

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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August Chapter Meeting: Hawaii FI-DO Service Dogs

"Dogs are not our whole life but they make our lives whole:" Roger Caras

Come Meet Loren Lasher and Susan Luehrs with Buddy on August 14th at JCCH! Susan Luehrs, founder of Hawaii Fi-Do, eschews technology in favor of a more natural way to heal people's bodies: man's best friend Loren is a well-known as a trainer of people. For the past 35 years, he has conducted workshops and training in Leadership and Customer Service and also facilitated Partnering Workshops and Strategic Planning Sessions throughout the world.

For his whole life he has been involved with animals and for the past 10 years has been involved with the raising, training and handling of

Therapy and Service Dogs. Now Loren is associated with HI-FIDO. The dedicated mission of Hawaii Fi-Do is to train assistance dogs to provide physical, psychological and therapeutic support for people who face the daily challenges of life with a disability other than blindness. Hawaii Fi-Do Service Dogs (a 501(c)(3) non-profit corporation) is the only certified training center on the island of Oahu. Love of people and animals guide all Hawaii Fi-Do Service Dog programs and services. The week of August 4 is International Assistance Dog Week. Hawaii Fi-Do will be speaking at the Queen Lili'uokalani Children's Center Koolau Poko Unit on Monday, August 5, as well as appearing on KITV's This Morning on August 6. We will welcome them on the 14th! Be there!



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.

Community Service Project: Oahu SPCA

In keeping with our Pet Month theme following our meeting, on the 17th from 10:00 a.m -1:00 p.m. we will head off to the Oahu Society for the Prevention of Cruelty to Animals – Reducing euthanasia of Oahu's homeless, abandoned, abused and neglected animals. Located at 91-153 Hanua Street in Kapolei (Campbell Industrial). A ½ hour orientation will be conducted prior to participation. Wear covered

shoes and clothes you don't mind getting dirty. The Oahu SPCA are at Petco in Pearl City Adoption Outreach every Saturday, KHON morning show Pet Segment 7:50 a.m. every other Tuesday. KITV morning show Pet Segment 6:45 a.m. every other Thursday. Their wish list can be found at: <http://www.oahusPCA.org/pages/wishlist.html> Check it out and bring what you can.....

Presidents Message

Dear Na Kilohana 'O Wahine members:

We definitely had a productive start of the year with our business plan complete with approval of our standing rules with the Proud Code of Conduct, and we are now excited to proceed onward with "Pet Month." We are looking forward to hearing from Loren Lasher and Susan Luehrs from Hawaii Fi-Do Therapy Dogs. They will be bringing a special guest with them, Buddy.

Don't forget to sign up for our first community service event, Oahu SPCA. If you are not able to make it

to the facility on August 17th please bring any donation items to our chapter meeting on August 14th.

We will be completing our SPOT analysis at this month's meeting, which the Executive Board will review and summarize. Don't forget to bring items for our mini garage sale.

I would like to welcome our three newest members to our chapter, Janet Primiano, Lesley Uemura, and Lisa Libby. Thank you to their wonderful sponsors, Marie and Patti for bringing them on board for a fun and eventful year ahead.



Check out the photos and latest Chapter documents on WIN. If you need a new password to login – let us know. Also, set up your evite.com account for easy access anywhere to r.s.v.p. to our events.

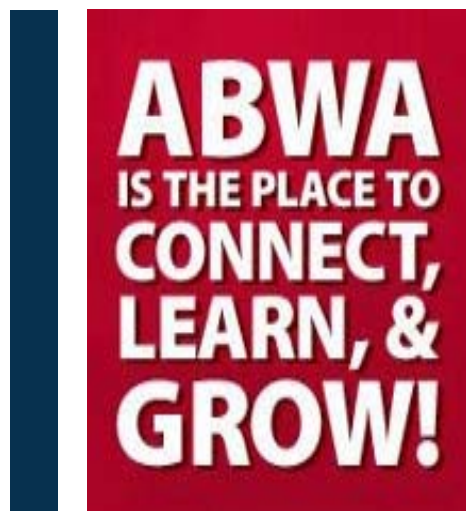
Welcome Newest Members!

Na Kilohana 'O Wahine is proud to welcome our newest members: Janet Primiano, formerly of Ulupono Chapter, is with Kanemaru Dental Group, Healthcare Compliance Systems and Javita (primoburn). Lesley Uemura sponsored by Marie Espritu is with Diagnostic Clinical Laboratory and Lisa Libby sponsored by Patti Ann Hokama is with Libby Concepts Corporation, Evertrop39-Floral Production, Hawaii Dog Tails Media Entertainment, Dog >I and Brown Dog Club Coordinator.

We plan to perform our new member affiliation ceremony at our August meeting inducting these wonderful women into our organization. Please join us in welcoming them. Come hear their stories and meet them – in case you don't already know them and they have yet to get to know us! Find out more about our mini-garage sales to benefit each member held at our meetings and come join us in our silent auctions and fun door prizes, too. Be sure to check out your name on abwa.org site welcoming you to ABWA!

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: Roeana 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 Espritu

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



Savory Spinach Dip

Ingredients:

- 1/4 cup butter (half a stick)
- 1 (16 ounce) package frozen chopped spinach, partially thawed
- 1 (8 ounce) package cream cheese, softened
- 1 (8 ounce) container sour cream
- 1/2 to 3/4 cup grated Parmesan cheese
- garlic salt to taste
- pepper to taste

Step-by-step instructions:

1. Melt butter in a large saucepan over medium heat.
2. Stir in the spinach
3. Cook until tender.. about 5 minutes
4. Mix cream cheese and sour cream into the spinach mixture
5. When the cream cheese and sour cream are blended in, stir in Parmesan cheese and garlic salt.
6. Cook, stirring occasionally until thickened. About 10 minutes.
7. Serve Warm.

Best Practices Scorecard (as of July 2013)	DONE!
Members (30-50)	30/30
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	x
SPOT Analysis	13
Vision Statement	x
Striving for Best Practices Course - all officers	4/5
Creating Your ABWA Experience Course - all officers	TBD
Annual Business Plan and Budget	x
Category on WIN: Business Plan (upload Plan, Budget and SWOT/SPOT)	TBC
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)	TBA
Sponsor Conferences (3-6)	TBA
One Attendee for National 2014 (President)	TBD
Quarterly Newsletter using ABWA's Brand Guidelines	TBD
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.



T. Haunani Yano-Medeiros,
President

Executive Board - Editor
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Upcoming Chapter Events – Mark Your Calendars!

8/14/13: Chapter Monthly Meeting:

Speakers: Loren Lasher & Susan Luehrs,
Hawaii Fi-Do Service Dogs

8/17/13: Community Service: Oahu SPCA

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

9/22/13: 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

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!