

KA LONO KILOHANA

“THE SUPERIOR OF MESSAGES”

Na Kilohana O’Wahine Chapter #6289 District VI

Honolulu, Hawaii



Volume 1, Issue 5

Date (December 2009)

A CHAPTER OF THE AMERICAN BUSINESS WOMEN'S ASSOCIATION

President’s Message

December 2009

Dear Na Kilohana Members,

I hope that each one of you logged in to WIN on the ABWA website and got connected. You can even click on the “gold shopping bag” on the website and when you do on-line shopping at select stores, the ABWA Foundation will get part of the sales and it doesn’t cost you a penny more. Lots of resources and exciting info are available with a few clicks of your “mouse”. Don’t forget that the names of all members who log in to WIN will be thrown into a basket for a prize and the winner will be picked at our December meeting.

Please come to our Christmas Meeting on December 9th. Friends and family are invited too. There will be a special meal and Patt Sornsins will be our “Game Master” (since we only see her in December). Myrtle is busy making the prizes. Don’t forget to bring 2 dozen of anything for the goodie tables and vendors will be there from 5pm, so come early to shop. No grab bags this year, but we will have a collection of food/donations for the Food Bank instead.

The hospitality committee has a special request: please remember to RSVP - YES or NO each month on Evite. This will help the committee to plan more effectively and ensure that there is enough food for all attendees.



Our President Iris Yafuso

Your RSVP by the deadline will be appreciated!

Wishing you all Happy Holidays!

Iris

Holiday Party! ‘Tis the season to be jolly...fa.la.la.la.la.la.la.la.la

It’s that time of year again! Be sure to join us for our annual fun seasons greetings celebration!

Bring your holiday gift list and come shop at our craft fair tables! Wonderful items!

Games and Prizes are expected



to brighten your spirits and offer you many blessings!

Be sure to bring your 24 goodie items and your generous donation to the Hawaii Foodbank either \$ or canned goods!

Fabulous Tidings to All!

Inside this issue:

Upcoming Events & Announcements	2
Executive Board & Committee Chairs	2
Lessons learned...	3
Stocking Stuffer Idea	3
Best Practices Update	4
Welcome Back, Stan!	4
WIN!	5

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!

December:

5th: Salvation Army Angel Tree 10 a.m. - 9 p.m.

9th: Christmas Celebration
Bring your 24 goodie items and be ready to play those games for prizes! Bring your \$5 grab bag gift, too.

13th: Easter Seals
Gingerbread House Event

January: Happy New Year!!

13th: Dinner Meeting

Member Ed Event: TBA

February:

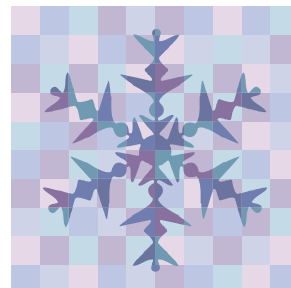
10th: Dinner Meeting
16th or 23rd: Big City Diner Fundraiser

March:

10th: Dinner Meeting
20th: Garage Sale - Kahala

April:

9th & 10th: District VI Spring Conference - Reno NV
14th: Spring Enrollment Event



Do you offer a service or are you selling anything? Place your Ad with photo here. Ask for details.

Announcements

Come early to shop at our craft fair, bring your gift lists!

Dec. 9, 2009, Wed.,
Holiday Celebration
Time: 5:00 - 8:30 p.m.
Place: Japanese Cultural Center, 5th floor

2454 S. Beretania Street
Craft Fair & PARTY!

Come early to shop and get ready for the games to begin! Be sure to bring your 24 goodie items and your donation to the

Hawaii Foodbank either in \$ or canned goods, too.

Fun-filled evening and many blessings, too!

Menu: Tossed greens salad, Fresh fruit salad, Mushroom chicken, Carved prime rib, Garlic mashed potato, Hot vegetable medley, Rolls with butter, Apple pie

Iced Tea, Hot Coffee and Tea with condiments

Cost: \$26.00 (no shows will be billed.) Parking: \$5.00

RSVP: Dec. 7th by 3:00 p.m. through E-vite or Iris Yafuso at 488-7514 (un) or master_kipper@hotmail.com

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: Roeana 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

Lessons learned....



Dr. Eliza Kim was our vocational speaker last month and she shared a very heartfelt story of her upcoming motherhood and the recent lesson

reinforced about the value of listening and hearing her patients due to her experience with her current "baby," Atlas her beloved pet and his vet.

Although, she expressed her concern about what she felt was important for her vet to "check on" - she was put off as possibly displaying the signs of an overprotective mother-to-be. Unfortunately, life is there to teach us and the lesson learned by Dr. Kim was that there is no such thing as a hypochondriac. She will always "hear" what her patients are saying and never take the role of dismissing what they may sense as an urgent matter because there may be something more than

meets the eye.

Our pets play such an important role in our lives and they give so much more than we could ever had imagined no matter how short their time may be with us.

Atlas was placed in Dr. Kim's life and he has given and prepared her for the future in so many ways as she will be a "mom" all over again but this time with a baby of the human kind. Many blessings of love and light, Eliza.

ABWA National Conference Schedule

SAVE THE DATES!

District II: March 19-20th The Woodlands, **Texas**

District VI: April 9-10th Reno, **Nevada**

District III: April 16-17th Itasca, **Illinois**

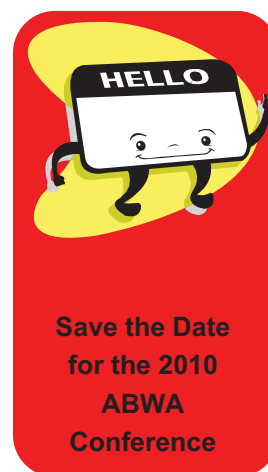
District V: April 30th - May 1st Indianapolis, **Indiana**

District IV: May 14-15th Annapolis, **Maryland**

District I: May 21-22nd Naples, **Florida**

2010 National Women's Leadership Conference:

October 28-30th Chattanooga, **Tennessee** to see: Rock City Gardens, Ruby Falls, Buttonwillow Church Civil War Dinner Theatre, Riverbend, Coolidge Park, and the Chattanooga Choo Choo!!



Fundraising Event

Pedicure/Manicure

Great Gift Idea or Stocking Stuffer!
Rainbow Nails Gift Card good for 48 months.

Ready to Get Pampered?

Located in Kaimuki

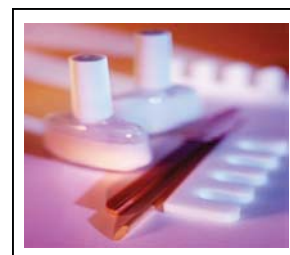
with parking and the salon has about a dozen stations!

Make it a group outing with your friends and fellow members.

Also, a wonderful gift for your special friends who could use a special time to

unwind and relax, too.

This event has been coordinated by Karen Yonemoto and she made it all possible for us to make \$5.00 from each card sold! Thank you, Karen!



Holiday Gift Giving Idea
\$32.00



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

Best Practices Goal Tracking Update

- | | | |
|--|---|--|
| Chapter Requirements: League in good standing! O.K. | Professional Speakers (9) -45 min. documented programs... 7 to go. | Star Award) chapter members as of 7/31!
31 members now.... |
| New Slate in good standing by 6/30! O.K. | Adopt standing rule to include Code of Conduct in each newsletter! O.K. | Min. (3 Level III, 4 Level II or 6 Level I) primary members chapter sponsored conference attendees... we can do it! |
| Paid Insurance fee... will do. | 6 (min) newsletters... 1 more...! | In IRS compliance! O.K. |
| Member Interest Survey and Results! O.K. | Min (30 Level III Standard of Achievement Award, 40 Level II Banner Award, 50 Level I | Submit Best Practice Binder to National by 7/31... will do. |
| Chapter Business Plan! O.K. | | |
| Chapter Budget! O.K. | | |

Welcome Back Stan Long now in TEXAS!

**National Rifle Association
Firearms Instructor and a Certified Refuse to be a Victim® Instructor...**

Stan's "da" man and he's our Na Kilohana O Wahine member!!

"I left Merrill Lynch, in April. Since then, I have been undergoing training to become a Certified National Rifle Association (NRA) Firearms Instructor and a NRA Certified Refuse To Be A Victim® Instructor."

It is a nationally recognized crime prevention

program, developed by the NRA that promotes awareness and prevention of criminal attack. Topics covered include home, automobile, phone, technological, travel and personal security. The seminar includes classroom instruction on a variety of crime prevention strategies, from criminal psychology to automobile crimes to cyber crime. It is not a firearms instructional course and does not include instruction in physical combat self-defense.

follow. Strategies include home security, carjack avoidance techniques, cyber safety, and use of personal safety devices.

"I have set up a LLC and will begin offering classes, in January. I am attaching information sheets on some of the classes. I'm still working on marketing materials and hope to have them ready before the end of this month.

If you have any questions, please don't hesitate to call me, at 722-7826. I kept my Hawaii cell phone, so this would be a local call for you. I just ask that you remember the 5 hour time difference."



Stanley H R Long
Robinson Long Consulting, LLC
President
(210) 679-7336 Work
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(210) 679-7336 Home
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stanleyhrlong@aol.com

Seminars teach about common weaknesses that criminals may take advantage of, and teaches a variety of corrective measures that are practical, inexpensive, and easy to

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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

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.

ABWA...Women's Instructional Network (WIN)



WIN is the future of ABWA. Get engaged to the changes ahead for the future generations of ABWA.

CHALLENGE TO MEMBERS:

WIN with WIN! The executive board challenges you to log on to WIN at ABWA.org by Thanksgiving. Drawing will be held of all the members who log on and winner will be announced at our December meeting. (No it's not a trip to Tahiti or Vegas).

Follow these steps:

- 1) pay your \$15 to National if your membership hasn't come up for renewal yet
- 2) go to ABWA.org and click on the WIN logo
- 3) click on member login

4) press click here to contact ABWA headquarters for your login

5) if you don't hear from them after a few days, email them again or call them

6) once you receive your login, you can get started

7) members 65 years or old may decide to opt out

8) call or email your exec board for assistance if none of the above works

Be Brave!!! See our new National officers and our District VI VP. See what they say about Na Kilohana!