



# The Homemaker Echo

Official Newsletter of the Hawaii Association for Family and Community Education

Volume 49 Issue 4

**December 2023**

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**Go Paperless!** ~ 80 FCE members have chosen to receive the Homemaker Echo via email. Please consider joining them by contacting me so that I can add your name to the email list. You will receive the Echo in COLOR and weeks before the USPS issue. This also saves HAFCE in mailing costs and it saves a few more trees for a healthy environment.

Send your email address for a paperless delivery to:  
Denise Smith  
Homemaker Echo Editor  
[cdsmith2139@gmail.com](mailto:cdsmith2139@gmail.com)  
(650) 969-3422

## PRESIDENT'S MESSAGE

December 2023

A huge mahalo to the Hilo Council for the magnificent Hawaii FCE convention and for having the courage and conviction to hold it in person. It brought all of us back to a much more normal state of being. There are far too many of you to mention personally so thank you all since I know all of the members from Hilo Council worked hard. Although I could not attend in person, reports got back to me about how successful the event was. Kudos, kudos, Kudos!

A sincere thank you to Vice President Lynn Barut for doing an excellent job of presiding over all the business and board meetings and representing me.

I wish all of you a joyous holiday season and hope for a better year to come,

A hui hou,  
*Jacquie Maly, HAFCE President*



### Hawaii FCE Board Members

#### Executive Officers

President ~ Dr. Jacqueline Maly  
Vice President ~ Lynn Barut  
Secretary ~ Kathy Uehana  
Treasurer ~ Frances Dinnan  
Past President ~ Ruthie Haitzuka

#### Education Chairs

Health ~ LaVanda Salas  
Home ~ Martha Yamada  
International ~ Vacant  
Leadership ~ Vacant  
Youth ~ Terrianne Sewake

**CES Advisor**    vacant

And the Answer Is .....!

Another bit of information! The photo that was included in the March 2023 Echo of Sister Maureen as a guest speaker at our 1969 or 1970 convention has generated quite a few remarks. **Katsuko Enoki** responded that Sister Maureen was the director of nursing at St. Francis Hospital.

**Alice Kim** of South Oahu FCE Council contacted me to say that Sister Maureen was Administrator of St. Frances Medical Center for many years. She was never director of Nursing although she was a nurse. Thank you Kats and Alice for sharing your wonderful memoires with us!

## *From the Editor....*

### A Reminder

The deadline for articles for the next issue of the Homemaker Echo is: **March 10<sup>th</sup>, 2024**



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

### Vice-President Report – Lynn Barut



Much aloha and mahalo to the Hilo Council for hosting our recent HAFCE Convention, our first in-person convention since the last time we met in Hilo four years ago. What a great Convention!! It was great renewing friendships and meeting other members because there is nothing like one-on-one, face to face contact. It was a pleasure meeting Hawaii and National Character Counts Art & Essay contest winner, Shaylen Satta and her family, including her grandparents. Keynote speaker, Kepa Maly shared how important it is to preserve our past and present history for the future because we played an important role in the legacy of Hawaii. Manny Pangilinan, Manager of the Parley AIR Station made us aware of how we can help eliminate marine plastic pollution. Aunti

Sandi was funny and inspiring and taught us that we are all winners. The Friendship Tea was absolutely delightful! JoAnn Aguirre gave an informative presentation on the types of tea and preparation, etiquette, and so much more. Great job on the selection of speakers and programs! However, the most important thing I came away with from the Convention was that the FCE members are truly family, very caring and loving. I was a little apprehensive knowing that I would have to conduct the Board and Business Meeting. I've conducted Club and Council meetings, but for HAFCE, with other island members present??? What if I don't know what to say, what if I forget, what if ... But you know, members reached out to assist and were very encouraging and supportive. As I looked around the room, I felt comfortable and knew that my FCE family members were rooting for me, too. Therefore, I encourage all of you to consider serving as an officer or chair. Your FCE family is here to help you.

### Home Community Environment – Martha Yamada, Education Chair

#### Is a Plastic-Free Lifestyle Possible?

In 2019, a study by the WWF (World Wide Fund for Nature) International concluded we consume the equivalent of one credit card in plastic a week, with plastic infused drinking water and shellfish being the biggest culprits. Plastic is everywhere because it is so useful. Single-use plastic constitutes 50% of the 300 million tons of plastic produced yearly. Plastics turn into microplastics and some are eaten by tiny fish and travel up the food chain into our tummies!

**It may be hard to go 100% plastic-free but we can take steps to reduce our plastic footprint.**

**Buying groceries** – If allowed, use reusable produce bags, silicon bags, or wash and reuse your plastic produce bags. Shop at farmer's markets, community supported agriculture, or home gardens. Look for glass, paper bag or cardboard options. Shop at stores offering bulk bin and bring your own container. Make your own pickles, plant-based milk, dairy-free yogurt, sauces, dips, and condiments.

**Receipts** have a harmful BPA coating – ask for digital option or tell cashier you don't need one prior to ringing you up.

**Straws** – an average of half a billion are used and tossed each day in the US. Decline them with your order or bring your own reusable straw, made of stainless steel or glass.

**Coffee cups** – use a reusable cup or bring your own, stainless-steel thermos, glass, or mug. Omit the plastic lid – nasty chemicals are leached when the hot beverage touches the plastic lid.

**Take-Out** - Bring your own containers – stainless steel, silicone (collapsible), and glass. Say no to plastic utensils when you are going home to eat or having meals delivered. Bring your own utensils – reusable bamboo travel set or keep reusable chopsticks in your “glove” compartment.

**Non-Food Shopping** – Bring your own shopping bag. Buy local, rather than online to reduce plastic shipping materials. Shop at artisan market, craft fair, or small local business. Shop at (and donate goods to) thrift stores or make your own gifts. Craftier you become, the less plastic you use.

**Appliances** – consider appliances that are in contact with hot foods. Use safer materials. Blenders and coffee makers – stainless steel containers. Rice cookers and Instant Pot with non-coated stainless-steel interior. Do not put plastics in dishwashers. Dishwasher model with stainless steel interior. Refrigerators – Stainless steel variety with glass shelves.

**Food storage** – stainless steel sets, beeswax or vegan beeswax moldable lids, reusable pouches made of silicone or cotton, Furoshiki wraps, and cotton bowl covers.

**Personal Care items** – choose lotions, shampoos, conditioners, pastes, and creams in glass or recycled paper packaging.

**Cleaning Supplies** – make your own cleaning products, plastic-free sponges, and cleaning brushes. Find companies that sell products in refillable glass bottles.

***While it may seem overwhelming, you have the power to go mostly plastic-free. Start where you are and every step you take is better for your health and the environment for our children.***

***Let's have FUN and share our ideas and successes by participating in the Plastic Challenge contest.***

## **Plastic Challenge Contest – Two chances to Win!!**

### **Contest 1: Plastic Redesign Contest**

Email a photo with instructions on how you redesigned or re-purposed a plastic item like a straw, take out container, etc. into a useful item. You can enter as many times as you want.

Contest ends: February 29, 2024

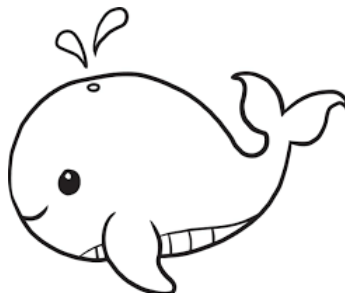
Winner and prize to be announced at Mid-Year Board meeting on March 23

### **Contest 2: Lifestyle change for health and environment**

Email a list of the different ways you avoided, intercepted, or redesigned plastic use in your life. Winner will be the member with the longest list of behavior change

Contest ends: September 30, 2024

Winner and prize to be announced at ANNUAL Meeting on October 19



Email: [martha.yamada58@gmail.com](mailto:martha.yamada58@gmail.com)

## Frances Dinnan's Tips on reusing plastics:



Like most, I separate #1 & #2 plastics where possible. During my recent shopping, I became aware of items that are not recyclable. In that “pause,” I think about whether I need that item if I could purchase it in bulk, or if there may be another solution. I keep canvas shopping bags in my vehicle.

I reuse a few single-use containers if there’s an upcoming reason for it. My granddaughter visits me after school. She’s always looking for snacks. I save 4oz yogurt containers and fill them with healthy takeaway snacks, see pic. Yogurt can be purchased in bulk and these containers reused to measure 4oz. There’s so much we can do now to replace plastics. It’s a conscious effort for everyone living on this planet.



## Trimble Foundation Distribution Committee - Pat Kubo - Chair

The Trimble Foundation Distribution Committee met on September 18<sup>th</sup> with members Pat Kubo, Robin Messenheimer, Chaclyn Nagata, alternate Laurie Ho, Ruthie Haitsuka, Heather Greenwood, & Meleen Pang Corenevsky. The total amount of funds available was \$20,000. The applicants selected and amounts awarded were Ohad Amidor - \$5,000 towards his Master of Social Work at UH Manoa, Katrina Thomas - \$5,000 towards her Doctor of Psychology program at UH Manoa, Hale Makua Health Services - \$3,000 towards furnishings at their Kahului, Maui location, United Church of Christ Transition House - \$5,000 towards house upgrades, and HAFCE - \$2,000 towards preservation of historical materials.

**Application forms are available on the [hawaiifce.org](http://hawaiifce.org) website or by contacting any FCE Council President or Board member. Deadline to apply: July 31, 2024**

## Membership – Pat Kubo - Chair

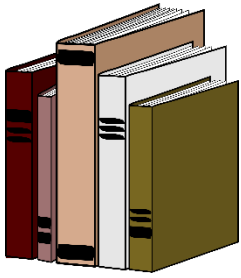
### **Welcome New HAFCE Members!**

We would like to welcome these new members to Hawaii FCE -  
Devin-Alexis Salas-Anderson – Ho`ike, Hilo Council  
Casey Adcock – Ho`olulu, Hilo Council  
Diana and Jerome Yankowitz – Musubi, Kauai Council  
Neal Hiraki – Pukalani, Maui Council  
Gregory Carmiencke – Pukalani, Maui Council

Thank you to all the councils for their quick response and submission of their membership forms. A special thanks to South Oahu Council, who were the first to submit all their papers.

We have a total of 113 Hawaii members, plus three honorary members – Jean Young, Rhoda Yoshino and Joan Chong. Here are the membership counts for each council –  
Hilo – 69, Kauai – 19, Maui – 9, South Oahu – 5, Windward Oahu - 11





## **Ad Hoc Committee for Preservation of HAFCE Historical Materials – Submitted by Denise Smith**

In addition to the generous donation made by HAFCE President Dr. Jacquie Maly, HAFCE was awarded \$2000 by the Trimble Foundation in September 2023 to cover expenses of shipping the materials to Oahu and possible scanning or other fees. The committee continues to work with Kepā Maly, cultural ethnographer & resource specialist. We have also received letters of support from retired CTAHR education agents Joan Chong and Kelvin Sewake, which will be shared with the appropriate parties when searching for a permanent location for our Historical Materials.

## **75<sup>th</sup> HAFCE Convention Convention Activities Reports**

**The following reports were submitted by the convention delegates from Hilo Council**



Convention attendees – Center first row Keynote Speaker, Manny Pangilinan

### **Education Workshop - Friday October 6, 2023 1:45 pm**

#### **Parley for the Oceans to End Marine Plastic Pollution**

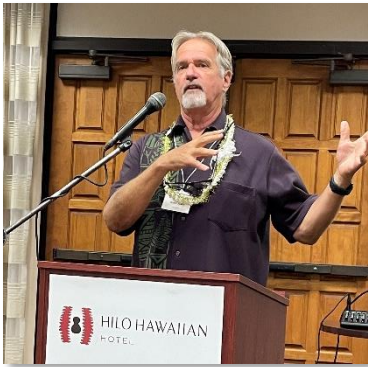
**KEYNOTE SPEAKER: Manny Pangilinan**

This environmental organization and global collaboration network aims to raise awareness of the beauty and fragility of the oceans, and inspire the public to explore new ways of creating, thinking and living on our finite, blue planet. Manny shared and explained 80% of our world is oceans. The oceans provide more than 70% of the air that we breath. Raising our awareness of the ocean, for its beauty, food, weather, the balance it provides us for our future. The Parley AIR station is based at Bishop Museum in Honolulu, Hawaii. The **AIR** station stands for **(A)**-Action By stopping the use of plastic. Plastic does not break down completely. We need to stop using the single use plastic bags,

plastic bottles, plastic straws, plastic containers. Laws are needed to stop the single use of plastic. **(I)**- Interception- cleaning up the litter the plastic makes at our beaches, in our neighborhoods, anywhere. Manny recommended to use a bucket and a pole with a gripper attached to pick up rubbish. It's much better than a bag and gloves and bending over. Everyone likes you for simply picking up litter. **(R)** - Redesign- plastic into something that is designed to last. Stop destroying the coral reefs. No need for over fishing an area. Let's love and respect the ocean. I had no idea that the oceans do so much for us on the planet.

*Submitted by Alesta Ortiz*

### Guest Speaker and Awards - October 6, 2023 Friday Evening Program



Keynote Speaker Kepā Maly's topic was "Preserving our Past, Present and Future of HAFCE." His presentation covered thoughts on developing high resolution digital copies of the various club collections as a way of making the history accessible to families and others interested in the activities women have led for decades.

←

Shaylen Satta from Kauai, winner of HAFCE and the National FCE Character Counts Art and Essay Contests, read her essay. →



50+ year member certificates were presented to:

←

- Ann Nathaniel - 70 years
- Rose Marie "Linda" Pohina - 60 years
- Presented by Membership Chair Pat Kubo (L)*
- Katherine Wong - 60 years
- Katsuko Enoki - 55 years

The Heart of FCE award - Ruthie Haisuka

Jan Ken Po – Winner was Kathy Uehana; however, she graciously gave the prize to Syler Satta, brother of Shaylen →

*Submitted by Karen Hamada*



### 2023 HAFCE CONVENTION - HOSPITALITY ROOM REPORT

The convention was well received by all who attended as this was the first in person convention since the pandemic. The hospitality room was filled with lots of goodies provided by the convention goers. The room was opened during designated hours at which times members could go to the room to receive their Hawaii FCE pin. The room was spacious and welcoming. It was fun and nice to socialize with the other members. Wish more people had gone to the hospitality room. Thank you to the Sewake Ohana for your kokuu.

*Submitted by Lee Watanabe*



## Hilo Council Delegate Report on Friendship Tea

The Friendship Cream Tea was hosted by Hilo Council's JoAnn Aguirre, Lynn Nagata, and Lee Watanabe.

Upon entering Kamana Senior Center, guests were all amazed at the exquisitely decorated room. The tables were covered with fancy white tablecloths and at each guest's place was a beautiful teacup and saucer made of fine china, and a dessert plate. The tables were decorated with a variety of unusual flowers. The display table was adorned with a woman's wire mannequin with a teapot in place of her head, surrounded by autumn decorations such as a pumpkin and pears. A 3-tier arrangement of cookies and the book, *Afternoon Tea at the Ritz*, rounded out the display. Guests' souvenir pictures were taken as they stood behind this display. Lynn Nagata led the group in reciting the FCE Creed and Mission and Vision Statements. Pat Kubo explained how every Island's council's membership comprise HAFCE (state) and how we fall under the umbrella of NAFCE Organization (national). Formalities were then followed by introductions of attending guests.

JoAnn Aguirre (our very own professional tea sommelier) explained the origin of tea and the differences between low tea, cream tea, afternoon tea and high tea. High tea, commonly thought to be for the affluent because of its name, is actually teatime for the commoners. We also learned that holding one's teacup with one's pinky up and out is not acceptable etiquette. She also explained that the different types of tea (white, yellow, black, green, oolong and pu-erh) come from the same tea plant, and it is the type of processing used that determines the type of tea that is produced. We also learned that the temperature of the water can be determined by using thermometers and other fancy gadgets, but one of the easiest ways to determine water temperature is by simply watching the size of the bubbles that begin to form as the water is heated, also known as the

*Chinese Method Easy Steeping Guide.*

Shrimp eyes (155° F) - Delicate teas, i.e., Japanese Sencha

Crab eyes (175° F) - Delicate White, Green & Oolong teas

Fish eyes (185° F) - Most Oolong teas

String of pearls (195° - 205° F) - Hearty Oolong & Pu-erh teas

Rolling boil (205° - 212° F) - Darjeeling & Black teas, Tisanes (herbals)

True to cream tea fashion, on each of our dessert plates was a lemon scone, 2 tiny teardrop spoons filled with 'Hiloshire' cream and lilikoi curd, and cute Italian Amaretti cookies to indulge in as we sipped our hot tea. We tasted two exquisite, perfectly brewed teas: *Volcano White*, a white tea grown by Tea Hawaii in Volcano, HI. The second tea we enjoyed was a homegrown shiso herbal tea. Everyone left a little tea drunk and with more knowledge about tea and how to brew it for maximum flavor.

*Submitted by Carolyn Sewake, Hilo Council Delegate*

*The Tea Setting*



*Shimomi Araujo & Linda Pohina*



## Recipes for a Cream Tea



### **Italian Amaretti (gluten free)**

- 1 C almond flour
- 1 C sugar
- 2 egg whites
- Powdered (confectioner's) sugar as desired
- 1 tsp almond extract (optional)

1. In a medium bowl mix flour and sugar and set aside.
2. In a large bowl, use a hand or electric mixer to beat egg whites and almond extract (if using) until whites are foamy and have semi-stiff peaks.
3. Add the egg whites to the flour/sugar mixture and mix well.
4. Divide dough into very small pieces and form into small balls (I use a small 1.5-inch diameter cookie scoop and then I cut those in half and shape them into small balls; I always end up with 21 balls which, when cut in half, yield a total of 42 cookies. The quantity of cookies will depend on how small or large you form the dough balls).
5. Roll balls in powdered sugar and place them on a large cookie sheet lined with parchment paper or a silicone liner. (Since they don't spread, you can place them close to each other but not touching).
6. Lightly press the center of each cookie to form an indentation (optional: insert an almond sliver into the center to decorate).
7. Bake for 15 minutes at 350 degrees (optional: lightly dust them with powdered sugar before serving since many times our humidity melts the powdered sugar that they were initially rolled in).

### **'Hilshire' Cream**

Note: *Hilshire* is the word I substitute for *Devonshire (Clotted) Cream* which is made in England, so basically this recipe is for a 'faux' clotted cream but it's still yummy!

- 3 oz. cream cheese
- 3 TBSP powdered sugar
- pinch of salt
- 1 cup whipping cream (not whipped from can)

1. Cream the first 3 ingredients until well blended, then slowly add 1 cup whipping cream and whip all until stiff peaks form.
2. Refrigerate until ready to use.

### **Shiso (Japanese Perilla) Herbal Tea**

The herb '*shiso*' is incorporated into many savory and sweet dishes. It makes a delicious hot tea as well as a cold brew. I don't measure quantities so feel free to experiment to your liking.

1. Rinse shiso leaves (purple, green or both) thoroughly.
2. Bring water to boil in a medium to large pot or use a tea kettle to heat water (stovetop or electric) and pour over the leaves.
3. Add the leaves directly to the boiling water and if using a sweetener such as granulated sugar, now is a good time to add it so that it can dissolve.
4. Let the tea steep according to your liking, usually 3-4 minutes, or shorter/longer steep as desired.
5. Squeeze lemon juice into the liquor as this is what gives it a pretty pinkish color.

For a cold brew, just add clean leaves to cold water and place in the refrigerator for at least 30 minutes, preferably longer.

Submitted by Carolyn Sewake



## Reflection on Saturday evening Fun Night, October 7, 2023



The host for the Saturday evening Fun Night was Kalei Tong of Hoolulu Club. Kalei spoke of her experience as a driver's education instructor where the pay was good, but every time she took students out to drive, she was putting her life in their hands. Kalei shared an assessment that she does to determine the type of life these students had. She made us draw a horizon (past, present, future) and told us to draw different things, each thing symbolizing different things in our life, without telling us until we were done that each object represented different parts of our life. She did this with her students so that she could quickly tell by their pictures which students were okay and which ones were struggling. Kalei shared her struggles with her husband's passing and the inspiration she gets from long time FCE members like Shimomi Araujo of LHK.

The theme of the evening was "Honoring our Kupunas of HAFCE". The kupunas of HAFCE were asked to share their experiences of FCE. Videos from members like Katsuko Enoki from Maui were also shown as she is currently living in a care facility and can no longer attend conventions. Following the video, the "long-time" members were asked to speak about their experiences with FCE. Many shared how FCE gave them time for themselves since we know that as the woman of the house all of our time was spent on caring for our families. The meetings once a month was a way for them to enrich their lives so they were better able to handle the daily stresses. Several members also spoke of FCL which provided leadership training and gave them the confidence to speak and lead our FCE clubs.

As a fairly new member to FCE, it is inspiring to meet and talk to many of the members who have been with the organization for 30-70 years. I went home and told my husband that I can't imagine that some of these ladies have been with the organization since before I was born! It is through the work of these ladies that the organization has evolved and I am grateful for all of their work and all that they share with us.

*Submitted by Jill Yamamoto, Proxy Delegate for Settlement FCE Club*

## 2023 Convention Memorial report

The 75th HAFCE Convention held a memorial service on Sunday, October 8th at 10:45 am at the Hilo Hawaiian Hotel Moku O'la ballroom. There was approximately 40 people in attendance from around the state. Hana Like Kakou Club was in charge of the memorial service which started off with a poem read by Charmaine Felipe and a moment of silence for those who had passed and to remember those who lost their lives in the Lahaina, Maui fire. Claire Kawahara then read Don't Give Up On This Year written by Rachel Marie Martin. Hana Like Kakou made cards for the participants & extra cards for the Maui members to take back home. There were kind words and fond memories shared of those being honored during the memorial which included two women from Hilo Council and two former members from the Oahu council.



*Submitted by Charmaine Filipe*

## 2023 Sunday Workshop

The 75th HAFCE Convention was my first since becoming part of Ho'ike. The speakers were very informative and I learned so much about the involvement of HAFCE in our community as well as state. My report is centered around Sunday the 8th workshop with Professor Sandra Claveria. Her topic was "Reawakening the Gifts From Within - Never Give Up". She touched on Kanoa-deeper meaning of a word, Malama- to take care of, Laulima- to cooperate, and Aloha- love, compassion, grace. Before attacking anything, we should always use these steps.

As well as the use of Salt in our lives which is not only for using on our food. It has many uses in and around our homes. I laughed so hard, as well as shed some tears. Professor Sandra has such a gift in her and the way she teaches people to find the best person you could be. Her wit and humor made us feel even more connected. She spoke of things we all go through or think about. I can honestly say I hated the workshop to end. I could listen to her all day!

*Submitted by Kathy Watt-Morten*



### And the Winner is!!

The winner of the "Retro Aloha Shirts" quilt was Gail Kimura of Hui O Whine FCE Club - Hilo Council. The quilt brought in \$1,051.00 for donations to Associated Country Women of the World (ACWW). Mahalo nui to all who bought tickets for this quilt and to all who have donated over the past many years for the opportunity to win one of my quilts. It has been a joy to make them and to see the money go to support our favorite programs. Hugs, Denise Smith

## Hilo FCE – Submitted by Terri Sewake

### Hilo Council's Holiday Fun



On Saturday, December 16, 2023 at the Nani Mau Gardens' Open Lanai, the Hilo FCE Council celebrated the holidays. Similar to other councils, the Hilo Council was finally able to hold and in person Installation and Recognition gathering. We normally have a dinner banquet but changed it up a bit this year and decided to celebrate with a luncheon. Members and guests enjoyed the Mashed Potatoes, Roast Pork with Gravy, Roast Turkey with Stuffing and Baked Salmon. Our meal was topped off with an abundance of pupus and desserts provided by our very own chefs (members).

Our program consisted of games. We played a couple of rounds of bingo, a great but somewhat difficult Christmas Word Unscramble, a Candy in a Jar guessing game, and a hilarious Okole Charades. We also held an Installation of Council Officers and Club Presidents, conducted by Marielle Hampton, Kona Cooperative Extension Agent. **Council Officers:** Terrianne Sewake - President, LaVanda Salas - VP, JoAnn Aguirre - Secretary, and Jill Yamamoto - Treasurer. **Club Presidents:** Claire Kawahara - Hanalike Kakou, Lavanda Salas - Ho'ike, Lee Watanabe - Hoaloha, Kalei Tong - Hoolulu, Lynn Nagata - Hui O Wahine, Shimomi Araujo, and Liz Salfen - Puna Wahine. (LaVanda and Kalei could not make it to the luncheon)



Marielle, Claire, Lee, Lynn, Shimomi, & Liz



Marielle, Terrie, JoAnn, Jill and Martha

## Hilo Council Continued

It was my privilege to introduce and recognize members for their years of service with Hilo FCE... (Those present at the luncheon)



- 5 Years - Jill Yamamoto - Hanalike Kakou  
Kathryn Watt-Morton - Ho'ike
- 10 Years - Taelyn Adcock-Gushiken - Honolulu
- 15 Years - Terrienne Sewake - Hui O Wahine  
Debi Ueda - Hui O Wahine  
Robin Messenheimer - Puna Wahine

- 30 Years - Marcia Masui - Hoaloha  
Cindy Yoshimoto - Hoaloha  
Sharon Beauchan - Puna Wahine

- 35 Years - Gail Kimura - Hui O Wahine  
Janet Matsuo - Hui O Wahine  
Andria Nagre - LHK  
Diane Hultman - Puna Wahine

Years of Service recipients or their club's representative.

- 60 Years - Rosemarie "Linda" Pohina - LHK

- 70 Years - Ann Nathaniel - LHK

Congratulations to all and thank you for your years of service!

Thank you to all the members and guests who attended the 2023 Hilo FCE Installation and Recognition Luncheon! Thank you to all the members of Hilo FCE for their enthusiasm and hard work throughout the year. I am truly grateful for all your support and encouragement! Happy Holidays and a Happy New Year to all!

## Kauai FCE - submitted by Frances Dinnan

KAFCE celebrated Christmas together at their last meeting of 2023. Hui Holomua members will be combined under Club Musubi beginning next year. After a luncheon with former members, Hui Holomua donated the remaining club funds to the Books for Newborn program. We are thankful that Hui Holomua members will stay on to lead, serve, and guide our FCE family on Kaua'i. A quorum was challenging to make at this time of year. Those who attended enjoyed a wonderful potluck lunch and homemade goodies. After lunch and our meeting, Margo Hashimoto prepared a Christmas floral arrangement workshop. We each took home an original arrangement for our Christmas table's centerpiece.



Aloha Kalikimaka a me ka Hau'oli  
Makahiki Ho!





## Maui FCE - submitted by Katsuko Enoki

### CHRISTMAS LETTER 2023

Hard to believe 12 months are reaching the end of 2023.

This December 14, 2023 will mark my second year at Hale Makua. Thanks to the dedicated, caring staff. Monday to Friday I can go to Restorative Care to exercise and if necessary, a referral to Occupational Therapy or Physical Therapy is ordered. I get a shower, with shampoo, three times a week (Sunday, Tuesday and Friday). I can also get a free manicure. My daughter (from Seattle, WA) has been very helpful to do my pedicures, continue strong advocacy for me, coordinate doctors and dentist appointments etc. In July she went back to Seattle to follow up on her needed appointments and came back to Maui for my birthday in October. Yes, by the grace of God, I was able to celebrate my 93<sup>rd</sup> birthday at Kamaole Park with 44 people (family and friends). Thanks to Guy and his good friends, Michael and Lily Villarin, for going very early to get us the best spot in the park for my party. Of course, the biggest and happiest surprise was the presence of the Ted and Shelley Enoki family from Oahu, including Braeden (recovering from recent major dental surgery), Kylee Ann and Arjay with their daughter, Mazilyn. My two great granddaughters reached two years of age. Karen and Vic's granddaughter just started an Outdoor School daycare this week (two times a week). Ted and Shelley's granddaughter, Mazilyn, was helpful in taking a walk with Braeden (her uncle) while he recovered from surgery. I have so much to be thankful for every day. Yes, Lord Jesus, "Your grace is sufficient for me and Your power is made perfect in my weakness." (2 Corinthians 12:9)



Merry Christmas and a Blessed Happy New Year to you all! Love you all, Kats



## Windward Oahu FCE & Imiola Club – submitted by Ruthie Haitsuka

OCTOBER - DECEMBER 2023

### ACTIVITIES AND EVENTS

#### *QUICK AND EASY ANDAGI by David Haitsuka*



David prepared kits for his demonstration of the making of a simple Andagi recipe for members to take home and make their own Andagi. Using a canister to heat up his portable burner, he poured the prepared mixture into a bowl. Then adding 1 cup of milk into a measuring cup along with two eggs, beat mixture together. Pour the milk/egg mixture into the bowl containing the flour mixture and mix. While mixing the ingredients together, heat oil. Drop by spoonful of dough into oil turning after about a minute or two to continue cooking. Andagi is cooked when they float to the top of the oil. Above are the sequence of events of the making of Andagi. Ketzen Lane tastes the finished Andagi which was so ono especially when it is nice and warm. Try this recipe. Very easy and very addictive.

Windward Council continued

Recipe:      2 Cups of Flour              1/8 tsp Salt  
                  2 Cups of Bisquick         1 Cup of Milk  
                  1 cup of Sugar                2 eggs  
                  1 tsp Baking Powder

### COUNCIL & CLUB HOLIDAY CELEBRATION

Members gathered at Jacquie Maly's home for a night of fun and one food along with games and white elephant grab bag. Pat Kubo had interesting games whereby members answered questions similar to the tv show "Family Feud". The theme was about Christmas and Rhoda Yoshino ended up winning this game with the most points. White elephant grab bag proved to be interesting as the mystery bag was a big hit as it couldn't be opened until the end. Members could choose what they wanted to keep (at least hoped they could keep it) after opening their grab bag. It's always interesting what members might want out of all the grab bags to choose from. Pupus such as crab cakes, shrimp, nishime and veggie platter were starters along with main dish of chicken curry with all the condiments. Dessert was a chocolate dobash cake (which I haven't eaten in ages) was the main attraction as members celebrated Jacquie Maly's birthday the day before our gathering. All in all, being together for the festivities was a great time for celebrating the holidays with Barbara Sheeder's husband, Bill, joining us. Also being a part of the festivities was "Peanuts" our club's unofficial member.



Members of disbanded Hui O'Koolau got together for potluck lunch sharing stories, catching up with member events, reminiscing FCE highlights and sharing non-stop laughter at Dixie Dumaran's home in Kaneohe. In da picture:  
Standing from L to R are Ed Schulte, Helen Wagner, Bernie Baker, Dixie Dumaran, Maggie Schulte. Sitting in foreground: Lillian Tim Sing.



Submitted by Dr. Delfia Dumaran (Dixie)

**A reminder that if you are a first time NAFCE conference attendee, you can apply for a scholarship which will cover the conference fee. Applications can be found on the [www.nafce.org](http://www.nafce.org) website or contact Denise Smith at 808 430-2097 or [cdsmith2139@gmail.com](mailto:cdsmith2139@gmail.com). The 2024 conference will be held in Erlanger, KY from July 25 – 28. Applications must be submitted to NAFCE by April 15<sup>th</sup>.**

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