

Na Kilohana O Wahine Chapter



Ignite Your
Dreams
in **ABWA**

Chapter No. 6289 - Honolulu, HI

A League of the American Business Women's Association

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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



The Women's Instructional Network, is a learning and communications portal designed exclusively for ABWA members. Check out the Catalog under the Training module which contains sessions on:

- How to be Heard
- Job Suite Courses
- Team Tools Interactive Modules



March Guest Speaker: Sonyei Hijirida



Social Wealth: Building meaningful relationships & Leading with giving

Do you ever feel that it is sometimes difficult to emotionally connect with others? Sonyei is a Life Coach and will be able to help with learning to develop or enhance your skills to connect with others.

She firmly believes when you lead with giving of your time to listen, to give a helping hand to someone in need, or just being able to empathize, it can lead to better outcomes in your relationships with anyone.

Sonyei has been interested in how the mind works, perceptions of relationships, and personal development. She enjoys helping others to better their lives. Sonyei went to school at the university of Washington and majored in psychology with an emphasis in education.

Come and learn how building lasting and meaningful relationships can help to create a happier and fulfilled life.



President Message

Aloha ABWAers!

Are you Social Yet? For those of you who attended February's meeting, we were treated to some basic information on how to get started with social media and social networking. Melissa Chang from Adstreamz gave us a primer on some of the more popular social networking venues like Twitter & Instagram. Her advice is to post at least once a day, be positive and be yourself. It's important to be social both online and offline. Posts should be informational and relevant...in other words, be of value. There is no need to overshare, but posting interesting little tidbits can pay off later as you brand yourself and/or your company.

As we continue this theme of being social, we will have our own Sonyei Hijirida speak to us in March on Social Wealth. Her presentation will build upon the business practice of developing relationships.

As an organization, we are so fortunate to have numerous members who are willing to share their time and expertise with us to help us to grow our personal and business skills.

We also had our second meeting of our Book Club in February. We finished, The Alchemist by Paulo Coelho and had an animated discussion on insights that we learned. All of us have the power in ourselves to realize our destiny. We need to recognize our destiny and work towards it. This was a great way to start off our Book Club and we look forward to many others joining us for our next book: The Seven Women Project by Karen & Meredith McCullough. As you read, you'll begin to recognize bits and pieces of yourself in the seven women portrayed in the book. I hope we're able to interest you in joining in on the fun!!

Now that we're gearing up for Spring, it's time for our next Member Ed event. Myrtle Ching-Rappa, the hostess with the mostest is graciously opening her home to us for a viewing of Alice Inoue's "Positive Mindset 101."

I hope that you will all join us on Saturday, March 12th at 1pm for a fun potluck-snack get together where we will learn how to embrace a healthy mindset and balanced outlook. In this session, we'll learn that it's not just about thinking positive. Come for the camaraderie and the food, but stay to learn about thinking positive.

For all of you staunch Na Kilohana 'O Wahine supporters, thank you for all of your hard work, your attendance and your intention. I look forward to seeing everyone at our upcoming meetings and special events. March is upon us, but get ready for April... we have an action packed Spring planned!

With Love & Aloha,
Claire

if you watch how nature deals with adversity, continually renewing itself, you can't help but learn.

— Bernie Siegel MD



Community Service/Spring Enrollment Event at Hanauma Bay



On Saturday, April 23rd, Na Kilohana 'O Wahine members and their guests will participate in the Annual Hanauma Bay Clean-up. This will be a combination community service/ Spring Enrollment event. The schedule for the day is as follows:

- 8:00 - 8:30 Arrive early to ensure parking
- 8:30 - 9:00 Morning Snack
- 9:00 - 9:30 Orientation
- 9:30 - 11:30 Work
- 11:30 - 1:00 Picnic

Invite your friends and family, and especially potential members to show them what this chapter is about: community service, education, and fun, fun, fun.

New members may wonder how this tradition began and why it continues. This event is dedicated to the memory of Peter Joseph Rappa, the late husband of Myrtle Ching-Rappa. Peter participated in every Na Kilohana 'O Wahine event that he was invited to, contributing his muscles, planning prowess, and mostly his good humor and gregarious manner. In his own work, Peter was devoted to H-Bay and Earth Day, therefore the H-Bay clean-up on the Saturday closest to Earth Day.

Peter, was an extension agent with the Sea Grant program in the School of Ocean and Earth Science and Technology (SOEST) at UH Mānoa. He dedicated his life's work to the preservation and enhancement of the environment, especially Hanauma Bay. He worked tirelessly to see the Education Center built at the H-Bay nature preserve. Today, thousands of visitors go through the center every day and learn to preserve the natural beauty of the bay. He's even in the video that everyone is required to view. He retired at the end of 2010. Even after retirement, he continued to help organize Hanauma Bay Clean Ups for the Friends of Hanauma Bay. He helped organize the first statewide Earth Day celebration in Hawai'i that remains an annual event.



To know him was to love him as attested to by the many awards he won both locally and nationally, even after his passing in 2011.

Next Meeting

March 9, 2016

American Financial Services Center
1215 Hunakai Street

Speaker: Sonyei Hijirida

Social Wealth:
Building meaningful relationships
& Leading with giving

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

Menu: Hot meal, drinks Cost: \$15.00

Non Members: \$20.00

FREE Parking

RSVP: By Sunday, March 6, through Evite or call Yvonne 2848550

Please note that any cancellations received after 3/6 will be subject to no-show fee of \$15 for members & \$20 for non-members

Raffles: A-M

Check your email for this evite



2016 Calendar

March (Women's History Month)

- ◆ 3rd Deposit/Regional Conference (\$50.) Credit
- ◆ 9th - Monthly Meeting , (Social Wealth)
- ◆ 12th - Member Ed (Positive Mindset)
- ◆ 15th - Exec Board Mtg
- ◆ 19th - Newsletter Deadline

April

- ◆ 4th Mentoring Monday
- ◆ 13th - Monthly Meeting, (Tips for Negotiating Salaries)
- ◆ WOY/Top Ten Voting
- ◆ 12th- Equal Pay Day
- ◆ 14th - 16th - Regional Conf , Fort Worth
- ◆ 17th- Equal Pay Day (Wear Red)
- ◆ 19th - Exec Board Mtg
- ◆ 23rd—Hanauma Bay Community Service (in memory of Peter Rappa) & Spring Enrollment
- ◆ 23rd - Newsletter Deadline

May

- ◆ 11th - Monthly Meeting (Fish Catch the Energy, Release the Potential)
- ◆ 15th- Top Ten apps due & Vote for New Officers
- ◆ 17th - Exec Board Mtg
- ◆ 21st - Newsletter Deadline

June

- ◆ 1st - Deadline for ORG, BSTR
- ◆ 8th - Monthly Meeting (Emergency Preparedness)
- ◆ 14th - Exec Board Mtg
- ◆ 18th - Newsletter Deadline

July

- ◆ 13th - Monthly Meeting (Personal Budgeting)
- ◆ Perfect Attendance, Audit Committee Selection & Protégé Award?
- ◆ 31st - Newsletter Deadline & Best Practices Due

Done: 22

To be Done: 6

Best Practices Level III

In Progress : 5

Scoreboard

Time left: 4 Mons

Done

- New Member 2015-2106
- Slate of Officers & Chairs Submitted
- Officers Elected
- Liability Insurance Payment
- IRS 990N filed 12/15/2015
- Member Interest Survey (10 min)
- GAP Analysis
- Vision Statement on WIN
- Business Plan
- Budget (Proposed)
- Create 2015-2016 Annual Business Plan-folder in WIN library
- Upload Business Plan, Budget
- Standing Rules (Proposed)
- Notice in Newsletter that Standing rules adopted
- Create 2015-2016 Standing Rules folder in Win library
- Upload Adopted Standing Rules
- Create 2015-2016 Newsletter folder in WIN library
- Maintain Compliance with ABWA's brand Fundraising event
- Chapter BrochureWebsite with National Requirements
- Facebook Page with National Requirements

To be Done

- Officers & Chairs dues current at July 31, 2016
- Copy of Tax return in binder
- Chapter Woman/Man of the Year Elected
- Top Ten Nominated Elected
- Awardee Acceptance at 2016 National Conference
- Awards Binder Completed and Sent by July 31

In Progress

Primary members (30)	27
Upload Current Newsletters	6
Newsletters with National requirements quarterly	4
Sponsor 3 members to regional/national	2
Professional Development Programs(9-45 min)	4



bizwomen MENTORING MONDAY

MEET YOUR MENTOR at the **BIZWOMEN MENTORING MONDAY** event. Join Pacific Business News on April 4th for this one-of-a-kind event that brings together women in a casual, fast-paced coaching atmosphere.

This event is one of 43 that is being held by Business Journals all over the country involving about 8,600 women who will be mentored and another 1,700 women mentors. That means nearly 10,000 of the best and brightest women from Albany to Honolulu are taking part in strengthening the community of strong business women in America.

The event will offer the opportunity to choose from 40 mentors who are the most influential women in the business community for one-on-one coaching sessions for seven minute conversations. This will allow the attendees to network with each other while they are waiting, which is just as important as the coaching sessions. We expect every attendee to have the opportunity to meet between five and seven mentors. The quick turnaround is organized chaos which will be fast, fun and fulfilling as everyone gets the chance to meet new people and gain new insights.

Biz Mentoring Monday 7 a.m. - 9:30 a.m.

Promo Code: ABWA2016TEN 10% off PLUS

Help at Chapter Table: \$20.00 reimbursement - submit registration receipt to Treasurer

The Na Kilohana 'O Wahine Vision Statement

"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."



Na Kilohana 'O Wahine
Claire Arakawa, **President**

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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 professional development of other members.

