle has done.

Sweet Potato Tacos with Roasted Corn & Bean Salsa and Chipotle Sauce

Sweet Potato Tacos

- 1 lb. diced sweet potatoes
- 1 Tbsp olive oil
- 1 Tablespoon of store-bought or homemade taco seasoning

Homemade taco seasoning

- 1 Tablespoon chili powder
- ½ Tablespoon cumin
- ½ teaspoon onion powder
- ¼ teaspoon garlic powder
- ½ teaspoon dried oregano
- ½ teaspoon salt
- 1 teaspoon black pepper
- pinch cayenne pepper (optional)

For serving:

- 2 – 3 cups chopped red cabbage
- 12 Corn (or flour) tortillas

Directions:

Preheat the oven to 425 degrees Fahrenheit. Toss sweet potatoes with oil and taco seasoning. Line the baking sheet with parchment paper and spread out sweet potatoes. Roast until potatoes are fork tender, about 25-35 minutes, flipping halfway through. To serve, heat tortillas by briefly warming them one by one in a skillet on the stove, or put a stack in aluminum foil in an oven at 350 degrees for ten minutes. To eat, fill a tortilla with sweet potatoes and top with black bean salsa, chipotle sauce, and chopped cabbage. Enjoy!



Roasted Corn and Bean Salsa

- 1 Tbsp olive oil
- 1 can black beans, rinsed
- 1 can of whole kernel corn, drained
- 1 pint of grape or cherry tomatoes, diced
- Juice of 1-2 limes (1-2 Tablespoons)
- ½ medium red onion, diced
- ½ cup – 1 cup diced cilantro
- ½ teaspoon cumin

Optional: Half of a jalapeno, seeded and finely diced

Salt and pepper to taste

Directions:

In a skillet, heat oil on medium high. Add corn and roast for 8-10 minutes or until browned. Add cumin and cook for one minute or until fragrant, stirring to avoid burning. Mix all ingredients in a bowl and season to taste. Cool in the fridge before serving.

Variations: Add diced bell peppers.

Use fresh corn cut off the ears.

Use half black beans and half black-eyed peas.

Add minced garlic.

Grill corn briefly instead of roasting on the stove.

Add ½ tsp chili powder

Chipotle Sauce

½ cup sour cream or mayo (can use vegan sour cream or mayo)
1 tsp chipotle adobo sauce
1 mashed or finely diced garlic clove
Salt to taste
Juice from ½ a lime

Directions:

Mix all ingredients in a bowl and season to taste.



Books for Newborns



Hilo FCE collected 150 books and delivered them to the Hilo Medical Center on April 22, 2022. These books will be given to new mothers for their children when they leave the hospital. This is a nation-wide effort to improve literacy in children. We presented the books to Elena Cabatu, Community Public Sales Relations manager and Lisa with the Hilo Medical Center Foundation/OB Nurse Manager. Also, on hand to present the books were Gail Kimura and Judy Fujiyama from Hui O Wahine, Lee Watanabe from Hoaloha, LaVanda Salas, George and Shirley Ito from Ho'ike. A

special Thank You to Gail Kimura who made the stickers for each book whom the books were donated from. Congratulation Gail for a job well done!



Hilo FCE – Submitted by Martha Yamada



Dear FCE friends,

My name is Martha Yamada and I will be completing my term as Hilo Council President in December. It has been a learning experience and a real pleasure giving back to an organization that has given me so much. I am grateful for members that feel the same way and volunteer to serve as officers because we are all busy caregiving for family members and life presents us all with many challenges. I am grateful to all our past officers that made this organization available to me to learn and make new lifelong friends in Hawaii and the mainland. With our national membership, I have been able to help women and children around the world through ACWW (Associated Country Women of the World). COVID has impacted our ability to meet, which is one of the most valuable and FUN parts of FCE but FCE helps us develop skills to adjust and adapt. One positive for me has been that COVID forced me to slow down and spend time with family. It has given us all a new way to meet and expand our connection with each other beyond our council. Our own JoAnn Aguirre was able to share her love and knowledge of tea with members throughout the United States via Oregon FCE monthly zoom presentations. As we find new ways to use technology, we can help more people.



shutterstock - 3660899

Hilo Council Continued

I would like to congratulate Jeanne Balog for being a member for 50 years! I cannot imagine the many changes she has experienced and am sincerely grateful for her contributions to FCE. I also want to thank and recognize the following members for reaching their membership milestones: 45 years - Lee Watanabe; 40 years - Etta Palea; 35 years - Claire Kawahara; 25 years - Judy Nitura; 20 years - Charmaine Felipe; 15 years - Shirley Ito; 10 years - Brianne Felipe, Donna Hanohano, Doris Iwaoka, Lynn Nagata, and Kathleen Ogata; 1 year - Adeline Correa, June Magarro, and Andrea Shea. I am most appreciative of the 1-year members as they bring new ideas and talents to our organization.

I am excited that Stephanie Namihira of Hui O Wahine has offered to help develop our Hilo Council Vision Statement. A vision statement is an inspirational statement that motivates and excites our members by giving them a glimpse into the future and guides our activities. It's a perfect time as we had to learn new ways of doing things and can try new ideas. We welcome and encourage all our Hilo Council Club members to participate to get as many ideas to shape and invest in our future. We had originally planned an in-person meeting at Stephanie's home but due to increased medical needs of her mother (Lynn Namihira) we will start the process with written surveys, emails or virtual means. Lynn has been a dedicated long-time member with FCE and contributed in many leadership roles. Stephanie remembers going to many FCE activities as a child with her mother and family. This is what inspires her to help us develop our Vision Statement. Please participate when we reach out to you as your voice is very important for the future of FCE. In closing I would like to acknowledge our Council and State Heart of FCE for 2022, Kalei Tong. This award pays tribute to the special grass-roots members that support FCE with a giving heart and busy hand to make a positive difference in their community through FCE and Kalei is truly someone we are very proud of and honored to know.

Hilo is planning to host our 75th HAFCE State Convention in person in October 2023. Hope to see you all there. Please take care and we look forward to a bright and vibrant FCE future.

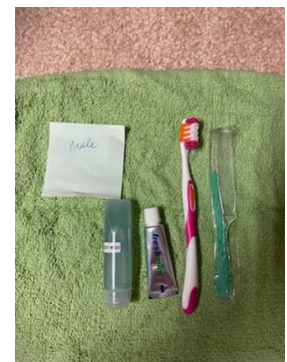
New Hilo Council Project

At our June 30th council meeting, we decided to sew hygiene kits for the homeless shelter. We will be needing help sewing the bags and collection of the below listed items to put in the bags. If your club can assist, please contact LaVanda Salas, Vice President lavanda70@msn.com or Martha Yamada, President martha.yamada@gmail.com. Thank you for your participation in this exciting and worthwhile project!

12" X 12" square of fabric
1/2 " seams
3/4 " casing
20" string
Finished bag 10" X 5 1/2"

Female Kit: Face towel, bar soap, shampoo and conditioner, toothbrush and toothpaste, and comb

Male Kit: Face towel, body wash, toothbrush and toothpaste, and comb.



Kauai FCE - submitted by Frances Dinnan



KAFCE OFFICER INSTALLATION

First row: Daphne McClure,Carolynn Lum, Phyllis Tokita, Sanae Morita, Margo Hashimoto, Joyce Nakahara, Marina Pascua, Frances Dinnan

Second row: Lucinda Tasaka, Pearl Shimizu, Terry Phillips, Kay Nakata, Maurina Borgatti, and Laurie Ho

KAFCE Council held its installation of officers in April. AFTER all COVID restrictions were lifted, WE were able to gather and conduct a proper "installation of officers" and SHARE a meal together and have personal INTERACTION again. Mahalo all, Laurie Ho

The following Officers: President: Laurie Ho, Vice President: Joyce Nakahara/Carolynn Lum, Secretary: Frances Dinnan, and Treasurer: Marina Pascua, were installed. Sanae Morita, Past-President, conducted the installation of officers for the 2023-24 term. Margo Hashimoto will continue to serve as Advisor to the incoming board. Maurina Borgatti will be updating the 2023 Directory. I recently read a Blue Zone article about healthy lifestyles. It doesn't just mean being mindful of diet and exercise. One facet of wellness is proactively looking after our brain health. Our brains are like muscles, adaptive and resilient when stretched and worked. The article suggested that we explore new experiences and remain engaged in a supportive community to improve cognitive life expectancy. Thank you for staying engaged and supportive of FCE's Community.

Frances Dinnan - Historian/Newsletter

BOOKS for NEWBORN



Dr. Bridgette Carreau was presented with boxes of new books to share with families at Wilcox Hospital's Pediatric Ward. Carolynn Lum, BFN Chair, invited Dr. Carreau to attend our August Meeting at the Lihue Neighborhood Center. Books were purchased using grant funds from various donors. A balance of \$149.67 remains in this BFN account per the Treasurer's Report dated 08.13.2022. The continuation of this program is dependent on fundraisers and donations. Dr. Carreau reported on the distribution of books to families during office visits. On return visits, Dr. Carreau will ask the family

follow-up questions about book titles and children's reactions. Books help families to encourage early reading habits.

↑ Carolynn Lum and Dr. Bridgette Carreau



**'OHANA FUN FAIR ~ A Tribute to Past Farm Fairs
~ August 20, 2022**

Carolynn Lum, Terry Phillips, Lucinda Tasaka, Margo Hashimoto, Marina Pascua, Kay Nakata,
Back: Maurina Borgatti and Pearl Shimizu

**IKEBANA (Floral Arranging) Workshop
by Pat Kubo, HAFCE Treasurer, August 3, 2022**

You Tube: <https://youtu.be/v7-6H3WZzqU>

The difference between Western style arrangements and Ikebana (Japanese flower arrangements)

The history of ikebana – temples scattering flowers – limited to only royalty and samurai – commoners/ women doing ikebana

Examples of several different ikebana schools' arrangements. – Sogetsu, Ikenobo, Ohara (largest ikebana schools)



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