



The Homemaker Echo

Official Newsletter of the Hawaii Association for Family and Community Education

Volume 48 Issue 2

June 2022

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Go Paperless! ~100 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

cdsmith2139@gmail.com

(650) 969-3422

PRESIDENT'S MESSAGE

June 2022

How's it going? Everyone doing okay? Things were looking bright and upbeat but just as we are able to start meeting in person, planning and executing our events but most of all, seeing our friends again, it looks like Covid is making its ugly head back into our lives AGAIN! I just read that Kauai, Maui and Honolulu has seen a spike in cases and rising dramatically. Whow! What does HAFCE councils and members do now? Well, we go back to being very diligent about our surroundings and take extra precautions so that we can be safe and stay healthy. At this point, please, wearing your masks is one thing that we can control as well our surroundings.

On another note, regarding Covid, please give some feedback as to how the Covid Guidelines that was adopted has been working for your council and its activities. One of our members on the Executive Committee was in contact with Covid and immediately self-quarantined for safety reasons. She has made a recommendation for a change in the Guidelines which your Executive Committee has approved and your council president should have the latest version for you to use. If your council has any recommendations to better the form, please forward to me and it will be addressed at our next Executive meeting.

The Future of HAFCE Committee (Dissolution) has met and forwarded to your council president the Recommendation for the Future of HAFCE. This Recommendation proposes that should there be a vacancy for any position on the Executive Committee and no volunteer comes forward to fill it, the Recommendation will be implemented (islands are assigned the positions of president, vice-president, secretary and treasurer) on a rotational format for two years. Should you have any questions, please speak with your council president for clarification.

Let me remind councils that July 24 is the deadline for nominations for the positions on the Executive Committee for Secretary, Treasurer and other positions on the Board are due. Jacquie Maly will or should have contacted councils and/or individual members to see if any are willing to serve in these positions while she will be your incoming president for the next two years. Please help her out and volunteer when she asks.

On June 4th Susan Stewart, International Education Chairperson did her presentation on picked vegetables and smashed cucumbers. It was very disappointing to have only eight members join in for this excellent presentation. Susan put a lot of work in the planning and executing of her workshop. Not only did she do a PowerPoint but also did two demonstration videos. Her presentation will be posted on YouTube for



viewing.

Your Educational Chairpersons put in a lot of time to formulate their presentations for all of you. I do hope that you will share the Zoom link with your friends but most importantly, join in for these workshops. This is one way we as HAFCE members can invite new people to our organization. Who knows what may kindle their interest? Please mark your calendar for future Education Chairs program presentations: August 6 and September 24. More information should be forthcoming from our Vice President, Jacquie Maly.

Next month, I will be attending the NAFCE Conference in Portland, Oregon along with Patricia Kubo, Windward Oahu/HAFCE Treasurer, Lynn Barut and Margaret Cambra, Maui Council President and Vice-President respectively. We

President Message Continued

look forward the meeting old friends as well as getting new information from NAFCE regarding programs and status of our organization. Stay tuned for information from this conference.

We are at the middle of 2022 and time is flying by so fast. Maui is busy planning the 2022 HAFCE Convention, the Annual Meeting to elect and install your new Executive Committee, new board members, and new programs as your new team comes on board, but this can only happen with members stepping up to fill positions. New and fresh ideas are always welcome, so join the team for 2023-2024!

Take care, be safe, enjoy each other whether in person or electronically, snail mail or other means. Time never stands still and before we know it, we blink and say "where did the time go". Don't put off things we wished we did today but do it and say, "That feels really good. I'm glad I did that instead of putting it off."

Ruthie Haitzuka, HAFCE President

Hawaii FCE Board Members

Executive Officers

President ~ Ruth Haitzuka
Vice President ~ Dr. Jacqueline Maly
Secretary ~ Frances Dinnan
Treasurer ~ Pat Kubo
Past President ~ Katsuko Enoki

Education Chairs

Health ~ LaVanda Salas
Home ~ Lynn Barut
International ~ Sue Stewart
Leadership ~ Kalei Tong
Youth ~ Terrienne Sewake

CES Advisor

vacant

From the Editor....

A Reminder

The deadline for articles for the next issue of the Homemaker Echo is: **September 10th, 2022**



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

NAFCE Promotion still available

What a Deal!! Attendees of the NAFCE Winter Break Meeting, held on February 25th, were offered a promotion on the Hearth Fire book series 1 – 71. Numbers 1, 2, 6, 10, 14, 19, 20, 25, 35, & 42 are no longer available. The attendees are able to order several of these Hearth Fire books just by paying the postage. Ideas for the use of Hearth Fires are schools, hospitals, clinics, social service offices, senior centers, district meetings, state conventions, local & county meetings, food banks, welcome baskets, a small item to stick in a neighbor's thank you. The list goes on!

Suggested postage amounts are:

- Small Priority Box is \$8.25 – will hold 50 HF
- Flat Rate Priority envelope is \$7.75 – will hold 50 –60 HF
- Medium Priority Box is \$14.25 – will hold up to 400 HF

If you are interested, contact Pat Kubo, Jacquie Maly, or Denise Smith who can place an order for you.

International Education Chair - Sue Stewart

An International Workshop Program was held on June 4th by Sue Stewart, via Zoom. It featured a cooking demonstration on Chinese Smashed Cucumber Salad and Mixed Vegetable Pickles. For those who missed Sue's demonstration, it was videoed and will be available on YouTube at a later TBD date. We will notify you when it is available.



Mixed Vegetable Pickles

Sauce: 4 cups boiling water 3 cups sugar
 8 tsp Hawaiian salt 2 cups vinegar

Vegetables: 3 turnips 2 Japanese cucumbers
 4 bell peppers 3 celery sticks
 2 cauliflowers 2 carrots
 2 Maui onions (large)

Slice all vegetables in bite size pieces and fill a gallon jar.

Combine sauce ingredients till salt and sugar are dissolved and sauce is boiling. Pour hot sauce into the gallon of vegetables. Then immediately refrigerate to keep veggies crunchy. Keep in refrigerator for 15-30 minutes, then place in bottles.

Smashed Cucumber Salad with Spicy Gochujang Dressing - Serves 4

Ingredients

6–8 Persian cucumbers or 1–2 English cucumbers (about 1 1/4 pounds)
1 teaspoon kosher salt
2 tablespoons toasted sesame oil
2 tablespoons rice wine vinegar
1/2 teaspoon high quality shoyu
1/2 teaspoon mild honey
1 tablespoon [Gochujang Fermented Chile Paste with Sesame](#), plus more to taste
2 green onions, finely sliced
1 1/2 tablespoons sesame seeds, toasted

Directions

- To prepare the cucumbers, place one cucumber on a cutting board and flatten, using a rolling pin or heavy-bottomed skillet, applying gentle pressure until they begin to crack but don't fully lose their shape.
- Repeat with the remaining cucumbers.
- Slice the smashed cucumbers on the bias into 1-inch pieces.
- Transfer the cucumber pieces to a colander, sprinkle with salt and toss to coat.
- Set the colander in a large bowl and let drain for 15 minutes up to an hour in the refrigerator (this will remove some of their water, making them extra crunchy and ensuring your dressing won't get watered down).

While the cucumbers are draining, make the spicy gochujang dressing.

- In a medium bowl, combine the sesame oil, rice wine vinegar, shoyu, honey and gochujang and whisk until emulsified.
- Taste and adjust seasonings, if necessary. Set aside.

- Remove the salted cucumbers from the refrigerator and discard any extracted liquid.
- Pat the cucumber pieces dry with a paper towel or clean tea towel and transfer them to a serving bowl.
- Add the dressing and 3/4 each of the sliced green onions and toasted sesame seeds, and toss to coat.
- Garnish with the remaining sliced green onions and toasted sesame seeds.

Youth Education Chair - Terrienne Sewake

2022 Character Counts! ® Essay & Artwork Contest Winner!

Meet the HAFCE Character Counts! ® Winner, Hayes Beissel, from Ms. Victorino's 4th grade class of St. John Vianney School in Kailua. Hayes' following essay and drawing also won First Place in the NAFCE contest. Congratulations Hayes!!



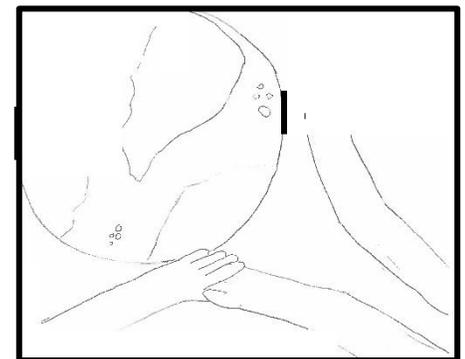
Fairness

I think fairness is important. Despite what I think, though, people still make excuses for showing unfairness. Race, age, skin color, gender and so many more things are the ridiculous reasons of why some people are discriminating and showing unfairness to others. If you actually think the world is fair, look around you. Unfortunately, the world isn't fair. Even more unfortunately, that causes people to act unfair. The worst thing about unfairness, though, is that there are so many beautiful things in life and unfairness ruins them. Hopefully though, I can change that. Hopefully, I can make the world a better place. If I want to make the world a better place, I have to start acting better. By better, I mean fair. If I keep on acting fairly, and give my idea enough hope, people will see how I act, and maybe, just maybe, act fair too. I just hope my plan works. I really want to change the world. Why, you may ask? This is why: The world is a dangerous place. I want to make it safer. People are getting hurt. Someone needs to help them, and I can do that. The world is unfair. I want, more than anything, to change that. I guess it could be impossible. With my loved ones by my side, though, I can do anything.



Free to a Good Home!

If you would like one or more of these Hawaii FCE enameled membership pins, they are available for free! Contact Denise Smith at cdsmith2139@gmail.com or at 808 430-2097 (cell/text) or 650 969-3422 (home) with your name, mailing address, contact info, and how many pins you would like have. Denise will mail them at no cost to you. We have about 40 pins available so there are plenty for your entire council!



Fairness artwork by
Hayes Beissel



Trimble Foundation Distribution Committee - Denise Smith

The TF Distribution Committee will meet in September of 2022 to determine awardees and amounts of funding to be distributed. Committee members for this term (2022 - 2023) are Stephanie Namihira - Big Island, Terry Phillips - Kauai, Stephanie Borges - Maui, Dr. Dixie Dumarán - Oahu, Katsuko Enoki- HAFCE past president, Meleen Pang Corenevsky - Bank of Hawaii trustee, and Heather Greenwood-Jukermeier - CES advisor - Maui. The HAFCE Executive Committee voted on Oct. 6, 2021 to increase the amount of funds available for distribution to \$20,000. This is a considerable amount compared to past years so we hope that we can spread the word to our high schools, colleges, universities, and community organizations, to apply. Individuals applying for scholarships can be FCE members, members of our families, or members of the public. They can be first time college students or returning students. Organizations who apply for grants must be a non-profit dedicated to the betterment of communities through health, welfare, or education.

Application forms are available on the hawaiifce.org website or by contacting any FCE Council President or Board member. Deadline to apply: July 31, 2022

Welcome New HAFCE Members!

We would like to welcome these new members -

**Adeline Correa – Hoike Club Hilo Council
June Magarro - Hui O Wahine Club Hilo Council
Andrea Shea - Hui O Wahine Club Hilo Council**

We are so happy that they have joined our group! If you recruited them, please ask NAFCE for your star pin.

***Pat Kubo*---- Membership Chair**

ACWW Quilt Sneak Peak - Denise Smith



SomeBUNNY will be lucky enough to win this year's ACWW Quilt! The quilt is named in honor of our outgoing president, Ruthie Haisuka. It is called "Ruthie's Rabbits". The quilt features 20 darling little bunnies made in stunning blue Japanese Kasuri style batik fabric. The size is 56" X 67". This year's quilt fund raiser will be for the Associated Country Women of the World (ACWW), a world-wide organization that HAFCE belongs to, via NAFCE. Tickets are available for purchase from your council presidents for \$5 each or 3 for \$10. The lucky number drawing will be held during the Maui hosted Annual Meeting on September 24th. Good luck to all who purchase tickets!

2021 ACWW Quilt Winner - David Haitzuka
"Kyoto Kimono"

This quilt brought in \$1,030 in donations to ACWW. Mahalo to all who purchased tickets! Our donation goes towards providing rural woman around the world with education, health, and income skills. It also provides necessities such as water wells and health services, to help their families and improve their lives.



[A Message from Past President Katsuko Enoki](#)



Hi Everyone in my FCE Family!
I send you my love and greetings from Hale Makua, my residence since 12/14/21. Although I am absent from you in body, I am still with you in spirit. As you know, I had a fracture of my third and fourth cervical vertebrae when I fell on 12/5/21 at home. I am grateful that I am alive and mending - this experience has strengthened my faith in God and my heart is touched by your love in so many ways. Please forgive me for not responding to you individually. My precious daughter Karen has come from Seattle since 12/25 til now and my son Guy, working fulltime, has been so helpful. Some of you have asked for my address here:

Katsuko Enoki
Hale Makua
Ilima Room 132
472 Kaulana St
Kahului, HI 96732

Continue to love one another and support your leaders. God bless all of you. Mahalo and much aloha. Kats Enoki & Family

Update: On June 17th, Kats underwent surgery to stabilize her neck. She is currently recovering with daughter Karen by her side.



Save the Date!

2022 HAFCE Conference

Saturday, September 24, 2022

8:15 am

Hosted by Maui FCE

**Includes: Business Meeting, Installation of Officers, Guest Speaker,
food demonstration, quilt drawing**



Zoom Cooking Workshop

Enjoying more meatless and dairy-free dishes can offer nutritious, satisfying foods to support your health, so let's get cooking! Join Extension agent Marielle Hampton on **August 7 at 2 pm** for an online cooking demonstration focused on making a delicious plant-based meal. We'll be whipping up a healthy and tasty taco dinner. A shopping list, preparation instructions, and recipes will be sent out beforehand for those that want to cook along with us live. Hope to see you there!

Contact Jill Yamamoto at yamamotojill@gmail.com to register and receive the Zoom link.

Presented by Marielle Hampton
Junior Extension Agent for Intergenerational and Youth Development Programs
University of Hawaii at Mānoa, College of Tropical Agriculture and Human Resources

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Hilo FCE – Submitted by Martha Yamada



Hilo O Wahine Club invited Chad Shibuya, RN with Hilo Medical Center and Manager of Infection Control Department to be our guest speaker in January, 2022. One of the positive things from the pandemic is that we were able to extend the invitation to HAFCE Board members since it was a Zoom presentation. There were 17 members and guest participants in attendance.

He shared a brief history of COVID and how as a community we responded to the many changes and challenges and how social media has a huge impact. He shared these cute quick tips:

“Protect the holes in our body” ... Our eyes, nose and mouth by wearing masks and glasses.

“Bubbles work, keep it small” ... Limiting exposure to others outside your immediate household.

“No test is 100%, protect yourself outside your bubble” ... Get tested if you feel sick and isolate at home to protect others.

“The best mask is one that fits you well” ... because you are not touching it to adjust with your dirty hands.

Home testing is best used when sick vs exposed and remember to check the expiration date!

He was such an enjoyable speaker to listen to and we learned how hard the dedicated workers of the hospital are caring for us.

On March 2, 2022, Governor Ige announced the end of Hawaii's Safe Travel program and several other COVID-related mandates, when the emergency proclamation ends March 25. John DeFries, Hawaii Tourism Authority President said, “It is time for us to also be increasingly more responsible to how we handle this new freedom. With the return of our liberties comes on an increased amount of responsibility.”

The governor is keeping the mask mandate in place and monitoring the outcomes of changes to programs as the pandemic is not over. I would like to thank all of our members for continuing to seek knowledge to do what is necessary to protect yourselves and your neighbors. This is a critical time so please be safe and looking forward to a bright future for FCE.



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