



The Homemaker Echo

Official Newsletter of the Hawaii Association for Family and Community Education

Volume 50 Issue 4

December 2024

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**2025 NAFCE conf.*

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@aol.com

PRESIDENT'S MESSAGE

December 2024

Wishing you Happy Holidays and a very healthy and prosperous New Year!

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



Vice-President Report – Lynn Barut

Thank you, Kauai Council, for putting on a great HAFCE Conference. Friday night was truly a fun night with special guests teaching the members how to weave a lauhala bracelet. I believe that everyone was able to complete their bracelets. Various members from each Council shared a craft. How wonderful that we were able to share our talent and knowledge with others while enjoying the fellowship. And to top it off, dinner was yummy! Great planning with great outcome. The meetings were in person or on-line. We will learn how to improve the presentations so those on-line will be able to hear better. Thank you for your patience. Be sure to check with your Council presidents to read about activities that each Council had. Perhaps we can be inspired by what they did.

The education committee chairs for next year are:

Health Issues - LaVanda Salas

Home, Community & Environment – Martha Yamada

Leadership Skills – Margaret Cambra

Youth Education – Terrie Sewake

International – Vacant (Volunteers will be appreciated)

Looking forward to a great 2025 with your participation and input.

Happy Holidays and Happy New Year!

From the Editor....

A Reminder

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

Home Community Environment – Martha Yamada, Education Chair

Plastic Challenge 2

Congratulations to our Plastic Contest 2 winner!

Ruthie Haitzuka from Oahu had 46 items submitted on ways to decrease plastic impact on her lifestyle. Please see her list below. The best part of FCE is learning from each other to make our lives better for our families and community. Much gratitude to all those that participated and hope you will be the winner for our next Home Community Environment Contest 😊

LIST OF WAYS TO RECYCLE PLASTIC - Ruthie Haitzuka – Windward Oahu FCE

1. Reuse gallon juice/milk & soda containers for planters – cutting holes on bottom to allow drainage and place seeds/seedlings into container. →
2. Small plastic sauce containers for daily pills container in lunch box.
3. Making pencil/pen holders.
4. Plastic tray box similar to tofu, yogurt boxes, to store utensils, paper clips, pins, etc.



5. Storage trays in refrigerator/freezer using milk cartons. →
6. Scoopers for dirt/water from milk gallon containers.
7. Put lotion into used plastic bottles for ease of use.
8. Soy bean paste to store items as lid snaps shut.



9. Using cardboard boxes from crackers to make storage sections for drawers – cut ends and slide inside of each other to form tray. →



10. Plastic covers from wet wipes to cover wall outlets.
11. Plastic covers from wet wipes to make a small pouch.
12. Plastic covers from wet wipes cutting out a juice bottle container to make a storage bin.
13. Using butter containers to make the bottom of a flower arrangement.
14. Butter container for a decorative basket to hold shampoos, etc. (without lid). →
15. Butter or ice cream container decorative container for odds and ends (with lid).



16. Butter container - take off words, using paper napkin, glue then decoupage – cover put lid, bottom of container put pegs for legs. →



17. Plastic milk/juice containers to carry garden tools for garden – cutters, weeders, gloves, towel, etc.



18. Plastic bottles to use as a water bottle for watering plants.

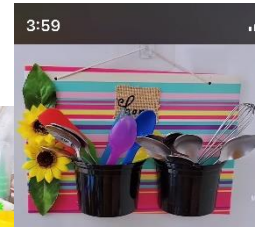
19. Decorate plastic red cups to hold pencils, etc. on table top using a holder from the bottom of milk/juice containers

20. Take out food container bowl – 2 containers cut in ½, tape together, trace cardboard for inside, glue to bottom, paint tape color of container, decorate outside with ribbon, add cardboard to underside of container. Can hold toiletries, potatoes, garlic, etc. →



21. Cottage cheese containers – decorate with BBQ skewers, add string around container up to the top of skewers. Makes a holder for cooking utensils, rulers, etc. →

22. Cottage cheese container or similar ones cutting in half, paint, cover a cardboard with fabric, decorate edges, glue two ½ containers to cardboard, add words Notes Center (or whatever) punch hole to attach string to hand. Place noter inside for retrieval by others.



23. Pill bottles glue three together to form a holder pens/pencil. →



24. Detergent bottles cutting bottoms with a triangle for handle for soap container. →



25. Detergent bottles cutting handle at joint and just above handle ↑ joint at bottom of bottle cutting holes in bottom for planter.

26. Detergent bottle -cut handle, make a slit on side of handle and insert wire scrubber for ease to clean sink, etc. →



27. Cut gallon size bottle to make a garbage disposal container

28. Using the handle and circles that hold two or more bottles of juice together, cut a slit in circle and hang over sink faucet to hold scrubber. →



29. Large soda bottles cutting about three inches from top of bottle, cut bottom of bottle and cut out middle circle, insert to top of bottle and seal with bottle cap. Use as a cup or a planter.

30. 2 Large Soda bottle, cut bottom off, cut side strips to top of bottle, fold down and glue to edge of top to form a circular base. Once two are completed, glue together. Use as a decorative vase (can spray paint various colors).

31. Lotion bottles – cut top off, glue fabric to outside, fold fabric to inside of bottom and top, decorate top of container, add velcro to inside of container, make hole on sides, insert chain – small purse. →

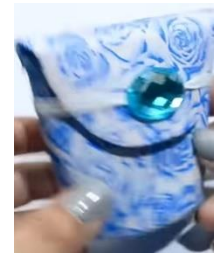


32. Top of detergent bottle – pouring spout – cut out; cut a slit into the pouring spout about ¼". Use as a cellphone holder.

33. Soda water bottles – fill with water, make holes in cap, turn upside down in planter boxes for drip watering.

34. Square water bottle, cut in half, make holes insert straws into holes with thread, close. Thread holder.

35. Baby bottle shampoo bottle or similar, remove label, measure 2.5" from bottom, cut near to bottom of top of bottom and cut ½ off and other side cut to form a semi oval, bend in half to middle of container, place a hole for placement of elastic later, wrap with material, folding into inner side of container, add elastic and decorative gem to outside, wrap elastic around to close – mini purse. →



36. Detergent bottle – cut out top portion with one side with a hook design, cut out – becomes a holder for various items. Use self-adhesive tape to hook to.

37. Soda bottle, cutting slits and bending/gluing slits to form circle, insert dirt for plants. →

38. Cut top and bottom of bottles and use as cookie cutters.

39. Cut top part of a bottle and cover outside outlet. Unscrew cap, make a couple of slits for each to attach to outlet. To reach turn on/off switch unscrew cap.

40. Cut around the handle of a detergent bottle to make a universal scoop.

41. Cut detergent bottle in ½ to make an emergency box. Bottle cap is the lock.

42. Soda water bottle, cut bottom off and glue to top of bottle for automatic bird feeder.

43. Cut narrow strips from plastic bottle and make cuts on one end. Cleans your sink of junk in your drain (like hair).

44. Shampoo bottle, cut one side straight across and the other in shape of ½ moon. Cut charger plug, cut out and place over outlet for charging and phone into the pocket.

45. Cut a large water bottle, cutting into equal parts as covers for extra food.

46. No water cup? Cut middle of water bottle leaving a strip to connect top of bottle for handle and attach to bottom of bottle. →



How I reduce/reuse plastic - Submitted by Jill Yamamoto, Hana Like Ka Kou, Hilo FCE

- Dog food containers - my dog food comes in a plastic container with a cover. I wash them all and reuse them to hold my smaller paper crafts and other small items
- Tofu containers - wash and reuse for crafts at a children's day camp for the paint, glue or water.
- Saran wrap - I try not to use saran wrap when possible. I noticed that I used to use it all the time when I microwave things so I started using the reusable covers instead. Also, for sandwiches, I use my Tupperware containers.
- Ziploc bags - I try to wash and reuse the bags especially when they are not storing oily foods.
- Water bottles - I try to remember to take my hydro flask everywhere I go.
- Plastic bags/wrapped items - I have been watching videos on how to create bags and other stuff by ironing the plastic...have not done it yet because of the smell of the burning plastic...maybe one day. I know pre pandemic there was a company that was collecting some of the reusable plastics so I have a bag that I was going to give to them, however, I have not checked on whether or not they are still accepting those plastics...on the to do list.

- Plastic “poke” containers - I wash and keep these and reuse them for other food items.
- Gallon jugs - I use these to make wicking tubs for my plants along with 5-gallon buckets if I can get them from places that use a lot of shoyu.
- Gallon ice cream tubs - wash and reuse.
- All of the larger containers...okoshi, senbei, Enjoy treats, etc. containers get washed and used to store rice or flour. I use a lot of flour so rather than keep the flour in the 50 lb. bags, I separate it into those containers.
- Plastic cups - I don't purchase them anymore, but when I come across them, I reuse them for planting seedlings.
- My husband and I both have metal straws for our hydros that we enjoy drinking our daily iced coffee in.

HAFCE Home Community Environment (HCE) Contest #3

This challenge is to respond to Swedish teenager Greta Thunberg's call to action to protect nature with your next meal. Please view this video on YouTube: #ForNature by Greta Thunberg



We can decrease carbon dioxide emissions by 8 billion tons every year if we change to a plant-based diet so that nature can recover. 83% of the world's agricultural land is used to feed livestock yet only provides 18% of our calories. This is our opportunity, and we can fix 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.)
 - 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 **January 1, 2025 to March 1, 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 Mid-Year Board 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.

Youth – Terrianne Sewake, Education Chair



TRUSTWORTHINESS

2025 National Essay and Artwork Contest

Based on CHARACTER COUNTS! ®

Character Value: TRUSTWORTHINESS

Reminders of upcoming contest deadline dates for 2025 Contest:

1/31/25 - Entries due from all 4th 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 met on September 26th to determine awards for applications that had been submitted. The committee received 3 applications for scholarships or grants consideration for 2024. The awardees were: Hale Makua Health Services - \$2,000, Hawaii Japanese Center - \$7,000, and Ariel Wallace Wong - \$5,000 towards expenses for doctorate of Clinical Psychology degree.

Committee members were - Patricia Kubo (chair), Ruth Haitzuka (vice-chair), Terrianne Sewake (sec.), Chaclyn Nagata, Terry Phillips, Heather Greenwood and Meleen Pang Corenevsky.

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 members will represent the councils and HAFCE in 2025:

Oahu - Wanda Lew

Maui - Chaclyn Nagata (chair)

Kauai - Diana Yankowitz

Big Island - Terri Sewake (secretary)

HAFCE Executive Committee - Dr. Jacquie Maly

CES Advisor - Heather Greenwood

BOH Trustee - Meleen Pang Corenevsky

Application forms are available on the hawaiiifce.org website or by contacting any FCE Council President or Board member. Deadline to apply: July 31, 2025

2025 Hawaii FCE New Members - Pat Kubo - Chair



We would like to welcome these 7 new members to Hawaii FCE.

Robin Fujioka - Hanalike Kakou (Hilo Council)
Paula Pavao - Hanalike Kakou (Hilo Council)
Deb Tucker - Hoike (Hilo Council)
Connie Pohina - LHK (Hilo Council)

Colleen Alicuben - Hui O Wahine (Hilo Council)
Mason KI Phillips Tamekazu - Musubi (Kauai Council)
Shirley Chung - Pukalani (Maui Council)



Magdie de Kock
ACWW World President

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

~~~~~  
*This 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!*

HAFCE Board Members  
for 2025 - 2026

**Executive Officers**

President ~ Lynn Barut  
Vice President ~ Terriane 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 ~ Terriane Sewake



Installation of 2025 - 2026 HAFCE Officers at Annual Meeting - October 19, 2024  
L to R: Pat Kubo, Frances Dinnan, Terri Sewake, Lynn Barut  
Inset: Ruthie Huitsuka installs the officers using the virtues of apples!

# Hilo FCE – Terrienne Sewake – Hilo Council President



shutterstock - 3660899

Aloha HAFCE Ohana and Friends!

Happy Holidays to all! It is hard to imagine that 2024 has already come to an end. This year has been filled with an abundance of fun, laughter, and Hilo FCE energy! We look forward to greeting a new year and hope to embark on many new adventures.

## Hilo FCE Annual Rummage Sale ~ June 22



*Rummage Sale Committee Chairs  
Hui O Wahine Club*



## September 22 ~ Hilo FCE Sakura Matcha Tomo Cha (Friendship Tea)



*Tea Attendees*



*Tea Place Setting*



*Tea Committee L to R:  
Karen Hamada, Lee Watanabe,  
JoAnn Aguirre, Lynn Nagata*

The Friendship Tea resulted in 5 new members joining FCE !



September 29th - Nutrition Workshop - Sweet Potato



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



Remembering .....

Kauai FCE's Lillian Yae Sakata Amimoto passed away on June 8, 2024, peacefully at her home in Puhi at the age of 93. Born February 1, 1931 in Honolulu. She retired as secretary for Kauai Economic Opportunity, Inc. She was active with Professional Secretaries International, and volunteered for the RSVP program and Kauai Hospice. Lillian's KAFCE involvement takes us back to the days of "UE and the Woman of the Year" recognition awards of 1961. This award was given to Lillian for her leadership, volunteer service and participation with Puhi UE Club and the Kauai Island Council also known as "Kauai Home Demonstration Council". An example of her innovative leadership was the Puhii UE Club members



baked bread and pastries to sell so that they could attend State convention on Oahu. She was KAFCE Council President in 1964 to 1965. We honor her for her service and participation. Rest in Aloha Lillian Amimoto - we follow in your footsteps.

← Here's a pic of us with our make n take floral arrangement by Margo Hashimoto.



← KAFCE Member Pearl Shimizu serves as the President of the Kauai Japanese Cultural Society. The Society hosted its 39th Annual Matsuri Festival at the Kauai War Memorial Convention Center on Saturday, October 12, 2024. KAFCE members Kay Nakamura, Frances Dinnan, and Daphne McClure volunteered to host and judge the first-ever Musubi Making Contest.

Glory of Wilcox Pediatrics Department met Carolynn Lum, Books for Newborn Chair, to accept new books for families. The hospital staff labels each book with KAFCE's donation QR code. →



november 22 2024





## Windward Oahu FCE & Imiola Club – submitted by

### Ruthie Haituka

October – December 2024 ACTIVITIES AND EVENTS

#### CLUB MEETINGS & PROGRAM ACTIVITIES



**October:** *Jacquie demonstrated one of her favorite items she loves to prepare. Deviled Eggs. Set your eggs out overnight if you would like to have no shells when peeling your eggs. Boil the next day. After boiling, crack your egg, putting yoke into bowl for mashing and putting preferred dye into mixture (green in this case) to get this webbing design. Jacquie tried the food coloring from Ben Franklin but it didn't work. Snip corner of Ziplock bag, place nozzle tip into snipped corner, add mixture and then squeeze out egg mixture into halved egg white portion of eggs. Place on platter and is ready to serve.*



Lucy, Annie & Pat



Ketzen & David



Members finished Luminaries

**November:** *Ruthie prepared the glasses (outlining the design with Tulip Slick Dimensional Black Paint) that were used to create the luminaries. Glasses were used instead of glass bottles with covers for ease for members to turn off and on the string of lights placed inside their luminaries. Members chose a design and painted their luminaries. Lights were added to illuminate the painted features of the glass luminaries. These luminaries can be placed on an end table, counter or shelf for soothing enjoyment of their creation.*

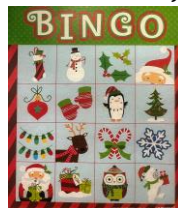
#### DECEMBER: ANNUAL CHRISTMAS CELEBRATION

*This year's annual Christmas celebration was held at the home of the Haituka's. Current members along with guests from South Oahu and former members of Windward Oahu Council were invited to join in the festivities. Delicious food*



*of nishime, meat balls, kalbi, chicken, pickled onions, deviled eggs, broccoli salad, somen salad, chicken salad, ambrosia, kulolo, fruit cake bars, banana bread and muffins and Skor trifle (so*

*by all. Lucy led the group for the different Christmas holiday "Vegas Casino". Ruthie led the that Lynn Barut taught at the*



*delicious) were enjoyed were enjoyed blessing for this event. Bingo was led Her creative card consisted of 16 images. Pat's theme for games was group in making the two paper crafts Annual Meeting on Kauai.*

*2024 Annual HAFCE Meeting October 18-19 ~ Lihue, Kauai*



*Attendees of 2024 HAFCE Annual Meeting – October 18 – 19, Lihue, Kauai*



*Service Certificates presented by Pat Kubo*



*Tip Top's Ox Tail Stew*



*Post Meeting shopping*



*Memorial Service arrangement made by Marina Pascua- KAFCE*



*Friday Fun Night at the HGEA Office. Lauhala Bracelets, String toys and games, and a delicious dinner made by KAFCE members, Terry and Darren.*

**Service Certificates**  
 Shimomi Araujo – 70 yrs.  
 Lucy Campos – 60 yrs.

**Memorial Service**  
 Lillian Amimoto –  
 Kauai FCE

**Shimomi Araujo –**  
 Hilo FCE  
**Robin Messenheimer –**  
 Hilo FCE

**Jackie Chong –**  
 Windward Oahu FCE

*Photos by F. Dinnan, T. Sewake, D. Smith*

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