



## *From the Editor....*

### **A Reminder**

The deadline for articles for the next issue of the Homemaker Echo is: **December 10<sup>th</sup>, 2023**



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***

### **Vice-President Report – Lynn Barut**



The 2023 National FCE Conference was held on August 3-6, 2023 in Erlanger, Kentucky. Margaret Cambra from Maui, Denise Smith from Hilo, and myself were in attendance. There was a total of 38 members including ten 1<sup>st</sup> Timers from Tennessee. Woohoo! This year's theme was Empowering Volunteers-Celebrating our Past. 100+ year clubs were recognized with certificates. Those clubs came from Kansas, Maryland, Missouri, Tennessee, and Virginia. Ruthie Haitzuka was recognized as the 2023 Hawaii Heart of FCE. Shaylen Satta from Kauai was also recognized for her 1<sup>st</sup> place National Character Counts! essay contest! Great job, Hawaii!! At the Board meeting, the one thought that really struck me was when President Judy Fullmer stated that FCE was formed **one state at a time**. Thinking about that statement made me think WOW, that's right! So FCE will go forward, we will make it happen, one member at a time, one club at a

time, one Council at a time. Never give up! The two FCL Workshops, "Appreciating Generational Differences" and "Music Magic-Music Therapy for the Aging Brain" were presented and will be shared with members at a later date. In addition to the Hearth Fire Series: The Silent Killer-Facts About Ovarian Cancer, Family Meals for a Happier Healthier Family, and Issue Analysis and Resolution-Building Bridges. During sharing time, Denise Smith shared the Document Storage process that Hawaii was going through, how the documents and photo albums were going to be scanned to keep the FCE history alive for future reference. Other states appreciated this information as they too, were dealing with storage problems. Thank you to Jacquie Maly for her generous donation. I was able to bring back some FCE pins, silent auction gifts, and fellow member Kristin Walker's book, Living Life Awake, which will be available at our Hilo Conference.

Thank you for allowing me to be the Hawaii delegate for this conference. I hope that you will consider attending next year's conference, too.

### **Home Community Environment – Martha Yamada, Education Chair**

#### **2023 September Echo – Life Hacks**

##### **Simple Sewing videos\*\*\*\*\***

Google: you tube hafce. You will find two videos created by our talented Frances Dinnan from Kauai. "How to Hand Sew a Button" and "How to Hand Sew a Hem"

##### **Healthy Kitchen\*\*\*\*\***

Google: you tube Toni Okamoto. She has simple plant-based recipes on a budget. She has a meal plan for \$35/week. She has 100 recipe testers from different cooking abilities and backgrounds to test her recipes.

Book: Fridge Love: Organize your refrigerator for a healthier, happier life with 100 recipes by Kirsten Hong. Practicing "fridge love" is a roadmap to eating healthier, saving money, and reducing food waste. The idea is to

### Home Community Environment Continued

have fresh food easily accessible in your fridge to make it easier for kids and family to reach for healthy snacks or prepare a quick meal. She has a food guide for produce, how to shop for them, clean, store – helpful information to avoid food waste.

### Recycling\*\*\*\*\*

Google: Upcycle Hawaii. They have handmade zipper pouches using reclaimed sheet plastics collected from local businesses and diverted from Hawaiian landfills. They are located at 421 Kalanikoa Street, #204, Hilo. As of 5/31/23, they have diverted 1,101 pounds from our landfill.



### Kitchen compost cannister\*\*\*\*\*

Recycling in California includes collecting all table & cooking scraps (including bones), food soiled paper, & coffee grounds in a convenient cannister or plastic bin. This one is porcelain & purchased at Costco. Lid is fitted with charcoal filter so there is no odor. It is lined with a decomposable plastic bag. Bag is placed in our green waste (yard trimmings/cuttings) bin for weekly pick up. Keeps food scraps out of the landfill.

### 2023 September Echo – The Plastic Challenge

Here are more ways that our members are helping to leave a better planet for our children:

- Putting more items in the composting bin, like paper napkins and other food soiled paper products
- Reusing coffee containers instead of buying plastic container
- Bringing my own cup to Starbucks and get 10% discount.
- Taking own empty water bottle to the airport to avoid purchasing plastic bottles and most airports have water filling stations.
- Invested in water filter at home to avoid purchasing plastic water bottles.
- Take own flask for water when leaving the house.
- Using storage containers instead of Ziploc bags.
- Washing and reusing Ziploc bags
- When we do take out to eat at home, declining the straw and utensils.
- Here are some good uses for recycled plastic bread bags →



Old habits are hard to break so please share your successes so we can all help keep our oceans for future generations.



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

The Trimble Foundation Distribution Committee met on September 18<sup>th</sup> with members Pat Kubo, Robin Messenheimer, Chaclyn Nagata, alternate Laurie Ho, Ruthie Haituka, Heather Greenwood, & Meleen Pang Corenevsky. There were 2 eligible student applicants for scholarships and 3 eligible non-profit organization applicants for grants. The total amount of funds available was \$20,000. The applicants selected and amounts awarded will be announced at convention and in the December Echo.

**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, 2024**

## Membership – Pat Kubo - Chair

Aloha everyone! It's that time of the year again. Membership dues need to be collected. If you have any questions about our 2024 NAFCE/HAFCE form, please let me know. Your council presidents and council treasurers have the forms you need. The Trimble donation is optional this year. Thank you for continuing to support HAFCE with your membership.

Here is a summary of the due dates -

- September 15 - Membership Forms and dues to Club Treasurer
- October 1 - Club treasurer to Council Treasurer (Membership Forms, Dues, and Club/Council Membership Report)
- November 1 - Council Treasurer to State Treasurer - Dues and Club/Council Membership Report  
- Council Treasurer to Membership Chair -Membership Forms and Report
- December 1 - State Treasurer to NAFCE Treasurer - Dues, spreadsheet. Form A2024  
- Membership Chair to NAFCE Office - Membership forms and spreadsheet  
  
- Membership Chair to Newsletter Chair - spreadsheet



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

We have been very fortunate in that HAFCE President, Dr. Jacqueline Maly has graciously made a substantial donation towards defraying the costs of scanning & digitizing the HAFCE historical materials. We have also applied for a grant from the Trimble Foundation. At the end of convention in Hilo, the committee will again be working with Kepā Maly, cultural ethnographer & resource specialist, to begin cataloging the materials in preparation for shipping them to Honolulu for scanning. Having attended the NAFCE conference in August, and discussing our process with other states, it is apparent that many FCE organizations are concerned about their historical materials and records preservation also.

### **Ruthie Haitzuka Heart of FCE - 2023**



Our Hawaii Heart of FCE for 2023 is Ruthie Haitzuka, a 28-year member of Imiola FCE Club. She was drawn into FCE by her mother-in-law, then recruited her husband David, and their grandchildren to join. Ruthie has held many club and council positions and shared her leadership skills on the HAFCE Board. She served as state president - a six-year commitment - then served a back-to-back second term when no other officers could be found. She is the only Hawaii president to do this, plus presiding during the difficult times of the pandemic! A true Heart of FCE!



## Shaylen Satta - Character Counts!® Winner



Shaylen Satta is from Kauai, Ms. Dyna Fujii's fourth grade class in Wilcox School. She is the HAFCE winner for 2023 and is the NAFCE winner! She was recognized during the NAFCE Conference in Erlanger, Kentucky in August, along with the second and third place NAFCE winners. A charming



video of her reading her essay on "Caring" was part of the presentation.

Shaylen and her parents will be attending the HAFCE convention in Hilo next month, where she will be honored as the National FCE winner of the 2023 Character Counts!® Essay and Artwork contest. Congratulations to Shaylen Satta!!

### *Caring is Important*

*To me caring means helping people in need or showing concern for people that are sick and ill. Here are some people that I found that showed kindness. They are Anne Sullivan, Mother Teresa, and Fred Rogers. They are good examples of people who are caring.*

*Now that you know the people that I have chosen for my examples, the first one I would like to talk about is Anne Sullivan. This is what she did to be caring and why I picked her. I picked her because I think it's cool that she tried to communicate to someone who is deaf and blind. Also Helen, the child who Anne was teaching, got frustrated and mad. Anne kept trying and not giving up, and helped her speak no matter what. In my class we are learning sign language to communicate with deaf people. So we are caring too!*

*Another person I chose is Mother Teresa. She is said to be one of the most caring people in the world. I will tell you why she is one of the most caring people in the world. First of all because she saved homeless people from dying on the streets and brought them to the hospital rest. She also helped poor and sick people who needed help and she taught kids whose parents could not afford school for free. She cared. She really cared. Maybe I can't teach kids whose parents are poor, but I can give homeless people food and water to survive.*

*The last person I picked is Fred Rogers. I chose Fred Rogers because he encouraged kids to be themselves. Also he had a show called Mister Roger's Neighborhood. It was educational and taught kids to love and respect others. Another reason I picked him is because he took time to teach kids the value of friendship. I can show kindness by helping my bother do what is right. I can be caring by valuing my friendships.*

*In conclusion, caring means helping people in need and showing concern for people who are ill and sick. We should all try to do a little kindness every day. These people are good examples of caring and we should try to be the most caring person we can be.*

Shaylen Satta

1 - 30-23

Mrs. Heresa + Ms. Fujii ~ Wilcox School

# Hilo FCE – Submitted by Elizabeth Salfen



shutterstock - 3660899

## Rummage Sale

The Rummage Sale was held on June 24 at the Butler Building in Hilo. The new space was



large but thanks to all of the donations we used a lot of the space. Members and their families donated clothes, books, shoes, and household items. There was a great variety of items for members and the public to select. All of the clubs participated in the set-up, event and cleanup which made the event a success. Special thanks to the Hui O'Wahine FCE Club for providing cashier services and to the Hoike Club for managing the Boutique Store.

Items that did not sell were taken to the Goodwill of Hawaii, Reuse Centers at the County of Hawaii Transfer Stations, Hilo Public Library and Habitat for Humanity. Once again the Puna Wahine Club would like to thank everyone for their assistance in making this Council activity a success.



## Sneak Peek! – Denise Smith



Oh my gosh! It's almost done .... Working on the quilting of this year's ACWW quilt, called "Retro Aloha Shirts". It is 42" X 42" (I know, it grew a little bit but that's what happens sometimes with quilts) with a sleeve for hanging. Tickets have been distributed to council presidents so be sure to ask about purchasing some. We will be selling tickets at convention also, just in case you feel really lucky! Cost is \$5 each or \$10 for 3. All proceeds will go to the ACWW organization to support their worldwide programs to

help rural women and their families. The winning ticket will be drawn at the convention in Hilo -

Sneak Peek continued

October 6th - 8<sup>th</sup>. This will be my last quilt to make and donate to Hawaii FCE. It has been a joy to see my art quilts being won by fellow FCE members and I hope you have enjoyed them in your homes as much as I have enjoyed making them!

## **Kauai FCE - submitted by Frances Dinnan**



2023 September Echo - from Kauai



On Saturday, August 12, 2023 KAFCE Members prepared 100+ toiletry kits for two organizations: YWCA's Women's Shelter and KCCC's Women in Need Program. Both programs provide transitional housing and other services to women and their families. Kits are scheduled for distribution in late September as part of Make a Difference Day. National Make a Difference Day falls on the fourth Saturday in October. It was started in 1992, encouraging individuals and organizations to unite and serve the community.

## **Maui FCE - submitted by Katsuko Enoki and Lynn Barut**



Where is time marching on? Already June is here. I have been here at Hale Makua (nursing home) since December 4, 2021 due to cervical fractures from a fall. As to my progress here, I received clearance to use a walker and to go to the bathroom alone. I am now on a chopped regular diet and I use adaptive utensils to feed myself. I thank my very good friend, Rae Kobayashi, for sharing the March issue of the Homemakers Echo. I want to thank the hardworking team with Ruthie Haitzuka as HAFCE president and welcome the 2023 president, Dr. Jacquie Maly, already with her team "on the same page". More than ever, I value my FCE friends including the State and National. I will never forget the outdoor gathering Lynn Barut arranged in the Hale Makua parking lot on February 24, 2023. It was such a special event to see my Pukalani FCE ohana ranging from nine months to 92 year old. This event brought tears to my eyes as I recalled memories of how I joined FCE (then called UE). My neighbor friend, Kimiko Anzai, and I joined Waiale Club in 1965. To this day, I am so appreciative of each member of Waiale UE club. I felt an instant acceptance and aloha spirit shown to my three children (ages 5, 3, and 2 at the time). I worked, belonged to a nursing group, and participated in activities involved with church. However, FCE was my "fun" club – learning and sharing, and getting involved with my community. I still feel the best way to recruit is to one to one and I see that happening and encourage you to keep up that practice.

2022 brought me joy as my two great-grandchildren were born (four generations!) Every day I am thankful for all your prayers and support and how God protects and provides for me and my family.

Mahalo Nui Loa!  
Love you all, Kats Enoki



L to R - Kats Enoki and Family March 2023  
 Daughter Karen Najjar, Kats, grandson  
 Andrew Najjar, great granddaughter Rowan  
 (17 months) ↑



April 2023 – Kats family  
 L to R - Granddaughter Kylee Ann with first  
 great granddaughter Mazilyn Hermosa (age  
 2). Next to Kats in blue shirt is her son Ted,  
 back of Kats is grandson Braeden and  
 Ted's wife, Shelley. ↑

Chaclyn Nagata, holding Parker,  
 Kats Enoki, Lynn Barut, Emmalyn  
 with James Nagata ↓



Leslie Maeda, Margaret Raymond,  
 Kats Enoki, Gina Kim, Karen Maeda  
 ↑



Margaret Cambra, Kats Enoki,  
 Lynn Barut ↑

Maui Tribute .....

Maui Members: Lynn Barut,  
 Stephanie Borges, Margaret &  
 Gerard Cambra, Jennifer  
 Carvalho, Katsuko Enoki, Rae  
 Kobayashi, Chaclyn Nagata,  
 Margaret Raymond, Helaine  
 Sato.

**Welcome New Member!**  
 We would like to welcome new  
 member **Patricia Bray** to Hawaii FCE.  
 She is a member of Hoike FCE Club  
 in Hilo Council.





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

JULY – SEPTEMBER 2023

## ACTIVITIES AND EVENTS

### *CHOCOLATE STRAWBERRIES by Barbara Sheeder*

Anyone wanting to eat delicious chocolate strawberries but thought it was too expensive to buy? Well, try dipping your own chocolate covered strawberries! Barbara Sheeder demonstrated how easy it is to make your own. First thing is to purchase your strawberries. Wash them, towel dry to take off the moisture and let the strawberries sit to room temperature. Using semi-sweet chocolate (you can use any flavor you want), microwave in oven for 1 minute. Be careful though, some microwaves have different power levels. Watch your chocolate. If it looks like it is not melting correctly, stop and check your morsels. For this demonstration, Barbara used semi-sweet chocolate. Because Jacquie’s microwave was different from Barbara’s, the first batch burnt. If in doubt, microwave in 15 second intervals until chocolate is completely melted. Line a baking sheet with parchment paper before beginning to dip your strawberries. The parchment paper will allow the chocolate to harden after it has been dipped in the chocolate. Once your chocolate strawberries have had time to “rest” and “harden”, it’s time to devour your chocolate strawberry creations. In the above pictures, Barbara has her equipment ready with the mixture of chocolate chips, microwaveable bowl, room temperature strawberries. Members tried their hand at dipping their strawberries and showing off their creations. Even Ketz got to join us for this event as she had no school. So, if you want to impress your guests with a special treat, try dipping your strawberries in chocolate. It’s soooooo ono!



### **NATIONAL CONVENTION DONATION**



Windward Oahu donated \$20.00 towards the goodies that Lynn Barut took to National Conference as favors from Hawaii.

## **KOKEDAMA by Annie Sagawa**

**(“Koke” = Moss; “dama” = ball)**



Have you ever wanted to have house plants but were too afraid that you would “kill” the plant due to lack of attention or watering? Annie Sagawa solved that problem by presenting the Kokedama program. Materials Needed: Small potting plants, Potting Mix (without cinders and with perlite), Peat Moss, #15 fishing line, Jute twine, and water.

In a large aluminum pan, pour your potting mix and add water to moisten soil (do not drench but enough water to mold soil into musubi size balls). In another aluminum pan, place peat moss and dampen to moisten. With potting mix in hand form two musubi balls around the root of the plant to cover roots, pressing so that soil will be in the form of a ball. Add your peat moss to cover the potting mix until completely covered. Using the fishing line, circle the top portion of moss ball and tie a knot. Circling around the peat moss to secure it in place with fishing line about six times. Tie off the end of fishing line with several knots so that fishing line does not come apart. Place your Kokedama in water for about a couple of minutes to soak up water and place in container for your enjoyment. Water requirements: one or twice a week or can mist your plant. Should be kept indoors.



## **JUAREZ, MEXICO MISSION TRIP PROJECT**

The 100 Angels for the orphans have been completed by Ruthie. They are packed and ready to be shipped to El Paso where Missions Ministry has an office. The staff there will hold onto our precious angels along with other crafts. Windward Council has provided some funds to offset the cost of crafts supplies and materials to be used for the games and activities for the orphans and community children. Thank you, Windward Oahu Council. University Avenue Baptist Church, Juarez Mission, would like to thank Jacquie Maly for her generous gift to the mission fund for Juarez by providing \$500 towards the purchase of the cistern water tank along with beds and linen for the home to be build and Patricia Kubo for her donation of \$100. With Pat’s additional funding, we will be able to purchase clothing and other supplies for the home for the family. This year’s family are the Flores. They are a young family. Manuel is 28 years old and is a mechanic. Nayeli is 22 and a housewife taking care of their son, Kinan, who is three years old. Ruthie has sewn three sets of curtains for the home to at least make the home homier and brighter. Other items for the home will include some food products.



## **WELL WISHES TO MEMBERS:**

At our September Council and Club meeting, we learned that Barbara Sheeder’s husband is in the hospital and could not make our meeting last minute. Pat will update us on his condition. We send prayers for his recovery. Jacquie is recuperating after taking a nasty fall in her garden. She indicated that her neighbor heard her cry for help and called the ambulance which took her to Kaiser. She had a CT scan and was negative as well as no broken bones, etc. She is bruised but her spirits are high. Rest up Jacquie! We welcome back Jeanette who has been having medical problems and is now on the mend. She looks great and we are glad she is able to rejoin our club activities. Rhoda we know you are having some medical problems and hope you’re doing well and that your tests will be positive. Let us know if we can help you as we are just over the mountain and only minutes away.

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