



The Homemaker Echo

Official Newsletter of the Hawaii Association for Family and Community Education

Volume 51 Issue 4

December 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

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PRESIDENT'S MESSAGE

December 2025

As we close out 2025, I would like to thank everyone for your participation and continued support of FCE. A special shout-out to the following chairs for their dedication and outstanding contributions:

Lavanda Salas, Health Education Chair, for her presentation "Move, Eat, and Heart Tips." It was a fun, interactive, and informative workshop.



Martha Yamada, Home/Environment Chair, for coordinating contests that promoted awareness and encouraged new habits for healthy living, while also helping to create a healthier environment.

Margaret Cambra, Leadership Chair, for coordinating the presentation "How to Navigate the NAFCE Website." Members should now be able to access a wealth of valuable information and resources.

Terrie Sewake, Youth Chair, for promoting and continuing the Character Counts program.

Thank you as well to our standing committee chairs for continuing the important work of FCE.

Please save the date for our Mid-Year Board Meeting on March 28, 2026, to be held via Zoom. Be safe, and have a wondrous holiday season.

Lynn Barut ~ HAFCE President

HAFCE Board Members for 2025 – 2026

Executive Officers

President ~ Lynn Barut

Vice President ~ Terrianne 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 ~ Terrianne Sewake

Home Community Environment – Martha Yamada, Education Chair

At our ANNUAL Business meeting, I presented several ideas that I would like to do and I'm excited to start with zoom meetings to share information on a lifestyle that includes whole food plant-based eating to positively impact on our health and environment with each bite. I found the Food Revolution Network Summit to be very informational and inspiring. I would like to invite you to a series of sessions to view the episodes together plus three food demonstrations for 2026. Please join me as we learn together and share ideas.



January 25, 2026, from 2:00 – 3:30 pm via zoom: **Embracing Vitality at Every Stage of Life – Unlocking the Secrets to Thriving Across the Decades**

February 22, 2026, from 9:00 – 10:30 am via zoom: **Food demonstration**

March 29, 2026, from 2:00 – 3:30 pm via zoom: **Boosting Brain Health – The Science of Sharpening Your Mind and Protecting Your Memory**

April 26, 2026, from 2:00 – 3:30 pm via zoom: **Nurturing a Thriving Microbiome – The Hidden Key to Immunity, Mood, and Longevity**

May 31, 2026, from 2:00 – 3:30 pm via zoom: **Food demonstration**

June 28, 2026, from 2:00 – 3:30 pm via zoom: **Conquering Heart Disease – Transforming Cardiovascular Health with Science and Action**

July 26, 2026, from 2:00 – 3:30 pm via zoom: **Cancer: Shattering Myths, Empowering Hope – The Lifestyle Strategies that Change Everything**

August 23, 2026, from 2:00 – 3:30 pm via zoom: **Food demonstration**

September 27, 2026, from 2:00 – 3:30 pm via zoom: **Fit over 40 – Building Strength, Vitality, and Flexibility for Life**

October 25, 2026, from 2:00 – 3:30 pm via zoom: **Nutrition: Facts, Fads, and Essential Nutrients. Mastering Your Nutritional Needs**

November 29, 2026, from 2:00 – 3:30 pm via zoom: **From Farm to Fork – Where Your food comes from and why it Matters a Lot.**

Please RSVP via email to Terrie Sewake at tazrino888@gmail.com or text 808-989-9466 so she can send you the zoom link.

If you have any questions, please call or text Martha Yamada at 808-989-1651. Let's support each other as we heal our bodies and planet in 2026 😊





Trimble Foundation Distribution Committee - Chaclyn Nagata - Chair

There was only one grant awarded by the committee this year and that was to the Hawai'i Japanese Center of Hilo for the amount of \$4,900. The deadline for applications for Trimble Foundation grants or scholarships is July 31, 2026. There is \$20,000 available for applicants. The committee will meet prior to the 2026 Annual meeting in October and the recipients will be announced at the Annual Meeting and in the December Echo. Committee members for 2026 are: Wanda Lew - Oahu, Terrianne Sewake - Hawaii (sec.), Chaclyn Nagata- Maui (chair), Diana Yankowitz - Kauai, Dr. Jacqueline Maly - HAFCE Executive Committee, Heather Greenwood - CES, and Meleen Pang Corenevsky - Bank of Hawaii trustee.

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, 2026

HAFCE COUNCIL NEWS!

Hilo FCE – Terrianne Sewake/Martha Yamada – Hilo Council Co-Presidents



Hilo Council Books for Newborns by Martha Yamada



shutterstock - 3660899

On September 23, 2025, our Hilo Council did our second donation of the year to encourage the love of early reading. Through the “Books for Newborns Program,” we were able to donate 150 books to the Kona Hospital OB Department. I want to express my sincere gratitude to the generous donations from our club members and a grant from Literacy for a Lifetime with the help of Sheila Bradley, of Paper Pie. *Pictured from left to right: Martha Yamada, Hilo FCE Council co-president; Dr. Valerie Lawrence, Pediatrician; Wendy Nishihara, RN, OB, Joei Feke, Executive Director of Kona Hospital Foundation; Kristine Luta, RN, Clinical Director*

Hilo Plant Sale Report – by Jill Yamamoto

Dear Lynn,

On behalf of the Hilo Council, I would like to thank you and the committee for providing us with the HAFCE Grant. On Saturday, October 25, we held our first plant sale as our fundraising event for the council. With the help of the grant, we were also able to provide demonstrations and information tables.

We had two demonstrations, the first was a cooking demonstration by Marielle Hampton, our CTAHR Extension Agent who shared a Green Bean Salad with Creamy Avocado Dressing. We were able to share samples with the public and a few members have already said that they have made the dressing since attending the demonstration. The recipe is attached.

The second presentation was shared by Lavanda Salas. She shared how to grow sweet potatoes in a bag for those of us that don't have the space to plant it in a garden. The handout is attached.

Throughout the sale, we also had informative interactive tables. We had tea expert, and Hui O Wahine member, JoAnn Aguirre sharing her samples and expertise in steeping herbs and other plants including hibiscus and rosemary. This was so popular, and she had so many questions, that we are planning on having her do a demonstration at the plant sale next year or at another event.

Karen Hamada of Hoaloha and Sean and Naia Sewake (President Terrieanne's husband and daughter) shared with the public how to make folded pots out of newspaper. The pot is a great way to recycle newspaper and is perfect for planting seedlings.

The final table was an introduction to Microgreen kits and a make-it take-it microgreen planting. Claire Kawahara and Kathy Kaaumoana of Hanalike Kakou had participants fill a pot with soil, sprinkle broccoli seeds, water it, put a cover on and then gave them directions for how to care for it so that they would be able to harvest their microgreens in 7 - 10 days. I saw some of the participants later and they were very excited about being able to grow and harvest their microgreens in such a short span of time. On top of that, the nutritional value of microgreens is incredible! One tablespoon of broccoli microgreens has the same nutritional value as the whole head of broccoli! I purchased the kits from Moore Green Family Farms on Kauai, so with the extra money from the grant, the council purchased as many kits as possible and we will be having some sessions at a few of the schools in our area. For more information on the microgreen kits, check out their Instagram.

Instagram handle for the microgreen growing kits:

@happy_harvestgrowkit

Microgreen farm Instagram: @mooregreensfamilyfarm

I was also able to hire my husband's students at Waiakea High School to video the event. They are currently working on editing the video. Once it is complete, I will send the information to Kathy Uehana so that we can put it on our state FCE website and everyone can enjoy and learn what we did. The sale was a success, we raised funds for our 2026 projects, provided affordable plants to our community, learned many plant related lessons, and had fun!

Here is the financial breakdown on what the grant was used for. Once again, thank you for supporting and funding our event. If you have any feedback on the use of the funds or if you believe it was used inappropriately, please let me know.

		Expenses	Income	
Grant HAFCE			\$ 1,200.00	
Aloha Signs	Banners	\$340.31		
Office Max	Table covers	\$17.79		
ACE	Potting Soil (Microgreens)	\$20.93		
Marielle Hampton	Honorarium	\$50.00		
Lavanda Salas	Honorarium	\$50.00		

Russell Nagata	Honorarium	\$50.00		
Hilo Higashi Hongwanji	Hall	\$100.00		
Waiakea Digital Media	Video	\$200.00		
Marielle Hampton	Cooking Demo	\$75.23		
Jill Yamamoto (Moore Green Farms) *	13 Microgreen kits @ \$22.50/kit	\$292.50		
		\$1,196.76	\$1,200.00	\$3.24

*Jill purchased 25 microgreen kits from Moore Green Family Farms at \$22.50/kit. The kits sell for \$40 (40-22.50=17.50) so for each kit sold, \$17.50/kit is given to the council.

With gratitude, Jill Yamamoto



1. Plant Sale Chair, Jill Yamamoto, with Audio/Tech Support, Donn Yamamoto, and 2 videographers, Maddie Awaya and Kayla Hill.
2. Jill Yamamoto sets up for video filming of a demonstration.
3. Poster and pictures of Demonstration Tables
4. Karen, Naian, and Sean at newspaper container folding table.

5. With tech and agriculture knowledge, *Helping Husbands Miles Yoshioka, Donn Yamamoto, Sean Sewake, and Russell Nagata.*

6. - HOW's second shift - Judi, JoAnn, Lynn, Karen, Terrianne, Carolyn, Colleen, Eleanor.

7. Participant sampling tea at JoAnn's table with Janet assisting.

8. Kalei Tong (Ho'olulu), Kathy Ka'aumoana, Claire, Barbara, Adeline, and Jill (Hanalike Kakou)

9. It's all about the Plant during our Plant Sale!



Sweet Potato Presentation – by LaVanda Salas

According to a planting guide in Hawaii, varieties like Yukon Gold, Red Norland are listed as early season suitable types. But keep in mind that conventional potatoes may struggle more in the warm tropics compared to sweet potatoes. Soil heat, pest/rot may be bigger issues. If you go this route, pick shorter maturity varieties, ensure excellent drainage and maybe give them partial shade during hottest midday hours. Since you're in a tropical/near coastal Hawaii setting go with sweet potatoes (uala) as your primary tuber (which is grown underground) crop: better climate fit, more robust in warm/humid conditions. If you still want to try regular potatoes in bags: pick one of the early season varieties listed for Hawaii and monitor soil temperature (keep bag cooler if possible) and drainage. Look locally (nurseries, farmers) for slip/tuber sources of sweet potato strains adapted to your island/zone that gives you a head start. Ten examples of root tubers include potato, carrot, sweet potato, yam, cassava, turnip, beet, radish, parsnip and Jerusalem artichoke. These are the edible, underground storage organs of plants that are a good source of carbohydrates and various vitamins and minerals.



*Sweet Potato in a Bag presenter,
LaVanda Salas*

Green Bean Salad with Creamy Avocado Dressing

Adapted from [Recipe Tin Eats](#)

INGREDIENTS

Salad:

- 1 lb. **green beans**, ends trimmed, cut into 2" pieces
- 3 **tomatoes**, cut into thin wedges
- 1 **avocado** (large, or 2 medium), diced into 2/3" pieces
- 1/2 **onion**, finely diced



UH Extension Agent, Marielle Hampton, during her nutrition demonstration

Dressing:

- 1/2 cup ripe **avocado** (half of a medium avocado)
- 3 Tablespoons **olive oil**
- 2 Tablespoons **lemon juice**
- 1 small **garlic** clove, minced using garlic crusher
- 3 Tablespoons **plain yogurt** (unsweetened) - OPTIONAL
- 1/2 teaspoon **salt**
- 1/4 teaspoon **black pepper**
- 4 Tablespoons water (to thin the dressing)

DIRECTIONS

1. Steam the green beans:

- Wash and trim the ends off the green beans, then cut them into 2-inch pieces.
- In a large pot or skillet, add 1 inch of water and green beans in a steamer basket (or directly into the water).
- Cover with a lid and turn heat to medium-high. Cook until green beans are tender but still slightly crisp, adding more water as needed. Turn off heat, remove green beans, and set aside to cool.

2. Chop the tomatoes, avocado, and onion:

- Wash the tomatoes and cut them into thin wedges.
- Cut an avocado in half, scoop out the flesh, and cut it into chunks.
- Peel and finely dice half of an onion.

3. Make the dressing:

- In a blender or food processor, combine dressing ingredients and blend until smooth. Add water as needed to thin the dressing to the desired consistency.

4. Serve:

- Combine cooked green beans with the vegetables and toss gently to combine.
- To serve, drizzle with dressing and toss just before eating.

Tip:

- Look for local green beans, lemons, tomatoes, avocado, & onion to support Hawai'i farmers.
- Use macadamia nut oil instead of olive oil to make it even more local!

Variations:

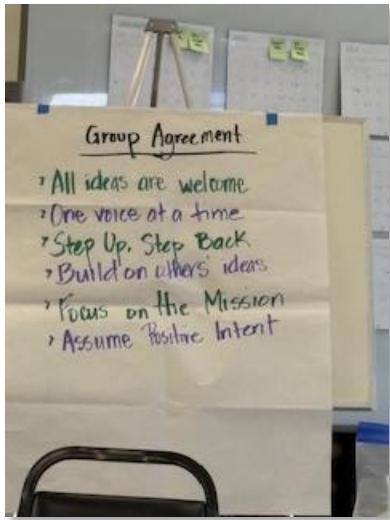
- Add diced bell pepper for more color and crunch.
- Use sour cream in the dressing instead of yogurt.
- Instead of fresh garlic, add $\frac{1}{2}$ teaspoon garlic powder.
- Instead of steaming, blanch the green beans by boiling them until tender then cooling them in an ice bath.



Hilo FCE Council: CRAY-CRAY - Submitted by JoAnn K. Aguirre, Hilo FCE Council Secretary

“Cray-cray or cra-cra” An extreme level of crazy behavior. – Oxford English Dictionary
https://www.oed.com/dictionary/cray_adj?tl=true

Diving deeper into the dictionary meaning, *cra* is the slang and more intense version of crazy; specifically, wild, eccentric or outlandish. This is the most apt description of Hilo FCE members...yes, roll your eyes...we are that *cra*!



Point in fact: Our own Martha Yamada (Hui O Wahine) facilitated a brainstorming session at our recent November 8 Hilo FCE Council planning meeting. Martha introduced a “Group Agreement for Brainstorming” and a brainstorming handout outlining the FCE Mission Statement, key principles for brainstorming, and three specific categories for brainstorming: *Understanding Current Members, Engagement and Retention, and Creative/Blue Sky Thinking*.

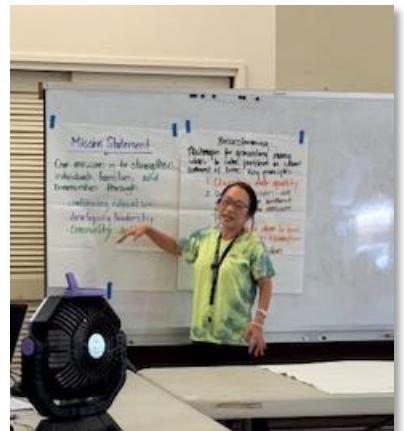
Blue Sky Thinking...huh??!! Turns out, it's an unconstrained, creative brainstorming approach, focused on generating bold, limitless ideas without regard for practicality or budget - a call to be wild in our thinking. Under each category, Martha included a set of questions designed to spur our thinking/brainstorming of new ideas for those categories. Her goal was to have us create new adventures which will be “FUN, involve lots of learning and provide opportunities for building new friendships.” She

skillfully guided us through the categories asking each of us to share our responses to the questions. This process led to excellent discussions, even wilder ideas, and a lot of laughter! Martha summarized all suggestions on chart paper, and then we voted.

Hilo Council agreed to pursue six main areas, and boom...just like that, we have our work cut out for us in 2026! Garnering the most votes is growing our membership, which is probably a topic that is of national importance to FCE. Following closely in second place is pursuing funding sources for scholarships and community grants through grant writing to create greater opportunities for serving our communities.

Focusing on these two main areas will broaden our ability to pursue our remaining inter-related goals: member appreciation, community service, fun, and walking.

Many thanks to Martha for creating a safe environment for us to think and share freely, brainstorm, get wild and funky, and ultimately be productive. We are sure our presidents will return to their clubs and share the same enthusiasm with their members. Congratulations Hilo FCE for your hard work in developing confident and attainable goals to usher in 2026!



Hilo Council FCE Hygiene Bag Service Project – Submitted by Lynn Nagata

“Don’t open the hotel soap!” many Council members have said, when traveling, to take the unwrapped soaps, shampoo, etc. back to Hilo to donate the toiletries to our annual Hygiene Bag Community Service project. Each bag, whether hand sewn or pre-made travel bag, was filled with face towel, soap, shampoo, conditioner, body lotion, toothbrush, toothpaste, and hairbrush/comb. This year’s donations were made to **Hope Services** (100 hygiene bags) and **Salvation Army Group Home Outreach** (61 hygiene bags, 80 razors, and various unbagged toiletries).

Mahalo nui loa to the clubs for contributing to the drive, whether through members' donations and/or club purchases: **Hoaloha** – sewn hygiene bags, soap, face cloths, and toothbrushes, **Hanalike Kakou** – toiletries and bags, **LHK** – face towels and toiletries, **Hoike** – toiletries and bags, and **Hui O Wahine** – hairbrushes, combs, soap, shampoo, conditioner, body lotion, bags, toothbrushes, and toothpaste. We wouldn't be able to donate the hygiene bags without our Clubs support!



1. - Shirley Ito and Lavanda Salas (Ho'ike) finishing bags
2. -- Cindy Yoshimoto and Claire Kawahara (Hanalike Kakou) and Terrianne Sewake (HOW & LHK)
3. - Lauretta Kaawaloa and Lee Watanabe (Hoaloha) and Jill Yamamoto (Hanalike Kakou)
4. - Mighty group of bag assemblers representing 5 clubs! We also shared a delicious pot-luck lunch, too.
5. - Jill, Martha, Michael from Salvation Army, Lee, Amy from Sal Army, and Lynn presenting hygiene bags

Hui O Wahine Club ~ September - December - submitted by Debi Ueda, Colleen Alicuban & JoAnn Kawamura Aguirre

HOW's 3rd annual Oahu trip! We tried some new things and revisited some of our favorites. It was an ambitious schedule, but we completed the itinerary and got to the airport on time for the flight back to Hilo. We seem to fit in more shopping and pre-order opportunities every year!

It was a first, to bring suitcases to carry back bottled and bulkier items from Chef Zone's gourmet section. We pre-ordered vegan donuts from Little Vessel Donuts, All Stars Dips from Wholesale Unlimited and dim sum from China Town's Sing Cheong Yuan. We did a craft for the first time (beaded pens and sticker art) at Creations by You in Kalihi. We shopped for packaging materials at Islands Marketing. They were happy to see us again at Duke's Clothing, Wahiawa, and Hello Beautiful Boutique, Downtown. We checked out a block of stores on Waialae Avenue in Kaimuki and did a quick stop at Marukai. Lunch at Yohei Kahala was wonderful and delicious! Cupcake dessert was picked up from I Heart Cake Company in Kaimuki. Thank you to Debi, the Trip Chair and coordinator of the store visits and pre-order items, and to Debbie, Ann, and Lynn, committee members. And this trip wouldn't

be what it is without the help of Matthew Nagata, who takes the day off, rents the 15 passenger van, and chauffeurs us everywhere so effortlessly. Members made more memories! (Excerpt from Debi's email to HOW members)

Hui O Wahine's Oahu Hua'kai

1.



2.



3.



4.



5.



6.



1. Debi Ueda, Trip Chair and Coordinator, and Matthew Nagata, Chauffeur and Navigator
2. Shopping - Debi, Lynn Nagata, Ele, Matthew, and Ann Kikuta
3. Lunch - Judi Fujiyama with her Yohai Kahala set
4. Pens - Eleanor Miyake and Debbie Shigehara creating pens
5. Pens - Janet Matsuo, Karen Kawate, Hazel Bello, and Wendy Yoshioka
6. Trip group - HOW members at the end of the hua'kai

Is Tofu For Me? By Colleen Alicuben

At the October 8, 2025 meeting of Hui O Wahine, Martha Yamada and Colleen Alicuben did a presentation on Tofu. Both Martha and Colleen include tofu as a regular item at their mealtimes so they wanted to share some info of this healthy food.

Prior to the meeting, HOW club members were asked to share some of their favorite recipes which included tofu as an ingredient. Colleen put these recipes together into a mini book to give to the members. Six recipes were then made and shared



for lunch with the club members. There was discussion on how each of these dishes were made prior to everyone getting to taste test it.

It was interesting to note that tofu originated in China more than 2000 years ago. It's made of soy milk and nigari which is a coagulant that's left over after salt is extracted from sea water. This nigari helps solidify the tofu and keep its form. Another interesting fact is that most of the world's soybeans are grown in Brazil with the USA being the second largest producer.



Tofu has many benefits if added to your diet.

1. It can improve your heart health being that it's a good source of protein and is cholesterol free. It helps to lower blood pressure since soybeans contain flavonoids which help to lower your pressure.

2. Current studies show that tofu can lower your risk of getting breast, lung and prostate cancer.

3. Tofu is a protein with all 9 of the essential amino acids which repair tissue, carry nutrients and build muscle. Calcium and magnesium help to prevent bone loss and osteoporosis.

4. Being low in calories and high in protein, tofu can aid in weight management by promoting a feeling of fullness.

There are many varieties of tofu available in the markets. Each contains a different amount of water in them making them range from soft to extra firm. Depending on how you are adding it to your diet, you will need to choose the type most suited for it.

After the tofu presentation, the HOW members were treated to a "Tofu Lunch" by Martha and Colleen.

1.



2.



3.



4.



1. Colleen holding a package of nigari packets.
2. Tofu dishes prepared by Martha and Colleen
3. Karen Kawate prepared a delicious Shirae using this package mix
4. Gail Kimura is examining the tofu press up close.
5. Tofu press

5.



Hui O Wahine's November Program by JoAnn Kawamura Aguirre

Have you ever been given the opportunity to water color with an artist? HOW members experienced this with Local Artist, Kristie Fujiyama Kosmides, who has a studio and gallery in Hilo. She has been commissioned in residential, commercial, and mural projects (most visible in Hawaiian Airlines' Oahu terminal, Hilo Airport, and Hilo Farmers' Market). Kristie oversaw our members' creating a holiday card using water colors and we all learned the importance of a premium paintbrush. With classical music filling our souls, our creativity was unleashed! Mahalo to Kristie for giving us this fabulous outlet! If you want to learn more about her works go to www.kristiekosmides.com.

1.



2.



3.



4.



5.



6.



1. Local Artist, Kristie Fujiyama Kosmides.

2. Doris Iwaoka (Mom), Artist Kristie, JoAnn Kawamura Aguirre (Doris & JoAnn – November program committee).

3. & 4. HOW members busy creating.

5. Lunch of pumpkin soup, salad, focaccia bread with grilled vegetables and dessert courtesy of Nov. committee.

6. Members with their creations - Doris Iwaoka, Martha Yamada, JoAnn Kawamura Aguirre, Wendy Yoshioka, Artist Kristie, Gail Kimura, Karen Kawate, Lynn Nagata, Hazel Bello



It is with much sadness that we announce the passing Hilo Council member, George Ito. He and his wife Shirley have been long time members of several clubs, throughout the years, in Hilo Council. He passed away on January 4, 2026. Always a great contributor to all of Hilo's FCE events, he will be greatly missed.

Kauai FCE - submitted by Laurie Ho & Frances Dinnan

A Throwback to Farm Fair Days - by Frances Dinnan



As Historian for Kauai FCE, I came across several newspaper clippings of our organization's active role in Farm Bureau Fair Contests. To help preserve the memories and award-winning recipes, someone suggested a cookbook. I discovered a website called createmycookbook.com. They provide users with technical support to develop, plan, proofread, and create cookbooks for profit and personal purposes. In a time when cookbooks are outdated, I decided the experience of compiling these innovative recipes was worth it. An electronic version of the book is an option at this website - https://createmycookbook.com/products/511613_521015_R. E-books are cheaper, and you can enlarge the text and images—a great feature to have as we age.



The Cookbook's Ad reads: "Have you ever tasted a Bomb-Diggity-Woot Woot Banana Cake? Kauai Association for Family and Community Education (KAFCE) members developed several unique, prize-winning recipes. Discover their best

entries in Banana, Mango, Guava, Papaya, Avocado, Coffee, Muffins, and Oatmeal Cookies. Tried-and-true tips appear before each section. Treat yourself to a delightful and delectable throwback to Kauai County Farm Bureau Fair days. Funds raised will help us to support family literacy, youth, home, and environmental education programs." Thank you in advance if you plan to purchase a book for your collection or to support our Kauai FCE Programs!

2025 Kauai Council President's Report ~ Hawaii Association for Family & Community Education Year End ~ Final Report

Date: October 4, 2025

Council President: Laurie Ho

Number of Clubs: One (1) ~ Club Musubi

Number of Members: 17 members

Members 80+: Three (3) members are 80+

Council Meetings:

When: January 11, 2025

Where: PuaKea Grill

Time: 10 a.m.

Three (3) guests + 12 KAFCE members

When: January 25, 2025 ~ Celebrating 80+ birthdays

Where: Garden Island Barbeque

Time: 5 p.m.

Who knew these two "octogenarians" are born on January 25th?
(different years, of course!) →



When: March 2, 2025 ~ Sunday ~ Read Across America ~



Books for New Borns ~ five (5) KAFCE members volunteered to help with this children's activity

Where: Kukui Grove Center ~ Food Court

Time: 11a.m. to 3 p.m.

"Oh the Places I'll Go!" Happy Birthday Dr. Seuss
(even "Moana" (Daphne Sanchez) stopped by)

When: March 8, 2025 ~ Saturday ~ CHARACTER COUNTS!® judging the 36 essays & artwork that were turned in ~ from three (3) Kauai Elementary Schools and five (5) teachers participating ~ invited three (3) potential FCE members to learn about CHARACTER COUNTS!® program ~ only one (1) showed up to help judge. We had 11 judges.

Where: Lihue Neighborhood Center

Time 10:00 am to 12 noon

When: April 12, 2025 - Saturday KAFCE CHARACTER COUNTS!®

Awards presentation and Books for New Borns presentation to HHSC ~ Kauai Region Clinics

Where: Lihue Neighborhood Center, Lihue, Kauai, Hawaii

Time: 12 noon

(below) Presentation of books



(left) KAFCE & HAFCE 1st place ~
Kawehimakanoe Mardonada
2025 CHARACTER COUNTS!® winner

When: May 1, 2025 ~ partnering with another nonprofit organization ~ Kauai Museum

Where: Kauai Museum, Lihue, Kauai, Hawaii

Time: 9a.m. to 2p.m.



(left) Jerome Yankowitz helps us show off our new banner

(below) make and take lei making ~ May Day is Lei Day



When: July 21-24 2025 ~ KAFCE contributes to the 2025 NAFCE/ACWW convention

Where: Erlanger, Kentucky



(left) KAFCE member, Suzie Yokoyama, JOINS the HAFCE delegates



(left) KAFCE's donation to the "omiyage" gifts ~ donated the Diamond Brand "sea" animal crackers



When: August 23, 2025 ~ KAFCE participates in the 2025 Tribute to Past Farm Fairs ~ remembering hosting the "Home Show" exhibits and awards and cookbook and quilt donation drawing ~ NOW, this one day ~ four-hour event has become one of our only fundraisers for the year - went from four (4) day Farm Fairs to four-hour Tribute to Past Farm Fairs.

← (left) welcome the Stilt walkers remembering the past Farm Fairs.

Sold Tillandsia plants; small flower arrangements using recycled / up-cycling yogurt glass jars or using old dishes like this teapot (below) or drinking glasses and herbs grown in our yards; had jewelry crafts made by Sue Okada; vintage cookbooks; and hand-crafted Hawaiian dolls for sale.



(left) teapot turned into vase and flower arrangement ↑



(right) for sale ~ floral arrangements ↑

When: September 13, 2025 ~ KAFCE meeting ~ discuss and re-new our commitment to FCE and paid our membership dues *** We lost one member and gained a new member.

Where: Lihue Neighborhood Center

Time: 10 am to 11:30 am

When: September 30, 2025 ~ 2025 Trimble Awards review committee meeting ~ final review and discussion in preparation to give a report at the October 18, HAFCE Zoom Meeting.

Where: on "Zoom"

Time: 4pm ~ Thank you Thank you Thank you for allowing Kauai Association for FCE to have one representative and two alternates to allow for more participation and discussion interaction; appreciate Bank of Hawaii (Meleen Corenevsky) coaching and assistance (\$3,000/year) to help HAFCE administer the funds and guide the process through IRS.

Quality Tickets/
number of members by club

(Distribution information for Ways and Means Chair @ Mid Board): Not Applicable

Activities your Council is doing to grow:

Inviting our friends and family to join us at different activities

Challenges that you would like to brainstorm solutions: Not at this time

~ PAU ~



Windward Oahu FCE & Imiola Club – submitted by Ruthie Haitsuka

OCTOBER - DECEMBER 2025

2025 ACTIVITIES AND EVENTS ~ CLUB MEETINGS & PROGRAM ACTIVITIES

OCTOBER: Pat presented information about the Moon Festival and Legends about the moon. Green tea, tangerines and moon cakes (coconut, taro, pineapple, lotus seed) were shared. Mini paper lanterns (Festival of Lights) were given to everyone.



*Certificate from
Adopt-a-Bee-Hive*



*Thank you letter
& honey*



Mini paper lanterns & tangerines



Moon Cakes

NOVEMBER: Barbara's Thanksgiving Trivia and Did You Know Questions

Thanksgiving is most popular American holiday; Other nations observe Thanksgiving – Brazil, Canada, Germany and Japan.

Trivia Questions:

- Which U.S. President made Thanksgiving a national holiday? *Abraham Lincoln*
- Which U.S. state consumes the most turkey every Thanksgiving? *California*
- How many people were at the first Thanksgiving meal? *140*
- What do you call a female turkey? *Hen*
- Which U.S. State has the most turkeys? *Minnesota*
- True or false – Turkeys can fly? *True*
- Which 'Friends' character said they hate Thanksgiving? *Chandler*
- True or False: The first pumpkin pies were made in England. *True*
- According to the Guinness World Records, how much does the heaviest pumpkin weigh? *2,624.5 pounds*
- True or False: Pumpkins are vegetables? *False*
- When was the first Thanksgiving NFL football game? *1934*
- What is the most popular holiday destination for Thanksgiving in the United States? *Orlando, Florida*
- On average, how many seeds does a pumpkin have? *5,000 seeds*
- Which continent does not grow pumpkins? *Antarctica*
- When was the first Thanksgiving parade broadcasted on TV? *1946*
- What are female turkeys called? *Hens*
- What are male turkeys called? *Toms*

- What causes male turkeys to gobble? *To entice female turkeys*
- Which type of food from the first Thanksgiving is now hardly eaten during the celebration? *Seafood*
- What sport uses the term “turkey”? *Bowling*

Some history about the first Thanksgiving:

Food at first Thanksgiving: venison, swan, duck, goose – no evidence of turkey

Of the 102 original passengers on the Mayflower, only about 50 survived the first winter.

Barbara made these cookies for members.

1 stick (8 tablespoons) unsalted butter, room temperature
 $\frac{1}{2}$ cup sugar
 $\frac{1}{2}$ cup light brown sugar
2 teaspoons vanilla extract
1 large egg
2 $\frac{1}{2}$ cups baking mix
1 12 ounces bag dark chocolate chips
 $\frac{1}{2}$ cup chopped pecans



Preheat oven: 350 degrees F

Combine butter, sugar and brown sugar; mix until well combines and creamy. Add vanilla and egg. Gradually add the baking mix and mix until combined. Add the chocolate chips and pecans and mix until just combined.

Drop heaping tablespoons of dough onto parchment lines baking sheets.

Bake until cookies are lightly browned, about 15 minutes, rotating the baking sheets halfway through.

Remove from oven and let cookies cool on the baking sheets for 2 minutes, then transfer to wire rack to cool completely. Store in airtight container.



← David celebrated his birthday on November 5th as he turned 79. Pat gave him a decorated donut and members sang happy birthday. Jordan also celebrated his birthday on November 23.

Pat made pumpkin floral arrangements for members. →



DECEMBER

Christmas Celebration at Hoonga Asian Bristo in Kaneohe. Members chose their dish to delight their taste buds. Hoonga is one of Jacquie's favorite places to dine. Before eating our meal, games were played and members exchanged gifts they made. Below you can see gifts that brought back memories of the good ole days and gifts that were given by recycling unused crafts, etc.



Membership for 2026

The following is a list of members for Windward Oahu Council/Imiola FCE: Dr. Jacqueline Maly, Patricia Kubo, David and Ruthie Haisuka, Annie Sagawa, Bill and Barbara Sheeder, Lucy Campos, Jeanette Pang, Rhoda Yoshino, Wanda Lew, Kathy Uehana, Jordan and Ketzen Lane, Kaley Tong, Scott and Bonnie Teebles (Mail box).



Join us on April 26 – May 1, 2026 for the 31st ACWW Triennial World Conference in Ottawa, Canada. Information on registration, hotel, tours and session schedules can be found on the ACWW website: acww.org.uk. This is truly an event worth experiencing! We hope many of our HAFCE members will attend.



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