

## The Superior of Messages

### Na Kilohana O Wahine Chapter

### The Superior of Women

Honolulu, HI

A Chapter of the  
American Business Women's Association

Chapter No. 6289



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#### Roy Yonashiro and Izzie

Roy Yonashiro is the Senior Community Engagement Representative for the Hawaii Bone Marrow Donor Registry, an affiliate of the national "Be The Match Registry."

Roy has been involved with the Registry since 1989 when it first got started and his wife's classmate from Hilo High School (class of 1972) was diagnosed with leukemia. Since 1994, Roy was hired as a full-time donor recruitment coordinator. He is responsible for registering donors for the Registry along with public relations and marketing. Roy's territory is all the Hawaiian Islands, American Samoa and Guam. Additional duties include the screening process and shipping blood products from the donor's after testing with the Registry.

**What is Blood Cancer:** Blood cancer is an umbrella term for malignancies of the blood, bone marrow or lymph nodes that affect normal blood cell production or function. As these diseased blood cells proliferate, they cause life-threatening damage to the immune and circulatory systems.

**Every 4 minutes, someone is diagnosed with a blood cancer.**



The Hawaii Bone Marrow Donor Registry was established in 1989 at St. Francis Medical Center in Honolulu, Hawaii. The Registry is currently part of the St. Francis Healthcare System's ohana on the Liliha Street campus and the only Donor Registry in the State of Hawaii. The Hawaii Bone Marrow Donor Registry has facilitated over 350 bone marrow and stem cell collections for patients in Hawaii and all over the world. Donors stay on the Registry from the time they register until age 61. The Hawaii Registry currently manages over 78,000 donors. They hold donor recruitment drives at various locations throughout the State of Hawaii and volunteers help to make their facilitations more efficient.

**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.**



**Blood and Bone Marrow Cancer Basics** Most blood cells in the body develop from cells in the bone marrow – the spongy material in the center of the bones --called stem cells. Stem cells mature into different kinds of blood cells, each with its own special job: White blood cells help fight infection, red blood cells carry oxygen to tissues throughout the body, and platelets help form blood clots to control bleeding. These blood cells are created as the body needs them. Normally, when cells grow old or get damaged, they die, and new cells take their place. However, sometimes this process can go wrong. Cells do not grow and divide normally, or the immune system goes haywire and attacks normal tissue.

**HOW A MATCH IS FOUND**

Matches are found with those of the same ethnic backgrounds, so Hawaii residents have great potential in helping not only patients from Hawaii, but from all over the world. 1 out of every 540 registered donors will actually be chosen as a match and be asked to donate.

**You** may be the **ONLY** one to save a person’s life! Take your first step by joining the bone marrow registry.

**SUPPORT THE CAUSE**

There are many ways to help patients find the cure and support the cause.

**DONATE FINANCIALLY  
PLANT A KOA TREE**



Roy is the lead vocalist for two bands - **Funkshun**, a 9-piece funk, R& B and soul band and **Deja Blu**, a 4-piece jazz, pop and R&B. He will be performing on September 11, 2015 for a Fundraising event for the Hawaii Bone Marrow Registry.

**Na Kilohana ‘O Wahine:**

We are helping Roy by representing him at the Central Pacific Bank Health Fair on 9/24 & 9/25. Right now, he's the only one available to run donor drives, so he sometimes needs to rely on volunteers to help him run multiple donor registry drives.

Be sure to RSVP on Evite ASAP! Four (4) volunteers are needed per shift. 9:30 a.m. - 2:00 p.m. Partial shifts are welcomed. Lunch included. Wear your Yellow T-shirt at this Community Service Project!

The Hawaii Bone Marrow Donor Registry presents...  
**Give 2 Live VII**  
*Celebrating the Gift of Aloha*  
 70s & 80s Fundraising Event  
**Friday, September 11, 2015**  
 Manoa Grand Ballroom  
 2454 South Beretania Street  
*Deja Blu*  
**Doors Open at 6:00pm**  
**VIP Tickets \$90** (\$55 tax deductible)  
**General tickets \$60** (\$25 tax deductible)  
**Reserved tables of 10-12 tickets**  
 Make checks payable to:  
 Hawaii Bone Marrow Donor Registry  
**Pupus & Live Entertainment**  
**Shop for Deals at the Calabash Corner Store**  
**Photo Booth & Prizes!!**  
**FUNKSHUN**  
 funkshunhawaii.com  
 Bring with you: Aloha Hawaii HOTTTEST DANCE-BAND featuring Great Artists  
 Jody Kim, Xzavio Chung, DJ So Festive, Sharlene A.A., Yvonne Marie Lane,  
 Yancy Motokawa, Kevin Nakamura, and Adroy Atabay  
 For ticket purchase information, or if you are unable to attend, you  
 would like to make a donation, email: give2live@marrow.org@gmail.com

## Welcome New Members to Na Kilohana 'O Wahine!

Our Outright Grant Winner:

Hello!

My name is Erika Noel, and I'm a first year medical student at the John A. Burns School of Medicine (JABSOM) with the University of Hawaii-Manoa.

My professional goal is to work in underserved areas of Hawaii as a primary care provider, as I personally grew up without health insurance for the majority of my life.

Likewise, as I originally was an educator prior to pursuing medicine, my hope is to teach at JABSOM in the future. I want to take this time to thank ABWA for all of their support throughout my academic journey!



**Member Initiation Ceremony** was held at our August meeting. Erika Noel (sponsored by T.Haunani Yano-Medeiros), Joy Lacanienta (sponsored by Gloria Kelly) and Daun Watanabe (sponsored by Brandon Toro).

Introducing Daun Watanabe:

I recently joined Atlas Insurance Agency as a Benefit Analyst. It's the first time that I am not working in Human Resources. Prior to Atlas I worked at Elite Parking as a HR Generalist for a short period after retiring from Hawaiian Airlines with 25 years of service in Human Resources and Employee Benefits. I enjoy using my travel benefits with Hawaiian Airlines and travel more now than when I worked there. I'm going to give you two truths and a lie about me and you'll have to try to figure it out. I love to dance and took ballet for 6 years. I love to eat sashimi and poke. You can't tell because I'm pretty fair but I love the beach and my dream vacation is to go to Bora Bora and stay in a hut over the water.



“Courage doesn’t always roar. Sometimes courage is the quiet voice at the end of the day saying, “I will try again tomorrow.” – Mary Anne Radmacher



Aloha NKOW!

August has just whizzed by and September is upon us! A special Mahalo to Myrtle Ching-Rappa for helping us to understand and better use Robert's Rules of Order in running an efficient meeting. Using such parliamentary procedure is essential in meeting management and we're so lucky to have Myrtle as our in-house expert!! For those of you who attended our meeting, you were fortunate to have received a color-coded Table of Motions and a comparison chart indicating proper practice and how NKOW has adapted parliamentary procedure for our organization.

I look forward to expanding my grasp on this subject and hope to become more skilled at running a successful meeting using Robert's Rules of Order. This is a learning journey that we may all partake. We also covered a lot of annual planning business and ran over time. Sincere apologies to Yvonne Ako, who has sponsored our use of the American Financial Services Center facility, for inconveniencing her

## President's Message

company. If you were unable to make our meeting, please be sure to log onto WIN and check out our Team Library.

In September, please plan on joining us for our Joint Chapter Event. This will give new and old members a chance to meet up with our sisters from Onipa'a and Punahale chapters. Our guest speaker will be Roy Yonashiro from the Hawaii Bone Marrow Donor Registry (HBMDR). Roy will be speaking to us about the prevalence of blood cancers and how we, as individuals, can support these cancer patients through education and service.

And speaking of service...our first community service event for this year will be a bone marrow donor drive for HBMDR at the Central Pacific Bank Health Fair on 9/24 & 9/25. We are in need of 4 volunteers on each day to work 9:30am – 2pm. Please let me know, even if you can only work a 2 – 2 ½ hour shift on either day.

Let's also remember American Business Women's Day coming up on 9/22! This marks the founding of ABWA back in 1949. Can you believe it? ABWA makes 66 years and we're still going strong! Let's continue to strive to help each other grow and develop, both personally & professionally.

"Me ke aloha pumehana"

With warm regards,

**Claire Arakawa**

## Did you know

that there are great member educational training opportunities available on WIN? The APEX Award, established in 2010, recognizes members for their personal excellence by completing on-line learning courses offered through the Women's Instructional Network. Member who complete the training courses will be recognized at ABWA's regional and national conference events and sent a certificate of completion. Learn how to earn Apexes in Personal Marketing and in Teaming by completing the modules on WIN. Job Suite covers resumes, interviews, first days, starting over and jumping in. There are How to be Heard concepts on idea,



strategies and the influential power of story. The Teaming modules are very detailed on is what the Executive Board applies in forecasting for the chapter year ahead. Be sure to take advantage of this great training tool available to ABWA members through [abwa.org](http://abwa.org). It is a handy refresher that may assist you in mentoring others or it is an absolutely great reference tool that can be used to spruce up your resumes or for greater advancement in your career. Check it out –most modules are FREE as part of your national membership. Don't miss out—check it out!

Next Monthly Meeting: **September 9, 2015**

Japanese Cultural  
Center of Hawaii  
2454 S. Beretania St.  
Honolulu, HI 96826

Speaker: Roy Yonashiro  
Hawaii Bone Marrow Donor Registry  
Joint Chapter Event with Onipa'a and  
Punahele Chapters.

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

Voluntary raffles with a  
minimum \$5 value will be  
gladly accepted.

**Menu:** Korean style ribs,  
Mochiko chicken, Seafood  
newburg, vegetable du jour,  
white rice, rolls with butter, salad  
bar & guava cake.

**Cost:**  
\$29.00—Members  
\$33.00—Non-Members

**RSVP:** Monday August 31, 2015  
through Evite or call Yvonne  
284-8550 or emailing her at  
yako@asbhawaii.com

Please note that any cancelations  
received after 8/31 will be subject  
to no-show fee of \$29 for mem-  
bers and \$33 for non-members  
(please pay through PayPal at:  
www.abwahawaii.org

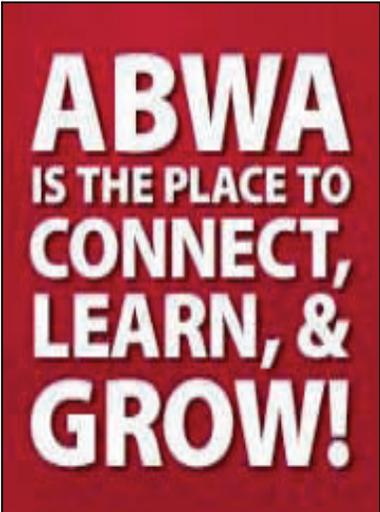
**Vision Statement 2015-2016**

“Na Kilohana ‘O Wahine is a  
premiere group of uniquey  
talented & diverse individuals  
working together to support  
one another in personal and  
professional growth united in  
friendship. We aspire to em-  
power women in our commu-  
nity to THRIVE through educa-  
tion, mentoring, skills & re-  
source 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.**



**2015-2016 Chapter Officers & Committee Chairs**

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

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

**History:** Executive Board  
**Hospitality:** Yvonne Ako  
**Membership:** T. Haunani Yano-Medeiros  
**Newsletter:** Mary Li  
**Nominating:** TBD  
**Scholarship:** LorMona Meredith  
**Website/Facebook/Publicity:** Ex-  
ecutive Board  
**WOY/Top Ten:** Marie Amarosa,  
Claire Arakawa

### 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 excellence in their professions by maintaining and enhancing their own business knowledge and skills, and by encouraging the pro-

**Sept. 22 American Business Women's Day** The first American Business Women's Day (ABW Day) was celebrated in 1982. It is a national day for Americans to recognize the achievements of not only ABWA members but also the millions of employed women in the U.S. In 1983 and 1986, joint congressional resolutions were passed designating a national observance of Sept. 22 as American Business Women's Day. Following each resolution, President Reagan issued a presidential proclamation.

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American Business Women's  
Association*



Claire Arakawa, President

Mary Li, Editor  
Na Kilohana 'O Wahine  
2439 Kapiolani Blvd. #803  
Honolulu, HI 96826  
Phone: 503-830-2736

Email: [info@abwahawaii.org](mailto:info@abwahawaii.org)  
Facebook: ABWA- Na Kilohana 'O Wahine Chapter - Hawaii

## Fall Calendar of Events

September 9—Joint Chapter Event

- Roy Yonashiro—Recruitment Specialist, Hawaii Bone Marrow Donor Registry
- At the Japanese Cultural Center

September 15—Executive Board Meeting

- Myrtle's house, 6:00 p.m.

September 19—Newsletter Deadline

September 24-25—Community Service

- Hawaii Bone Marrow Registry Drive

September Garage Sale

- Date/Location TBA
- Save your items

Sept/Oct/Nov—Fall Enrollment

- Create list of people to share ABWA with

October 15-17 National Conference

- Go to <http://abwa.org> for details

October 21—Monthly Meeting (note 3rd Wed)

- MW Restaurant
- Enrollment Event
- Underwritten by AllState Insurance
- Speaker: Evans Taylor, AllState

October 27—Executive Board Meeting

- Myrtle's house, 6:00 p.m.

October 31—Newsletter Deadline

November 11—Monthly Meeting

- Speaker: Sonyei Hijirida

November—Member Education Event

- Shangri-La—Doris Duke Estate

November 17—Executive Board Meeting

- Myrtle's House, 6:00 p.m.

November 21—Newsletter Deadline

December 5—Community Service  
Salvation Army Angel Tree—Kahala

December 16—Christmas Party  
(note 3rd Wed)

- At Japanese Cultural Center
- Bring your Goodies!

December 20—Executive Board Meeting

December 26—Newsletter Deadline

