



The Homemaker Echo

Official Newsletter of the Hawaii Association for Family and Community Education

Volume 50 Issue 1

March 2024

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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

PRESIDENT'S MESSAGE

March 2024

As we emerge from the pandemic and strive for more normal times, my heart goes out to the Hilo Council for holding the state convention live and to the Kauai Council for planning a state convention, which as I understand, will be both live and electronic. Reports from other councils seem to indicate more activity as well. Kudos to the members who attended the National Convention, and to Lynn Barut for standing in for me as I was unable to attend myself. Hawaii was well represented. The major concern on my part continues to be declining membership. In 2018 Hawaii members were 251. Coming out of the pandemic in 2023, we had dropped to 110. Clearly, we need to find ways to engage and attract new members. That has to be our most important goal.



Aloha, Jacquie Maly, HAFCE President

Hawaii FCE Board Members

Executive Officers

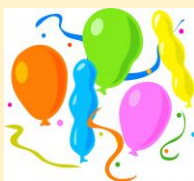
President ~ Dr. Jacqueline Maly
 Vice President ~ Lynn Barut
 Secretary ~ Kathy Uehana
 Treasurer ~ Frances Dinnan
 Past President ~ Ruthie Haitsuka

Education Chairs

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

CES Advisor vacant

A correction from the Editor: The "Retro Aloha Shirts" quilt won by Gail Kimura of Hilo Council actually brought in **\$1510** of donations for ACWW. My misprint was \$1051.



**Welcome new member Patricia Bray of Hoike Club,
Hilo FCE Council**

From the Editor....

A Reminder

The deadline for articles for the next issue of the Homemaker Echo is: **June 10th, 2024**
Please send articles and photos to: cdsmith2139@gmail.com or 433 Sylvan Ave. spc 39, View, CA 94041 or (650) 969-3422 or (808) 430-2097 cell ~ Leave a message if I'm not home
Aloha, Denise



Health Report – LaVanda Salas, Education Chair

The workshop I presented at Mid-Year Board meeting on March 23, 2024, highlighted the importance of Mammograms and Breast Cancer and included treatments and testimonies from my friends as well as myself. There are so many resources and support groups available today, you don't have to do it alone. Below is 2 of those resources.



FCE – HEARTH FIRE SERIES # 8

Woman to Woman Learning about Mammograms and Pap Tests. Are you at risk for breast and cervical cancer? What can you do? What are the benefits and limitations of mammograms? Be a survivor!



NBCF is dedicated to delivering comprehensive, educational information on breast health and healthy living. From understanding the importance of early detection, to knowing [how to prepare for a mammogram](#), NBCF's online resources and guides aim to empower women and men with useful information..

- Breast Health and Early Detection (Self-Exam Demonstration Included)
- How to Support a Loved One or Co-Worker
- Our Mission & Impact
- Volunteer Activities & How to Get Involved

- General Workplace Accommodations for Breast Cancer Patients
- What is Breast Cancer?
- Breast cancer is a disease in which malignant (cancer) cells form in the tissues of the breast.

Home Community Environment – Martha Yamada, Education Chair

I am so encouraged by our member's interest and participation to make a difference after learning from our 75th HAFCE convention workshop speaker, Manny Pangilinan with the Parley AIR (Action, Interception, Redesign) Station. He increased our awareness of the impacts of marine plastic pollution and stimulated our curiosity to take little steps to leave a beautiful ocean for our children. I would like to share how our members are making a difference.

- Frances Dinnan, Kauai, wrote an article in the December ECHO and stated "There is much we can do to replace plastics. It's a conscious effort for everyone living on this planet." She keeps canvas shopping bags in her car and considers bulk purchases, when possible, to decrease use of plastic bags. Her granddaughter visits her after school and has delicious healthy snacks for her in 4 oz single use yogurt containers.

- Pat Kubo, Oahu, shared an eye glass case made out of Bounty plastic wrapper and used pill and water bottles as flower vases. Cute idea!
- Gail Kimura, Hawaii, made gift tags from beautiful Christmas cards - we have such creative members!
- Lynn Barut, Maui, made adorable snowman table favors using creamer bottles. The craftsmanship is amazing! She also made a simple chopstick holder using Crystal light container (I think I can do this one). Karen Kawate, Hawaii, shared her organizational idea using Moose Munch container for her sewing supplies. What a great idea! She reuses her pill containers to store small objects like thimble, machine needles, pins, clasps, etc. The container with the scissors is a Mentos gum container without the lid. Gets me excited about sewing again.
- Kathy Uehana, Oahu, shared that plastic storage “has been my nemesis for a long time and I am always looking for ways to prevent usage. I purchased glass and plastic containers that are used all the time – a good investment plus the glass containers are good for reheating food items.” “FYI – Daiso has some good ones at minimum cost”. She also washes zip bags to reuse them. She shares three alternatives to using cling wrap. See links to learn how to make your own beeswax wraps or fabric bowl covers.
- LaVanda Sales, Hawaii, shared how she reuses bottles, for example, liquid hand soap for outdoor activities and traveling. She uses mayo, candy, ketchup bottles, strawberry and grape containers for gardening. Nori trays and cupcake holders for seedlings.

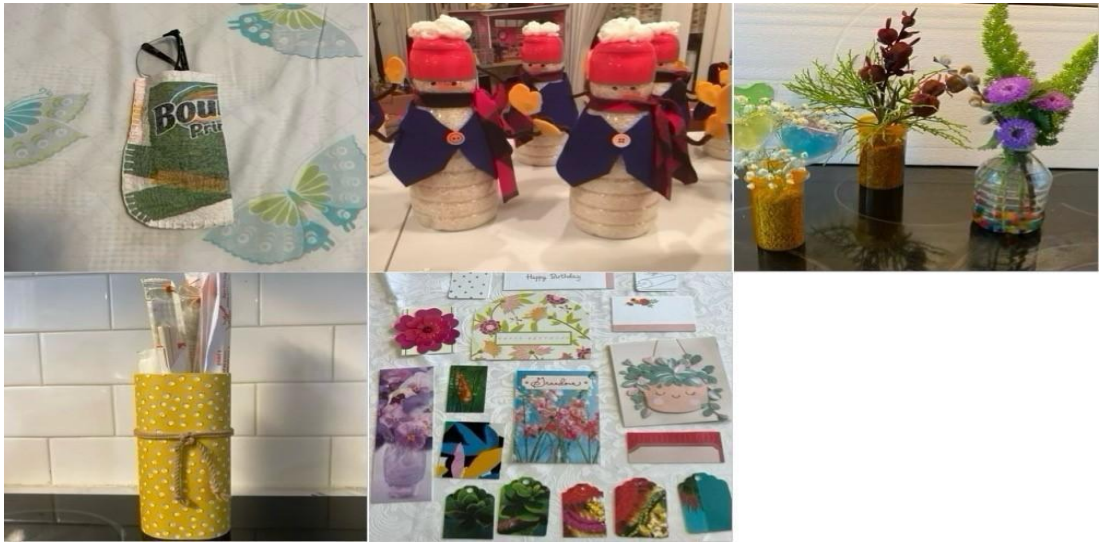
I so appreciate these members that took the time to share their creative knowledge with all of us to leave a better planet for our children. If more of us do a little change, our collective efforts will make a difference in our current throw away society with so many conveniences that it will take our conscious effort as we consume these products. I asked Joan Chong, retired advisor, to help me judge the entries to our Plastic Redesign contest. The winner is **LaVanda Salas**. Congratulations LaVanda! We are hoping that many of our members will use your ideas to garden. To be in the sunshine, feel the dirt, to harvest herbs or plants to nourish our bodies. To develop a new hobby or help a child discover the joy of growing plants and learning to cook and fill their plates with beautiful colors of the rainbow.

Friendly reminder that **Contest 2: Lifestyle change for health and environment will end on September 30th**.

Just email me a list of the different ways you avoided, intercepted, or redesigned plastic use in your life. The winner will be the member with the longest list. Winner and prize will be announced at the ANNUAL meeting! My email is: martha.yamada58@gmail.com Please continue to email me to share any new ideas for redesigning or repurposing your plastics. Let's make a difference together. Here are the photos of the entries and handouts from Kathy Uehana and LaVanda Salas.

Left to Right Top: Eye Glass Case from Bounty plastic wrapper, Snowman table favors from coffee creamer bottles, Flower vases from pill bottles

Left to Right Bottom: Chopstick holder from Crystal Lite container, Gift tags from Christmas cards.



Plastic Challenge – by LaVanda Salas



I will be reusing these bottles for (1) liquid hand soap for outdoor activities w/refills, (2) used for traveling. I like to take my own shampoo & conditioner, the bottles are the same size that we get from the hotel, (3) is foaming hand soap w/refills.
 ←

Mayo, candy, ketchup bottles
 →



Gardening – LaVanda Salas

Nori trays and cupcakes holders for seedlings, you also can use the strawberries & grape containers.



Plastic Storage Fixes by Kathy Uehana

- Storage: This has been my nemesis for a long time and I am always looking for ways to prevent usage. I purchased glass and plastic containers that are used all the time – a good investment plus the glass containers are good for reheating food items. *(FYI – Daiso has some good ones at minimum cost)*
- Zip Bags: I do use them to a minimum. Upon learning that it is OK to wash and reuse, I am doing by putting them in the dishwasher or hand wash with water and Dawn, then air dry. I did read recently “not to turn them inside out when washing”!
- Cling Wrap:
 1. I have found that when carrying food “out”, it is good to use **furoshiki wraps** (my favorite).
 2. Since I have many sizes of **beeswax covers***, I use them 90% of the time



Link to ideas - <https://thisnzlife.co.nz/diy-how-to-make-beeswax-wraps-at-home/>



My goal is to make many sizes of **fabric food covers*** (using up bits and pieces of fabrics) which will minimize usage also. *Link to instructions:

<https://hearthandvine.com/fabric-bowl-covers/#recipe>

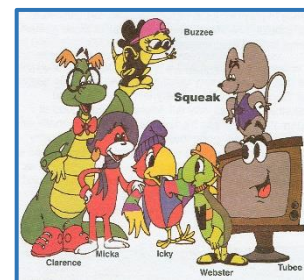


Youth – Terrienne Sewake, Education Chair

The 2024 National Essay and Artwork Contest Character Value is **CITIZENSHIP**

Entries received were from the Winward Oahu Council, Hilo Council, and Kauai Council. Thank you for your participation! HAFCE has received 3 entries this year. Adjudication of the 3 entries takes place at the end of the Month. This year the judges will be from members of the Hilo Crescent City Lions Club.

The winner of the HAFCE contest will be sent to National FCE on or before April 10th.





Trimble Foundation Distribution Committee - Pat Kubo - Chair

The Trimble Foundation Distribution Committee met on September 18, 2023. Members are - Patricia Kubo (chair), Robin Messenheimer (secretary), Ruth Haitzuka (vice-chair), Chaclyn Nagata, Laurie Ho (alternate), Heather Greenwood and Meleen Pang Corenevsky. \$20,000 was awarded to three non-profit organizations for grants and 2 student applicants for scholarships.

Forms will be available on the website <hawaiifce.org>. The deadline to apply is July 31, 2024.

Our post office box was closed and all correspondence should be sent to the following address
Alice P. Trimble Foundation c/o Bank of Hawaii #758
P.O. Box 3170 Honolulu, HI 96802-3170

The following councils will need to nominate Trimble Distribution Committee members for 2025:

Oahu - Pat's term expires in 2024 - Wanda Lew has volunteered

Maui - Chaclyn's term expires in 2024 - Maui needs to appoint someone

Kauai - Terry's term expires in 2024 - Kauai needs to appoint someone

Executive Committee - New Past President to serve in 2025

Application forms are available on the hawaiifce.org website or by contacting any FCE Council President or Board member. Deadline to apply: July 31, 2024



Ad Hoc Committee for Preservation of HAFCE Historical Materials - Submitted by Denise Smith

The current members of the committee are Frances Dinnan, Denise Smith, and honorary member Katsuko Enoki. Martha Yamada has resigned from the committee due to family caregiving obligations. Martha played an instrumental part on the committee and we appreciate all the hard work she has done.

All assets have been dispersed with the exception of the Ke Lei Hano Award and I currently am in position of it. The committee was awarded \$2,000 from Trimble Foundation in September 2023 and was given a generous donation from HAFCE President Dr. Jacquie Maly. These funds have been used to partially cover the cost of storage of the materials at Extra Space Storage in Hilo. As of February 2024, all materials were shipped to Oahu and are being stored in a secure location awaiting digital scanning and/or acceptance by an appropriate organization who will digitize and permanently store our materials. We are currently talking to the library of the University of Hawaii Manoa and possibly a Women's Studies program at UH. The committee continues to work with Kepā Maly, cultural ethnographer and resource specialist. He and his wife Onaona have been a valuable resource for us in this long journey of preserving our important FCE history.

Hilo FCE – Submitted by Martha Yamada, Terrie Sewake

On December 15, 2023, Hilo Council FCE donated 170 hygiene bags which were lovingly sewn by our Hilo Council members to “Going Home Hawaii”. It is a non-profit organization with the mission to assist justice-involved Hawaii Island men, women, and youth with reintegration into community life through employment, education, training, and appropriate services.



One of their special programs are: 9 Months: Window of Hope. This program helps moms stop using drugs and get healthy for their babies through intensive case management, substance abuse and behavioral health counseling, adequate prenatal care, and volunteer mentors. For more information, visit www.goinghomehawaii.org

Left to right: David Wischemann and Trillium Simington with Going Home Hawaii and FCE members: Martha Yamada, Carolyn Sewake, and Lynn Nagata →



2024, MAY 4TH

HILO FCE

Craft Fair

The Hilo Family and Community Education members will have their fair at Jaycee Butler building on Manono St. next to Civic Auditorium in Hilo.

You'll find wonderful homemade items such as craft & Kitchen items as well as delicious baked goods for sale & More!

SHOP FOR NATIONAL NURSE WEEK, MOTHERS DAY OR GRADUATION

FROM 8AM TO 11AM

Why We FCE

Go to www.nafce.org & click on Quick Links > “Why We FCE”. Take a photo of your club members holding signs that say what they like best about FCE. Post it to the website. Here’s Puna Wahine Club, meeting via Zoom with our “Why We FCE” signs! ↓

Puna Wahine FCE Club – “Why We FCE” February 2024 on NAFCE website site.



Kauai FCE - submitted by Frances Dinnan



Kauai Council merged into one club beginning this year! Club Musubi celebrated with a fun New Year gathering. New t-shirts were designed by President Laurie Ho and printed in Kauai island's color, purple. Margo Hashimoto gifted each member a lovely Spring floral arrangement. Members shared several other gifts in exchange. We ate a wonderful family-style lunch at Pua Kea Grill in Lihue. As we ate lunch, Carolyn and Margo gave prizes away using a Q&A method. We officially welcomed two new members, Jerome and Diana Yankowitz. Pearl Shimizu shared bags full of large, tasty tangerines from her yard. Our laughter and chatter were like music to my ears. We discussed upcoming events and our plan to host the 76th HAFCE Convention on October 19th.



TIES THAT BIND

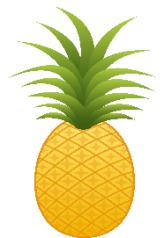
A mini reunion luncheon with Suzie Yokoyama, a KAFCE 19+ year member, was held in February. Suzie came home to Kauai from Indiana to attend a celebration of her mom's life. Suzie's ties to members and Kauai's organization are steadfast. Suzie's family helped KAFCE with Sweetbread Fundraisers over several years. Although she is far from where she once called home, her heart belongs to Kauai. Thank you, Suzie, for your years of service, friendship, and caring.



← L to R: Carolyn Lum, Suzie Yokoyama, Laurie Ho, & Pearl Shimizu

South Oahu FCE - submitted by Kathy Uehana

2024 South Oahu FCE Council Community Project was our contribution of \$1000.00 to The Institute for Human Services (IHS)



- IHS, The Institute for Human Services is 501c3 private non-profit organization. Each houseless person's unique story inspires us to action. By working with partners in government, business and community organizations, we deliver a spectrum of services with urgency, embrace innovation, and advocate for system changes through community education and outreach.

- In July 2023, IHS celebrated its 45th anniversary, a milestone made possible only by the support of our community.
 - **I H S Mission: To create and offer tailored solutions for those in crisis, and nurture homeless people toward greater self-direction and responsibility.**
 - **I H S Vision: A community where homeless people are empowered with hope, dignity and confidence to quickly access and sustain a safe, decent and affordable home.**
- Their programs are: Meals, Employment Services, Emergency and Specialized Shelter Clients, Housing Stabilization (Placement and Prevention), Homeless Outreach Clients, Case Management (Family, Community and General and Veterans) and:

Health Services: Partnerships have grown to include H4 Urgent Care, Queens Medical Center, Hawaii Health and Harm Reduction Center Palama Health Center, Waikiki Health Center, Chinatown John A Burns School of Medicine’s H.O.M.E. project, and emergency departments. IHS health services identify individuals in need, including staying at shelters. We also provide urgent care by H4 to come in through outreach, screening for shelter admission care and medication management. We also help people e primary care provider relationships.

To date their services have: 344895 meals served * 1744 people sheltered at emergency/specialty shelters * 791 clients prevented from homelessness



Windward Oahu FCE & Imiola Club – submitted by Ruthie Haitsuka

JANUARY - FEBRUARY 2024

ACTIVITIES AND EVENTS

TOUR OF WINDWARD COMMUNITY COLLEGE

By Patricia Kubo

On February 20, 2024, Imiola FCE Club members - Barbara Sheeder, Annie Sagawa, Bernadette Baker and Patricia Kubo enjoyed a tour of the Windward Community College led by Dr. Jacqueline Maly. Jacqueline Maly, a professor emerita at the College, led the tour and shared her knowledge of the college’s history. →



← We were met by Christine Pang, secretary to the Chancellor, who presented us with gifts of a lovely green journal embossed with the college’s name and logo, a pen, and a coaster. She helped arrange our transportation.

We were driven around the campus by Dr. Michael Ferguson, a chemistry professor. He carefully assisted everyone in getting in and out of the van. We learned that the college was established in 1972 and has celebrated their 50th anniversary. In 1972, there were 425 students and 4 original faculty members. The college began with five renovated buildings, which were formerly a part of the Hawaii State Hospital. Attached is a picture of the dedication with Dr. Maly sitting on the grass next to “Building M” (Hale Mana Opona) →



We visited Paliku Theatre and received a backstage tour from the Theatre Manager, Nicole Tessier. We were shown the facilities that performers used including the Green Room and the Scene Shop. We walked on the stage and learned how “break a leg” may have originated. The curtains on the side, at the edge of the stage, were referred as the “leg line”. When a performer was given the opportunity to go on stage and the possibility of earning some money (the audience would throw coins), it was said that he would “break the leg line”. ↑



We also visited the Aerospace Exploration Lab. Dr. Maly and Dr. Ferguson demonstrated some of the hands-on activities which students explore to learn some of the principles of science.



We thank Dr. Maly, Dr. Ferguson, Nicole Tessier and Christine Pang for a very interesting and informative tour.



FOSTER GARDEN – GLEEM

This year Foster Garden is bringing back its Gleem project on Saturday, July 20, 2024 from 3:00 – 6:00 pm. Imiola Club/Council will be providing an activity for this event. It is anticipated that there will be over 500 attendees. Parking, shirt and dinner will be provided. Please mark your calendars to participate in this activity.

PANDAN – What is it?

Pat Kubo - what is Pandan? Its leaves are used to lend a unique taste and aroma to flavor desserts and drinks as well as savory dishes. It is sold fresh, frozen and dried used to wrap savory foods such as chicken or sticky rice. The paste, extract and powder tint the ingredients with a green hue while contributing flavor. It is inexpensive as compared to vanilla beans.

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 website or contact Denise Smith at 808 430-2097 or cdsmith2139@gmail.com. The 2024 conference will be held in Erlanger, KY from July 25 – 28. Applications must be submitted to NAFCE by May 15th.

2023 Convention Photos



Opening ceremony – Youth Challenge Honor Guard ↑



↑ Character Counts! Family

Kathy Watt-Morton – one of two first timers to attend. ↓



↑ FCE friends – L to R: Alesta, JoAnn, Laurie, Denise, Lynn, Kay, Marina, Frances



Docent at Hawaii Japanese Center ←



↑ Frances, Marina, Karen, & Shimomi enjoy the Hawaii Japanese Center tour



Closing Ceremony – Hawaii Aloha ↑

HAWAII ASSOCIATION FOR
FAMILY AND COMMUNITY EDUCATION
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