

Na Kilohana 'O Wahine Chapter The Superior of Women

Honolulu, Hawaii

**A Chapter of the
American Business
Women's Association
Chapter No. 6289**



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September Chapter Meeting:

Grow Your Own Groceries! Help Hawaii become more self sustainable! Meet Jean Brokish, Executive Director of Oahu Resource, Conservation, & Development Council on September 11th at JCCH! With 85% of Hawaii's food imported from outside the state, local agricultural producers are essential to our food security. The Oahu Agricultural Development Program (OADP) provides resources to enhance the capabilities of local farmers, ranchers and land owners. Oahu RC&D offers a variety of workshops and farm tours! Hear more about Integrated Pest Management; a holistic approach to pest management, designed to reduce insect and weed problems while minimizing use of chemicals.



Be sure to R.S.V.P. on evite.com Invite your friends!! See you at the meeting!

LET'S JOIN HANDS!

An afternoon of FUN & FELLOWSHIP at the
2013 ABWA JOINT CHAPTER MEETING!



Each chapter is to submit their list of attendees
and their chapter check by August 24, 2013 to:
Vivian Helehe'e Campbell
1025 Ilima Drive
Honolulu, HI 96817

The Mission of the American Business Women's Association is to bring together businesswomen of diverse occupations and to provide opportunities for them to help themselves and others grow personally and professionally through leadership, education, networking support, and national recognition.

President's Message

Aloha NKOW members:

Thank you so much for making our first chapter meeting a success! Thank you Marie for solely taking the overwhelming task to check in with all the multitude of collection for all the various events - putting Lesley and Kim through early training, too! We got to meet Buddy and Tilly and learn all about service and therapy dogs. It was very interesting to know how long it takes to train a puppy from only 3 days old until they are ready to serve about 2-3 years later. Special thanks to Akiko for your connection to get them! Thank you to all of you who participated in our SPOT analysis. I hope you all had fun participating in the mini garage sales and silent auction. Hope our newest initiated members; Janet and Lesley felt the warmth of aloha that Na Kilohana offers us.

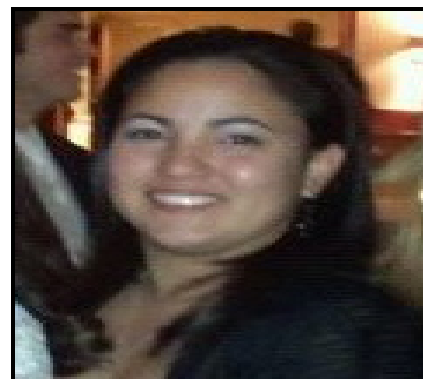
I would like to send a big thank you to Anastasia for coordinating our first community service event of the year at the Oahu SPCA.

We sure did our part in making sure the cat cages were clean, they had plenty of water and food, and clean litter. We also donated towels, dog food, kitty litter, and lots of bleach. It was heartwarming to know that we were able to help the animals in need. Don't forget to bring your canned goods or monetary donations to our September meeting for the local food bank.

We are looking forward to hearing from Jean Brokish, Project Manager - Executive Director for the Oahu Resource Conservation and Development Council. She will be speaking to us about Hawaii agriculture and how they support the farming community to ensure the protection of soil and water resources. Following this meeting will be our state joint

chapter event on Saturday, September 14th at Dole Cannery from 11am-2pm. Hope to see you there in reconnecting with our fellow ABWA sisters! Due to this additional event, we have shelved the visit to Kahuku Farms tour at this time.

T. Haunani Yano-Medeiros, President



Oahu SPCA (A No-Kill Shelter in Kapolei)

Roana Alexander's Insight:

Our first community service project arranged by Anastasia was with The Oahu Society of the Prevention of Cruelty to Animals (Oahu SPCA) in Campbell Industrial Park. Cyn Okiko, Volunteer Coordinator eagerly welcomed us with a brief history and a tour of the facilities, before getting to work! We learned that every animal has a story, and each one is unique. How could you not want to hold them and share some TLC!

We received the task of taking care of the cat kennels. While Anastasia took care of the soiled towels and bedding, the rest of us were

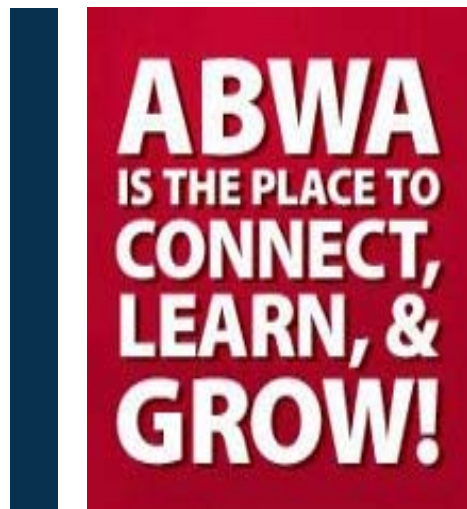
kept busy scooping kitty litter, collecting used water dishes and litter boxes, and replacing them with new food, water, and litter, as well as keeping the cats from running away. At the end of our mornings work, we were happy that our efforts made a BIG difference!

Volunteers and donations are a crucial part of the SPCA's existence! Please take a look at their website for more details on how YOU can volunteer or donate! info@oahuspca.org or call 808-754-1519

(See photos on page 4 and more on our members private NKOW facebook page – ask to join us.)

Vision Statement 2013-2014:

Na Kilohana O Wahine believes in the empowerment of women through educating our members, supporting our environment, and also giving back to our community. We welcome the special opportunities that surround our unique island home as we explore, honor, and respect the beauty it offers us daily.



2013-2014 Chapter Officers & Committee Chairs

President: T. Haunani Yano-Medeiros

Vice-President: Roana Alexander

Secretary: Akiko Ogawa

Co-Treasurers: Lorraine Taki & Patti Ann Hokama

Auditing: TBD

Community Service: Anastasia Keller-Collins & Lanae Santos

Fundraising/Advertising: Leilani Alcover & Executive Board

Membership: Karen Chang-Barr & Marie Espiritu

Newsletter/History: Executive Board

Nominating: TBD

Education/Professional Development

Program: Executive Board

Scholarship: Gloria Kelly & Claire Arakawa

Website/Facebook/Publicity: Executive Board

WOY/Top Ten: T. Haunani Yano-Medeiros & Yvonne Ako

A Policies and Procedures manual will be compiled this year for guidance to leadership and committees along with branding directions from National.

Best Practices Scorecard 2013-2014



Before Melon Season Ends...

In case you are still in a melon state of mind....Melons comprise of acid and sugar. When you leave a melon out to “ripen,” what’s really happening is that acid levels which are sour – drop, leaving only sugar.

Honeydew: For sweetness, the uglier the better. Look for a fruit with brown lines, called sugar webbing, which indicates the presence of sugar.

Cantalope: A yellow hue means the fruit is ripe. Thick netting on the rind indicates it’s more mature. Look for that winning combo.

Watermelon: Forget about listening for a specific sound, examining stripes or pondering yellow spots. It’s all about feel: Rest one hand on the side of the orb, then tap it on the other side with the other hand. You should feel a vibration in both hands, which means there’s a lot of water inside, indicating juiciness. No reverberation means the fruit inside is overripe and mushy. (article in the Star Advertiser provided these hints.)

Best Practices Scorecard (as of Aug 2013)	DONE!
Members (30-50)	28/30
Good Standing	x
Slate of Officers	x
All EB positions assigned	x
Submitted \$115	x
Tax return by 12/16th	TBD
Chapter Woman of the Year	TBA
SBMEF contribution	TBD
Member Survey (10) Effective mid June - end of Sept	15
SPOT Analysis	x
Vision Statement	x
Striving for Best Practices Course - all officers	x
Creating Your ABWA Experience Course - all officers	4/5
Annual Business Plan and Budget	x
Category on WIN: Business Plan (upload Plan, Budget and SWOT/SPOT)	x
Officers and Chairs on WIN	x
Standing Rules approved with ABWA's Proud Code of Conduct	x
Notification of Vote on Standing Rules published in newsletter	x
Category on WIN: Standing Rules	x
Maintained compliance with ABWA's Brand Guidelines	x
Professional Development Programs (9)	1/9
Sponsor Conferences (3-6)	TBA
One Attendee for National 2014 (President)	TBD
Quarterly Newsletter using ABWA's Brand Guidelines	2
Chapter Website using ABWA's Brand Guidelines	x
Chapter Facebook Page using ABWA's Brand Guidelines	x
Chapter Brochure using ABWA's Brand Guidelines	x
Reusable Growth Strategy (membership growth, engagement, diversity of league/name recognition)	TBD

2012-2013 ABWA Annual Theme

Inspire and be inspired with ABWA! It’s amazing the influence that one person can bring to a community. One fired-up person can create results beyond their own experience. As a member of ABWA, you have the power to change your own world when you become more involved with ABWA and begin to inspire—and be inspired by—your fellow members, your league, and your community.

Become an inspiration leader in your Association and you could: provide a fellow member with the motivation to get involved with a local league; improve your own business skills, like public speaking, and expand both your business and personal networks; discover new opportunities within the Association, both at the local and national levels; assist your local league in recruiting and retaining new members. With committed members like you creating this ripple effect, our Association will continue changing women’s lives one woman at a time.



ABWA's Proud Code of Conduct

1. All members will serve as goodwill ambassadors for the American Business Women's Association.
2. Members will not allow their personal beliefs and convictions to interfere with the representation of ABWA's mission.
3. Members will always treat their member colleagues, guests, vendors and sponsors with honesty, respect, fairness, integrity, responsibility, kindness, and in good faith.
4. Members will maintain compliance with ABWA National, Chapter and Express Network Bylaws.
5. Members will not use their personal power to advance their personal interests.
6. Members will strive for excellence in their professions by maintaining and enhancing their own business knowledge and skills, and by encouraging the professional development of other members.



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Facebook: ABWA Na Kilohana O
Wahine Chapter - Hawaii

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Upcoming Chapter Events – Mark Your Calendars!

9/11/13: Chapter Monthly Meeting:

Speaker: Jean Brokish, Executive Director "Oahu RC&D" (Oahu Resource, Conservation & Development Council)

9/14/13: State Joint Chapter Event - Dole Cannery

9/21/13: Member Ed Event

9/22/13: ABW Day

10/3-10/5: National Women's Leadership Conference Little Rock, Arkansas

10/9/13: Chapter Monthly Meeting:
Speaker: Billie Gabriel "Public Relations & Marketing"

10/19/13: Fall Enrollment Event:
Speaker: Myrtle Ching-Rappa

10/23/13: Community Service: Pumpkin Event at the Tamarind

11/20/13: Chapter Monthly Meeting: (3rd Wed)

11/16/13: Fundraising: Garage Sale Hawaii Kai

12/11/13: Chapter Monthly Meeting: Holiday Party/Craft Fair



HAPPY NEW YEAR 2014!

- 1/8/14:** Chapter Monthly Meeting
- 2/7/14:** Member Ed Event: Lion King
- 2/12/14:** Chapter Monthly Meeting
- 2/16/14 :** Fundraising: Pearl Ultra Event
- 3/12/14:** Chapter Monthly Meeting
- 3/15/14:** Fundraising: Garage Sale Kahala

Visit us at www.facebook.com

ABWA-Na-Kilohana-O-Wahine-Chapter-Hawaii Chapter Members only: KNOW

Don't forget our mini-garage sales held at each chapter meeting and silent auction events!