# The Homemaker Echo

Official Newsletter of the Hawaii Association for Family and Community Education

Volume 51 Issue 3

## September 2025

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conference

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Go Paperless! ~ 80 FCE members have chosen receive the Homemaker Echo via email. Please consider joining them 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 healthy а environment.

Send your email address for a paperless delivery to:

Denise Smith
Homemaker Echo Editor
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(808) 430-2097

# PRESIDENT'S MESSAGE September 2025

Mahalo for the opportunity to represent Hawaii FCE at the ACWW USA Area Conference and National FCE Conference, held July 21–24, 2025, in Erlanger, Kentucky. Hawaii was well represented by:

- Denise Smith, Hilo Council and Conference Co-Chair
- Margaret Cambra, Maui Council President and Auction Chair
- Terrie Sewake, Hawaii FCE Vice President and First-Timer
- Susie Yokoyama, Kauai Member



Monday, July 21, was National FCE Day, which included the Business Meeting, member recognition, awards, and the installation of officers. We are pleased to share that Bonnie Teeples will serve as our new National President.

The ACWW USA Area Business Meeting followed on Tuesday, along with engaging learning sessions and speakers. Topics included Horticulture Therapy, 16 Days of Activism, Wreaths Across America, ION Women's Shelter, Student Conservation Association, and FCL workshops on Pollinators: Not Just Bees and Whole Grains.

Members were also invited to support the "We Support the Girls" program by donating toiletries, menstrual products, and new or gently used bras. This program provides women with properly fitted bras, with donations coming from both individuals and corporate partners.

A heartfelt thank you to the Kauai, Hilo, Windward, and Maui FCE Councils for your generous contributions to the goodie bags and auction items—both were warmly received! Special thanks also to Carolyn and Terrie Sewake for creating the beautiful yarn leis, which delighted the National officers and guests.

Looking ahead, next year's conference in Erlanger, Kentucky, will mark FCE's 90th anniversary—a milestone celebration you won't want to miss!

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

# <u>Vice President/President Elect – Terri Sewake</u>

In the month of July, I attended the 2025 National FCE Convention in Erlanger, Kentucky. Let me just say that the adventure started off on a not so good note! My journey began with flying out of Hilo at 9 pm on Saturday, July 19th to Honolulu where I took a 11:55 pm flight to Seattle, and then my final stop in Cincinnati, Ohio (closest airport to Erlanger). By the way, I got lost in both the Seattle and the Cincinnati airports . Anyway, when I finally found my way to the baggage claim area in Cincinnati, I discovered that my 2 check-in bags were not there. After talking to the baggage claim agent, we discovered my bags were still in Hilo!

I made a lost luggage claim and left the airport to meet up with Lynn Barut and Margaret Cambra of Maui, and

Suzie Yokoyama of Kauai (now residing in Indiana). We decided to fill our bellies since it was around 7 pm. We decided on having dinner at a Cracker Barrel restaurant. After being seated and placing our orders, suddenly all our cell phones start blaring with an alert! You guessed it, it was a TORNADO WARNING! At first, I didn't really react because no one else was reacting and Suzie kept telling us, "No worry, there's no hail, if there's hail, you can worry". Soon after, it started to rain, there was lightning, and thunder. The restaurant manager went outside to check things out and then when she returned inside announced that we should, if we choose to, follow the staff to the kitchen to seek shelter in the refrigerator, this is all to be on the safe side. So, we were escorted into the 1 of 2 huge refrigerators to wait out the storm. After the rough start, the rest of the adventure... piece of cake!  $\Theta$ 

We spent about ½ hour there, here's a picture of us chilling in the Cracker Barrel refrigerator!

L to R: Terri Sewake, Margaret Cambra, Lynn Barut, and Suzie Yokoyama

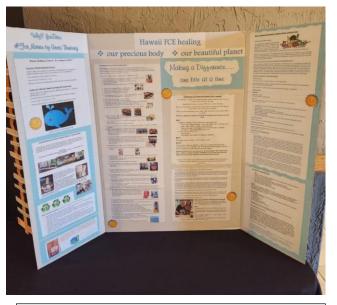


# Home Community Environment - Martha Yamada, Education Chair

I could not attend the fabulous National FCE Conference held this year, which was co-chaired by Denise Smith, but I was able to send a poster with the Home Community Environment Contests and the Winners! It was a little wordy, but I wanted to feature the many great ideas from our participating members. Please see photo below:

I'm really looking forward to seeing your entries for the very challenging Contest 4 which was to try recipes that did not use processed oils. I'm so grateful and





Martha Yamada's display board

encouraged that our members are willing to learn and experiment with new ideas to help each other live vibrant healthy lives. The winner will be announced at our ANNUAL Business meeting. See you soon.

As we age, our bodies need less calories so it's very important that each bite we take is packed with nutrient dense foods for our bodies and less of the highly processed foods that come in convenient packages with more sodium, manmade chemicals that we cannot pronounce and often go on sale.

Remember when we used to cook at home and knew what ingredients and how much went into our dish and sometimes it was very simple but tasty. But it does take time and skill and meal planning. Going out to the restaurant or Drive-Thru was a treat and our planet was

happy because there were less plastics and take-out containers. And even less food waste. I was reading a book by John Robbins, The Food Revolution: How Your Diet can help Save your life and our World, and he shared some interesting numbers. According to the US California Agriculture Extension:

One pound of food	Number of gallons of water needed
California beef	2464
Lettuce	23
Potato	24
Wheat	25
Carrots	33
Apples	49
Chicken	815
Pork	1630

We are all becoming increasingly aware of the limited resource of our precious water and that we can make a difference with each bite of food we eat.

It is not easy to change our habits even when we know it is for our own well-being. I'm excited about presenting you with **HAFCE Home Community Environment (HCE) Contest 5**:

#### FCE: Healing our body and planet.

Changing old habits that we grew up with can be very difficult and it helps to have a community of likeminded people that are trying to eat the Whole Foods Plant Based way. Your sharing of ideas and challenges that you experience can help us learn and support each other on this healing journey with each bite of food we eat. Let us celebrate each small step towards progress, not perfection.



### Contest 5: Healthy Habit Challenge

When: November 1, 2025 - February 28, 2026

**What:** Make a list of any tips, tricks, hacks you have tried in developing a new habit of eating meals without animal products (anything with eyes) or animal products (eggs, cheese, ice cream, mayonnaise, etc.) and any processed oils for cooking or baking.

List any new habits you tried, to increase whole foods on your plate – whole grains, vegetables, lentils, beans, legumes, fruits, nuts, and seeds.

How: Email the list to: martha.yamada58@gmail.com or text to 808-989-1651.

**Winner:** The member with the longest list will be announced at the Mid-Year Board meeting and will receive a special prize.

Let's make habits so easy that we will follow them even when we don't feel like it. Remember, it's not about perfection but progress and celebrating each small step and getting back on our path when we make mistakes. Let's do this together ©

Resources: Google - Dr. McDougall, Forks over Knives, Chef AJ, Physicians Committee on Responsible Medicine (PCRM), Food Revolution Network, Well Your World, etc.

Important: Please inform your doctor prior to participating in this contest if you have a medical condition or are taking medication. Your doctor may need to adjust your dosage as you may lose weight, and your blood pressure and blood sugar may improve.



# Youth Education - Terri 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. The HAFCE contest is open to anyone eligible as a 4<sup>th</sup> grade student, i.e. in public, private, home schooled, 4-H, scouts, or church

groups, etc. Here's the contest timeline:

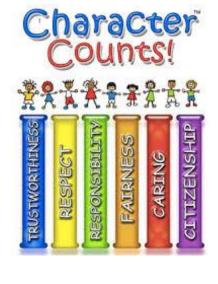
- Contest runs from September 1, 2025, through March 31, 2026.
- September 1<sup>st</sup> Begin distribution of contest packets.

#### **PICTURE GUIDELINES –**

- Use unlined, white paper approximately 8.5"x 11"
- Use a #2 pencil or colored pencils.
- Do not fold. You may color the picture with colored pencils. No crayons/markers
- Write your name, date, name of teacher & school on the back of the picture.

Thank you in advance to all those who will participate in this year's contest!

- February 28<sup>th</sup> Deadline due date to submit your Council's entry to the HAFCE State Youth Education Chairperson.
- March 1<sup>st</sup> State Level Judging begins.
- April 15<sup>th</sup> Deadline due date State entry to National FCE.





#### ESSAY GUIDELINES -

- Use lined or white paper approximately 8.5"x 11"
- Essay should be at least 50 words long and explain the drawing.
- Use a #2 lead pencil or computer.
- Write your name, date, name of teacher & school at the bottom of the essay.
- Use one side of the page only.

# From the Editor....

#### A Reminder

The deadline for articles for the next issue of the Homemaker Echo is: <u>December 10<sup>th</sup>, 2025</u>

Please send articles and photos to: <u>cdsmith2139@gmail.com</u> 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

Aloka, Denise



# <u>Trimble Foundation Distribution Committee - Chaclyn Nagata - Chair</u>

The deadline for applications for Trimble Foundation grants or scholarships was July 31, 2025. There was \$20,000 available for applicants. The committee will meet prior to the 2025 Annual meeting in October and the recipients will be announced at the Annual Meeting and in the December Echo.

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

# <u>Ad Hoc Committee for Preservation of HAFCE Historical Materials – Submitted by Denise Smith & Frances Dinnan</u>

On March 11<sup>th,</sup> 2025, seven boxes of HAFCE history were delivered into the capable hands of the AMI Systems scanning services in Honolulu. The scanning has been finished and a digital hard drive containing all the materials has been delivered to the committee. As of July, the hard copies of all materials were permanently destroyed, with the acceptance of the digitized files. There is still no definite date of completion as there is still redacting and organizing to do by

our committee members before the materials can be turned over to the University of Hawaii Hamilton Library for in perpetuity keeping. It is with great sadness that our honorary committee member, Katsuko Enoki, passed away last month. Kats was a very dedicated member of the committee and worked hard at finding good locations for many of the oral history books, and the Lanai FCE historical scrap books. She was very determined that HAFCE history be preserved and that our contributions to our communities be recognized. Her efforts and encouragement will be greatly missed. The committee continues to work with Kepā Maly, cultural ethnographer and resource specialist. He and his wife Onaona have been a valuable resource for us in this long journey of preserving our important FCE history.

Aloha, Denise Smith and Frances Dinnan





In Loving Memory of Past HAFCE President Katsuko Enoki of Makawao, Maui, who passed away on August 20, 2025 at the age of 94. "Kats" was president from 2007 to 2008. She was a 57-year member of Pukulani FCE Club. She was born in Kahului, Maui on October 15, 1930, the  $5^{th}$  of 9 children. Her

career was in nursing and she served at Queen's Hospital, Maui Memorial Hospital, Hana Hospital, and Hawaii State Hospital. She also served as a HeadStart nurse, a Psychiatric Nurse Supervisor, Public Health Nurse and was a Pediatric Nurse Practitioner for Oahu, Maui, Seattle, WA., and Guam. She is survived by her 3 children, Karen, Ted, and Guy, 9 grandchildren, and 4 great-grandchildren. Funeral Services will be held on November 9, 2025 at the Veterans Cemetery in Makawao. Kats was a strong advocate for the Trimble Foundation and encouraged many of her caregivers at Hale Makua Health Services, where she spent her final years, to apply for grants or scholarships from the foundation. She was strong in her Christian faith and was eager to support FCE programs. She applied skills she learned in FCL training to her church and other community associations. She had a warm smile and an infectious giggle and was always willing to help whenever help was needed. She will be greatly missed by all whose lives she touched.

# **HAFCE COUNCIL NEWS!**

# Hilo FCE - Terrianne Sewake/Martha Yamada - Hilo Council Co-Presidents, with contributions from Lynn Nagata

The Hilo FCE Council has a couple of events for the remainder of the year.

The newest event planned is our very first Plant Sale that will take place on Saturday, October 25th at Hilo Higashi Hongwanji Mission, from 8 to 11 am. This event is a new council fund-raising idea from our very own Council Treasurer, Jill Yamamoto, and it replaces our annual rummage sale. Yes, the main purpose of the plant sale is to raise funds for the Hilo Council, however, the vision goes beyond that. Jill's idea is to also educate its members and the community. From air laying to growing sweet potatoes in burlap bags to making seedling pots out of newspapers. How about learning to make a plant-based dish or how to make your very own tea from the hibiscus growing in your yard?

Looking forward to this event and will hopefully have lots of pictures for the next ECHO.



We will have our annual Planning Meeting on Saturday, November 8th and will brainstorm for activity and council project ideas for 2026.  $\downarrow$ 

After the planning meeting we will also work on our next project which is to assemble Hygiene Kits for donation to organizations like BISAC (Big Island Substance Abuse Council. This year we anticipate assembling 50 to 100 kits. ∠



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Our council's last event is our annual Installation and Recognition Luncheon which will be held on Saturday, December 13th at the Kamana Senior Center from 10:30 am to 2:00 pm. Looking forward to lots of fellowship, lots laughs, and a ton of delicious food!

So that will wrap up our 2025! Can't wait for 2026!



We mourn the loss of long-time member Harvey Chun of LHK (Lanakila, Haaheo, Kulaimano) FCE club. He passed away on July 3, 2025, at age 92. He and his wife, Molly, were constant supporters of all things FCE, especially the cutting and sewing of quilts to be donated to community organizations serving veterans, children, and the elderly. He continued to help his club and Hilo Council for many years after Molly passed away, with generous donations of his time and aloha spirit.



### ← Books for Newborn by Martha Yamada

The members of Hilo Council donated 248 books, 1 adorable bear, 2 stacking toys and a board game to the Hilo Benioff Medical Center Obstetrics (OB) Department. The Books for Newborn program encourages early reading and learning. This is the 20th year that we were able to continue this worthwhile program, and the parents were very appreciative of our commitment to their babies. Hilo Council was delighted to learn that the Hilo Benioff Medical Center Foundation Annual Report for July 2024 - June 2025 featured an article and photo from this year's Books for Newborns donations. There was a slight error in the names of the FCE members but we were please just the same! Members should be Martha Yamada, Jill Yamamoto, Cindy Yoshimoto, and Shirley Ito.

<u>Hui O Wahine Club April - August</u> SHARE POTLUCK DISHES WITHOUT ANIMAL PRODUCTS

The April program for Hui O Wahine Club was held on April 9, 2025, and planned by Martha Yamada and Colleen Alicuben. We asked our members to share a potluck dish without animal products, dairy, or oil. We were so delighted to see the many different delicious foods. Members were encouraged to participate in Contest 4, which is a very challenging one because we grew up cooking with oil and many recipes include oil! We learned that no oil doesn't mean no fat because our body does need some fat. Fat can be found in many foods but when it is processed into oils, they become very calorically dense. We learned about calorie density in different foods so that members can consider when they are putting their plates together. Great sharing on use of air fryer to decrease deep frying in oil, substitute for oil in baking, chopping methods, use of different cooking and bakeware. I always say the best part of FCE is learning from our very talented and experienced members who love to share  $\Box$ 

Handouts: Whole Food Plant Based Contest 4, Chart of types of oils used in cooking, fat content in nuts, Calorie Density Chart, and cooking methods other than using oil.

Recipes: Just Banana Muffins, Applesauce Vegan Muffins, Red Lentil Chili, Quinoa Salad, Kakuma Salad, Corn Tortilla Chips, Deconstructed Sushi, Italian Vegan Amaretti cookies.

HOW's **June** meeting's program was led by retired Boy Scout Troop #78 Scoutmaster, Miles Yoshioka. He tied us in knots by demonstrating "Square Knot", "Bowline", and "Clove Hitch" to

name a few. Members tried their best to knot but some of us were for naught! He was very patient and Wendy prepared Boy Scout themed refreshments of hot dogs, a layered s'more dessert, and fruits. Educational and delicious!





Miles



Terri and Carolyn

Judi, Joanne and Colleen

Our **August** meeting's program was presented by Terrie and Carolyn. Terrie explained how she learned a flower card craft at the National FCE Convention in July. She explained how to pound the plants' pigments (under a paper towel) onto the surface of the card. Very interesting and unique. Some members experimented using various techniques. Crafting this card definitely calms your aggressions!

Carolyn, with sample of card. & Terri



Debi, Karen, Debbie & Ann concentrating on their cards



Wendy, Gail, & Janet pounding





Ann Juliette Kukakina Nathaniel, age 97, of Hilo, died on July 13, 2025, at her Panaewa home. She was born in Honolulu, Hawaii, on March 5, 1928, and was raised on Lehua Street in Puueo, Hilo. She attended St. Joseph School for Girls. She served as a Legislative Coordinator for the Legal Aid Society of Hawaii, Staff Training Officer for the Hawaii County Economic Opportunity Council, and Supervisor of Four Community Service Centers. She is survived by her sons, James White III, Glenn White, and Jonathan Nathaniel, siblings, numerous grandchildren, great-grandchildren, great-grandchildren,

and adoptive children. She was a 71-year member of Lanakila FCE Club.

# **Kauai FCE - submitted by Laurie Ho**



Saturday ~ August 23 2025

Remembering PAST "Home Shows"

from four (4) day Farm Fairs to four (4) hour "tribute"
to past farm fairs.



The challenge to FCE members to create floral arrangements using plants and herbs from their backyards.

(right) Up-cycling and re-purposing ~ this teapot transformed into a beautiful floral arrangement. Emcee for the day, Rachel Secretario, supports KAFCE by purchasing lei made (deep dark red plumeria flowers) made by Frances Dinnan and floral arrangement designed by Marina Pascua.





(above)We had a few floral arrangements for sale.

(right) Club Musubi member, Suzie Yokoyama joins the HAFCE delegation at the NAFCE Convention. (what? Terrie Sewake's luggage got lost?)





(left) KAFCE contributes "sea animal crackers" to the HAFCE goodie bags for NAFCE Convention.



(right) Denise, you finished your project already? Caught talking story ~ catching up with Judy FullImer - NAFCE President



# **Maui FCE - submitted by Chaclyn Nagata**

## **Celebrating Our 2025 Scholarship Recipients**

The Maui FCE is proud to recognize our 2025 scholarship recipients.

Since 1979, Maui FCE has awarded more than \$214,700 in scholarships to 152 students pursuing higher education. What began with five \$200 awards has grown to today's \$2,000 scholarships—made possible through the sale of our beloved University Extension (UE) cookbooks.

This year's five outstanding recipients are – left to right:

- ❖ Ciana Cooper (Maui High School) Columbia University, Public Health & Biological Sciences (Pre-Med)
- ❖ Daphne Takahashi (Maui High School) University of Hawai'i at Mānoa, Psychology
- ❖ Kaysa Ong (Maui High School) Chapman University, Biology
- ❖ Malia Gates-Rose (Kamehameha Schools) Hawai'i Pacific University, Criminal Justice
- ❖ Maya Phillips (Seabury Hall) University of San Diego, Business Administration (Real Estate)













# <u>Windward Oahu FCE & Imiola Club – submitted by</u> <u>Ruthie Haitsuka</u>

JULY - SEPTEMBER 2025

#### **ACTIVITIES AND EVENTS - CLUB MEETINGS & PROGRAM ACTIVITIES**









#### JULY:

**Pat - Walking Taco**. Easy to serve. Tacos in a chip bag. Take fillings of hamburger, cheese, onions, sour cream, tomatoes, olives, lettuce, taco sauce. Using a fork or chop sticks, eat out of the bag. Saves serving dishes and people can walk around eating without spilling their tacos. Pat also had cupcakes for members.

#### **AUGUST**:

David (substitute for Ruthie who had doctor's appointment): Juarez Games. David gave the group some background information about the mission trip to Juarez, Mexico. Games will be for the orphanage and community church children for 60 per group. These games are more hands on so that the team will have more time spent with the children at the orphanage and the community church. At the orphanage, the children are usually between the ages of infants to 12-13. The little children, 2-5 age, stick to you like glue and love the attention, especially hugs. Most children can handle the games and are more than willing to participate. There's a leader can speak bi-lingual and helps us translate.

Games: Pictured below is the Roll the dice and place pompoms into appropriate numerical order; using string attached to box, get balls to slip through hole in center of box into a tub below, balance bottle cap on spoon and carry to cup, continue until all caps are in cup. Other games which the children will be playing include trace the lines with a pipe cleaner shared like a spoon with a pompom inside the pipe cleaner, using ping pong balls, bounce into cups, using egg carton (large tray) bounce ping pong balls to get three in a row (kids will have different colors of balls), for younger children, using the dozen egg carton, bounce balls six balls into carton, basketball grab with pipe cleaners using pompoms as the ball and pipe cleaners shaped as a scooper. In addition to these games, there will be coloring sheets, bracelet making, catching balls, tossing freebies, and making a bottle cap/clothes pin car.











Members also enjoyed refreshments of Australian finger limes, egg and shoyu with rice and Japanese jam and butter.

#### **SEPTEMBER:**

Jacquie: Easy Witches Hat Cookies. Using ready bought Oreo Thin cookies, cake frosting (white) and colored with Gel Food Colors by Wilton, sprinkles, and Hershey Kisses. Pat poured the frosting mixture into a baggie with a nozzle for ease of dropping frosting onto Oreos. Once the frosting was in place, decorated with colored sprinkles and then placing the Hershey kisses on top of the frosting. Yummy needless to say. Easy to make for Halloween treats for the upcoming Halloween season. In addition to the witch's hat cookies, there was pound cake, pastries and cupcakes to celebrate Ruthie upcoming 75<sup>th</sup> birthday on September 27<sup>th</sup>.

























If you couldn't guess who our mystery member is, the answer is: <u>Dr. Jacquie Maly from Windward Oahu Council!</u>

The first 3 members who did correctly guess are

Martha Yamada, Lynn Barut, and Margaret Cambra.

They all won gift certificates for Starbucks!

# Here are some vegan recipes from Hui O Wahine FCE members

## **Deconstructed Sushi**

Ingredients:

Cook 2 cups of rice

Season to taste with <u>rice vinegar or seasoned sushi vinegar</u>, start with about ¼ cup, add to desired taste

Add wasabi paste to your taste and mix well

Cut <u>nori sheets</u> into tiny strips or use powdered nori and sprinkle into rice

Chop sliced pickled ginger

Add any vegetables you would like, I used:

Sliced cucumbers

Frozen edamame, thawed

Use vegetable peeler to make <u>carrot</u> ribbons and chop to bite size

Mix and enjoy



#### **Applesauce Vegan Muffins**

Dark, moist, and scattered with raisins and fresh apple bits, these applesauce vegan muffins are perfect for breakfast or a snack.

Prep: 20 minutes Cook: 20 minutes Total: 40 minutes

#### **Ingredients**

- 2 cups whole wheat flour
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1 teaspoon cinnamon
- 1/2 teaspoon ground allspice
- 1/2 cup maple syrup (can use brown sugar)
- 1.5 cups unsweetened apple sauce
- 1/2 cup plant milk almond, cashew, etc
- 1 teaspoon vanilla
- 1 teaspoon apple cider vinegar
- 1 cup apples diced
- 1/2 cup raisins
- 1/4 cup crushed walnuts optional

#### Instructions

- Preheat the oven to 350°F. Wash apples and dice them into small pieces. Can be peeled if desired. Set them to the side.
- In a large bowl, mix together all dry ingredients: flour, baking powder, baking soda, salt, cinnamon and allspice.
- In a medium bowl, whisk together the wet ingredients including applesauce, almond milk, vanilla, vinegar and maple syrup.
- Pour the well-blended *wet mixture* into a large bowl with the *dry ingredients* and stir to make a nice thick muffin batter.
- Add the diced apples, raisins, and crushed walnuts (if desired) and mix well.
- Spoon or scoop the batter into a nonstick muffin pan. I don't recommend paper muffin cups because they stick to the paper.
- An ice cream scooper works well to scoop batter into the muffin pan.
- Place the muffin pans in the oven and **bake for 20 minutes**. If you're using a silicone nonstick pan, you'll want to place it on a baking sheet for support.
- Test for doneness by pushing a toothpick into the center of one of the muffins. When it comes out clean, the muffins are ready.
- Remove from oven, allow to cool, and serve



#### **NAFCE Rubber Duckies**

Each conference attendee received one of these little ducks in their conference bag with a name attached to it. In the evening of the opening day, a meet and greet event was held. As part of the festivities, Denise Smith directed the attendees to retrieve their rubber duckie and try to find the person in the room whose name was on it. Once found, they were both to ask of each other a) Where do you call home, b) Who is your family, c) What is your passion, and d) Why are you at this conference? It was a great mixer with people moving about the room and engaging in lively conversation. Lots of fun and a good way to meet new people. And everyone loved the ducks!

# 2025 ACWW - National FCE Conference Erlanger, Kentucky July 21 – 24 Photo Gallery



















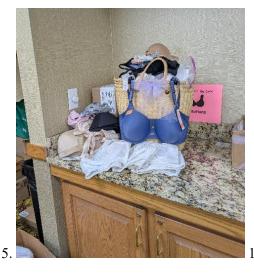


















Join us on April 26 – May 1, 2026 for the 31<sup>st</sup> ACWW Triennial World Conference in Ottawa, Canada. Information on registration, hotel, tours and session schedules can be found on the ACWW website: acww.org.uk. This is truly an event worth experiencing! We hope many of our HAFCE members will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

## **Photo Gallery**

- 1. VIP conference members sheltering from the tornado warning in a restaurant refrigerator L to R: Tish Collins UK, Magdie de Kock South Africa, Scott Teeples Oregon, Bonnie Teeples Oregon
- 2. Bonnie Teeples ACWW USA Area President, Judy Fullmer NAFCE president, Tish Collins ACWW Executive Director, Magdie de Kock ACWW World President
- 3. Hawaii FCE conference attendees L to R: Margaret Cambra Maui, Denise Smith Hilo, Lynn Barut Maui, Terri Sewake Hilo, Suzie Yokoyama Kauai.
- 4. Margaret selling auction tickets by the fist full to Connie Larrington Nebraska
- 5. NAFCE Character Counts! First Place Winner Samatha Lamenew from Maryland with Pamela McIntrye-Albaro NAFCE Program Coordinator
- 6. Judy Fullmer introduces the incoming NAFCE Board for 2026. L to R: Mary Alice Weber Program Coordinator, Sharon Giacometti Public Policy Coordinator, DeLores Walden Secretary, Bonnie Teeples President, Connie Larrington VP Programs, Margaret Polen VP Public Policy, Pamela McIntrye-Albaro Program Coordinator, Pat White-Woods Public Policy Coordinator
- 7. ACWW World President Magdie de Kock with Cincinnati Sheriff's Department Color Guard unit at opening ceremony.
- 8. Bonnie Teeples ACWW USA Area President at the ACWW display
- 9. Margaret Cambra the Auction Room queen!
- 10. NAFCE conference First Timers receive their certificates Terri Sewake of Hilo on far right
- 11. The John A. Roebling suspension bridge, spanning the Ohio River between Cincinnati, Ohio and Covington, Kentucky. One of the sights on the conference tour.
- 12. Information sheets and goodies for the conference bags. Ready for stuffing!
- 13. The conference bags 80 +
- 14. The Hawaii FCE crew Margaret Cambra, Lynn Barut, and Terri Sewake form assembly line for filling the bags.
- 15. Bra donations for "We Support the Girls" organization. Over 300 bras were received!
- 16. ACWW World President Magdie de Kock and Denise Smith HAFCE
- 17. One of many Auction items donated by HAFCE for fund raising. Hawaii goodies are always popular!

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