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October 2016 |Vol. 52, Issue No. 3  
**Na Kilohana O Wahine**  
 Chapter No. 6289—Honolulu, HI



**Next Topic: Healthy Habits**

Our October speaker is Mary Li. She retired 8 years ago from her buyer position from C2F, Inc. Her other responsibilities included: marketing, importing & accounting. Last year, she fully retired for the second time, from her part-time job at L'Occitane in Honolulu.

Juggling all the responsibilities in your life can be an art. Healthy habits can help not only balance between responsibilities, healthy habits can help achieve harmony with some of life's struggles. To really make a positive change, behavior is the key. It takes 3 months to change a behavior. Healthy habits can impact your life and help meet your goals.

**Mark your Calendars for 11-5-2016  
2nd Fundraiser at Dot's**

Join us for an evening of wonderful food, door prizes and dancing with the group LS34. This thirteen member band, plays music from the 60s and 70s and supported our ABWA fundraiser last July.

We netted \$1500. and we are very grateful to LS34 and Dots in Wahiawa for their time and generosity.

How to get tickets:

[abwahawaiiifundraiser.eventbrite.com](http://abwahawaiiifundraiser.eventbrite.com)

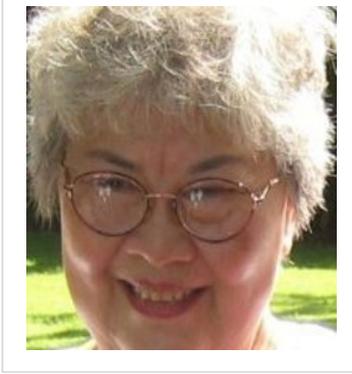
- ◆ Members can forward their friends the link above to purchase tickets online (buyer pays processing fees)
- ◆ Lorraine will distribute paper tickets at the October meeting for members to sell.
- ◆ No service charge when buying tickets from members
- ◆ Send Lorraine an email to buy tickets



**Applying this year's "Fish" philosophy to empower and exceed Play, we share the quote above.**

Albert Einstein referred to his thinking process as "Combinatory Play." Like the highly intelligent child with a pail of Legos, Einstein constantly combined and recombined ideas, images and other various thoughts into millions of different combinations. This combinatory play was the essential feature in his creative thinking process. Consider Einstein's equation,  $E=mc^2$ . Einstein did not invent the concepts of energy, mass, or speed of light. Rather, he combined these concepts in a novel way which restructured the way he looked at the universe. [Humanities.gbcn.edu](http://Humanities.gbcn.edu) and adapted from: [creativethinking.net/DT10\\_CombinatorPlay.htm](http://creativethinking.net/DT10_CombinatorPlay.htm)

## President's Message



Aloha Fellow Na Kilohana `O Wahine Members,

Thank you to Daun for the article in the September issue of the newsletter on Maui. Members are encouraged to write articles about something you are passionate about. It could be a hobby, your work, an event you are planning for another organization, anything you are knowledgeable about that you think other members would be interested in.

Keeping with the theme of "PLAY" we will have a creative activity at the October meeting. Remember, all ideas eventually outlive their usefulness and we need to come up with new ideas. Often times, when working on a problem, it helps to start with a playful activity to get creative juices flowing. Come to the October meeting to have some fun and allow your creative juices to flow.

The Holiday Make and Take event was a lot of fun. We made a beautiful Christmas card under the direction of Gerri Migita. Thanks, Gerri, for providing all the supplies for this activity. We then ran into a bit of a roadblock with trying to make a lacy snowflake and a toilet paper roll snowflake. The afternoon ended with a successful Cookie Cutter Ornament decorating activity. I suggest everyone who made one bring it to the October meeting to show off a little. They were very creative and beautiful.

I want to thank the person who suggest on our "PLAY" board that we have some activities at the meeting and not just on weekends. Some activities take more time than we have available at a monthly meeting. We will attempt to have at least one activity at each meeting.

I will not be at the next two meetings. I will be traveling to the east coast to visit my daughter, sister- and mother-in-law. Thank you to Yvonne for running those meetings for me.

Mahalo,

*Myrtle Ching-Rappa*

Myrtle Ching-Rappa

## 1st Trip to Europe & 40th Wedding Anniversary



### Paris

No tour books, web sites or friends suggestions can prepare one for their first visit to Paris. Perhaps to get to know a city and its people, it is easier to start out at the very heart of it. Although Paris began in the 3rd century BC, it was in 52 AD, that the tiny island of Île de la Cité, held the first fortified settlement in Paris.

Walking east along the Seine River, 2 church steeples of Sainte Chapelle and Notre Dame can be seen on the island. Both are Gothic art masterpieces. Up until the 14th century, Sainte Chapelle was the residence of the Kings of France. Plus, Notre Dame was where the kings of France were crowned. Notre Dame or "Our Lady" took centuries to build and was completed in 1345. The most significant history for me was viewing a small red class case about 12"x12", in the back of Notre Dame, it holds the "Crown of Thorns." It is easy to miss and a small plaque is all that announces this relic.

We were lucky to have a sunny day in Paris to see the beautiful stained glass windows in both churches. Before the 1500's stained glass was a painting technique practiced in Europe. Light, color and space were used to create a sense of harmony between art and faith.

### London

London also started out as a fortress around 200AD. On the river Thames, the Tower of London is located close to the Tower Bridge. A must see on our itinerary, was to view the Crown jewels.



They are located in a secure vault behind the white tower, in the center of the photo above. Over 141 historical ceremonial objects including over a dozen crowns can be viewed. The 2 largest diamonds (530.2 and 317.40 carats) were both cut from an enormous diamond unearthed in 1905. They adorn the Sovereigns Scepter and the Imperial State Crown. The heaviest crown weighed in at 5 pounds which was St. Edwards in 1661. In contrast, the smallest crown was Queen Victoria's that she wore on her widow's veil and was only 3.7' high in 1870.

After leaving the Tower of London, the first thing we saw was a Starbucks! It was a welcome site because we wanted to walk across the Tower Bridge and needed a little boost of caffeine to complete this historical tour.

Mary Li

September 2016



**Next Meeting: October 12, 2016**

Speaker Mary Li

Establish Healthy Habits to Reach your Goals

Addressing the main areas in your life such as:

Health, Family, Home, Work and Play

(Yes play! Its helps with creativity and helps tackle issues with all areas in your life.)

**Raffles: A-L**

**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, October 9, 2016  
Via Evite

Please note that any cancellations received after 10-9-2016 will be subject to a no-show fee of \$15.  
\$20 for non-members

**Calendar 2016-2017**

**October**

- ◆ 12th Monthly Meeting— Healthy Habits
- ◆ 19th EB meeting, ASB Queen/Ward
- ◆ 22nd Deadline for Newsletter

**November**

- ◆ 5th Dot's Fundraiser, 6-10 pm (Tickets available now)
- ◆ 9th Monthly Meeting—First Time Home Buyer
- ◆ 16<sup>th</sup> Executive Board Meeting

**December**

- ◆ Salvation Army Angel Tree /Community Service
- ◆ 14th or 21st, Christmas Party

**January**

- ◆ 11th Monthly Meeting—Feng Shui
- ◆ 17th EB Meeting

**February**

- ◆ 8th Monthly Meeting— The Hawaii Political Scene
- ◆ 14th EB Meeting

**March**

- ◆ 8th Monthly Meeting— Local Economy
- ◆ 14th EB Meeting

**April**

- ◆ 12th Monthly Meeting—Impact on Kakaako on Hawaii Real Estate
- ◆ 18<sup>th</sup> EB Meeting

**May**

- 10th Monthly Meeting—Wills & Trusts, Legal Issues for Women
- 16th EB Meeting

**June**

- 14th Monthly Meeting
- 19th EB Meeting

**July**

- 12th Monthly Meeting
- 18 EB Meeting

## 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.

### This Month in Hawaiian History

- 10-8-1840: 1st Hawaiian Constitution in proclaimed
- 10-19-1853: 1st flour mill in Hawaii begins operations.
- 10-29-1894: 1st election of Hawaiian Republic
- 10-27-1896: 1st Pali road completed in Hawaii (winds so strong streams flow up.)
- 10-22-1936: 1st commercial flight from the mainland to Hawaii.
- 10-8-1985: Bruno Mars is born! (This is for Yvonne)



### Book Club

#### The Life-Changing Magic of Tidying Up

#### The Japanese Art of De-cluttering & Organizing

By: Marie Kondo  
Next Meeting  
October 13th



Starbucks next to Wahoo Taco on Ward

## Get the most out of your membership Volunteer for one of the committees

Membership

Education

Professional Development

Community Service

Co-Treasurer

email Myrtle

([chingrappa.myrtle2@gmail.com](mailto:chingrappa.myrtle2@gmail.com))

## 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.

### 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.

Na Kilohana O Wahine

Myrtle Ching-Rappa,  
President

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**A League of the  
American Business  
Women’s Association**

Visit us online at  
[www.abwa.org](http://www.abwa.org)