



The Homemaker Echo

Official Newsletter of the Hawaii Association for Family and Community Education

March 2023 Addendum

Home Community Environment - Martha Yamada Education Chair

Please join me in the "Plastic Challenge" for the month of May!

Hello 😊

My name is Martha Yamada, and I am excited to serve as your Home, Community, Environment Education Chair. I have been a member of Hilo FCE Council for 34 years. I was born and raised in Kona on the Big Island, got married to a Hilo boy and raised my son while being a member of Hui O Wahine Club. I am a retired Public Health Nurse and currently doing caregiving for my parents with my two sisters, and truly fortunate to have two grandsons who live close by. FCE has supported me during my transitions in life and I feel grateful for this opportunity to contribute to an organization that has given me so much to learn and develop wonderful friendships.

One of the projects that I would like to ask your help with is to increase your awareness of how plastics are affecting the planet we leave for our children. Would you participate in a challenge with me to decrease single-use plastics in your daily life for one month?. Plastics may take 450 years or more to breakdown. 8 million tons of plastic go into our ocean every year. Imagine one garbage truck emptying plastics into our beautiful beaches every minute.

Will you accept the challenge to do one thing daily for the month of May?

- ✓ decrease the amount of plastic you purchase or accept, such as straws, utensils, produce bags, take out containers, freebies made of plastic (pens), etc.
- ✓ use a reusable water bottle or travel coffee mug instead of plastic disposable ones,
- ✓ share what and where you recycle in your community,
- ✓ any creative ways to reuse plastics you bring into your life.
- ✓ Send your experience, ideas, You Tube link, resources you find in your community to our ECHO editor, Denise Smith. She will have a column, "Life Hacks", to include your discoveries to share with everyone so we can all start to become aware and put into practice one thing to save our beautiful planet for our children. Imagine the ripple effect you can create!
- ✓ I would like to recommend the first item under the "Life Hacks" column - The You Tube "Zero waste is not recycling more but less" - it has ideas to increase awareness and start decreasing plastics in your life. The speaker decreased her waste to one jar for a whole year!

Let us leave our planet better than when we arrived!

FCE Generation Link by Martha Yamada, Home Community Environment Education Chair

I received a request from a community member to see if FCE could help in teaching our youth simple sewing skills, such as sewing on a button or mending clothing. I spoke to Frances Dinnan, our State Treasurer, and she liked the idea of passing on our knowledge to the next generation. She offered to help me with the technology, and she could create a QR code to place on a sticker that we put on a simple sewing kit with instructions.

We need volunteers that are willing to video-tape themselves sewing on a button or hemming a garment. Or, if you can recommend a You Tube video that is easy to follow. If you would like to help our future generation by passing on your knowledge, please contact me at **808-989-1651**.

