



The Homemaker Echo

Official Newsletter of the Hawaii Association for Family and Community Education

Volume 51 Issue 2

June 2025

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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

(808) 430-2097

PRESIDENT'S MESSAGE

June 2025

Summer is here, and I hope you're finding time to relax, recharge, and enjoy the season—whether you're traveling, spending time with family, or just soaking up some sunshine.

This is a great time to reconnect with each other. If you have the chance, try to meet up with fellow members—grab a coffee, catch up, share ideas, or just enjoy some good company. We learn so much from each other, and even casual conversations can lead to great insights.

I'm also excited to be attending our National Conference in July! It's always a great opportunity to connect, learn, and come back with fresh ideas. I'll be sure to bring back program info and inspiration to share with all of you.

Wherever your summer takes you, please stay safe, look out for one another, and don't forget to hydrate (seriously—water is your best friend in this heat!). Our program chairs will soon be presenting a variety of workshops that will be educational and enriching for all of our members. Please be sure to share these opportunities with fellow members.

Lynn Barut ~ HAFCE President



HAFCE Board Members for 2025 – 2026

Executive Officers

President ~ Lynn Barut

Vice President ~ Terrienne Sewake

Secretary ~ Frances Dinnan

Treasurer ~ Pat Kubo

Past President ~ Dr. Jacqueline Maly

Education Chairs

Health ~ LaVanda Salas

Home ~ Martha Yamada

International ~ Vacant

Leadership ~ Margaret Cambra

Youth ~ Terrienne Sewake



From the Editor....

A Reminder

The deadline for articles for the next issue of the Homemaker Echo is: **September 10th, 2025**
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

HAFCE State Treasurer - Pat Kubo,

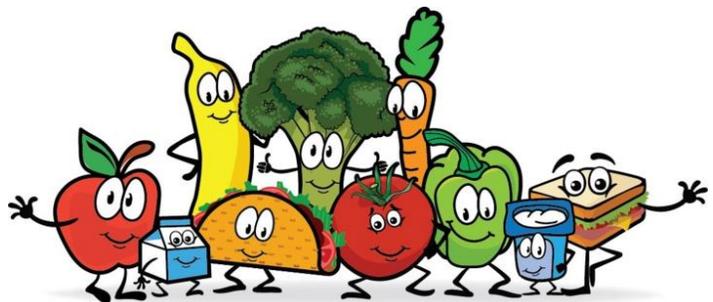
\$\$\$ Scholarships and Grants Available \$\$\$

There is MONEY available in our state coffers to help our FCE members attend conferences and workshops. Think about going to the National Conference this year if you are a First Timer! MONEY is also available to help clubs, councils, education chairs or individuals develop a project or program that is related to Education, Leadership Development or Community Action. These funds could be used to print materials, rent space or offer honorariums. More information can be located in the HAFCE handbook retained by each Council President or Board Member. If you are interested, please let me know and I can send you the forms. I will be happy to help you through the application procedure. These funds cannot be used for our regular business expenses and are kept in a separate fund. The last grant awarded was for HAFCE masks during the pandemic. Please work with your clubs and council to think of ways to put these funds to use. Hope to hear from you!

Home Community Environment – Martha Yamada, Education Chair

HAFCE Home Community Environment (HCE) Contest 4 by Martha Yamada, HCE Chair

The best part of FCE is learning new things for each other. I am so excited about inviting you to become part of the "FCE Healer" vision by sharing your experience to heal our body and planet by each meal we eat 😊



By choosing to eat a plant-based meal, your health benefits include (evidence-based):

<u><i>Manage weight</i></u>	<u><i>Expedite exercise recovery</i></u>
<u><i>Mitigate autoimmune symptoms</i></u>	<u><i>Reduce the risk of diabetes</i></u>
<u><i>Improve gut health</i></u>	<u><i>Reduce risk of heart disease</i></u>
<u><i>Balance hormones</i></u>	<u><i>Reduce risk of cancer (lung, prostate, breast, colon)</i></u>

<u>Alleviate constipation</u>	<u>Decrease risk of Alzheimer's Disease</u>
<u>Improve sleep</u>	<u>Lower blood pressure</u>
<u>Boost energy</u>	<u>Improve skin health</u>

By choosing to eat a plant-powered meal, you are helping your planet by:

A recent Stanford University headline states, "Replacing animal agriculture and shifting to a plant-based diet could drastically curb greenhouse gas emissions, according to new model." By decreasing your consumption of meat and dairy products, you are helping to decrease the impacts from greenhouse gases, water impact, and land deforestation.

By choosing to cook more of your meals instead of ordering take-out, you are helping to decrease the waste from plastic food containers, straws, utensils and protect our environment and your health from microplastics.

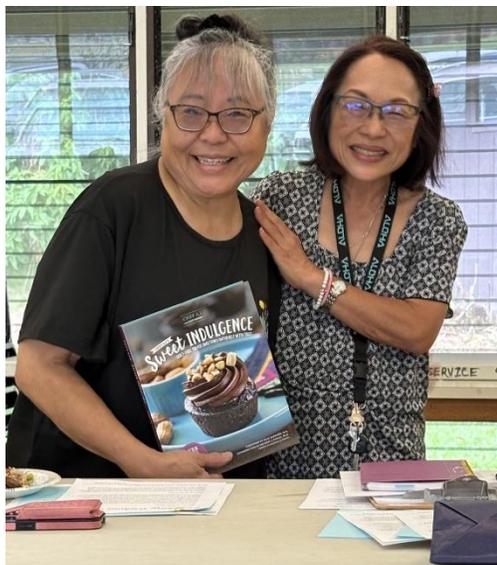
Contest 4 includes a special challenge to cook meals without oil. This was very difficult because I grew up using oil to fry meats, in stir-fries, most salad dressing have oils, yummy baked goods have oils, etc. I was amazed to learn that there is such a thing as using broth or water instead of oil to sauté vegetable and I kind of like the clean feel in my mouth instead of the oily coating on my lips. I also like the easy cleaning! I tried making my Somen salad dressing without the sesame oil and it still tasted good 😊

Please share how you modified your favorite recipes and have fun experimenting.

Please help me congratulate Amy Miwa from Hoaloha Club who is the winner of Contest 3. She replaced 75 meals in one month with a plant-based meal and she said she loves hot dogs and steak.

Pictured below: I presented Amy (left) with the Chef AJ cookbook "Sweet Indulgence".

Thank you for making a difference one meal at a time.



HAFCE Home Community Environment (HCE) Contest #4

This challenge is to invite you to contribute to "FCE Healers" vision to heal our body and our beautiful planet. We can do this by changing what we eat at our next meal.

How?

1. *Replace a breakfast, lunch, or dinner with a plant-based meal.*
 - *No animals (anything with eyes – cows, birds, seafood, etc.) or animal product (dairy – eggs, cheese, ice cream, mayonnaise, etc.)*
 - *No oil (4000 calories per pound) google: Calorie Density. Calories per pound*
 - *Resources: google – drmcDougall, forks over knives, chef AJ, physician committee on responsible medicine (pcrm), etc.*

2. Write 3 tips. How did you do it?

- Share recipes
- Share ideas - What helped you change your behavior?

When?

The contest runs from **April 1, 2025, to September 30, 2025**

Winner?

Write how many meals you replaced in a day on your calendar and email me the number with your 3 tips. The person with the most meals replaced will get a prize and the winner will be announced at the ANNUAL meeting.

Important: Please inform your doctor prior to participating in this contest if you have a medical condition and taking medication as -your dose may need to be adjusted as you may lose weight and blood pressure may improve.

Email your entry to martha.yamada58@gmail.com or text at 808-989-1651 or any questions regarding the contest. Good luck and thank you for helping nature recover for future generations.

CRAM Muffins (Carrot, Raisin, Apple, and Millet) from Chef AJ's Sweet Indulgence Cookbook

Makes 12 muffins

Ingredients:

- 6 large, very ripe bananas (about 3 cups)
- ½ Tbsp aluminum-free and sodium-free baking powder
- ½ Tbsp sodium-free baking soda
- 1 Tbsp apple cider vinegar
- 1 tsp vanilla bean powder
- 3 cups of gluten-free rolled oats
- 1 cup unsweetened applesauce
- ½ cup dry millet, ground into flour
- 4 cups loosely packed raw shredded carrots (about 8 cups)
- 4 cups finely chopped apples (2-4 depending on their size)
- 1 Tbsp apple pie spice (or 2 ½ tsp cinnamon and ½ tsp nutmeg)
- ½ cup raisins or dried currants

Instructions:

Preheat oven to 350 F

In a food processor fitted with an "S" blade, puree the ripe bananas. Add the baking powder, baking soda, apple cider vinegar, and vanilla bean powder. Transfer to a large bowl and stir in the remaining ingredients. Mix well until fully incorporated.

Evenly distribute the batter (a retractable ice cream scoop works well), using a 12-cavity silicone muffin pan or 12-cavity muffin tin lined with cupcake liners, and bake for 40-45 minutes. Turn the oven off and crack open the door, allowing the muffins to cool completely in the oven.

These muffins freeze very well.

Youth Education – Terri Sewake, Education Chair

2025 HAFCE Essay and Artwork Contest
CHARACTER COUNTS!® ~ TRUSTWORTHINESS

Congratulations to all the participants of the 2025 HAFCE Essay and Artwork Contest. There were 3 Councils that participated in this year's contest. Hilo Council submitted an entry by Ava Rose Agliam, Kauai submitted an entry by Kawehimakanoë Mardonado, and Windward Oahu submitted an entry by Riley Soriano.

These entries were adjudicated by over 10 members and staff of the Hilo HGEA (Hawaii Government Employees Association) and here are the results. Awesome job and congratulations to Kawehimakanoë Mardonado (Kauai) for placing 1st in the HAFCE contest! Congratulations go out also to the 2nd and 3rd place winners, Ava Rose Agliam (Hilo) and Riley Soriano (Windward Oahu). Everyone did such a great job with their entries!

Here are some pictures of the contestants. (Sorry, we were unable to obtain a picture of Ava Rose Agliam – 2nd Place Winner.)



**HAFCE 1st Place Winner –
Kawehimakanoë Mardonado
Kauai FCE**



**HAFCE 3rd Place Winner -
Riley Soriano
Windward Oahu FCE**

Thank you for your continued support in this valuable educational program and looking forward to next year's entries!



Trimble Foundation Distribution Committee - Chaclyn Nagata - Chair

A reminder that the deadline for applications for Trimble Foundation grants or scholarships is July 31, 2025. There will be \$20,000 available for applicants.

With the transfer of the 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.

Application forms are available on the 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 & Frances Dinnan



The purpose of this ad hoc committee, formed in 2021 by the HAFCE Executive Committee, is to dispose of excess HAFCE assets and to find a means of preserving HAFCE historical scrapbooks, annual reports, newsletters, & photographs. The current members of the committee are Frances Dinnan, Denise Smith, and honorary member Katsuko Enoki. On March 11th, seven boxes of HAFCE history were delivered into the capable hands of AMI Systems in Honolulu and the scanning has begun! There is still no definite date of completion but when the scanning is complete, there is still redacting and organizing to do by our committee members before the materials can be turned over to the University of Hawaii Hamilton Library for perpetuity keeping. Our gracious mahalo goes out to Dr. Jacquie Maly for letting us store the materials in her Oahu home prior to scanning. 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.

Aloha, Denise Smith and Frances Dinnan



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



As of press time for this newsletter, there will be 5 Hawaii FCE members attending this year's National FCE Conference/ACWW USA Area Conference in Erlanger, Kentucky. They are President Lynn Barut, Vice President/Youth Education Chair Terri Sewake, Leadership Education Chair Margaret Cambra, Kauai FCE member Suzie Yokoyama, Newsletter Chair/Parliamentarian Denise Smith. Denise is serving as Conference Co-Chair for the conference and Margaret is serving as part of the on-site committee, in charge of the Silent Auction and Sales Room. The ACWW world president, Magdie de Kock will be in attendance and as 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 ACWW USA Area Society.



**!! Happy Belated Anniversary !!
HAFCE Homemaker Echo
50th Anniversary was in 2024**

Congratulations to Patricia Kubo Hawaii's Heart of FCE 2025



Patricia Kubo is a 42-year member of Windward Oahu Council. Not only has Pat served her council in every aspect (President, Vice President, Secretary, Treasurer/Historian), she serves on the Hawaii State Board, currently as Treasurer. Pat continues to bring creative and inexpensive ideas so members have fun to take back to their councils and clubs. Besides being very active in FCE, Pat continues to volunteer to do income taxes every year for the senior community and is now serving as her Ikebana Association's

president. Pat's willingness to serve is unprecedented and there's always a smile. She will be honored at the National FCE conference.

HAFCE COUNCIL NEWS!

Hilo FCE – Terrienne Sewake/Martha Yamada – Hilo Council Co-Presidents, with contributions from Lynn Nagata



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Hilo Council “lights up” Celebration of Life

Once again, Hilo Council FCE volunteered in the Hawaii Care Choices (formerly Hospice) lantern decorating tents for the annual Celebration of Life at Reed’s Bay on Sunday, May 25th. Hoaloha, Hoolulu, and Hui O Wahine had numerous members assisting community individuals and ohana with stenciling, drawing, writing, and then assembling the bases and glow sticks for the floating lanterns. New this year were complimentary coloring books (and crayons) describing the therapy dog, Luna, and her adventures for children. All volunteers were moved by the stories of grief, that some community individuals shared, and appreciated the opportunity to support our Hilo ohana.



Hui O Wahine and friends - Dorothy Chang, Eleanor Miyake, Judi Fujiyama, Janet Matsuo, Terry Matsuda, Lynn Nagata, Joyce Ikeda



Hoaloha and Hoolulu Clubs - Amy Miwa, Lee Watanabe, Kalei Tong, Karen Hamada



Hoolulu Club - Casey Adcock, Taelyn Gushigen-Adcock, Donna Hanohano, Kalei Tong



Hui O' Wahine FCE Club Events

Staying Healthy Nutrition Presentation

Feeling guilty about your eating habits? During Hui O Wahine's February meeting, the Hawaii Island Extension Specialist, Marielle Hampton, reviewed healthy eating choices and taught us a few recipes, including our "Make It, Eat It" lunch! We enjoyed brown rice veggie bowls with tahini and Green Goddess dressings and papaya lassis (yogurt drink). She strengthened our resolve to continue to make healthy choices.



"Stayed till the bitter end - rain and all! "Karen Hamada, JoAnn Kawamura Aguirre (HOW), Lee Watanabe, and Lynn Nagata



↑ Marielle Hampton and members of Hui O' Wahine FCE Club
←

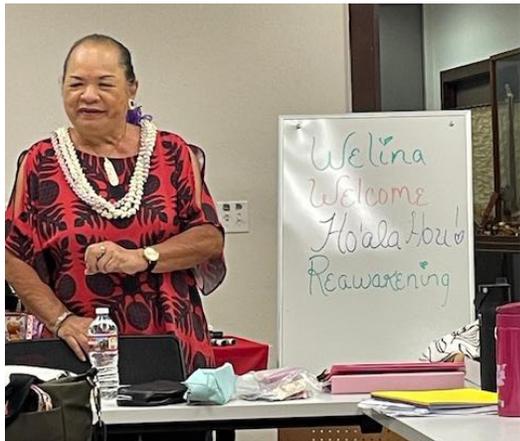


Re-awakening at Hui O Wahine March Meeting

Ho'ala Hou (Re-awakening) the gifts from within ... never geeve up! was the theme from Sandra Claveria, Assistant Professor of Human Services at Hawaii Community College's presentation to HOW for our March program. "Aunty Sandy" spoke of the "Choice" we can make to choose our own destiny. Hopefully, it would be with much self-awareness, humility, hard work (smart work), and integrity. Who you? And that we all should never forget that we are a gift to others. Sharing Aloha makes Pilina! It was a meeting filled with laughter, some X-rated jokes, and insightful personal knowledge. We are the Light!



"Aunty Sandy" with Gail Kimura (standing in for Debbie Shigehara who contacted Aunty Sandy)



Aunty Sandy during her inspirational talk

Hui O Wahine's FCE Fair 2025.....

The shoppers were lined up outside of the Butler Building before the opening. All the clubs were ready with their goods. At 8:00 a.m., with their \$2.00 off coupons in their hands (first 25), the customers streamed in! Hui O Wahine filled our tables with plant arrangements, potted plants, vegetables, sewn and crocheted pieces, crafted items, and baked goods.

A special shout out to our HOW husbands and son who came in early to assist with setting up all the clubs' tables and chairs, then returned to take down, too. Three of them also stayed to help shoppers with their plant selections. We appreciate their continued support with all of our projects. Yay, men!



Doris pictured with some of her gorgeous floral/plant



HOW's succulent selections with Debbie & Colleen



More plant selections with Gail, Karen, Miles, Wendy and Martha



Crafts table with Janet, Gail, and Lynn



← HOW members:
 Front row - Colleen Alicuben, Debbie Shigehara, Eleanor Miyake, Martha Yamada, Gail Kimura, Doris Iwaoka
 Back row - Judi Fujiyama, Terriane Sewake, Karen Kawate, Ann Kikuta, Wendy Yoshioka, Janet Matsuo, Lynn Nagata



HOW's Brawn AND Brains - Riley Matsuo, Russell Nagata, Bob Miyake, Miles Yoshioka, Stanley Fujiyama, Andrew Kikuta
←

Baked goods and embellished towels with Eleanor ↓



Kauai FCE - submitted by Frances Dinnan & Laurie Ho



KAFCE Book Giveaway.....
KAFCE members - Carolyn Lum (right) & Laurie Ho (kneeling)
♥️ Shiela Bradley - formerly UsBorne Books makes a donation too (standing in middle right behind Laurie Ho)
👁️ HHSC - Kauai Region Clinics - formerly known as Kauai Veterans Memorial Hospital came to pick-up/receive the donation of books
(Far left: Peyton & Casley Noda Between Shiela and Carolyn is Darcy Oshiro Tagavilla)
←

Letters of invitation were snail mailed out to CHARACTER COUNTS!® 2025 winners, inviting them to our April 12, 2025 awards pot luck luncheon →



2025 CHARACTER COUNTS!®
1st place winner for KAFCE & HAFCE
Kapaa Elementary School's 4th grader
← Kawehimakanoë Mardonada

Wilcox Elementary School's
~~- Elijah Ganotisi ~ Ms. Fujii
and Ms. Heresa's class ~
Honorable Mention →



Representing 4th graders from Kekaha to Kapaa!
 (left to right) **Kawena Pu`u** ~ Honorable Mention ~ from Kekaha Elementary;

Kawehimakanoë Mardonada ~ 1st Place **BOTH KAFCE & HAFCE** and
Ruth Kahaulua ~ 3rd Place from Kapaa Elementary

(missing in action ~- **Dustin Navor-Silva** ~ Kapaa Elementary School's
 Ms. Sagucio's class ~ 2nd place)

(missing in action ~- **Sybil Mallari** ~ Wilcox Elementary School's Ms.
 Keeler's class ~ Honorable Mention) →



← Kekaha Elementary School was well represented ~ 4th grade teacher, **Fianna Moe** (far right) **Kawena Pu`u** family to the left



← Everyone seems to be having a great time making lei for May Day!



← KAFCE introduces our NEW banner at Kauai Museum's May Day celebration. We volunteered to help folks make Lei



KAFCE Treasurer and Kauai Museum volunteer, **Marina Pascua** ~ as seen in *The Garden Island Newspaper's Happy Camper* May 7, 2025 edition



KAFCE Immediate Past President, **Margo Hashimoto**, places her bid on a lei po`o



Kay Nakata, guards the cash box



Windward Oahu FCE & Imiola Club – submitted by Ruthie Haitzuka

APRIL - JUNE 2025

Windward Oahu & Imiola Club News

CLUB MEETINGS & PROGRAM ACTIVITIES

April: Lucy Campos: Lucy presented her plastic canvas Easter baskets for members to make. See insert of picture of her samples.



Lucy also gave members a project as “homework” to decorate a pot and bunny. See finished projects made by David, Pat and Ruthie below. ↓ Lucy also mentioned that she teaches plastic canvas classes at the Waihehe Key Project in Kahului.



Pat shared her mini tomatoes that the “birds” help plant for her. →



May: Pat substituted this month due to South Oahu being unable to meet with Windward Oahu members at their monthly meeting. Using the idea, she received from Wanda Lew, her sister and member of South Oahu, tuna cans were used to make a handy holder for small items for candy, pins, paper clips, ash tray, etc. See sample that were made by David and Ruthie Haitzuka. →

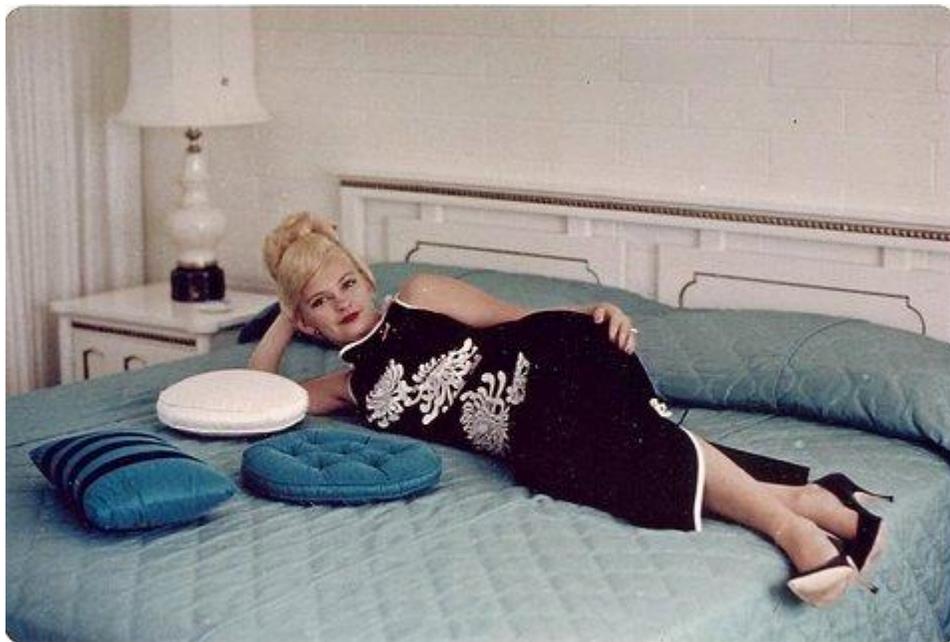


June: David presented spinners made from bottle caps (metal). The bottle caps were smashed down flat and then painted white (you can paint the caps any color you wish). When the caps were dry, he drilled two holes in the middle of the cap to insert the string for the spinner. After inserting the string and tying off to form a circle, the spinner is ready for hours of enjoyment. See photo of Barbara Sheeder holding her spinner. If you wish, you could color designs onto the caps to make a colorful spinner and has a special design when spinning. As usual, refreshments are always served and this month it was inari sushi made by Pat and mini donuts were enjoyed by all.



Hey! Who's this classy James Bond HAFCE mystery member?

The first 3 people to correctly identify her and which council she is in will win an awesome prize!



Send your answer to Denise Smith – cdsmith2139@gmail.com

HAWAII ASSOCIATION FOR
FAMILY AND COMMUNITY EDUCATION
339 KALILI STREET
HILO, HI 96720-4061