



The Homemaker Echo

Official Newsletter of the Hawaii Association for Family and Community Education

Volume 52 Issue 1

March 2026

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**Board Reports*

**Council & Club News*

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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:

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PRESIDENT'S MESSAGE

March 2026

Happy New Year! Wishing all of you the very best in 2026.

I hope everyone made it through the recent Kona low with little or no damage or inconvenience.

Just a reminder to invite your family and friends to your club activities so they can see firsthand how much fun we have and the wonderful work our clubs are doing.



I attended the Hilo Council's R&R last month and wish all of you could have been there. First of all, the location was beautiful, especially being right across from the beach. There were many food demonstrations and opportunities to sample healthy foods, including different flavored hummus, roasted chickpeas, soups, desserts, and more.

Pat Kubo held a State Treasurer training, Denise Smith presented a Swedish Death Decluttering session, Jill Yamamoto showed us how to grow microgreens in pots. Claire Kawahara led a Neurographic art session, and artist Kristie Fukuyama Kosmides guided us through a watercolor activity. It was a weekend packed with fun while learning many new things.

Keep up the wonderful spirit of FCE learning and sharing.

See you at the Midyear Board Meeting on Saturday, March 28, 2026, at 9:00 a.m.

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

HAFCE Vice President – Terrienne Sewake

Aloha HAFCE!

I am truly grateful to be a part of the HAFCE Ohana! We have such great leaders, mentors, and educators.

I am especially thankful for the hard work, diligence and dedication of our Educational Chairs. They make my responsibilities as VP of HAFCE easy!

At our 2025 Annual Business Meeting, LaVanda Sales, Health Education Chair presented a fun, easy way to exercise through dance. She showed us 2 different K-Pop dances that could be done either sitting in a chair or standing/dancing. That was so fun!

In November, Margaret Cambra, Leadership Chair collaborated with Scott Teeples in presenting a workshop on how to navigate the National FCE website. It's not as intimidating as I previously thought, sort of...I'm still learning.

We had a great start in January of 2026 where Martha Yamada, Home Community Environment Chair introduced us to the Food Revolution Network. Our first workshop was on Sunday, January 25th via ZOOM. February's workshop was conducted in person for those who attended Hilo FCE's R&R weekend and also via ZOOM. At this workshop, Jill Yamamoto demonstrated how to make a vegan wrap with homemade beet humus. Martha Yamada demonstrated a simple and healthy Longevity Soup. They were both very yummy dishes. Looking forward to the upcoming Home Community Environment workshops!

I'd like to also acknowledge and thank Pat Kubo, HAFCE Treasurer for flying out to Hilo to present an informative workshop on the duties and responsibilities of a State Treasurer. Knowledge that can be utilized as a Club or Council Treasurer.

This just shows you that from Cooking Demos to Leadership Training, HAFCE has it all! So, keep your ears and eyes open for more fun, informative, and yummy learning HAFCE has to offer!

What to get involved? Do you possess a skill or craft you can share with others? HAFCE's Education Chairs are always looking for new ideas for workshops and presentations. Feel free to contact me at tazrino888@gmail.com or call/text 808-989-9466 (leave a message).

Terrienne Sewake, HAFCE VP



Youth – Terrienne Sewake, Education Chair

2026 HAFCE Essay and Artwork Contest CHARACTER COUNTS! ® RESPECT



Yes, it is that time of the year for HAFCE to execute the National Essay and Artwork Contest: CHARACTER COUNTS! ® and this year's Character Value or theme is RESPECT.

I have received 3 entries this year from Hilo, Kauai, and Windward Oahu. Here's a sneak peek at their creative artwork.



Windward Oahu submitted an entry from Kahana Boulter, a student at St. John Vianney School Kailua. Kahana is a student in Mrs. Earleen Victorino's class.

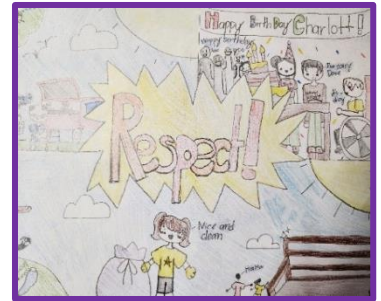
←

Hilo's entry is from DeSilva Elementary School, Parker-Jean Hashimoto. She is a student in Mrs. Yamashita's class. →



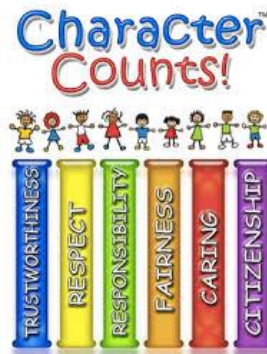
Kauai's entry is from Kapaa Elementary School's Mabel Ellis-Elgart, a student in Ms. Milagros Sagucio's class.

←



The adjudication of the artworks along with their respective essays will be completed by March 30th. Let me tell you, they all did an

AWESOME job with their entries!



Home Community Environment – Martha Yamada, Education Chair

On January 25, 2026, we started our Food Revolution Network (FRN) Series via zoom and ten members attended with representatives from each council and Oregon. This session was titled: Embracing Vitality at Every Stage of Life – Unlocking the Secrets to Thriving Across the Decades.

I was inspired to learn that it is never too late and there is scientific evidence to support that every bite of whole food plant-based (WFPB) foods I eat can impact my body at a cellular level and make me younger! The China Study book released in 2005 was a nationwide study across rural China and found that the more animal-based diet correlated to more markers of Western diseases.



The Stanford Twin Study took 22 identical twins and placed one twin on a vegan diet and the other on a healthy omnivorous diet (both plant and animal) for 8 weeks. The study revealed fascinating findings related to changes at the cellular level. Telomeres are protective caps at the end of our chromosomes which naturally shorten as we age. The twin on the vegan diet was biologically younger than the other twin in just 8 weeks! Imagine what would happen in a year 😊

Other research shared was:

- ❖ Benefits of black coffee
- ❖ Stress releases cortisol which drives inflammation and changes our gut microbiome and our body becomes inflamed and dysfunctional. Deep breathing can decrease 25-35% of cortisol in just 1-2 minutes, but it is important to identify the root cause of our stress for long-term benefit.

Other topics shared were:

- ❖ Value of movement
- ❖ Healing power of love, relationships, and community
- ❖ Navigating hormonal changes like menopause – There is something protective about plant-based diet that help to keep hormonal balance
- ❖ Bone Health
- ❖ Eye Health

After listening to this episode, I made two commitments to myself. First, to learn more about how to include more legumes (anything that grows in a pod) in my diet as every society living in the “Blue Zone” (areas in the world that had the most people living past 100 years and living vibrantly) areas had them in their diet. Second, to strengthen our FCE community (strong social bonds and friendships) as this was a key ingredient to living a life filled with vitality in these zones.

Recipe by Ocean Robbins (co-founder of FRN) – **Smoothie with 41 Grams of Protein**

2 cups soy milk
2 Tbsp organic peanut butter
2 Tbsp hemp hearts
½ tsp vanilla extract
Frozen banana and mango
Put in blender and enjoy!

Our February zoom session was on 2/21/26, zoomed from our Hilo Council Rest and Relaxation event at about 12:15 pm for a cooking demonstration.

- ❖ Beet Hummus veggie wrap
- ❖ Longevity soup

March 29, 2026 episode will share information on boosting brain health. How to prevent Alzheimer's and other forms of dementia, and how you can effectively fight depression, anxiety, and other mental health challenges. We will look at how plant-based diet and lifestyle choices can help you enjoy a clearer mind and healthier, happy life.

Please email Terrie Sewake at: tazrino888@gmail.com for the zoom link as we learn together and build a strong FCE community. Text or call me at 808-989-1651 with any questions. Looking forward to seeing you.

Important: These series are for information and educational purposes only and not medical advice. Please always check with your doctor or medical provider.

Jill Yamamoto shared this recipe with me and my sister and we loved it... so easy!

Spinach Lentil Rice in Rice Cooker

1 ½ cups (rice cooker cup) – I used brown rice – rinsed and drained
1 ½ can veggie broth
1 tsp salt
½ cup brown lentil (washed and drained)
1 box chopped frozen spinach
2 tsp curry powder (I omitted because I did not have any)
Cook in rice cooker and enjoy 😊

And the Winner of Contest 5 is !



Congratulations to Carolyn Sewake (right) from Hui O Wahine Club who was able to enjoy oil-free meals. Many thanks to Denise Smith (left) for donating the prize which is a magazine from America's Test Kitchen which is packed with information and beautiful pictures and recipes. We were so happy that Denise came to Hilo to attend our Rest and Relaxation. I am pictured in the middle (Martha Yamada) and want to take this opportunity to thank all those that participate in the HAFCE Home, Community, and Environment Contests so that we can share our talents with each other as we heal our body and planet. Our next contest will be to try different whole grains to increase gut health and overall well-being. Hope you will join us.

Contest 6: Try a new grain to enjoy



Benefits:

- **Eating a variety of whole grains support a healthy gut and overall health.**
- **They help reduce the risk of heart disease, type 2 diabetes, and support cholesterol management.**
- **Whole grains provide fiber, antioxidants, vitamins, minerals, and plant-based protein.**

Practical next steps:

- **Check what grains you currently eat and pick one or two new ones to try this week.**
- **Look for whole grain or gluten-free options if you have sensitivities.**
- **Try grains in different dishes: breakfast bowls, salads, soups, veggie burgers, or baked goods using whole grain flours like buckwheat or oat flour.**
- **Notice how your body feels as you add more grains and adjust accordingly.**

Contest:

- **Running from April 1 to September 30, 2026.**
- **Winner will be the member that tried the most variety of grains and 1 recipe.**
- **Announcement will be made at the ANNUAL Business meeting in October.**

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.



“Embracing Reflection and Renewal” by Frances Dinnan – HAFCE Secretary

I keep an eye out for opportunities, my heart open to possibilities, and my feet ready to travel. An invitation to a Rest and Relaxation Retreat in Hilo appeared in my email. After reviewing the program, I quickly completed and mailed the registration form and fee. What a great deal to have my room, meals, and ground transportation covered for this weekend retreat! We stayed in a large vacation rental across from Waiuli Beach Park in Keeau (outside of Hilo). ← In the pic, a large tree stood in front of the rental. My journal cover from an art workshop is also

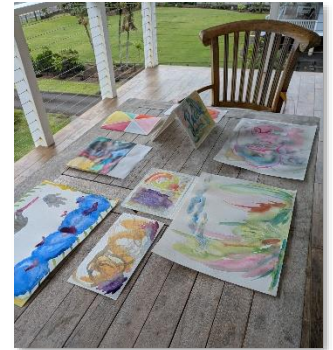
pictured below. The credit goes to Jill Yamamoto for creating and constructing this journal. During the retreat, Joann Aguirre led the group in completing one-minute journal-writing assignments. Our first one-minute reflection question was, “What does FCE mean to me?” Think about your reason for becoming or remaining a member of FCE. Is your answer something you can help make happen?

We were treated to a delicious and healthy meal on our first night. During our potluck, family-style dinner, the appetizers, soup, salads, main dishes, and desserts were explained and demonstrated. We received printed recipes for all of the dishes we ate. After dinner, we played games such as jun-ken-po and chicken feet. We played the Chicken Feet domino game in pairs. Lynn Barut and Margaret Cambra ruled the roost and were declared the winners of round one.

Our second full day began with a 13-minute video on body-activation exercises, led by Shi Heng Li, a Shaolin Monk. Establishing a morning routine and awakening the body’s joints was emphasized. After exercising, we were treated to a wonderful breakfast by Sean Sewake and family. Sean cooked the fluffiest, most delicious scrambled eggs we’ve ever tasted! Following breakfast, Pat Kubo delivered a training workshop for Treasurers and Membership Chairs. Questions arose about income tax exemptions, filing status, and entity identification numbers (EINs). We directed the Treasurers to seek online instructions regarding nonprofit organizations operating in the State of HI.



← Kristine Fujiyama Kosmides, Hilo Fine Artist, shared her craftsmanship and joy using watercolors as a therapeutic process. Each person created a watercolor picture and card, → guided by Kristine’s experience with watercolor tubes and palettes, as well as ballpoint pens. Soft background music played as we worked to complete our artwork.



We experienced making our own lunch by assembling a beet-hummus veggie wrap, demonstrated by Jill Yamamoto. We had a cup of longevity veggie soup,

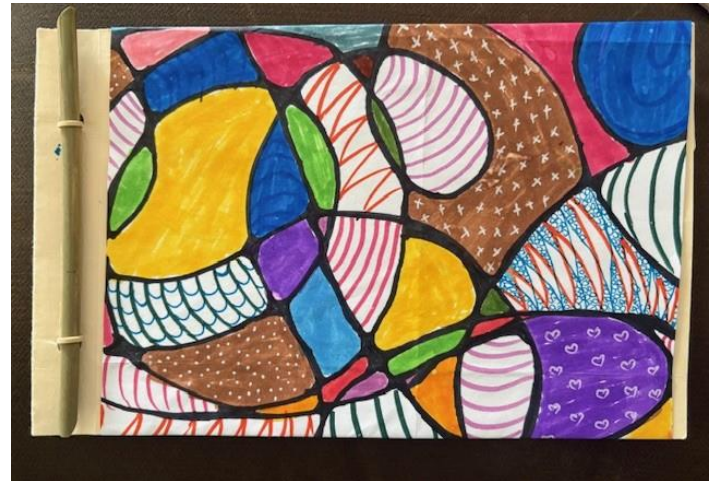
prepared by Martha Yamada with the veggie wrap. ↵



Martha Yamada cooks Longevity Veggie Soup

Claire Kawahara presented a Neurographic Art Workshop. Per Google’s definition, “It is a structured yet free-flowing method of artmaking. Unlike traditional drawing, which often focuses on replicating a specific image, neurographic art centers on creating organic, neuron-like lines and shapes.”

Claire demonstrated the use of recycled materials in her artwork. Her sketchbook contained mesmerizing artwork created over the years. We each completed an art cover for our one-minute



Frances’ journal cover with Neurographic design

journal. →

Mini workshops were held on crocheting scrubbies, making dorayaki ↓, and planting microgreens.



Sean Sewake demos Dorayaki

We participated in meditation and happiness exercises before dinner. After a scrumptious dinner prepared by Sean Sewake and family, we attended a Swedish Death Decluttering Workshop by Denise Smith. Decluttering is an intentional, gradual process of decluttering possessions after 65 to spare one’s loved ones the burden of doing so later. Great suggestions were made, such as: start early, tackle large items first, then move to smaller items, and rid yourself of broken, ill-fitting, and unused items. Denise also shared a handout on the minimalist lifestyle, which focuses on quality, functionality, and purpose. By decluttering, a person can create a calmer, more peaceful lifestyle. Denise held a “lucky draw” and gave away a beautiful Lunar New

Year table top quilt and 2 books on decluttering.



← Pictured are Denise and Lynn Barut holding up the quilt Lynn won!

At the end of day #2, Joann Aguirre gave us another one-minute journal writing assignment to answer the question, “How is leadership defined?” Thinking back to your own experiences in FCE, what is your definition of a good leader? Have you demonstrated or noticed any leadership characteristics in yourself or others?

On day #3, I led the group in line dancing as a morning exercise. The dance was called “The Electric Slide,” a popular party dance. We moved briskly to the music and laughed out loud. Laughter and movement are great ways to get through the day. We ate breakfast prepared by Sean Sewake and family. Joann posed the final question for our journal writing, “What did you think about this weekend

retreat?” Our final session was a guided group evaluation led by Martha Yamada. Martha will share this information with the Hilo team to improve future retreats. From registration to closing, it was a jam-packed, fun-filled weekend filled with energizing wellness-related activities. I have taken away several gems learned over the weekend and passed them on to at least ten people. Great Job, Hilo Council’s Retreat Planning Team!



Trimble Foundation Distribution Committee - Chaclyn Nagata - Chair

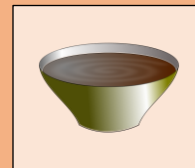
The deadline for applications for Trimble Foundation grants or scholarships is July 31, 2026. There is \$20,000 available for applicants. The committee will meet prior to the 2026 Annual meeting in October and the recipients will be announced at the Annual Meeting and in the December Echo. Committee members for 2026 are: Wanda Lew - Oahu, Terrienne 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.

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

Chia Chocolate Pudding - presented by Terrienne Sewake at R & R

- 1 cup coconut milk
- $\frac{1}{4}$ cup chia seeds
- $\frac{1}{4}$ cup cocoa powder
- 2 tablespoons maple syrup
- $\frac{1}{2}$ teaspoon vanilla extract



Vigorously whisk the milk, chia seeds, cocoa powder, maple syrup, and vanilla extract, using a wire whisk, in a medium bowl or storage container, being careful to incorporate any cocoa powder sticking to the sides and bottom. Cover the chia pudding and refrigerate until thick and creamy, at least 4 hours, or preferably overnight. Makes two servings.



Melba Drennan ~~~ May 5, 1931 - March 11, 2026

It is with much sadness that we announce the passing of Melba Drennan at age 94, a 20 plus year member of HAFCE and past state President - serving from 1991 to 1992. She was a member of Hilo Council, Puna Wahine FCE Club. Melba was an early advocate of Family Community Leadership (FCL) training and helped to promote that program. She served in various state & council positions before and after serving as president. Melba moved from Texas to Hawaii, with her husband Tom, in the late 1980's where they set up growing fruit orchards in Puna on the Big Isle. She eventually went to work for Day-Lum Property Management in Hilo as bookkeeper and comptroller. They returned to Texas in the mid-2000s to be near to family. She is survived by a daughter and a son, 12 grandchildren, 23 great grandchildren, and 2 great-great grandchildren. She was strong in her faith, she loved FCE (that she joined to meet new friends) and was an inspiration to those of us whose hearts and minds she touched.

HAFCE COUNCIL NEWS!

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



Although it is already the month of March 2026, I would like to wish you a very Happy New Year! I hope this year brings each and every one of you much joy and happiness as well as good health.

I am so excited for all the fun activities and wonderful educational opportunities we have planned for the year. We held the council's annual Hilo Council R & R. This is usually held at KMC (Kilauea Military Camp) in Volcano on a summer weekend, however, this year we tried something different. On Friday, February 20th to Sunday, February 22nd, the R & R was held at the Orchid House, a vacation rental house located in Keaukaha. Another twist to the R & R is that we extended an invitation to our neighbor island councils to attend either in person or via ZOOM (for select sessions).

Lynn Barut and Margaret Cambra from Maui and Frances Dinnan from Kauai joined us here in Hilo. Pat Kubo from Oahu attended, as well as presenting a State Treasurer Training workshop. We are also very excited that our council's By-laws Chairperson and member of Puna Wahine Club, Denise Smith came to visit and attend the R & R. The R & R weekend was sure filled with lots of fun, food, and fellowship and everyone had a good time!

We are looking forward to our annual FCE Fair that will be held on Saturday, May 2nd at the Butler Building and the Plant Sale that will be held on Saturday, September 12th. Let's not forget we have another great opportunity to serve our community by donating books for the Books for Newborn project, and to donate hygiene items for our Hygiene Kit donation project.



I would like to wish you a Happy Chinese New Year! This year is the Year of the Horse, and commenced on Tuesday, February 17th. Those who were born 1942, 1954, 1966, 1978, 1990, 2002, and 2014, this is your Chinese Zodiac Sign.

Just a bit of information - According to Google, positive key Characteristics of the Chinese Zodiac Horse are:

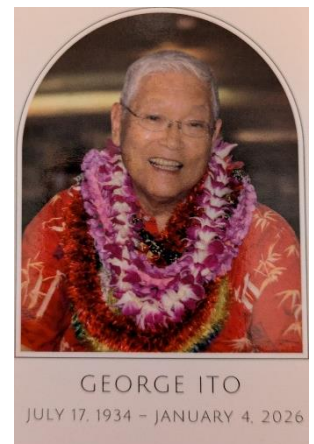
- Personality: Known for being energetic, enthusiastic, and socially adept, Horses are often popular, confident, and quick-witted. They love to be in crowds, travel, and express their creativity.
- Strengths: Highly independent, ambitious, and hardworking, with an adventurous spirit. They are quick to adapt and possess great endurance, making them natural leaders and go-getters.

Are you a Horse? Do these characteristics match you? It looks like you would do well in a leadership role in FCE... hint, hint! 😊 If this isn't your zodiac sign, it's okay! I KNOW you are capable of being a leader in FCE! 😊😊

Terrienne Sewake
Hilo FCE Council Co-President

George Ito

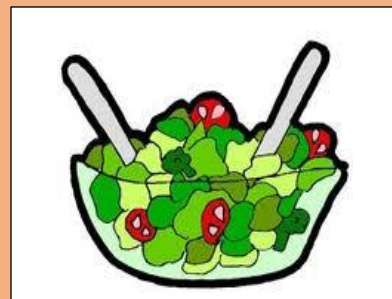
Mr. George Masaichi Ito, age 91, of Hilo, Hawaii, passed away on January 4, 2026 in the Yukio Okutsu State Veterans Home in Hilo. He was born in Lahaina, Maui, Hawaii on July 17, 1934 and retired from the State of Hawaii Department Education as a middle school teacher, working most of his career at Hilo Intermediate School. He and his wife, Shirley, were long time members of Hilo FCE. They served in several different clubs, moved from one to another as clubs dissolved due to lack of membership. Besides being an active participant in almost all of Hilo Council's programs, he was renowned for making beautiful Koa wood bracelets and clocks. He was also an avid video photographer and belonged to numerous community volunteer organizations.



Oil-free Balsamic Salad Dressing - recipe by Shane & Simple - shared at R & R

Ingredients

- $\frac{1}{4}$ cup + 2 Tbsp balsamic vinegar
- 3 Tbsp Dijon mustard
- 2 Tbsp maple syrup
- 1 tsp nutritional yeast
- $\frac{1}{2}$ tsp dried oregano
- $\frac{1}{2}$ tsp dried basil



Instructions

Add all ingredients to a jar with an airtight lid and shake until everything is well combined. If you don't have a jar, add the ingredients in a small mixing bowl and whisk.

Kauai FCE - submitted by Laurie Ho & Frances Dinnan



In December, we had a Christmas celebration/meeting. We welcomed a new member, Lourdes Barros, and said “adieu” to Joyce Nakahara. Kauai’s membership number of 17 remains the same.



← Books For Newborns News: West Kauai Clinic’s Maris Alayvilla came to our December meeting to receive close to 400 donated books. Maris’s staff placed QR labels in each book, identifying KAFCE’s donation. Acknowledgement was made to Diana and Jerry Yankowitz for their monetary donation to purchase books. Thank you, Carolynn Lum, for serving as Books for Newborns (BFN) Chair! ↓

We approved a proposed budget and the calendar of events at this December meeting. Maurina Borgatti, President of Club Musubi, updated KAFCE’s 2026 Directory. Thank you, Maurina, for your work in publishing the directory each year! After business concluded, Margo Hashimoto held a raffle for two floral arrangements. We did a white elephant giveaway, made our own floral arrangements, and played musical grab bag. A scrumptious lunch followed, and we left with laughter, presents, and full stomachs.



Margo Hashimoto, Maurina Borgatti, & Carolynn Lum



Musical Grab Bag



Making floral arrangements



← In February, we assisted in judging Character Counts! ® Essay and Artworks. Two Kauai Elementary Schools participated; two 4th grade teachers and 16 essays and artworks! The committee decided on the top three places and a few honorable mentions. The number one winner was sent to HAFCE. Kauai FCE hosts an award ceremony in the following month. Pearl Shimizu, a “farmer” of beautiful green squash, brought some to share and KAFCE treasurer, Marina Pascua turned the squash distribution into a mini-fundraiser ~ \$3 KAFCE donation per squash!

← *The judges at work!*



Windward Oahu FCE & Imiola Club – submitted by Ruthie Haituka

JANUARY – MARCH 2026

2026 ACTIVITIES AND EVENTS - CLUB MEETINGS & PROGRAM ACTIVITIES

JANUARY: All Members Sharing

Barbara – Pecan Pie Muffins – Barbara shared the recipe online and brought muffins for us to eat. Her “tricks” – Use warm eggs because they get fluffier and melt the butter in the microwave and then cool it down.

Pecan-Pie Muffins Recipe courtesy of [Trisha Yearwood](#)

Ingredients:

Nonstick cooking spray
1 cup chopped pecans
1 cup brown sugar, packed
1/2 cup all-purpose flour
2 large eggs
1 1/3 sticks butter, melted
Get Ingredients

Directions:

1. Preheat the oven to 350 degrees F. Place paper liners in 9 muffin cups and spray with nonstick cooking spray.
2. In a large bowl, combine the pecans, sugar and flour. Make a well in the center of the mixture.
3. In a separate bowl, beat the eggs until foamy. Add the melted butter and stir to combine. Pour the egg mixture into the well in the dry ingredients, stirring until moistened.
4. Spoon the batter into the cups, filling each almost full. Bake until a toothpick comes out clean when inserted in a muffin, about 20 minutes.

Cook’s Note:

This recipe also makes great mini-muffins; just shorten the baking time by 5 minutes.

David – Shared a top that he will make for kids in Juarez. He cut the wooden circles and sharpened the dowel and marked it. He uses a special fast glue to hold it together.

Pat – Shared a soft yarn covered ball to use to exercise our hands. She also shared a knife sharpener that was a gift from her granddaughter. It holds knives at the correct angle for sharpening and has a sharpener that is rolled.

Jacquie – Shared pictures that she had when scrapbooking (her baby picture, 8th grade graduation, family picture with her mother and father, teaching school in Chicago, and her doctorate graduation.) She also shared “Recipes for Friendship” (information on herbs and recipes for using herbs), Fortune cookie game, strudel, and pictures that she found in a box and will mail.



Happy Belated Birthday Jacquie!



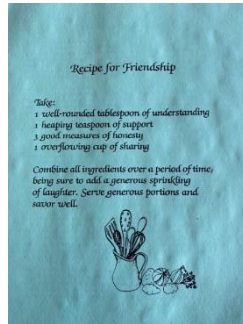
Brownie cupcake, Strudel, Pecan Pie Muffin



David demonstrating his top.



Jacquie's Scrapbooking Page



Herbs and Recipes



Knife Sharpener

FEBRUARY: Barbara Sheeder

Barbara shared woven heart baskets and instructions



Barbara with Woven Heart



Barbara, David, Kathy, Jacquie & Wanda



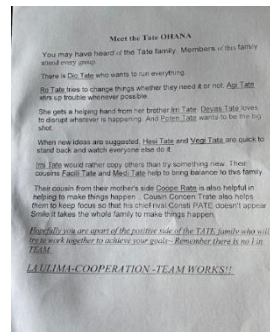
Wanda and her Lemon Bars



Kathy with her apples



Jacquie with her fortune cookie game



Meet the Tate OHANA

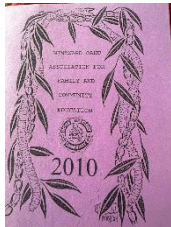


Ketzen's 18th Birthday

MARCH: All Members – Swap Meet Goodies



Goodies brought to our mini swap meet were: Crochet lei making book, bamboo steamer, coffee filters, ice cube containers, microfiber cloths, olives, Christmas tray, wine, Tupperware cake holders, microwave protection covers, brownie baking kit, can openers, shampoo and conditioner, Kleenex, pot holders, makers, wool gloves, snap containers, and many, many more items.



Lucy showing the long-lost booklet she's been looking for which Jacquie passed around to members to look at, Jacquie showing members the centerpiece at a triplet's 1st birthday party which consisted of kinetics sand. It also had small sand toys inside the container to mold with the sand. Wanda made these cute Girl's Day dolls with miniature mochi.



Goodies are always present at our meetings. Cupcakes by Jacquie. Wafers and sugarless Jello provided by Pat and shortbread cookies by Kathy.

CHARACTER COUNTS! sm

Contest has been completed and Windward Oahu's entry has been sent to HAFCE Youth Chairperson for state level judging. More to come in our next issue as to our winner.

MEMBERSHIP UPDATE

Windward Oahu currently has 17 members which includes mailbox members (Scott and Bonnie Teeples, Kalei Tong) Teenagers Jordan and Ketzen Lane, newcomers Bill Sheeder (husband of Barbara), Wanda Lew and Kathy Uehana (South Oahu Council who joined Windward Oahu Council – we gladly welcome both of you). See complete list of members below. ↓

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, Kalei Tong, Scott and Bonnie Teeples (Mailbox)

Lemon Tahini Dressing (oil-free) recipe by Megan Gilmore - shared at R & R

Ingredients

$\frac{1}{2}$ cup raw tahini
4 to 6 tablespoons fresh lemon juice (about 2 lemons)
3 garlic cloves, minced
 $\frac{1}{2}$ teaspoon onion powder
 $\frac{1}{2}$ teaspoon fine sea salt
 $\frac{1}{4}$ teaspoons ground black pepper
 $\frac{1}{4}$ cup water



Instructions

In a 14-oz jar or larger, add the tahini, 4 Tbsp. of lemon juice, minced garlic, onion powder, salt & black pepper. Stir well, then add water and stir again. Taste the dressing and add more lemon juice, just one Tbsp. at a time, if you'd like a tarter flavor. If you don't want to add more lemon juice, you may want to add another Tbsp. of water to thin the consistency. Once you're happy with the flavor and texture, it's ready to serve. Secure the lid on the jar and store the dressing in the fridge for up to a week. It will thicken when chilled, so you may want to add another Tbsp. of water to thin the consistency when you use it later.



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.

From the Editor....

A Reminder

The deadline for articles for the next issue of the Homemaker Echo is: **June 10th, 2026**

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

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