



# The Homemaker Echo

Official Newsletter of the Hawaii Association for Family and Community Education

## PRESIDENT'S MESSAGE

September 2024



During the convention on Kauai, Lynn Barut will be installed to the office of HAFCE president. Lynn is very capable and will be a great president. But you're not getting rid of me that easily. According to our bylaws, I become the Past President and continue to serve on the Executive Committee. The secret is it is a six-year commitment. So, allow me to reminisce a bit over the past 4 years- and what 4 years it has been! Top of mind was Covid of course. Who knew as we departed from Hilo 4 years ago what we would soon be facing? Many businesses and several organizations did not survive. But thanks to all of you, we did adapt and did survive. For that, I am grateful to all of you. And as things continue get better, I am delighted to see that more of your remaining groups are reporting more programs and more community involvement. What's next for the final two years of my term? It is the sincere hope, perhaps expectation, that we will grow and thrive. I challenge each of you to bring in a new member. I have faith in each you can do it if you set your mind to it. Think about what we could do with twice as many members! Twice the service to your communities – twice the creative programs to share. Although I will not be at the Annual Meeting on Kauai in person, I will be there in spirit (and by Zoom.) I encourage all of you to participate and perhaps invite friends (i.e. potential members) to join you as an introduction to what we do and what we are.

Mahalo for allowing me the great experience of being your President.

Aloha, Jacquie

Volume 50 Issue 3

**September 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:

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### 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

## Vice-President Report – Lynn Barut

This year's National FCE conference was held on July 25-28, 2024 in Erlanger, Kentucky. In attendance were 30 members including five 1<sup>st</sup> Timers. Members from Hawaii FCE included Margaret Cambra, Denise Smith, and myself. On Thursday night Margaret Cambra and I shared how to make an origami box using pages from magazines and a gift box using greeting cards that we have received.

Some of the items mentioned during the Business meeting:

- Honor Fund - memorialize person or event
- Web site – Scott Teeples, our web master has lots of information downloaded so check it out. An FCE member from Colorado will be updating the older cooking/food related Hearth Fire books.
- ACWW – USA area conference will be held July 21, 2025 in conjunction with our National FCE conference.
- National headquarters – will be moved to a remote location. Judy Jones, Secretary, will work from home thereby saving on rent, electric, and property insurance.
- We were introduced to three Hearth Fire series: Spilling the Beans on Beans, why beans are good for you; What does Food Security Look Like, what is food security and how to measure your family's ability to obtain food; What is the American Red Cross? Learn about Clara Barton, founder and what the organization is about.
- FCL lessons included: Food Security: What can I do to help? and Finesse + Civility = Leadership.
- Katsuko Enoki, Pukalani FCE club member, was recognized as the Hawaii Heart of FCE nominee. Refer to June 2024 Echo for the article.
- Kauai student, Kaira Terui, won first place in National FCE Character Counts! © contest.
- Character Counts! © will be expanded to include high school students.
- The National FCE mission statement has been revised. It is now “Home, Family, Community”

Thank you to Pat Kubo, Ruthie Haitzuka, and Kats Enoki for contributing items for the Coupon and Silent Auctions. Also, to Jacquie Maly, Windward FCE club, and Kauai and Maui councils for their contributions towards table favors and items for the Coupon and Silent Auctions. Be sure to check with your Council president for the Hearth Fire series and FCL programs. Don't forget, we need to talk about FCE, informing others about our organization, emphasizing Home, Family and Community.

Hawaii FCE representatives L to R:  
Margaret Cambra, Denise Smith, Lynn Barut ↓



Relaxing after meetings with First Timer,  
Amber Beal of Maryland ↓



Hawaii FCE items in Coupon  
sales ↓



## Home Community Environment – Martha Yamada, Education Chair

### Plastic Challenge 2

Calling all members to participate in our second Plastic Challenge to help save our planet for our future generations. Simply email me anything you are doing to intercept, recycle, redesign plastic use in your lives. Winner will be the member with the longest list by 9/30/24. Send an email to me at [martha.yamada58@gmail.com](mailto:martha.yamada58@gmail.com).

Here are some ideas:

- Bring own container to restaurant for leftovers
- Decline straw or utensils at takeout diners
- Meatless Monday
- Use plastic mushroom container for junk box or plants
- Use tofu container for dish scrubbies
- Starbucks reusable mug for 10% discount
- Reuse zip lock bags to pack slippers
- Make coffee at home
- Craft creation
- Used glass instead of plastic
- Recycled Plastic #2

The best part of being an FCE member is sharing our talents to help each other strengthen our families and world. Winner will be announced at our ANNUAL meeting.

## Youth – Terrienne Sewake, Education Chair



2025 National Essay and Artwork Contest  
Based on CHARACTER COUNTS! ®  
Character Value: TRUSTWORTHINESS

Hawaii Association for Family and Community Education has consistently highlighted Hawaii's talented 4<sup>th</sup> grade students by working with and encouraging public, private and home school 4<sup>th</sup> grade students to participate in this national essay and artwork contest. Many long-time members of HAFCE understand the value of the National FCE Essay and Artwork Contest, however, HAFCE has gain quite a few new members. So, here's some information about the National FCE Essay and Artwork Contest. The National FCE Essay and Artwork Contest is based each year on a character value based on CHARACTER COUNTS! ®, which is an organization whose purpose is to build students' character, social-emotional, and academic skills, while shaping a positive school culture. One of its key programs is The Six Pillars or Character: Trustworthiness, Respect, Responsibility, Fairness, Caring, and Citizenship. This national contest is presented each year by National FCE and is open to all 4<sup>th</sup> grade students in public, private, and home schools. The purpose of the contest is to promote literacy and community involvement. The 2024 - 2025 contest is to encourage students



to understand and practice TRUSTWORINESS. The contest encourages students to strive for excellence and creativity in reading, writing, and drawing skills.

In the 2023 national contest, Kauai's Shaylen Satta won 1<sup>st</sup> place in the National FCE Contest. She and her family were able to attend the Friday night banquet at the HAFCE 75<sup>th</sup> Annual Business Meeting and Convention where she presented her artwork and read her essay. Kauai's entry by Kaira Terui won 1<sup>st</sup> place in the 2024 National FCE Contest, and we hope to see her at the 2024 Annual Business meeting on Kauai on October 19<sup>th</sup>.

So, don't forget to encourage and assist your Councils to participate in the 2025 Essay and Artwork Contest. Who knows, we may once again have another National FCE Contest WINNER from Hawaii!

Contest deadlines:

- 9/1/24 - Contest begins. Distribution of contest informational packets to students.
- 1/31/25 - Entries due from all 4<sup>th</sup> grade students to Council Contest Chairs.
- 2/28/25 - Council's entry due to State Youth Educational Chair.
- 3/1/25 - State level Judging begins.
- 4/15/25 - State entry due to National FCE



### Trimble Foundation Distribution Committee - Pat Kubo - Chair

The Trimble Foundation Distribution Committee will meet on September 26<sup>th</sup> to determine awards for applications that have been submitted. The committee has received 3 applications for scholarships or grants consideration for 2024.

Committee members are - Patricia Kubo (chair), Ruth Haitzuka (vice-chair), Chaclyn Nagata, Laurie Ho (alternate), Heather Greenwood and Meleen Pang Corenevsky. Terri Sewake will take the place of Big Island representative Robin Messenheimer, due to her passing this year.

With the transfer of our post office box to the Bank of Hawaii, 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

Big Island - Terri Sewake 2024 -2025

Executive Committee - New Past President to serve in 2025 - 2026

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, 2025





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

The continuing members of the committee are Frances Dinnan, Denise Smith, and honorary member Katsuko Enoki. 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.

We are pleased to announce that we feel there has been success in convincing the University of Hawaii to accept our historical materials! We received a surprise email from Dore Minatodani, Senior Librarian, Hawaiian Collection, University of Hawaii Manoa, inviting us to join her in a Zoom meeting to discuss our FCE materials. Frances and Denise met with Ms. Minatodani and came to an informal agreement about how to handle the materials and the best way to incorporate them into the UH system. There is still much work ahead on the part of the committee – very likely the materials will have to be redacted, due to addresses, phone numbers, and email addresses contained in the various materials. The materials will be scanned and digitized (HAFCE’s responsibility) and then the digitized files will be turned over to UH Manoa Library for final keeping. The files will be available to the public – i.e. researchers, historians, general public – thus the need for redacting. The committee anticipates at least another year, if not longer, to complete all of this.



Magdie de Kock  
ACWW World President

### *2025 Combined National FCE – ACWW Conference July 21 – 24, 2025 Erlanger, Kentucky*

~~~~~  
*Next year’s National FCE Conference will be combined with the USA Society of the Associated Country Women of the World. The ACWW world president, Magdie de Kock will be in attendance and a guest speaker. Ms. de Kock is from South Africa and is serving her second term as ACWW president. The conference will also include workshops, business meetings, a silent auction, a tour, and meals with several of the organizations that belong to the USA Society. There will be 10 “First Timer” scholarships available through National FCE. See the National FCE website, [www.nafce.org](http://www.nafce.org), for information on how to apply or contact Denise Smith, [cdsmith2139@gmail.com](mailto:cdsmith2139@gmail.com). This is a rare opportunity to meet Ms. de Kock, a world-wide speaker, and it will be a conference worth attending!*

Slate of HAFCE Officers for 2025 – 2026

|                               |                                   |
|-------------------------------|-----------------------------------|
| President – Lynn Barut        | Treasurer – Pat Kubo              |
| Vice President – Terri Sewake | Past President – Dr. Jacquie Maly |
| Secretary – Frances Dinnan    |                                   |

## Hilo FCE – Submitted by Elizabeth Salfen

Happy Summer!

Terrienne Sewake - Hilo Council President



The month of May brought about the very successful Hilo FCE Fair! What a great time the clubs experienced selling various baked goods, handmade crafts, plants and more!

Thank you and congratulations to the FCE Fair Committee, who worked hard to promote the event, introduce great new ideas, and execute their plans resulting in a great event. I can't wait to see what the next committee has in store for us in 2025!

The FCE Rummage Sale was held on Saturday, June 22nd at the Butler Building. A big thank you to all who assisted throughout the rummage sale. I believe the sale was successful. It was great to see members and customers shopping and enjoying the great music provided by Mr. Oki. Huge thank you to the committee for their great organizational skills and once again, thank you to all that helped!

### HUI O WAHINE FOLDS

As part of HOW's May meeting, the membership folded lanterns for Hawaii Care Choices' Celebration of Life that was held on May 26, 2024. The Community Service Committee, Gail Kimura, Debbie Shigehara, Judi Fujiyama, Janet Matsuo, and Wilma Martinson, chose this activity as a way to support Hawaii Care Choice's community outreach.



### HILO FCE SUPPORTS CELEBRATION OF LIFE

Hawaii Care Choices (formerly Hospice of Hilo) held their annual Celebration of Life on Sunday, May 26, 2024 at Reed's Bay. Hundreds of community members and visitors participated in the event. A big shout out to FCE Clubs Hoaloha, Hoolulu, and Hui O Wahine for volunteering in the Lantern Decorating Tent! All members felt the experience with the community was heartfelt and uplifting both to themselves and the public.



*Hoolulu members, Donna & Kalei, with HOW member, Judi. ↑*



*Some of the HOW members, ↑ Debbie, Gail, Judi, and Lynn (missing are JoAnn and Janet)*



*Hoolulu, Hoaloha, and HOW - Donna, Karen, Matthew, Lee, Hazel, Kalei, and Lynn ↑*

Hilo continued ~  
A few photos of the FCE Fair –



### HUI O WAHINE AT THE FCE FAIR

So many choices ... the HOW members baked, crocheted, crafted, planted, sewed, harvested, and arranged a diverse array of products that represented the ladies' skills and talents. Pictured are some of the members after the Fair ended. HOW also had a successful Evaluation meeting, where suggestions for next year's Fair were introduced. The members enjoyed a delicious lunch from Kitchen Umeko. Pictured are members at our Evaluation meeting at the Hawaii Japanese Center.



*From the Editor....*

#### A Reminder

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





## Kauai FCE - submitted by Frances Dinnan & Laurie Ho



KAFCE participated in a Tribute to PAST Kauai Farm Fairs and were present at Kauai Farm Bureau's event on Saturday, August 17, 2024 at Kukui Grove Center. This celebration was dedicated to past four-day farm fairs and the FCE clubs who hosted the "Home Show" exhibit at these farm fairs for decades. We went from **four-day** events to a **four-hour** tribute! Focus was on "agriculture" and featured Kauai's farmers, ranchers, and backyard gardeners. It

included the 2024 Fruit and Vegetable Show. There were educational talks from University of Hawaii ~ College of Tropical Agriculture and Human Resources' Extension Agents. KAFCE's booth included fresh flower arrangements with locally grown herbs, cards, scrubbies, and slipper luggage tags hand crafts. ↑ L-R **Margo Hashimoto**, **Kay Nakata**, **Pearl Shimizu**, **Marina Pascua**, **Les Hashimoto**, and **Maurina Borgatti**. Thank you to these talented ladies for their devotion to FCE and their community contributions.



← KAFCE, Wilcox Elementary School 4th grade teachers, and the Terui family congratulate Kaira Terui (who is now a **5th** grader). **Margo Hashimoto**, immediate past KAFCE President (far left) and **Laurie Ho**, KAFCE President, second row (far left)

**August 30, 2024** Congratulations to Kaira Terui, 2024 National FCE CHARACTER COUNTS! ® Essay and Art Contest Winner! Kaira was recognized at a Wilcox Elementary School Assembly. KAFCE was invited to the 1st assembly of this



school year, at Wilcox Elementary School by teachers, **Karen Heresa** and **Dayna Fujii** to share the great news that Kaira Terui had won the "National FCE" CHARACTER COUNTS! ® award in **July 2024** when everyone was on summer break. Margo Hashimoto and Laurie Ho, representing KAFCE, attended the school assembly to make the announcement at 8:45 a.m.





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

July – September 2024 ACTIVITIES AND EVENTS

### **FOSTER GARDEN – GLEEM**



On Saturday, July 20, 2024 from 2:30 – 6:00 pm. Imiola Club/Council members participated in the annual Foster Garden event called “Gleem”. As you can see from the photos below, our crafts were spoon flowers and bottle cap spinners. Members who participated were: Barbara Sheeder, Jeanette Pang, David Haitsuka, Ketzen Lane, Patricia Kubo and Ruthie Haitsuka. Joining us was Jeanette Pang’s two friends, Sharon and Roland. Children as well as adults enjoyed making the flowers out of the plastic disposable spoons, using remnant yard. Participants were very surprised at the outcome of their spoon/yarn weaving. Members suggested various ways in which they could use their flowers: making a flower arrangement, bracelets, luggage tags, lei using purchased calyx to form the base of the flowers. The other craft was the bottle cap spinner which participants decorated their caps and inserted the string to allow the bottle cap to spin. Adults found it harder to get the bottle cap to spin than the children. Lots of fun spinning.



### **RHODA YOSHINO’S PASTA SALAD**



Have you ever had pasta salad? Sure, you say. But have you had pasta salad with miso? You’re in for a treat! Rhoda demonstrated this recipe. In large mixing bowl, place cooked pasta, carrots, broccoli, cucumbers, sesame seeds and edamame and toss to mix. In a separate jar, place miso, grated ginger, lime juice, low sodium soy sauce, oil, rice vinegar, sesame oil, sesame seeds and sugar. (Miso and grated ginger should be blended well before adding other ingredients.) Once in jar, shake to combine all ingredients. When mixture is combined well, pour over pasta mixture, toss well and it’s done. Enjoy! Recipe attached to newsletter.

## PAT KUBO/DAVID HAITSUKA NISHIME



Nishime anyone? Well, members had a wonderful treat for our August meeting. Not only did we enjoy eating Rhoda's pasta salad, Pat brought nishime. What is Nishime you ask? It's a Japanese delicacy which includes mushrooms, nishime konbu, araimo, carrots, hasu, bamboo shoots, konyaku, daikon, aburage and chicken. The dried mushrooms and konbu are soaked in water until soft. Cut mushrooms, in triangular shapes (Pat was taught to cut it in this shape), tie knots in konbu and separate sections. Parboil araimo and peel. Cut in triangular shapes or halves. Cut vegetables (triangular shapes) and chicken in bite size pieces.

Heat oil and fry chicken pieces, add shoyu, sugar, dashi, chicken bouillon paste and water. Then add mushrooms and aburage and simmer. Add other ingredients slowly in this order so that they don't overcook - konbu, bamboo shoots, carrots, hasu, daikon, konyaku and araimo. Simmer until all are soft and its ready to eat!

Pat indicated that she doesn't have a recipe with actual portion measurements, so she's referring David's recipe. If you don't want to purchase all of these ingredients separately, you can purchase prepackaged Wel-Pac Mixed vegetables in the frozen section of ingredients at Don Quijote and other ingredients.

## KUMIHIMO (Japanese Braiding)



*Want an easy and inexpensive craft to do? This craft is easy for young children as well as adults. As shown in the picture, all you need is a cardboard, string (can be solid or multicolor) to create this style of braiding. Pat demonstrated the Japanese braiding referred to as Kumihimo. Using a circular cardboard with eight slits, strings were placed in seven of them. With a knot on the underside of the cardboard, (right-handed) count*



*three strings to the left (left-handed) count three strings to the right, place that string into the blank slit. Continue this sequence until your desired length is reached. Remove string and tie a knot. Isn't this craft just cute and easy? You don't need to worry about where you left off. Just look for the open slit. Easy as that. Give it a try at a get together, working with children and adults. Hardly any expense as you can use items you have at home and improvise.*

## KOREAN CHICKEN by David Haitsuka

September brought more ono goodies from members who are presenting our monthly program. David decided to demonstrate how to make his famous Korean Chicken. Very simple recipe for 5# of Chicken Wings.

7 Tbsp Flour

7 Tbsp Sugar

2½ tsp Salt

1 3 Tbsp Cornstarch

2 Tbsp Sesame Seeds

2 Tbsp Shoyu\*

3 Large Eggs Beaten

3 Stalks Green Onions (chopped)

3 Cloves Garlic finely chopped

- *Shoyu makes the color darker or lighter by adding more or less)*



***Combine all ingredients together in a large baggie or bowl until well blended.***

***Chicken should be washed and dried with paper towel before placing into batter mixture, turning over baggie/spoon if in a bowl. It's better to let mixture stand for a day or two before cooking.***

***Chicken is placed in oil (325° - 350°) until cooked and is nice and brown. Place on paper towel to drain excess oil. Enjoy Everyone! It's so yummy. Let us know what you think of this recipe.***



***In the photos above, the layout of all the ingredients for the Korean Chicken. The eggs were scrambled a bit before adding the shoyu mixture. Pour this mixture into the baggie containing dried chicken, then adding the flour, sugar, cornstarch, salt, sesame seeds, green onions, garlic. Close baggie and mix ingredients together until all ingredients have been blended. Store in refrigerator for a couple of days for mixture to soak into chicken. When ready to cook, take out, mix baggie to incorporate ingredients. Fry in oil. Place on paper towel to absorb oil and its ready to enjoy. Leftovers can be refrigerated for another meal. Microwave 30 seconds to take chill off of chicken, place in toaster oven on toast setting to brown crust again. Enjoy.***



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