

# KA LONO KILOHANA

"THE SUPERIOR OF MESSAGES"

Na Kilohana O'Wahine Chapter #6289 District VI

Honolulu, Hawaii



Volume 1, Issue 3

Date (October 2009)

A CHAPTER OF THE AMERICAN BUSINESS WOMEN'S ASSOCIATION

## President's Message

October 2009

Dear Na Kilohana O'Wahine Members,

We're off to Kansas City to celebrate the 60<sup>th</sup> anniversary of our National organization. We'll see you at our October meeting and will share the experience. Mahalo to Gloria, Leilani, Vendy, Eliza and Roberta who will represent us at the Joint Chapter Meeting on Sept. 26<sup>th</sup>. Have fun!

Don't forget to Invite on Evite that special guest or guests to "Celebrate" with us at the next meeting on October 14<sup>th</sup>. Let Cordie and Linda know via email who you're inviting too. They've been planning the event for a while and it will be fun!!! Every-

one who invites at least one guest will be entered into a drawing for a special prize from the exec board. (No, it's not a trip to Vegas).

Welcome back to Stan Long! Stan has decided to rejoin Na Kilohana even if he's in Texas and even if his wife has joined another chapter in Texas, he chose Na Kilohana. Thank you Stan!

Please support our fundraising efforts. Sharon Cole, Karen Yonemoto, and Patti have put in a lot of thought and planning into raising funds not only for our operating and education fund, but to have the funds available to offer another "Members' Adventure" next year and to fund our



Our President Iris Yafuso

scholarship efforts as well.

Take care of yourselves and see you in October!  
Iris

## Congrats, Lee Ann Matsuda - Another Forever 10!

Congratulations to our very own Lee Ann Matsuda!! She did an awesome job! Na Kilohana O' Wahine Chapter proudly honored our SECOND ABWA Top Ten Business Woman Finalist! We packed our bags and cheered her on and our Lee Ann Matsuda



was there on the stage representing All of US! It was so cool!

We learned lots and we had fun in Kansas City - time just flew!

Be sure to join us at the October meeting and feel free to invite more to the Enrollment Event!

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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.**

## Upcoming Events



Join Us! Mark the Date!  
Bring a Guest! Be There!

Oct. 14, 2009  
Monthly Dinner Meeting  
Fall Enrollment Event  
National Attendees  
Vocational Speaker: Sharon Ito Matsuo

Nov. 11, 2009  
Monthly Dinner Meeting  
Speaker: Rich Budnick  
Topic: "Did you know... Significant Events and little known facts about Women in Business in Hawaii"  
Vocational Speaker: Dr. Eliza Kim

November/December:  
Salvation Army Angel Tree

Dec. 9, 2009  
Monthly Dinner Meeting  
Christmas Celebration

Dec. 13, 2009  
Easter Seals Gingerbread House Event

Jan. 13, 2010  
Monthly Dinner Meeting



Roberta's Gift Baskets & Flowers (808) 593-8557  
<http://robertasaloha.net>

## Announcements

National  
Women's  
Leadership  
Conference  
Highlights.....  
Change Your  
Perspective....

October 14, 2009, Wed.,  
Monthly Dinner Meeting  
Fall Entrollment Event  
Time: 5:30 - 8:30 p.m.  
Place: Japanese Cultural Center, 5th floor  
2454 S. Beretania Street  
Speaker: Kansas City Attendees  
Topic: "Change Your Perspective "

Vocational Speaker:  
Sharon Ito Matsuo

Menu: Lomi Lomi Salmon  
Steamed Sweet Potato  
Fresh Pineapple Chunks  
Kalua Pork  
Mini Chicken Lau Lau  
Chicken Long Rice Luau w/  
Fresh Ginger  
Steamed White Rice  
Poi (upon availability)  
Banana Cream Pie  
Iced Tea, Hot Coffee and  
Tea with condiments

Cost: \$23.00 (no shows will be billed.) Parking: \$5.00

RSVP: Oct. 12th by 3:00 p.m. through E-vite or Fran Hamasaki, Hospitality Member at 455-4737 or email: hama2@hawaii.rr.com

Donations: Members N-Z  
Favors: Cordie Fukuhara

Chapter meets the second Wednesday of every month. Please join us.

## Executive Board 2009-2010 Committee Chairs



Women IN Business

**President:** Iris Yafuso  
master\_kipper@hotmail.com

**Vice-President:** Yvonne Ako  
yvonne.ako@boh.com

**Co-Secretaries:**  
Leilani Alcover  
leilani@hotmail.com  
Vendy Goroza  
lillianvg@hotmail.com

**Treasurer:** Donna Miyashiro  
dmiyashiro001@hawaii.rr.com

**Audit:** Liz Robinson

**Business Associate:**  
Lauren Horikoshi & Yvonne Ako

**Community Service:** Myrtle Ching-Rappa

**Enrollment Events:**  
Cordie Fukuhara

**Hospitality:** Myrtle Ching-Rappa

**International Night:** Eliza Kim

**Member Ed:** Claire Arakawa

**Membership:**  
Roana Alexander

**Newsletter:**  
Patti Ann Hokama

**Nominating:** TBD

**Program:** Lynn Miller

**Progressive Dinner:** Sharon Matsuo

**Publicity:** Lynn Miller

**Scholarship:**  
Lee Ann Matsuda

**Ways & Means:**  
Patti Ann Hokama

**Website:** Lee Ann Matsuda

**WOY/Top Ten:**  
Myrtle Ching-Rappa & Lee Ann Matsuda

## Welcome New Member Leah Justine Sherman!

I am an Intuitive Healer operating in Honolulu, Hawaii. I am a certified Reiki Master and Healing Touch Practitioner. I use the Reiki Japanese technique for stress reduction and relaxation to promote healing in my clients. Additionally, I use the energy based healing touch therapeutic approach to promote physical, emotional, mental, and spiritual health. I grew up in Maui and went to High School in Southern California. A consummate curiosity and need to learn propelled me to explore the many different cultures of our societies. I have studied and traveled extensively throughout Europe, Asia, and North America.

My path to the nontraditional Healing Arts has been forged through the fires of our traditional 20th century career trails. I graduated with honors from Hawaii Pacific University with a BSBA in Business. I have extensive experience working as a professional marketing and sales person with such fortune 500 companies as Coca-Cola Bottling Company, Princess Cruises, Marriott International, and Sanofi-Aventis Pharmaceuticals. Witnessing the interworking of the pharmaceutical industry and health care system lit the fire of change within me. The traditional systems limitations to truly provide holistic

healing, resonated deep within me and awakened my intuitive, creative, and natural healing awareness. I stepped out of the well-worn path and embarked on the road less traveled, into the nontraditional Healing Arts to provide an integrated approach where Western medicine and Eastern philosophy could converge. I participate in the Wellness Wednesdays at the Waterfront at Aloha Tower Marketplace every 1st Wednesday of the month and work with patients in Healing Touch at The Queen's Medical Center. To experience the rejuvenating radiance of Reiki or Healing Touch, just contact me at 780-2485.



Leah Sherman  
leahsherman@yahoo.com

## Welcome New Member Laetitia "Tis" Eden!!

I was born in France and have lived in Austria, Germany, and in both Florida and Hawaii. I studied law in Europe and was an Assistant Controller for an architectural firm in South Florida for several years.

I recently moved to Hawaii with my husband and children. Once my children began elementary school I decided it was time to open my own business and thus I created A Well Organized

Space in November 2006.

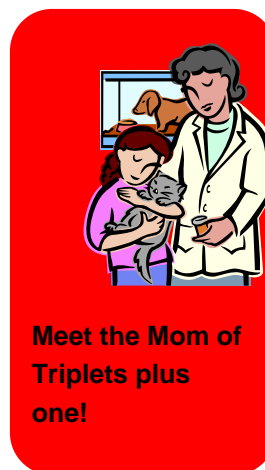
It quickly became a successful business and I hope to grow my business here in Honolulu.

My goal is to help people organize their homes and businesses to relieve the stress of being overwhelmed with too much to do and too little time to do it. I offer affordable solutions to get and stay organized that

are based on the needs of my clients. I work with each client individually and adapt my methods to their needs.

As a mom and business woman I have learned and understand the value of getting organized with my time and with my life. I hope to be able to share what I have learned. Check out:

<http://awellorganizedspace.com>



## Fundraising Event

### The Cookie Corner's Fundraiser Program:

The Cookie Corner is a highly recognizable brand name with a reputation for quality products.

### Available Flavors

Each bag of our crispy, crunchy bitesize cookies weighs 8 big ounces and contains about 40-45 cookies. Our flavors are:

### Chocolate Chip

Our most popular fundraiser flavor. These classic crispy, crunchy bite size cookies are packed full of chocolate. An easy sell!!!!

### Chocolate Chip with Macadamia Nuts

Our second most popular flavor. A winning combination of chocolate and

macadamia nuts.

### Macadamia Nut Shortbread

Our third most popular flavor. Full of the warm buttery macadamia nut flavor.

Who will sell/eat the most bags of cookies in our Chapter? Will it be you?



What could be better than fresh baked cookies?!



Best Practices Award 2010 for Na Kilohana O'Wahine Chapter!!!

## Best Practices Goal Tracking Update

- Chapter Requirements: Professional Speakers (9) -45 min. documented programs...7 to go.
- League in good standing! O.K.
- New Slate in good standing by 6/30! O.K.
- Paid Insurance fee... will do.
- Member Interest Survey and Results! O.K.
- 6 (min) newsletters... 3 more...!
- Chapter Business Plan! O.K.
- Min (30 Level III Standard of Achievement Award, 40 Level II Banner Award, 50 Level I Star Award) chapter members as of 7/31! 31 members now....
- Min. (3 Level III, 4 Level II or 6 Level I) primary members chapter sponsored conference attendees... on target!
- In IRS compliance! O.K.
- Submit Best Practice Binder to National by 7/31... will do.

## The Power of Positive Thinking.... By Norman Vincent Peale

*Excerpted from...How to Break the Worry Habit*

You do not need to be victim of worry. Reduced to its simplest form, what is worry? It is simply an unhealthy and destructive mental habit. You were not born with the worry habit. You acquired it. And because you can change any habit and any acquired attitude, you can cast worry from your mind.

To eliminate abnormal worry, empty the mind daily. This should be done preferably before retiring at night while you sleep. During sleep, thoughts tend to sink more deeply into the subconscious. The last five minutes before going to sleep are of extraordinary importance, for in that brief period the mind is most receptive to suggestion. It tends to absorb the last ideas that are entertained in waking consciousness.

This process of mind drainage is important in overcoming worry, for fear thoughts, unless drained off, can clog the mind and impede the flow of mental and spiritual power. But such thoughts

can be emptied from the mind and will not accumulate if they are eliminated daily. To drain them, utilize a process of creative imagination. Conceive of yourself as actually emptying your mind of all anxiety and fear. Picture all worry thoughts as flowing out as you would let water flow from a basin by removing the stopper. Repeat the following affirmation during this visualization: "with God's help I am now emptying my mind of all anxiety, all fear, all sense of insecurity. Repeat this slowly five times, then add, "I believe that my mind is now emptied of all anxiety, all fear, all sense of insecurity." Repeat that statement five times, meanwhile holding a mental picture of your mind as being emptied of these concepts. Then thank God for thus freeing you from fear. And go to sleep.

In starting the curative process the foregoing method should be utilized in mid-morning and mid-afternoon as well as at bedtime. Go into some quiet place for five minutes for this purpose. Faithfully perform this process and you will soon note

beneficial results.

Upon emptying the mind, practice refilling it. Fill it with thoughts of faith, hope, courage, expectancy. Say aloud such affirmations as, "God is now filling my mind with courage, with peace, with calm assurance. God is now protecting me from all harm. God is now protecting my loved ones from all harm. God is now guiding me to right decisions. God will see me through this situation."

A half-dozen times each day crowd your mind with such thoughts as these until the mind is overflowing with them. In due course these thoughts of faith will crowd out worry. Fear is the most powerful of all thoughts with one exception, and that one exception is faith. Faith can always overcome fear. Faith is the one power against which fear cannot stand. Day by day, as you fill your mind with faith, there will ultimately be no room left for fear. This is the one great fact that no should forget. Master faith and you will automatically master fear.

**Remember, you are never alone....**

Fear is the most powerful of thoughts with one exception, and that one exception is faith.



Side note.....If you wish to reference "God" as "The Creator" for your reading pleasure, please feel free to do so.

## ABWA Annual National Womens's Leadership Conference - 2009!

We're back and it was so much fun! Jam packed schedule of events full of education, networking and eating! Of course, we did squeeze in some power shopping, too!

Be sure to attend the October meeting to hear more from the National Attendees on:

Track A:

ABWA KU MBA Essentials:  
Operational Management:

Iris Yafuso & Yvonne Ako



Track B: Dare to Reach

Covey: Execution, Juggling, Be Yourself, Cultural Diversity, Be Yourself, Everyone Else is Already Taken

Donna Miyashiro & Lee Ann Matsuda



Track C: Dare to Discover

Profits, Litigation, Social Media Explosion, Performance Optimizer

Cordie Fukuhara

Track D: Dare to Evolve

Symphony of Rhythm, The You Factor Experience, Networking, Women's Edge in a Competitive Market

Patti Ann Hokama



Thank you Stan Long for the Texas Tokens! The bag was very handy for the return flight!!!

Below: Sara Bufton-Rosen & Carolyn Elman with Yvonne Ako, Iris Yafuso & Cordie Fukuhara



## Sharing More Words of Wisdom.... (forwarded by Lynn Miller)

### **Giving Better Praise:**

*Ombuds often coach individuals to improve interpersonal relationships by increasing the amount of positive feedback they give.*

*Author Gretchen Rubin has a great summary of how to give better praise:*

*Be specific*

*Find a way to praise sincerely*

*Never offer praise and ask for a favor in the same conversation*

*Don't over-praise*

*Look for something less obvious to praise*

*Don't hesitate to praise people who get a lot of praise already*

*Praise people behind their backs*

*Beware when a person asks for your honest opinion*

*Don't damn with faint praise*



A CHAPTER OF THE AMERICAN BUSINESS WOMEN'S ASSOCIATION

**ABWA's Proud Code of Conduct**

Patti Ann Hokama, Chair  
Na Kilohana O' Wahine Chapter  
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Phone: 808 593-1803  
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Email: mail@reupdateinc.com



Chapter Emblem: An Original Hawaiian interpretation of ABWA's traditional flower, the white carnation.

Na Kilohana O'Wahine Chapter  
"The Superior of Women"  
Founded 1977

**We're on the web!**  
[www.abwahawaii.org](http://www.abwahawaii.org)

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.

*ABWA in Kansas City...Change your Perspective!*



ABWA National Women's Leadership Conference  
60th Anniversary - September 24-26, 2009  
...teaming together for a  
common goal...  
More photos inside

