



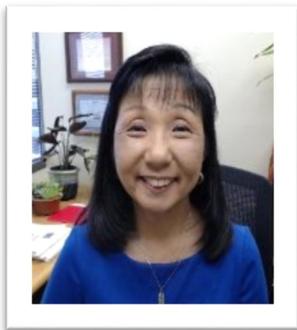
September 2016 |Vol. 51, Issue No. 2

Na Kilohana O Wahine
 Chapter No. 6289—Honolulu, HI

A League of the American Business Women’s Association

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Ohana Means Family

Naomi Sutton will be our guest speaker for our September 14th business meeting. Ohana Means Family will be the topic of the evening. She will remind us of the importance of Work/Life Balance and will provide us with tips on how to achieve it.

Naomi is a Licensed Social Worker, Certified Employee Assistance Professional, Substance Abuse Professional and has been with WorkLife Hawaii for the past 22 years, the past 4 as the Director of WorkLife Hawaii, a Program of Child and Family Services. WorkLife Hawaii currently serves 75 employers statewide.

The old generic definition of an Employee Assistance Programs (EAP) used to be – An Employee Benefit Program that helps employees with personal problems and/or work related problems that may impact their job performance, health, mental and emotional well being.

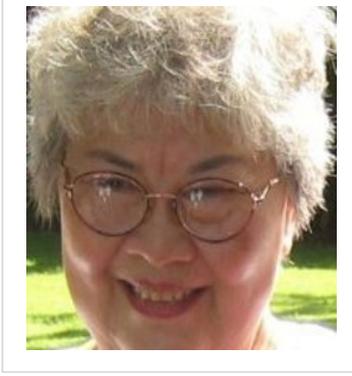
Today, EAP programs offer a wide range of services: coping with stress, financial issues, legal issues, family/marriage problems, depression, anxiety, grief, office conflicts, adoption assistance, elder care, change management, alcohol and drug abuse.

Naomi has experience working with individuals, families and organizations, specializing in trauma, substance abuse and conflict resolution. Born and raised on Oahu, she graduated from Pearl City High School and earned her BSW and MSW from the University of Hawaii at Manoa. She has also served as a Social Work Practicum Instructor for UHM and USC. She is married with 2 daughters (13 and 18) and has been a Girl Scout Leader for 12 years. She also enjoys Hula and raising tropical fish.

We hope that you will be able to join us for this presentation.

You are needed! Right Now! We have a number of committees that need chairs: Membership, Education, Professional Development, and Community Service. Please refer to the document “Role of the Officers 2016-17” that was sent to you with the planning documents to see what would be expected. Every committee is sponsored by an executive officer so you will receive guidance. Please email/call Myrtle to volunteer (chingrappa.myrtle2@gmail.com / 227-2400). This is a great way to learn about the workings of the chapter and how to get the most out of your membership. Call NOW.

President's Message



Wow! Another month gone by.

Thanks to those who attended our August meeting. Due to everyone doing their homework prior to the meeting, we were able to get through the planning process in record time. While there wasn't time to do something fun, I promise we will do that at our next meeting ... providing everyone does their homework again and come prepared to discuss and act on the business quickly.

The Executive Board would like to involve more members in our meetings. We have decided to reinstate the "Vocational Speaker" into our agenda.

We are also asking members to sign up for several "jobs" at the meetings, including bringing favors, keeping time and taking pictures. We will also ask a member to plan an ice breaker event. Those who attended the August meeting have already volunteered for various functions. However, we still need a vocational speaker (see guidelines in this newsletter), a time keeper (a guideline will be provided) and a photographer. If you are willing to do any of these, please email me. We are going to have fun.

Remember, PLAY, the first element of the FISH Philosophy! Is also the main ingredient for creativity. It helps with problem solving, generating new ideas and building teamwork. Bring your fresh ideas to share with the group.

Come learn how to balance work and life with our speaker, Naomi Sutton and how to play on our way to greatness.

See you there,
Myrtle

Member Ed

Thank you Myrtle for the lesson on— One Stroke painting!



Interesting skill on loading 2 colors of paint on a brush.



Standing Rules 2016-2017:

The proposed standing rules were accepted at the August meeting.

Maui "The Valley Isle"

When you think of Maui, I'm sure that a few things automatically come to mind. The scenery – being at the top of Mt. Haleakala at sunrise, beautiful waterfalls on the historic drive to Hana, going whale watching off Lahaina or hiking up Iao Needle.

Funny, that when I think of Maui, the things that float through my mind are also tied to my stomach -Sam Sato's Lima Bean Manju, Maui Specialty Chocolates Dark Chocolate Truffle Mochi, Maui Crisps Beef Jerky from the Shell gas station, Komoda Bakery's Cream Puffs and Donut Holes, Stillwell Bakery's Cream Horns, Tasaka Guri Guri, and a new favorite Ululani's Hawaiian Shave Ice.

In the past 8 months I've travelled to Maui in excess of twenty times. Work has taken me there for the majority of the trips as six of my clients are in Maui, but I've also had the opportunity to go there to watch baseball and softball and drive around the golf course. Maui is just a short 40 minute flight

The pictures shown below were taken from Merriman's Restaurant in Kapalua, the Plantation Golf Course in Kapalua and Makena Beach & Golf Resort in Makena.

As you may have noticed the list of goodies that I provided earlier are for desserts and snacks. Here are a few of our favorite restaurants as well. Breakfast – Bamboo Grill, Lunch – Pizza Madness, Dinner and Pupus - Tiffany's Bar and Grill.

If you haven't been to Maui in a while, it may be time to visit. Maui no ka 'oi – simply translates to Maui the best. Please let me know if you would like more information about where to eat while visiting Maui or omiyage to bring home for family and friends.

Daun Watanabe



Next Meeting: September 14, 2016

Speaker Naomi Sutton

Ohana Mean Family

Receive tips on how to achieve work/life balance

Employee Benefit Programs now offer a wide range of services that can improve job and health performance

Raffles: A-M

Meet at:

American Financial Services Center

Address: 1215 Hunakai St.

Dinner Cost: \$15.00

Non Members \$20.00

5:30pm—Networking

Dinner starts at 6:00pm

Free Parking

RSVP: By Sunday, September 11, 2016

Via Evite

Please note that any cancellations received after 9-11-2016 will be subject to a no-show fee of \$15 & \$20 for non-members

Calendar 2016-2017

September

- ◆ 14th Monthly Meeting:
- ◆ 17th Fall Enrollment Event & Member Ed

October

- ◆ 12th Monthly Meeting
- ◆ 16th Community Service: Susan G. Komen Race for the Cure—brunch after & Fall Enrollment Event

November

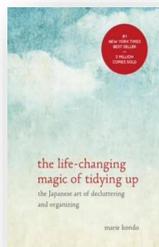
- ◆ 9th Monthly Meeting
- ◆ Dot's Fundraiser
- ◆ 16th Executive Board Meeting

Vision Statement 2016-2017—Na Kilohana 'O Wahine is on a mission to transform our members, and our organization from ordinary to greatness; and to achieve our namesake, "the superior of women." As we embark on this journey, we will apply the principles of the ABWA mission: To provide our members with the opportunity to grow individually and professionally through leadership, education, networking, and recognition.

Book Club

The Life-Changing Magic of Tidying Up

The Japanese Art of De-cluttering and Organizing by: Marie Kondo



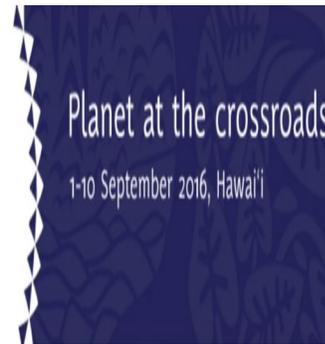
Next Meeting - October

List of Potential Speakers—2016—2017

- Understanding the stock market—Debbie Hamau (Naomi)
- Economic Outlook—Paul Brewbaker (Yvonne)
- Political Scene of Hawaii—Dan Boylan (Yvonne)
- Miss Hawaii—Chelsea Hardin (Yvonne)
- Debbie Nakanelua-Richards Communications Director at Hawaiian Air (Daun)
- Wills & Trusts/Legal Issues for women—Michelle Ogata (Naomi)
- The Impact on Kakaako on Hawaii Real Estate (from Howard Hughes; Stanford Carr; Kathy Inouye, Lori Lee) (Naomi/Yvonne)
- Sharon Soper—Head of Flight Attendants Union (Daun)
- Emergency Preparedness—Crystal Van Beelan (Daun)
- How to deal with difficult people
- Developing trust and respect in team
- Decision making and problem solving
- Essentials of communication and collaboration
- Building exceptional presentation

Mission Statement

The mission of the American Business Women’s Association is to bring together business women 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.



Guidelines for Vocational Speech

This is just a guideline. You may speak on your work or a hobby or avocation. Speech is to be no more than 10 minutes. No question & answer after.

Purpose:

- Get to know each other better
- Give members an opportunity to practice public speaking

Introduction:

- Job Title
- Employer
- Time in job/with employer

What’s your typical day like?

- Activities
- Type of work
- People you see or work with
- Special story that you might want to share

What you like best/least about your position?

Employment goals

- * Special projects
- * Where you want to be in five years

If appropriate and if time allows:

- * Other related organizations you belong to
- * Particularly influential mentor
- * Awards you might have received
- * Anecdotal stories

The International Union for Conservation of Nature

IUCN World Conservation Congress is the world’s largest conservation event and will take place in Honolulu, Hawai’i, between the 1st and the 10th of September 2016. While the Congress will feature more than thousand events

Held every four years, IUCN World Conservation Congress brings together leaders from government, the public sector, non-governmental organizations, business, UN agencies and indigenous and grass-roots organizations to discuss and decide on solutions to the world’s most pressing environment and development challenges.

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President

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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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