Best Practices Update:

Outstanding Items:
Primary Members 14/30
New Member 2018-2019
Officers & Chairs current 7/31/19
IRS 990N file 12/15/2018
Post Approved Budget
Community Connection Class
Professional Dev. Program 5/9
Select 2018-2019 WOY
Newsletter Quarterly 1/4
Binder in 7/31/19
Attendee to National 2019

“You don’t stop laughing because you grow old. You grow old because you stop laughing!”

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.
Highlights of Monthly Guest Speakers:

We have been fortunate to have exceptional guest speakers are our monthly meetings, thanks to the kind efforts of Vice President Danice Mah. Here is a recap of our special speakers:

**August, 2018:** Ms. Li Si Yang, personal trainer, who spoke on “Create the Life You Want”. Li Si is self-care coach who shared a wealth of information to help us seek the “Journey to Fitness.” Do you know the best posture to avoid pain?  
[www.journeytofitness.com](http://www.journeytofitness.com)

**September, 2018:** Our special guest speakers were our members, as we celebrated International Nite. We all shared our knowledge about various cultures and countries such as Korea, Bahamas, China, Fiji Islands, Okinawa, and Japan. Treat to sample food products from some of these places!

**October, 2018:** Our Executive Board members (Yvonne Ako, Anna Marie Tom, Tammy Namihira and Hilda Min) shared their insights and impressions of attending the 2018 ABWA National Women’s Leadership Conference in Augusta, GA. Next conference will be celebrating the 70th ABWA Anniversary in October, 2019 in Kansas City, MO.

**November, 2018:** Marjorie Robinson and Shelley Matsusaki presented a timely talk on “The Future is Here Before You Know It”. Four major factors that will affect our personal assets: Retirement Income, Health Expenses, Extended Care, and Final Expenses/Survivor’s Income. Will you be ready for your future?

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Hey Sisters of ABWA!

Where did the time go? We are once again at the end of the year and all set for the new upcoming year.

Wishing all a super holiday season enjoying the good tidings and cheer with your family and loved ones.

We shall see you all with more wonderful events planned for even more fun, food, family and friends sharing it all together!!

Grow and Glow!!

Happy New Year!!!
Dan Thurmon’s Keynote Speech

2018 ABWA National Leadership Conference, Augusta, GA

Insight shared by Hilda Min

One of the highlights of the 2018 ABWA National Leadership Conference in Augusta, GA was actually the closing keynote speech presented by Dan Thurmon. Dan is a motivational speaker who shared information about how to embrace change and create a work/life balance. Instead of chasing an impossible dream, “we should learn to embrace uncertainty and initiate positive changes that lead to personal and professional growth.”

In his book, Off Balance on Purpose, readers escape from the ‘balance’ dilemma and are empowered to adopt a new approach to creating a happy, fulfilling life: embrace reality, get aligned with your purpose, lean forward, and initiate positive changes. These, in turn, will give readers the knowledge, strength, and motivation to accept and take advantage of the contradictions in our daily lives.

Dan spoke at the end of the conference, so it was almost a “rap up type of talk.” He summarized the feel and purpose of the conference “Be Bold, Be Brave and Be You!”

During his talk, he showed his versatility, not only in his speech. He was an acrobat, a juggler, and even rode a unicycle to the amazement of the audience.

As motivational speakers, they are always fascinating individuals. They share liked thoughts, they inspire you, and you leave with a great, fantastic feeling that you can do anything!

Dan Thurmon left us with the following thoughts:

If you think what you are doing now is difficult, it’s time to try something harder
Lean into Life
Keep looking up!
If you limit yourself to what’s comfortable, you deny yourself what’s possible.

Christmas Party Celebration Fun!!

Mele Kalikimaka
2018
Natusnoya Tea House
WE ARE
Changing Women’s Lives…

2018-2019
Vision Statement:
Empowering ourselves and each other through developing the physical, mental, emotional, and spiritual essence of our beings.

Executive Board:
President:
Yvonne Ako
Co-Vice-Presidents:
Danice Mah/
Anna Marie Tom
Co-Secretaries:
Hilda Min/
Jinnah Nakatani
Treasurer:
Tammy Namihira
EB Advisor:
Patti Ann Hokam

Upcoming Calendar of Events:

January:
9th: Chapter Monthly Meeting:
“Decluttering for the New Year”
Alice Inoue, CHO, Happiness U
23rd Executive Board Meeting

February
13th: Gindi French, East Oahu Chamber
20th: Executive Board Meeting
25th: Biz Mentoring Monday

March
13th: Michelle Hashimoto, Hope Lodge
16th: Garage Sale
20th: Executive Board Meeting
28-30th: Eastern Regional Safety Harbor, FL

April
4-6th: Western Regional
Reno, NV
10th: “Disaster Preparedness”
Jeanine Hippchen Pereira, Red Cross
11-13th: Central Regional
Des Moines, IA
17th: Executive Board Meeting
20th: Hanauma Bay Clean up
8th: “Beauty inside/Out”
Anna Marie Tom

May
8th: Executive Board Meeting
25th: WOY/Top Ten Celebration Event (Trip/Tour)

June
10th: Chapter Birthday (42nd)
12th:
15th: Garage Sale
19th: Executive Board Meeting
___ Break-out Room/Tiki
___ Kapolei Progressive Meal Event

July
10th: Installation of New Officers/Transition Meeting
17th: (Old) Executive Board Meeting
31st: Best Practices Due

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.