



The Homemaker Echo

Official Newsletter of the Hawaii Association for Family and Community

Volume 52 Issue 2

June 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 June 2026

Happy Summer!

As the days grow warmer, please remember to stay hydrated and take care of yourselves while enjoying all the activities this season brings.



A heartfelt mahalo to the Kauai, Windward, Hilo, and Maui Councils, as well as Denise Smith, for your generous contributions and support for our upcoming National FCE Conference next month. Your kindness and commitment are greatly appreciated.

Margaret Cambra, Susie Yokoyama, Terrie Sewake, and I are honored to represent Hawaii at the conference. We look forward to sharing the Aloha Spirit of our islands and bringing back valuable information on the new Hearth Fire series, FCL workshops, and other educational opportunities that will benefit our members.

Thank you for continuing to share the mission and values of FCE through your service, leadership, and community involvement. Your dedication helps strengthen our organization and enriches the lives of those around us.

Much mahalo for all that you do, and best wishes for a safe and enjoyable summer!

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 3: Nurturing a Thriving Microbiome – summary by Martha Yamada - HCE Education Chair

Thank you to all those that attended the HAFCE Home Community Education (HCE) Session on April 26, 2026. We learned how simple daily actions can transform your microbiome (gut health) and improve long-term health. An imbalanced microbiome has been linked to everything from inflammation and chronic disease to mood disorders!



I did not know that there were trillions of microbes in our gut that breaks down the food we eat and turns it into energy to sustain our lives. I learned that gardening, exposure to soil and plants, help to diversify the microbiome in our gut and strengthen our immune system.

Simple daily actions:

- 1. Fiber is what feeds beneficial bacteria in our gut. Eating cruciferous vegetables like broccoli, and fruits like jicama nurture the gut bacteria.**
- 2. Fermented foods like plant-based yogurt, kefir, sauerkraut, kimchi, and miso contains up to a billion live bacteria.... it is like a live vitamin!**
- 3. Consuming more than 30 different plants per week – try making a list and you will be surprised what you are already doing for your gut health.**
- 4. Eat plant-based soluble fiber like apples, oats, and chia seeds to support bowel regularity which removes toxins from your body and improve gut barrier function.**
- 5. Heal your microbiome by eating foods like garlic, onions, leaks, and asparagus.**
- 6. Clear your digestive pipes with thin liquids like water, sparkling water, herbal teas, low sodium broths, even water rich fruits and vegetables like cucumbers and melons and leafy greens. Staying hydrated is important as we increase fiber in our diet.**
- 7. Small simple swaps like whole grain bread (look for whole grain yellow logo) instead of white bread or brown rice instead of white rice. Adding tomato or avocado (10 grams of fiber) or leafy greens to a sandwich.**
- 8. If you experience gas or bloating as your gut microbes change, go slow like 1 tablespoon, and increase over a couple of weeks.**
- 9. Cut back on ultra-processed foods, sugar, and artificial additives to reduce strain on your gut.**
- 10. Spending time outdoors with activities such as gardening, walking, or hiking, and being in nature exposes you to more microbial diversity and helps to lower stress levels.**
- 11. Listen and pay attention to the fabulous feedback from your gut. Acid reflux? Are you eating late at night? Too large a meal? High fat content in your meal? Too much caffeine that opened that sphincter? Feedback is for our survival and benefit us to keep healthy and alive.**

Interestingly, Dr. Angie Sadeghi stated that there is no reason anybody should be taking probiotics because the research shows that taking probiotics is not converted to any health benefits. They are costly and side effects are unknown.

HAFCE Contest 5: Healthy Habits Winner

**Congratulations to Jill Yamamoto from Hanalike Kakou Club! →
 Jill was presented with a book: The Anatomy of Wellbeing by Monisha Bhanote, MD
 Thank you for sharing your helpful habit tips!**



<p>Food</p>	<ol style="list-style-type: none"> 1. Start with your easiest meal of the day... perhaps breakfast. 2. Start by adding vegetables, fruits, legumes (anything that comes in a pod) to meals. 3. Try plant-based milk (soy, almond, oat, etc.) to replace animal milks. 4. Try new grains – colored rice, quinoa, millet, chia, farro, buckwheat, etc.) 5. Cheese is one of the hardest things to eliminate but nutritional yeast is best substitute for cheesy flavor. 6. Snacks include veggie sticks, sweet potato, nuts, roasted chickpeas.
<p>Support</p>	<ol style="list-style-type: none"> 1. Find friends on same journey to share recipes and ideas. 2. Keep a food log to find patterns. 3. Share your “goodies” that you are trying to avoid and donate to meetings, work, parties. 4. Take your favorite vegan dish to potlucks so you have a meal to eat.
<p>Cooking</p>	<ol style="list-style-type: none"> 1. Attend cooking class/demonstrations to sample new foods. 2. Make a recipe binder for the recipes you will make again. 3. Substitute eggs in baking with mashed banana, apple sauce, etc. Hint: buy small “to go packs” of apple sauce to decrease waste and spoilage instead of the large bottles or pour it into ice trays for storage in freezer until ready to bake. 4. Vegan feta made with tofu. 5. Tofu press is nice tool to drain water from tofu. 6. Find meat substitute – soy Rizo, walnut type, TVP (textured vegetable protein), etc. 7. Do not need to be completely vegan, still uses butter & oyster sauce.

	8. Microgreens are ready to eat in 1-week. (1 Tbsp of broccoli sprouts = nutrition of a head of broccoli). Add them to salads, sandwiches, or wraps.
Movement	1. Exercise is as important as healthy eating.
Cost savings	1. Use gift cards to buy new ingredients to try that you normally would not buy.
Eating Out	1. Look for vegan options and restaurants to try: King's has tofu and vegetables, Bahn Mi; Kamana Kitchen has vegan & vegetarian choices.

Many thanks to Amy Miwa from Hoaloha Club for sharing her healthy tips.

Food	1. Drink water with meal to help you fill up and digest better.
Support	<ol style="list-style-type: none"> 1. Start with what you love. 2. Learn about nutrition and plant-based meals. 3. No need to go “cold-turkey” – eat more veggies and grains that you like. 4. If you are in a situation where there are lots of meat and not much else, enjoy it! Just eat plant-based at your next meal. 5. Do not let commercials sway you to buy meat substitute, try a little first. 6. Enjoy the journey.
Cooking	<ol style="list-style-type: none"> 1. Found shitake, aburaage, dried tofu, frozen tofu as good substitute for meat. 2. Mochiko tofu replaced Korean fried wings. 3. Add barley and wild rice to soups. 4. Ease back on white rice and enhance it with barley, millet, pressed barley, different colored rice (red, black, purple, etc.) 5. Use meats as condiments instead of focal point, like fish as a side dish. 6. Challenge yourself to create a plant-based version of your favorite foods, which taste good, feel good, looks good with a good mouth feel, not overly costly and does not require a bazillion ingredients.
Cost Savings	1. It is FUN to garden and harvest.
Eating Out	<ol style="list-style-type: none"> 1. Order a McTeri Burger with mayo and meat on the side and dip in rather than deal with the goopy mess. 2. Rib-eye steak: enjoy some then doggy bag the rest.

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

Marielle Hampton, Hawaii Island CTAHR Extension Agent, presented a cooking demonstration titled "Cooking with Whole Grains" via zoom on May 31, 2026 as part of HAFCE Home Community Education series. She gave some great ideas on how to try new ways to increase fiber and grains into our diet. Hope you learned some new recipes to share with our FCE family and participate in our next cooking demonstration that will be on August 23, 2026 - "Cooking with Spices".

Recipes from May 31, 2026 HCE on line session – presented by Mariele Hampton-Bowman

Banana Bread Overnight Oats

Adapted from [Lemons & Zest](#)

Servings: 2

INGREDIENTS

- 1 ripe banana
- 1 Tablespoons peanut butter
- 1/4 teaspoon ground cinnamon
- 1/4 teaspoon vanilla extract
- 1/2 cup milk (non-dairy or regular)
- 1/2 cup old-fashioned rolled oats
- 1 teaspoon honey



DIRECTIONS

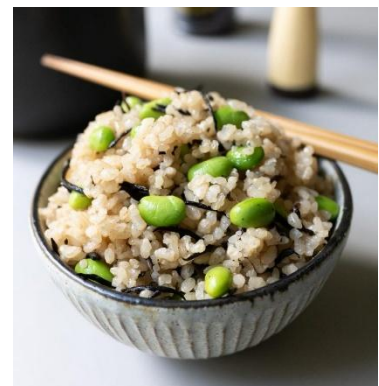
1. Mash banana with a fork (use a plate for more even mashing).
2. In a jar or container with a lid, combine all ingredients and stir well to mix.
3. Cover and refrigerate overnight or at least about 4 hours.
4. Serve hot or cold, loosening the mixture with milk as needed.

Edamame Rice

Adapted from *Wallace Zoller*

INGREDIENTS

- 1 ½ cups of brown rice
- 1 cup shelled frozen edamame beans, cooked according to package instructions and drained
- ½ bottle Seasoned Enoki Mushrooms with liquid (~3 oz)
- ¼ jar of Ochazuke Wakame furikake



DIRECTIONS

1. Cook rice.
2. Mix hot rice with half a bottle of Seasoned Mushrooms with liquid.
3. Add edamame and furikake. Toss together gently until mixed well.
4. Serve warm.

Wild Rice and Mushroom Soup

Adapted from [The New York Times](#), [Pinch of Yum](#), and [Gimme Some Oven](#)

INGREDIENTS

- 1 Tablespoon olive oil
- 1 small onion, diced
- 8 ounces fresh mushrooms, thinly sliced
- 3 cloves garlic, minced
- 2 medium carrots, diced
- 2 stalks celery, diced
- 1 cup uncooked wild rice
- 5 cups vegetable broth
- 1 teaspoon salt
- 1/2 teaspoon dried sage
- 1/2 teaspoon dried thyme
- ¼ cup of white wine (optional)
- For finishing:
 - sour cream OR vegan cream cheese



Electric Pressure Cooker Directions: Using the sauté function on high, add oil to the pot and sauté the onions and mushrooms until softened. Add the garlic and cook for another minute. Add the carrots, celery, wild rice, broth, salt, and dried herbs. Pressure cook on high for 35 minutes.

Carefully quick release the steam and let cool slightly before serving. Serve hot, topped with sour cream or vegan cream cheese to stir in for a creamier texture.

Stovetop Directions: Sauté carrots, celery, onion, garlic, and mushrooms with oil. Add wild rice, broth, salt, and dried herbs. Simmer until wild rice is cooked (1-2 hours). Thin the soup to desired consistency with broth. Serve hot, topped with sour cream or vegan cream cheese to stir in for a creamier texture.

Calendar for upcoming HCE Zoom Workshops:

- **Sunday, July 26th** - Home Community Environment Workshop led by Martha – Cancer: Shattering Myths, Empowering Hope – The Lifestyle Strategies that Change Everything via Zoom.
- **Sunday, August 23rd** - Home Community Environment Workshop – Food Demonstration



Youth – Terrienne Sewake, Education Chair

The final judging for the **2026 HAFCE Character Counts!** ® contest was done by 10 judges who are co-workers and friends, in and out of my office.

The winners were: **1st Place** – Parker Jean “PJ” Hashimoto from DeSilva Elementary (Hilo), **2nd Place** - Mabel Ellis-Elgart from Kapaa Elementary (Kauai), and **3rd Place** - Kahana Boulter from St. John Vianney (Windward). The first-place winner has been forwarded to National FCE for further judging. Thank you to all who participated and congratulations to our exceptional students who are the WINNERS!



Trimble Foundation Distribution Committee – Chaclyn Nagata – Chair

The deadline for applications for Trimble Foundation grants or scholarships is fast approaching! 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 hawaiifce.org website or by contacting any FCE Council President or Board member.

Deadline to apply: July 31, 2026

Congratulations to Denise Smith Hawaii's Heart of FCE 2026



Denise has been a dedicated member of Hawaii FCE for 35 years. She served as Hilo Council president, State Secretary, and State President, and was Office Manager for the 2007 National FCE Conference. She also served as National FCE Pacific Region Program Coordinator (2007 - 2010) and National FCE Alumni Committee Chair (2023 - 2025). Since 2013 she has been HAFCE Newsletter Chair. Denise is a true Heart of FCE, living its mission daily. She credits FCE with giving her the best education for life and while caregiving for her husband, inspired

others through her encouragement and compassion. She will be honored at the upcoming National FCE conference.

From the Editor....

A Reminder

The deadline for articles for the next issue of the Homemaker Echo is: **September 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

HAFCE COUNCIL NEWS

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



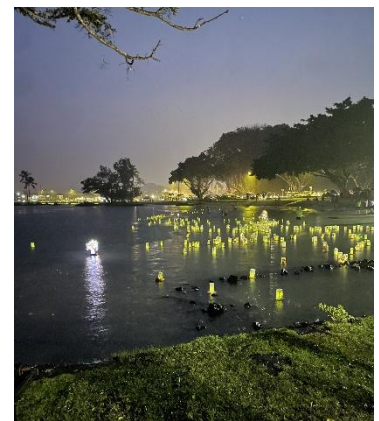
Books for Newborns

The members of Hilo Association for Family and Community Education (FCE) presented to Hilo Benioff Medical Center our Books for Newborn Project with 268 books and 3 puzzles to nurture the love of early reading for the 21st year.

← Pictured from left to right: Jill Yamamoto (Hanalike Kakou Club), Carolyn Sewake (Hui O Wahine Club), Lisa Rantz (Hilo Benioff Medical Center Foundation, Executive Director), Martha Yamada, and Colleen Alicuben from Hui O Wahine Club.

Hilo Council Community Service

Once again, Hilo Council FCE assisted community members during the 2026 Celebration of Life sponsored by Hawaii Care Choices (formerly Hospice of Hilo). Hilo clubs, Hoaloha and Hui O Wahine, volunteered in the lantern decorating tent and guided participants in their lantern illustrations. Participating in this meaningful and touching event brings bereaved family members closure and a way to say Aloha and Mahalo to their loved one (s).



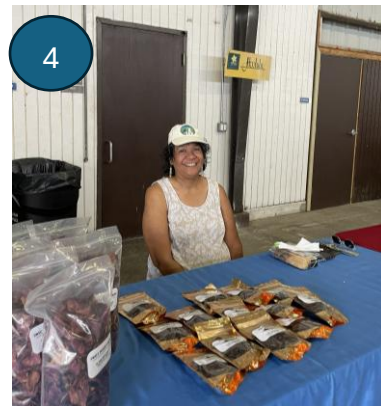
2026 Celebration of Life lantern release in Reed's Bay ↑



← Hoaloha's Karen Hamada and Lee Watanabe and Hui O Wahine's Karen Kawate and Lynn Nagata help at the Celebration of Life event.

Hilo FCE Fair

In Hilo, when it's early May, it's FCE FAIR time! Through social media, banners, posters, and radio PSAs, Hilo Council publicized our Fair. We held this year's fair on May 2nd at the JC Butler Building in Hilo. Clubs presented and sold their baked goods, hand crafted items, and plants to the public. They also offered blood pressure checks, diabetes, and other health information. This is Hilo's annual event for individual clubs to fund raise for their programs and projects. Do you know how the clubs get the community out 8:00 am? For the second year, as customers entered the Butler Building, they received a \$2.00 discount coupon to the first 25 people. The coupon was redeemed at a particular club's table. All clubs profited from our yearly fundraising and it's always enjoyable to view the creative products from other clubs. Please see our 2026 Fair through the pictures!





1. Hanalike Kakou Club - L to R: Kathy Inouye, Claire Kawahara, Barbara Fujimoto, Jill Yamamoto, Doris Saxer, Adeline Correa, Robin Fujimoto.

2. Hoaloha Club - Front Row: Amy Miwa, Lee Watanabe, Karen Hamada. Back Row: Laureta Ka'awaloa, Cindy Yoshimoto.

3. Hoike Club - L to R: Brenda Carreira, Kathy Watt-

Morton, LaVanda Sales, Jeanne Balog.

4. Hoolulu Club - Kalai Tong

5. Hui O Wahine Club - L to R: Coleen Alicuben, Eleanor Miyake, Karen Kawate, Lynn Nagata, Judith Fujiyama, Ann Kikuta, Debi Ueda, Debbie Shigehara, Gail Kimura, Hazel Bello, Doris Iwaoka, Janet Matsuo, Wendy Yoshioka.

6. LHK Club - L to R: Connie Pohina, Linda Pohina, Terrienne Sewake

7. Puna Wahine Club - L to R: Elizabeth Salfen & Alliyah Fukimori

8. Baked good for sale! Made by Hoaloha club

9. Many handmade items for sale by Hanalike Kakou Club

10. More handmade goodies from Hanalike Kakou Club

11. Health information table was staffed by retired nurses.

So Proud

The Hui O Wahine Club, as members, share their talents and resources by signing up to plan programs for the month, so it's always a surprise!

For the month of April, Colleen Alicuben asked her son, Dr. Evan Alicuben, to speak to our club members. Our members were so excited and anxious to listen to one of our own member's children who valued his roots and was willing to share his knowledge.



It was so special for three of our members, pictured above, as they were his teachers at Waiakea Elementary and Waiakea Intermediate. Being a graduate of our public school system made it extra special for them. Teachers were from left to right: Karen Konishi, Judith Fujiyama, and Karen Kawate. I could see how these members inspired his love of teaching.

Evan is a graduate of Waiakea High School's Class of 2006. He went on to receive his undergraduate and Doctor of Medicine degree from the University of Southern California in Los Angeles, California. He completed a General Surgery Residency at USC and a Fellowship in Cardiothoracic Surgery from the University of Pittsburgh Medical Center. He is board certified by the American Board of Surgery and the American Board of Thoracic Surgery.

Dr. Alicuben's presentation was titled, "Lung Cancer in Asian Women: An Under Recognized Problem in 2026". His takeaway points were:

- Lung cancer is the leading cause of cancer related deaths.
- Usually there are no symptoms.
- Incidence of lung cancer is rising in Asian women - Asian American women have the highest rates of lung cancer even though they have never smoked.
- Lung cancer screening can increase detection and decrease death.
- There are minimally invasive and targeted therapies that are increasing survival.

What can we do?

- Seek lung cancer screening - American Lung Association website- [About The New Low-Dose CT Lung Cancer Screening Test | American Lung Association](#)-
- Increase awareness and listen to your body - see your practitioner promptly if you have concerns
- Learn how to take care of your body by maintaining your cardiovascular and overall lung health
- Share what you learn with others.

Today, even here in Hawaii, Evan shared that we have high tech techniques to diagnose and treat cancer. Dr. Taryne Imai at Queen's Medical Center performs minimally invasive robotic lung biopsies. If cancerous, she is able to do the removal right after the biopsy. This is all done with no chest incisions. Having Dr. Alicuben speak was a treat for the club members. They were happy that he was able to share info that can impact many of us. More importantly, we were proud to see a Hilo born doctor back in town and trying to spread his knowledge.

Hilo Upcoming events:

- **Saturday, September 12th** - Hilo Council Plant Sale at the Butler Building.
- **Sunday, September 20th** - Fun Day - Kamana Senior Center

Kauai FCE - submitted by Laurie Ho & Frances Dinnan

WHAT HAS Kauai Association for Family & Community Education (KAFCE) been up to?



thegardenisland.com THE GARDEN ISLAND

CHARACTER COUNTS winners announced

Dennis Fujimoto THE GARDEN ISLAND

LIHUE — The Kauai Association for Family and Community Education presented six fourth-graders — two from Elsie Wilcox Elementary School, and four from Kapaa Elementary School — with awards from the CHARACTER COUNTS essay and artwork contest.

According to KAFCE President Laurie Ho, the contest for fourth-grade students that could take winners to the national level drew participants from just two schools and three teachers on Kauai. Ho said this year's contest theme of "Respect" drew a total of 16 essays and artwork under teachers Milagros Sagocio from Kapaa Elementary School, and Karen Heresa and Jessica Muraoka of Elsie Wilcox Elementary School.

First-prize winner Mabel Ellis-Elgart from Kapaa Elementary School was pleasantly surprised on Saturday when Ho informed her that, in addition to winning the island's first prize, her entry had also placed second in the state level competition.

Armed with certificates and individual goodie bags packaged by KAFCE, Isabella Hudson of Kapaa Elementary School earned the island's second place, and Rory Ford of Wilcox Elementary School finished in third place.

Honorable mention awards were presented to three students: Matarangi Kitashima and Breeana Gonsalves of Kapaa Elementary, and Marina Burns of Wilcox Elementary School.

The National Association for Family and Community Education contest is based on the CHARACTER COUNTS contest, and this year's theme was "Respect," one of the six pillars of CHARACTER COUNTS. The Six Pillars of Character are registered under the trademark of CHARACTER COUNTS and is a project of Josephson Institute of Ethics.

Respect involves treating others with dignity, valuing the differences, following the Golden Rule, treating others as one would like to be treated, and promoting tolerance and good manners.

Next year's theme rotates to another aspect of the Six Pillars. The luncheon that included a gluten-free option was prepared by members of KAFCE.

to support workforce develop- **Uncertain funding** waii's com



DEREK FUJIMOTO / THE GARDEN ISLAND

Success! We got our CHARACTER COUNTS!® awards presentation covered in our local newspaper.

←

Photo of Frances Dinnan (second from left), HAFCE Secretary, on a recent trip to South Korea in April 2026, with school friends, wearing a "hanbok" at Gyeongbokgung Palace.

Stalled ~ postponed and affected by the Kona Low Storms!

March 21st KAFCE prevailed
**HAPPY BELATED
BIRTHDAY Dr. Seuss** →



“Oh the places you will go . . .” ~ an interactive coloring exercise



Books for sale ~ Books being read ~ KAFCE participates because we believe in books and reading and is in line with FCE’s “Books for New Borns” National FCE program ←



SURPRISE!

Our Kauai **CHARACTER COUNTS!**® 1st place winner places 2nd in the State FCE competition.

← Mabel Ellis-Elgart

We prepared certificates for the participating students and gave them back their essays and artwork; they got cash awards and “Lemon-Up” golden yellow Girl Scout cookies with positive messages imprinted in each cookie →



← They got golden yellow eyelash yarn lei and little goodie bags





← When we learned that one of the students was gluten intolerant, we paid attention and read ingredients labels on foods we offered

Getting ready to assist **Kauai Museum** host **May Day 2026** ~ community outreach and helping another nonprofit organization



← Helping the attendees make lei in the **Make it & Take it** tent.



2026 Windward Oahu FCE & Imiola Club

Submitted by Kathy Uehana



April: Kathy - Quick Tips – Home Hacks!

Information shared on “49 Uses for Vinegar” which also is chemical free and at reasonable cost.

Vinegar Uses: *Make all-purpose cleaners by pouring with equal parts vinegar and water into a spray bottle*

1. Clean dirt off your computer and mouse with a little vinegar and a Q-Tip.
2. Clean your drains with vinegar and baking soda.
3. Wipe away mildew.
4. Clean and polish chrome and stainless steel.
5. Use as a fruit wash-rinses away germs.
6. Erase ballpoint-pen marks.
7. Erase crayon marks from clothes.
8. Remove stickers and price tags.
9. Disinfect cutting boards.
10. Restore wood paneling.
11. Remove carpet stains.
12. Keep car windows frost free.
13. Remove candle wax.
14. Conceal scratches in wood furniture.
15. Get rid of water lines on furniture.
16. Freshen your kitchen.
17. Trap fruit flies by placing some in a small bowl.
18. Wash out your washing machine and dishwasher



with 1/2 cup. 19. Wash away mildew from your shower curtain. 20. Put the sparkle back in your China dishes. 21. Remove mineral deposits from shower heads. 22. Whiten your grout. 23. Clean a coffee maker. 24. Remove stains from pots and pans. 25. Help bruises heal faster by applying a little vinegar. 26. Sooth a sore throat by gargling 1 Tb of apple cider vinegar with 1 tsp of salt. 27. Soften your cuticles. 28. Clean your toothbrushes. 29. Erase scorch marks. 30. Unset old stains. 31. Soak out blood stains. 32. Keep cut fresh flowers fresh. 33. Revive your paintbrushes. 34. Kill weeds in the yard. 35. Peel off wallpaper. 36. Clean cloths and sponges. 37. Keep unwelcome guests out of the garden. 38. Clean counter tops. 39. Clean and freshen the smell of the refrigerator. 40. Clean and disinfect baby toys. 41. Get rid of stubborn bathtub residue. 42. Spray vinegar along doorways to keep ants away. 43. Treat stained Tupperware with vinegar. 44. Shine porcelain sinks. 45. Pamper your skin by blotting it on with a cotton ball. 46. Treat a bee sting by pouring some undistilled vinegar on it. 47. Relieve sunburn by lightly rubbing it with vinegar. 48. Boil better eggs by adding 2 Tlbsp vinegar to the water – keeps them from cracking. 49. Make fluffier pancakes by adding 2 Tlbsp of vinegar.

- **Windward Character Counts Awards:** After selection of three Character Counts winners, Pat Kubo awarded the three winners at their school. One of the awardees was HAFCE 3rd Place winner. →



May: Pat and Wanda - Pollinators

The Hearth Fire Series “Pollinators” was used along with other references for this presentation which included honey tasting, quiz on pollinators, and making a Butterfly on clothespin! Jacquie had honey which was from UH Hilo laboratory and Alan Wong’s Restaurant partnership

“Adopt a Beehive”! This program is to promote research and development of healthy beehive practices, encourage entrepreneurship, and educate the public about honey bees and their relationship to local food production and sustainability.

The Honey Tasting included *Big Island Lehua Honey*, *Christmas Berry Honey* by *Makana O Ka Aina*, *Honey Butter* and a few others which were all different but tasty! Pat made tiny corn breads for us to taste the honey with.



June: Ruth - Community Project

We made bracelets for Ruth and David's church trip to Mexico – an annual event for them. This visit is to go there primarily to build a home for a family in need. Well, in Juarez, we do community service to the local church by feeding the children and family, and providing activities for them. The team puts together games as well as arts and crafts. Ruthie is in charge of all activities and crafts. One of the other community services that the mission team does is to visit the orphanage. Since the orphans do not have anything that belongs to them, we particularly make things so that each child will have a personal item or two for themselves. We provide goodie bags which consist of various toys, the bracelets that we're making, small stuff animals and snacks. The children are always so appreciative of anything that we give them.

We enjoyed stringing beads of many colors onto very easy elastic pieces. A good project!



Here's a quick look at the Programs and Hearth Fire books that will be presented at conference

NAFCE 2026 ~ 90th Conference

July 20 – 23, 2026

Hearth Fire Books:

“Autism: Up-to-Date Research, Expanded Knowledge”. - This fact filled lesson falls on the heels of a great deal of false information that has been released. You will learn the facts regarding diagnosis, traits and characteristics and therapy’.

If you are a parent, a grandparent or a friend you will learn about the prevalence and cause of autism as well as planning and preparing for the gap in services as the child transition from school-based services into adulthood.

“The W’s of ACWW” - The Associated Country Women of the World is nearly 100 years old and has been closely linked to National FCE since the moment FCE was founded. This lesson will give you the Who, What, When and Where andWhy FCE has such a close bond with ACWW. ACWW was organized to support rural women from across the globe and to address shared challenges. Issues today are as pertinent today as they were in the time of its infancy.

FCL Workshops

“Growing Forward: Building an Advocacy-Driven Membership” - This workshop will cover how to look for and recruit new members, what potential members are looking for, and lots of other good ideas and hands-on activities. Advocacy - - is about making voices heard and driving positive change in our communities and beyond. By championing important causes, we help bring attention to critical issues, influence public policy, and empower individuals to take action.

“Public Speaking” - FCL Leadership explains the importance of different types of communication when public speaking. Understanding ethics and responsibilities, requirements for an effective public speaker and general types of public speaking. How to prepare and select a topic for a speech. We all “fear” getting up in front of a group and speaking. Learn tips and ideas to make it easier for you. There will be hands-on activities.

“Screen Time: Children, Youth, and Seniors.” - Screens are everywhere and we all scroll on some screen. There are many effects with screen time.

Presentations:

- *Screen Time*
- *Our Fiduciary Responsibility*
- *AI: The Good, the Bad, the Ugly*



HAWAII ASSOCIATION FOR
FAMILY AND COMMUNITY EDUCATION
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