

### Na Kilohana O Wahine Chapter

### The Superior of Women

### Honolulu, HI

A Chapter of the  
American Business Women's Association



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Our November speaker is our own Sonyei Hijirida, Hometown of-Waialua (O'ahu). She attended High School at Kamehameha Schools, and she graduated from The University of Washington. She has had careers in health insurance, daycare, banking, and accounting.

The majority of Sonyei's career has been for a large health insurance company. After her second child, she wanted to spend more quality time with her children. She made the decision to end her successful career of nearly 12 years.

The skills Sonyei learned in healthcare helped her to be her own boss, while honoring her passion to help others and to optimize their health - body, mind, & spirit. After leaving her job, her goals were to educate and empower people to live a healthy lifestyle, to stay in the health industry, and build a lasting legacy

As a young "stay-at-home mom" it was a struggle with the constant worry of financial welfare. She accepted a job as an independent contractor and after a few months, she fell into the habitual trap of late night hours and putting most of her attention on her job. It was stressful for her and her family and she was missing a work/family balance.

Sonyei joined a "success mentor program" followed by a "mastermind program." This decision was life changing. She discovered that financial stability was not her struggle, rather past beliefs, opinions, and attitudes about the meaning of success, were the real weaknesses. By changing these traits, she started to recognize her blessings and to live in the mindset of abundance, rather than scarcity or lack. This led to the development of her company, Legacy Creations, LLC and her programs. Putting Sonyei's background experience and education to use, she discovered she can help people recognize the negative patterns of their past and break free of them, so that they are able to live a life with purpose and leave a positive and lasting legacy.

**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

Dear NKOW Members:

Happy Halloween and Happy Thanksgiving! The fall colors were abundant at our fabulous Fall Enrollment event at Tsukiji Restaurant. A Big Mahalo (Thank You) to Bradley Maruyama from Maruyama & Associates Allstate and Evans Taylor from Allstate Financial Services for sponsoring our meal and giving us valuable insight into better understanding our retirement picture. Our own Patti Ann Hokama and Haunani Yano-Medeiros did a terrific job in putting together our membership drive and decorating the tables with those awesome mandarin orange "jack o lanterns".

I just returned from my first ABWA Leadership conference and I wanted to give you a few highlights. Yvonne Ako and I had a wonderful time connecting with over 500 members from across the nation. It was so exciting to meet Rene Street (Executive Director), Betty Burns (Events Manager) and Jill Miller (Scholarship/Membership) in person! In true local style fashion, Yvonne and I did our best to spread the Aloha Spirit by giving everyone we met a Hawaii "slippah" sticker and chocolate mac nut kisses. Rene, Betty, Jill and our new National Board received red hibiscus potholders as a little something, something from paradise. All of the key note speakers were fantastic to listen to and very entertaining. The level of education and inspiration gained from attending the various track sessions and networking events was of the highest quality. I teared up more than once when I heard the stories from our National Top Ten sisters. Everyone had challenges to overcome and everyone exhibited strength, courage and passion. My biggest takeaway in hearing the stories from these remarkable women is that ABWA has played a big role in helping them to achieve fulfillment and to attain their goals. ABWA is a place where they were allowed to grow and learn in a safe environment, where they forged strong friendships and where they felt supported and empowered. At the 2015 National Women's Leadership Conference, the feeling of sisterhood was immediate. Like our own Na Kilohana 'O Wahine Chapter, everyone was welcoming, friendly and had a true desire to support one another. A recurring comment from our guest speakers was that they already knew that ABWA was filled with many bright, successful businesswomen, but they didn't realize that we were also so much fun to be with!! More than once we were told that they had attended many conferences, but this was the first one where the attendees broke out in spontaneous dance!! Yes, Ladies and Gentlemen, ABWA is a fun group! We take care of business but we know how to PARTY too!



In the months to come, I will be partnering with our Professional Development chair to secure a guest speaker to educate us on better understanding social networking. One of the most valuable classes that I attended explained the differences between the generations and how to better communicate between the generations. This was especially relevant as so many of our chapters struggle with attracting and retaining new members, especially Millennials. By better understanding & utilizing social networking, we should be able to more easily connect with young professionals and show them the value of ABWA. Let's focus on growing our chapter and investing in our members!!!

I am also excited for our first Member Ed event coming up on Saturday, 11/14/15. We are confirmed to tour Doris Duke's Shangri La. The Doris Duke Foundation of Islamic Art promotes the study & understanding of Islam & Culture. The Doris Duke Foundation was created to reflect her interest for the welfare of women & children, education, social work and mental health. (Causes that many of us support.) Global thinking and cultural understanding are business tools useful in allowing business to dominate local markets and establish a global presence. Our foray into better understanding Islam through art and architecture supports creativity. Creativity is a key to building good working relationships in business and can lead to more multi-dimensional and competitive thinking. According to Steve Jobs, "Creativity is just connecting things. When you ask creative people how they did something, they feel a little guilty because they didn't really do it, they just saw something. It seemed obvious to them after a while. That's because they were able to connect experiences they've had and synthesize new things." Exposure to the arts is a way to broaden your experiences. A willingness to be open-minded and explore all options can also give us an added edge in business by offering value for universal clients through creating tailored innovative solutions.

Lastly, I would like to thank Myrtle Ching-Rappa for opening her home to us... again for another successful scholarship garage sale. Many Mahalos to Myrtle, Mary, Sonyei, Patti, Yvonne, Brandon, Daun and my own Derek for their help in setting up on Friday. Thank you Leilani and Roeana for helping out on Saturday at the garage sale. I am so thankful to our core group of supporters and encourage all of our membership to become more active in all of our activities.

I look forward to seeing all of you at our next monthly meeting in November, where our own Sonyei Hijirida will be teaching us valuable lessons in time management. We will also be joined by Major Jonnette Mulch from the Salvation Army, who will enlighten us on the Angel Tree Community Service project happening on Saturday, 12/5/15 at Kahala Mall.



**Next Meeting: November 11, 2015**

American Financial Services Center

1215 Hunakai Street  
Honolulu, HI 96825

5:30 p.m. - Networking  
Dinner starts at 6:00

Speaker: Sonyei Hijirida  
Topic: Time Management

Guest: Jonnette Mulch  
Salvation Army

Topic: Angel Tree

**Save the Date: Dec. 5th**

At The Kahala Mall

Shifts: 10-12 and 12-2

Menu: Hot meal, drinks  
Cost:

\$15.00—Members \$20.00—  
Non-Members

FREE Parking

RSVP: Sunday, November  
8th, through Evite or call  
Yvonne 2848550

Please note that any can-  
celations received after 11/8  
will be subject to no-show  
fee of \$15 for members and  
\$20 for non-members.

**Raffles: N-Z**

JONNETTE MULCH, MAJOR  
Corps Officer - Kauluwela Mission Corps  
The Salvation Army -- Hawaiian and Pacific islands Division

Our community Service event on December 5, will be the Angel Tree at the Kahala Mall. Major Jonnette Mulch with the Salvation Army will be one of our speakers at the next meeting November 11th. The volunteer shifts are from 10—12 and 12—2.



**Member Survey: Mary Li**



My favorite achievement that I have accomplished from my work experience was entering and getting recognition from the Guinness book of world records, for the smallest artist watercolor brush. Also, I have successfully developed many brand names in the art supply industry. My job titles have been, Import Manager, Buyer, Marketing and Development, Accounting, part-time sales associate in the last few years, and I am now officially retired.

One of the biggest obstacles in my life and in my work career was dealing with a significant hearing disability that I was born with. School was a challenge for me and when I finally got hearing aides at 45 years old, I went back to college and aced all the courses I took. This helped my confidence and carried over in other areas of my life, including my career. A few of the major skills that I learned from working would be prioritizing and organizing along with time management for projects, responsibilities and deadlines. And looking back at the challenges and valuing the lessons that I learned from them.

What I enjoyed the most from working is that I know I get bored if there isn't a challenge. I get a sense of accomplishment after solving or untangling a problem.

My co-workers have described me as hard working, and hard of hearing!!

The skills that I have learned that helped define me are other ways of learning and achieving things with a hearing disability. I am very visual and have learned to be creative and sometimes relied on intuition. Being aware of that gut feeling when you are on the fence about something and trusting it.

If I could have any job and work anywhere it would be to rescue cats and provide a safe shelter for them here on Oahu. Although I get attached to animals and I know my heart would break if I had to give up one that I did get attached to. Also if I saw injured kittens or cats. ( Or any animals for that matter.) On the other hand, if there were hundreds of cats, that might be different story. FYI, I am not a "cat lady," I just have 2 cats in Oregon, that I miss terribly when I am on the island.

## Garage Sale Fund Raiser



Thank you everyone that attended the Garage Sale last month and for your hard work! Seen here are - Patti, Yvonne, Claire and Myrtle taking down one of the tents. We had great weather and we raised over \$600.00 for our Scholarship fund & operating funds.

Our next fund-raiser will be a silent auction held at our Holiday party, December 16th. As noted on the calendar, we will be collecting items for gift baskets for the Silent auction at our next meeting November 11th. Or items can be given to Myrtle or Daun before December 9th.

### Vision Statement 2015-2016

“Na Kilohana ‘O Wahine is a premiere group of uniquely talented & diverse individuals working together to support one another in personal and professional growth united in friendship. We aspire to empower women in our community to THRIVE through education, mentoring, skills & resource building.”

### 2015-2016 ABWA Annual Theme



**Grow You ....Grow Together!** Picture a pinwheel, it's bright colors spinning in the breeze on a sunny spring day. It's a symbol of energy, power, renewal-just the type of inspiration the ABWA community provides for working women everywhere.

Pinwheels make people feel energetic and inspired. Let your community be the wind for your pinwheel, the unseen energy hard at work in the lives of working women across the country. As a community, we provide the energy and a feeling of renewal to women just starting out in their careers or rejoining the workforce, women striving for the next big promotion or even venturing toward opening their own business. By motivating our fellow members, our leagues, and our community, we empower each other to connect, learn and grow. When you empower your community, it helps grow you and helps us all grow together. Then you provide the strength and energy the Association needs to continue **changing women's lives....one woman at a time.**

**ABWA**  
IS THE PLACE TO  
**CONNECT,**  
**LEARN, &**  
**GROW!**

## 2015-2016 Chapter Officers & Committee

### Chairs

**President:** Claire Arakawa  
**Vice-President:** Brandon Toro  
**Secretary:** Myrtle Ching-Rappa  
**Treasurer:** Sonyei Hijirida

**Auditing:** TBD  
**Community Service:** Executive Board  
**Fundraising/Advertising:** Daun Watanabe  
**Professional Development:** Marie Amarosa

**Membership:** Haunani Yano-Medeiros,  
**Newsletter:** Mary Li  
**Nominating:** TBD  
**Scholarship:** LorMona Meredith  
**Website/Facebook/Publicity:** Executive Board  
**WOY/Top Ten:** Marie Amarosa, Claire Arakawa

**History:** Executive Board  
**Hospitality:** Yvonne Ako

## ABWA's Proud Code of Conduct

All members will serve as goodwill ambassadors for the American Business Women's Association.

Members will not allow their personal beliefs and convictions to interfere with the representation of ABWA's mission.

Members will always treat their member colleagues, guests, vendors and sponsors with honesty, respect, fairness, integrity, responsibility, kindness, and in good faith.

Members will maintain compliance with ABWA National, Chapter and Express Network Bylaws.

Members will not use their personal power to advance their personal interests.

Members will strive for excSellenace in their professions by maintaining and enhancing their own business knowledge and skills, and by encouraging the professional development of other members.



Check out the learning module: "Striving for Best Practice's" on WIN

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## Calendar of Events

### November 11—Monthly Meeting

- Speaker: Sonyei Hijirida
- Topic: Time Management
- Speaker: Jonnette Mulch/Salvation Army
- Topic: Angel Tree

### November 14—Member Education

- ShangriLa and Honolulu Museum of Art (Must meet at gam sharp at side entrance of museum for the shuttle)

### November 17—Executive Board Meeting

- New Eagle Café, , 6:00 p.m.

### November 21— Newsletter Deadline

### December 5—Angel Tree @ Kahala Mall

### December 16— Christmas Party at JCCH

### December 20—Executive Board Meeting

### December 26—Newsletter Deadline

Our next Fund raiser will be a Silent Auction at our Christmas Party. Please bring your items to the November 11th meeting. Or give to Myrtle or Daun by December 9th.



We will keep the tradition at our holiday party inviting our members to bring 24 items for the gift table.

Vendor Tables at the Christmas party are free for our members and \$10.00 for non-members.