



The Homemaker Echo

Official Newsletter of the Hawaii Association for Family and Community

Volume 52 Issue 3

September 2026

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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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Homemaker Echo Editor

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PRESIDENT'S MESSAGE September 2026

Bringing the Aloha to National Conference!

The 90th Annual NAFCE Conference was held July 20-23, 2026, in Erlanger, Kentucky. Representing Hawaii were Margaret Cambra, Terrianne Sewake, Susie Yokoyama, and myself.



A big Mahalo to Denise Smith and the Hilo, Windward, Kauai, and Maui Councils for their generous contributions to our "Hawaii Goodie Bags." Attendees were so happy to receive these special goodies from Hawaii. We truly brought the Aloha to them!

This year's conference was shortened by a day, but I must say, it was still an overload of great information! The Hearth Fires presented were The W's of ACWW and Autism—Up-to-Date Research, Expanded Knowledge. The two FCL lessons were Public Speaking and Growing Forward—An Advocacy-Driven Membership Culture. Other informative sessions included "AI—The Good, the Bad and the Ugly" and "Screen Time—Children, Young Adults, Seniors." Please check the NAFCE website for these presentations and share them with your members at your council meetings.

And heads up—we are moving into the digital age! Reports and contests will be submitted to National electronically. This will help eliminate copying costs and postage. For our service project, we tied two pieces of fleece together to make a blanket, which was donated to a local shelter along with toiletries we brought from home. It was a wonderful way to give back while attending the conference. Next year's conference will be held in Lincoln, Nebraska! Yay! Let's start thinking, planning, and looking forward to another great conference. I hope to see many of you there!

Aloha and Mahalo from your Hawaii delegation!

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

Home Community Environment – Martha Yamada, Education Chair

Episode 4: Conquering Heart Disease – summary by Martha Yamada

Heart disease is the number one killer worldwide. This session looked at ideas on how certain foods improve circulation, reduce inflammation and protect your arteries. We explored how emotional connection, stress reduction, and sleep can safeguard your heart.

We learned about Dr. Dean Ornish's study that showed a 60% decrease in cardiovascular event rate in the treatment group with whole foods, plant-based diet, mindful meditation and exercise. His program became the first lifestyle intervention to be approved for reimbursement by Medicare and major insurance companies.

There was an interesting study that addressed Genetics vs. Lifestyle: The Twin study. 22 identical twins had one twin on a vegan diet and the other on a healthy omnivore diet. The vegan twin decreased LDL (bad cholesterol), weight, and had better telomeres (caps on our DNA that protect our chromosomes) in just 8 weeks.

Some helpful tips I learned are:

- 1. Eating 10 or more servings of fruits and vegetables affect oxidative stress. It's really in the colors, so eating the colors of the rainbow and both canned and frozen are just as good as fresh.*
- 2. Making sure to chew dark green leafy vegetables makes a big difference.*
- 3. Getting more than 30 minutes of walking a day, especially after a heavy meal.*
- 4. Getting more than six hours of sleep at night.*
- 5. Onions and garlic decrease blood pressure, cholesterol, and stickiness of platelets.*
- 6. Adding extra salt to food stimulates passive overeating because food tastes better, stimulating dopamine (feel-good hormone) production! It comes from food like pizza, cold cuts, cheese, and ultra-processed snack foods.*
- 7. Resistance training is important for muscle health, and you don't need to go to the gym! You can lift a bag of groceries, a load of laundry, gardening and moving things count. If you can work up to 150 – 300 minutes of exercise per week is great for your heart.*
- 8. Life is stressful. Good stress motivates us to move forward with purpose. Chronic stress leads to disease. So, find ways that work for you – meditate, do yoga, watch the sunrise or sunset, do forest bathing, walk*



bare footed on grass, look at the stars, pray, hike, journal, learn a new craft or skill, paint, listen to music, get a hug, give a hug, attend a meeting, call a friend, help another person in need, express appreciation and love to your pet, plant and loved ones.

Thank you for joining our FCE community to support each other by learning together and making small changes daily for a healthy heart.

Taking responsibility for our own health is something that we can strengthen by sharing what we learn with each other in our FCE community.

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.



Calendar for upcoming Home Community Environment

Zoom Workshops:

- **Sunday, October 4th 2:00 pm**
- **Sunday, October 25th 2:00 pm**
- **Sunday, November 29th 2:00 pm**

RECIPES

Aloha! We all love sharing recipes from our kitchens and from our workshops. Below is this month's collection of 4 recipes from Jill Yamamoto, Hilo Council Treasurer. She presented a wonderful workshop on August 30, 2026, as part of the on-going series of Zoom workshops presented by Martha Yamada, HAFCE Home Community Environment Chair. The recipe for Beet Hummus, Green Goddess Dressing and how to make a tortilla wrap using it, was presented in February at the Hilo R & R weekend. Unfortunately, I was unable to download her entire Power Point presentation from August 30th for the newsletter. My apologies! All these recipes are healthy, and can be converted to Vegan with a few changes. Enjoy!

Curry Chickpea Salad Sandwich ~ shared by Jill Yamamoto

1 15 oz can chickpeas rinsed and drained

2-3 T mayonnaise

1-2 T freshly squeezed lemon juice

1 tsp maple syrup or honey

2 tsp curry powder

½ tsp garlic powder

Salt & pepper to taste

2 stalks celery finely chopped

3 T raisins or craisins

Bread

Place chickpeas in large mixing bowl and roughly mash with a fork. Leave a few bigger pieces for texture. Add the mayonnaise, lemon juice, maple syrup (or honey), curry powder, garlic powder, salt, and pepper. Mix in the celery and raisins. Enjoy cold or at room temperature inside a pita, on bread, dipped with crackers, or over a bed of greens.

Thai Fried Rice ~ shared by Jill Yamamoto

4 T sesame oil
2 T minced garlic
1 T minced ginger
3 cups cooked rice
Cilantro, green onions, basil
Patis or salt to taste



Sauté garlic and ginger in sesame oil until golden brown and crisp. Add in cooked rice and mix well. Cook until rice is heated through. Add in cilantro, green onions and basil, mix and cook for another minute or two. Sprinkle a little salt or patis.

Note: patis has 1490 mg sodium/Tablespoon and Salt has 2360 mg/teaspoon

Beet Hummus ~ shared by Jill Yamamoto

1 15 oz can garbanzo beans, drained (reserve liquid, known as aquafaba)
7 oz cooked or roasted beets, cubed
2 T tahini
1 T lemon juice
3 T olive oil
1 garlic, pressed
1 tsp cumin
1 tsp salt
Black pepper



Place all ingredients in a food processor. Blend until smooth. If too thick, add some aquafaba (garbanzo liquid). (Look for already cooked and peeled beets at Costco in vacuum packaging)

Green Goddess Dressing~ shared by Jill Yamamoto



1/3 c green onions packed
1/3 c parsley packed
1/4 c basil or cilantro packed
1/4 c white wine vinegar
1/4 c tahini
2 T maple serum or honey
2 T lemon juice
1 clove garlic
Salt

Place all ingredients in a blender and blend until smooth.

Veggie wraps: Lay out tortilla and spread with beet hummus. Place veggies (see below) along the tortilla towards you in a line up to the middle. Roll folding on one side to hold the veggies in.

Veggie options: lettuce, cabbage, carrots, cucumber, microgreens, radish, sweet peppers, avocado, fennel, spinach.

Mediterranean Salad in a Jar ~ shared by Denise Smith

Yield: Makes five quart-sized jars

Ingredients:

1 ½ cups raw bulgur
3 cups boiling salted water
½ cup olive oil
½ cup fresh lemon juice
1 tsp salt
Freshly cracked black pepper
½ cup chopped parsley
2 cans chickpeas (garbanzo beans), rinsed and drained
1 English cucumber, chopped
1 bell pepper, seeded and chopped
3 Roma tomatoes, chopped
1 head romaine lettuce, chopped
5 oz feta cheese, crumbled
2/3 cup chopped kalamata olives



Directions:

- **Place the bulgur in a bowl or saucepan. Pour the boiling salted water over the top, cover and let sit for about 10 minutes, or until the water is absorbed. Fluff with a fork and let cool completely. To speed this up, spread the bulgur on a baking sheet.**
- **In a small bowl or measuring cup, whisk together the olive oil, lemon juice, salt and pepper. Divide the dressing evenly among the five jars.**
- **Layer the ingredients in each jar in the following order: bulgur, parsley, chickpeas, cucumber, bell pepper, tomatoes, romaine, feta, and olives. Secure the lids and refrigerate. Consume within 5 days.**

Notes: This is my go-to salad meal since I can make up several jars at one time and they will keep for almost a week. I use cherry tomatoes cut in half instead of Roma and swap the bulgur for other grains sometimes. Omit the feta cheese to make it Vegan. One jar makes a large meal size salad serving or two smaller side servings. D.S.

From the Editor....

A Reminder

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

Please send articles and photos to: cdsmith2139@gmail.com or 433 Sylvan Ave. spc 39 Mountain View, CA 94041 (808) 430-2097 cell ~ Leave a message if I'm not home.

Aloha, Denise



Trimble Foundation Distribution Committee – Chaclyn Nagata – Chair

The deadline for applications for Trimble Foundation 2026 grants or scholarships has past and the committee will review the applications submitted. Please spread the word to families, students, work sites, and community organizations that these funds are available to those who meet the requirements. 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 hawaiiifce.org website or by contacting any FCE Council President or Board member.

Deadline to apply: July 31,2027

HAFCE COUNCIL NEWS

Hilo FCE – Terrienne Sewake/Martha Yamada –

Hilo Council Co-Presidents

Hui O Wahine FCE Club Supports HJC and Poet Laureate

The Hawaii Japanese Center (HJC) sponsored an evening with Hawaii’s Poet Laureate, Lee Tonouchi. He specializes in writing in pidgin! When he shared that a famous local author told him he would never be accepted because he wrote/spoke in “pidgin” and two years later he was on the cover of a Honolulu magazine, Lee thought, “Wop ur jaws.” As Lee Cataluna wrote about Lee Tonouchi’s first book, “Da Word”, he tells stories dat going make you buss laff, choke cry, and nod yo head in a “das ‘how it is” kine way. We experienced all those emotions during his pidgin reading and left the event lighter and healthier because isn’t laughter the best medicine?

Hui O Wahine supports The Hawaii Japanese Center by volunteering at their various events, exhibits and gift shop throughout the year. HJC has been a grateful recipient of the Trimble Scholarship. Scholarship funds were used to subsidize school excursions to the center to educate the younger generations of the immigration experience of their ancestors. ~ submitted by Lynn Nagata – Hui O’ Wahine member





Hui O Wahine members with Lee Tonouchi

Kauai FCE - submitted by Laurie Ho & Frances Dinnan

“KAFCE participated in the Kaua’i Farm Bureau’s Tribute event at Kukui Grove on Saturday, August 29th. It was a scaled down version of what once was a multi-day County Fair. Local farmers brought out their produce and bonsai plants were displayed. KAFCE members made mini floral arrangements, crafts, Chex mix, and sold new and used books. The event was lively with fantasy characters, vendors, music, hula, and storytelling. Afterwards the produce from the farmers were distributed to everyone. We had a great day!”





Maui FCE- Submitted by Chaclyn Nagata

Celebrating Our 2026 Scholarship Recipients

The Maui FCE is proud to recognize the 2026 scholarship recipients.

*Since 1979, Maui FCE has awarded more than **\$222,700 in scholarships to 156 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 four outstanding recipients are:

- **Aleah Phillips** – University of Hawai'i at Mānoa, Business
- **Alyssia Hahn** – Creighton University, Chemistry
- **Julian Cortez** – University of Michigan, Aerospace Engineering
- **Riley George** – Creighton University, Biology (pre-med)



Aleah Phillips



Alyssia Hahn



Julian Cortez



Riley George



Windward FCE and Imiola Club- submitted by Kathy Uehana

July: One of the interesting parts of the meeting is the Monthly Question! The one for July – “Tell us something interesting about an ancestor” (idea came from Jacquie Maly’s picture about a movie actor relative). This brought forth many interesting backgrounds in each of our lives. Pat comes up with this fun portion each month as she is very clever.

David showed us Scratch Art and Bottle Cap Spinner which we all participated in and found it “fun”.

September: “Plant Based Food” – our program for the month. We brought food and recipes. It was a tasty and thought-provoking affair which enticed us to continue on with this addition to our menus. A good gathering and lots of learning!

Vegetarian Chili Recipe



Ingredients –

- 1 medium onion (diced)
- 1 stalk of celery (diced)
- 1 large bag of vegetarian burgers (thawed)
- 1 can diced tomatoes
- 1 can tomato sauce
- 2 pkg. chili seasoning
- 1 can black beans
- 1 can kidney beans
- 1 can whole corn

Directions –

- 1) Sauté onions and celery
- 2) Add vegetarian burgers to the pot and break into pieces, sauté them.
- 3) Add chili seasoning, tomato sauce and diced tomatoes.
- 4) Add beans and corn and simmer.

Stuffed Mushrooms

Ingredients

- Mushrooms
- Spinach artichoke dip
- 2 Tbsp. Butter
- Panko

Directions -

1. Wash and dry mushrooms
2. Remove the stems, dice stems
3. Heat butter and sauté stems
4. Remove stems and sauté panko in remaining butter
5. Cool sauteed stems and add to the dip
6. Fill mushroom caps and top with panko
7. Bake in the oven at 375 degrees for 20 minutes.



Members enjoying the various dishes brought to our meeting theme: Meatless Dishes



Mediterranean Salad



Pasta Salad



Veggie Hotdog



A sample of all



Chickpea Salad



Cheesy Hash Brown



Tapioca



Happy Birthday Wishes to Ruthie (9/27)



Aloha Kathy! Although you were here with the Imiola Club for a short time, you sure had fun with your enthusiasm and much laughter. We have enjoyed your home hacks and now use them. Don't worry - you'll stay connected with Windward and HAFCE!



National FCE Conference ~ July 20 – 23, 2026 Erlanger, Kentucky



HAFCE donations for goodie bags



HAFCE attendees



More goodies!



Making a fleece blanket for those in need



All Pau! Good job Ladies!



HAFCE items donated or made for National FCE fundraising at Chinese auction

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