

KA LONO KILOHANA

"THE SUPERIOR OF MESSAGES"

Na Kilohana O'Wahine Chapter #6289 District VI

Honolulu, Hawaii



Volume 1, Issue 7

Date (February 2010)

A CHAPTER OF THE AMERICAN BUSINESS WOMEN'S ASSOCIATION

President's Message

February 2010

Aloha Members,

Ready, set, go... The reservation has been made for our Friends, Food and Fun Event on April 20th, at the Big City Diner Restaurant at the Ward Entertainment Center. Over 225 silent auction solicitation letters were mailed out on Jan. 20th. Please mark your calendars as we will need all of our members to pitch in and help at this event (formerly Wine Tasting). The tickets & flyers will be distributed at the Feb. meeting. The restaurant will be closed from 5-8 pm for our event and will re-open at 8pm. The price will include 2 drinks and pupus. More details later.

Claire has set up the Cultural Sites Member Ed Event at the end of February. Please email or call her if you have any questions. The board will decide on the amount the chapter can cover for the event. Guests are welcome but will be responsible for their lunch and tour costs.

Don't forget to respond to EVITE before the due date and in consideration to JCCH for their wonderful service to us over the years, **please call Fran with any additional guests BEFORE the meeting deadline.** JCCH only prepares enough food for the count we call in. Your consideration to our Hospitality Team will be appreciated!



Our President Iris Yafuso

See you at our next meeting on **Feb. 10th.**
Iris

2010 Census Taking...beware of identity theft, scams: Lynn Miller insight

If a U.S. Census Bureau worker knocks on your door, they will have a badge, a handheld device, a Census Bureau canvas bag, and a confidentiality notice. Ask to see their identification and their badge before answering their questions. Census workers are currently only knocking on doors to verify address information. Do not give your Social Security number, credit card or banking information to anyone, even if they claim they need it for the U.S. Census. REMEMBER, NO MATTER WHAT THEY ASK, YOU REALLY ONLY NEED

TO TELL THEM HOW MANY PEOPLE LIVE AT YOUR ADDRESS.. While the Census Bureau might ask for basic financial information, such as a salary range, YOU DON'T HAVE TO ANSWER ANYTHING AT ALL ABOUT YOUR FINANCIAL SITUATION. No Acorn worker should approach you saying he/she is with the Census Bureau. Eventually, Census workers may contact you by telephone, mail, or in person at home. However, the Census Bureau will not contact you by Email, so be on the lookout for Email scams impersonating the Census.

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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.

Iris

Upcoming Events



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

February:

10th: Dinner Meeting

March:

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

April:

9th & 10th: District VI Spring Conference - Reno NV
14th: Spring Enrollment Event
20th: An Evening with Friends, Fun & Food— Big City Diner fundraising Event

May:

12th: Dinner Meeting

June:

9th: Dinner Meeting
10th: Chapter Birthday 33rd Anniversary

July:

14th: Dinner Meeting

August:

NEW CHAPTER YEAR!

SPECIAL: \$10.00 OFF

A Well Organized Space—Affordable

Solutions to Get and Stay Organized!

Office, Residential,
And Cubicles

Creates a System

Free 30 min

Initial Consultation

Call: 'Tis

(321) 213-3656

Announcements

Invite Guests
to our
meetings/
events and
Share the
Happenings of
ABWA!

Feb. 10, 2010, Wed.,

Speaker: Captain Letha
A.S. Decaires

Topic: Talk with a Cop:
"All the questions you've
wanted to ask a (female)
cop:

Time: 5:00 - 8:30 p.m.

Place: Japanese Cultural
Center, 5th floor

2454 S. Beretania Street

Menu:

Egg Drop Soup
Chinese Chicken Salad
Steamed White Rice
Seafood Chow Mein
Lemon Chicken
Beef Broccoli
Almond Float

Ice Tea, Hot Coffee &
Tea w/condiments

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

Parking: \$5.00

Raffles: A-M

RSVP: Feb. 8th by 3:00
p.m. through E-vite or
Fran Hamasaki 455-4737

Chapter meets the sec-
ond 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
akoyvonne@gmail.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

BABY NEWS!



Dr. Eliza Kim announced the birth of their baby boy: Ethan Cole Montross born January 3rd at 7:21 p.m. 7 pounds and 20 inches! Healthy and

Happy! Both parents and all the grandparents are so proud and are active participants in his young life!

Myrtle Ching-Rappa has become the a proud gram-mie again! First, years ago her son came to visit and introduced her to her grandchild: a warm and furry puppy! And now, introducing:

Brayden Ching born January 11th, weighing in at 6 lbs, 13.5 oz and 20 inches long! Happy big sister Jayden has a real live doll now! So cool!



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!!



FYI: ON SOCIAL SECURITY...Lynn Miller

Great online services available at

www.socialsecurity.gov

The Social Security's website features many convenient online services:

Use their Retirement Estimator to get a quick and accurate estimate of your future Social Security retirement benefits -- www.socialsecurity.gov/estimator
Prepare for your retirement and research disability and survivors plans by visiting their Planners webpage -- www.socialsecurity.gov/planners

Retire online! You can complete and submit your retirement application in as little as 15 minutes -- www.socialsecurity.gov/retireonline

Apply for disability benefits online -- www.socialsecurity.gov/applyfordisability

There's even more you can do at www.socialsecurity.gov. So whether you're interested in planning your retirement or applying for disability, learning about Social Security's history or finding out about how the system works, their online office is the most convenient one to visit.



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... 5 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... will do.
Paid Insurance fee... will do.	6 (min) newsletters... O.K.	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.		

Tidbit shared by Lynn Miller (*maybe for our new mommy....*)

How many are willing to accept this job position?

POSITION:

Mom, Mommy, Mama, Ma Dad, Daddy, Dada, Pa, Pop

JOB DESCRIPTION:

Long term, team players needed, for challenging, permanent work in an often chaotic environment. Candidates must possess excellent communication and organizational skills and be willing to work variable hours, which will include evenings and weekends and frequent 24 hour shifts on call. Some overnight travel required, including trips to primitive camping sites on rainy weekends and endless sports tournaments in far away cities! Travel expenses not reimbursed. Extensive courier duties also required.

RESPONSIBILITIES:

The rest of your life. Must be willing to be hated, at least temporarily, until someone needs \$5. Must be willing to bite tongue repeatedly. Also, must possess the physical stamina of a pack mule and be able to go from zero to 60 mph in three seconds flat in case, this time, the screams from

the backyard are not someone just crying wolf. Must be willing to face stimulating technical challenges, such as small gadget repair, mysteriously sluggish toilets and stuck zippers. Must screen phone calls, maintain calendars and coordinate production of multiple homework projects. Must have ability to plan and organize social gatherings for clients of all ages and mental outlooks. Must be willing to be indispensable one minute, an embarrassment the next. Must handle assembly and product safety testing of a half million cheap, plastic toys, and battery operated devices. Must always hope for the best but be prepared for the worst. Must assume final, complete accountability for the quality of the end product. Responsibilities also include floor maintenance and janitorial work throughout the facility.

POSSIBILITY FOR ADVANCEMENT & PROMOTION:

None. Your job is to remain in the same position for years, without complaining, constantly retraining and

updating your skills, so that those in your charge can ultimately surpass you

PREVIOUS EXPERIENCE: None required unfortunately. On-the-job training offered on a continually exhausting basis.

WAGES AND COMPENSATION: Get this! You pay them! Offering frequent raises and bonuses. A balloon payment is due when they turn 18 because of the assumption that college will help them become financially independent. When you die, you give them whatever is left. The oddest thing about this reverse-salary scheme is that you actually enjoy it and wish you could only do more.

BENEFITS:

While no health or dental insurance, no pension, no tuition reimbursement, no paid holidays and no stock options are offered; this job supplies limitless opportunities for personal growth, unconditional love, and free hugs and kisses for life if you play your cards right.

Coffee Filters info forwarded by Lynn Miller

Coffee filterswho knew! And you can buy 1,000 at the dollar store for almost nothing.

1. Cover bowls or dishes when cooking in the microwave. Coffee filters make excellent covers.
2. Clean windows and mirrors. Coffee filters are lint-free so they'll leave windows sparkling.
3. Protect China . Separate your good dishes by putting a coffee filter between each dish.
4. Filter broken cork from wine. If you break the cork when opening a wine bottle, filter the wine through a coffee filter.
5. Protect a cast-iron skillet. Place a coffee filter in the skillet to absorb moisture and prevent rust.
6. Apply shoe polish. Ball up a lint-free coffee filter.
7. Recycle frying oil. After frying, strain oil through a sieve lined with a coffee filter.
8. Weigh chopped foods. Place chopped ingredients in a coffee filter on a kitchen scale.
9. Hold tacos. Coffee filters make convenient wrappers for messy foods.
10. Stop the soil from leaking out of a plant pot. Line a plant pot with a coffee filter to prevent the soil from going through the drainage holes.
11. Prevent a Popsicle from dripping. Poke one or two holes as needed in a coffee filter.
12. Do you think we used expensive strips to wax eyebrows? Use strips of coffee filters.
13. Put a few in a plate and put your fried bacon, French fries, chicken fingers, etc on them. Soaks out all the grease.
14. Keep in the bathroom. They make great "razor nick fixers."

OH YEAH THEY ARE GREAT TO USE IN YOUR COFFEE MAKERS

Hmmmm....maybe a NEW New Year's Resolution...

Recently, in a large city in France, a poster featuring a young, thin and tan woman appeared in the window of a gym.

It said, "This summer, do you want to be a mermaid or a whale?"

A middle-aged woman, whose physical characteristics did not match those of the woman on the poster, responded publicly to the question posed by the gym.

To Whom It May Concern,

Whales are always surrounded by friends (dolphins, sea lions, curious humans.) They have an active sex life, get pregnant and have adorable baby whales. They have a wonderful time with dolphins stuffing themselves with shrimp. They play and swim in the seas, seeing wonderful places like Patagonia, the Bering Sea and the coral reefs of Polynesia. Whales are wonderful singers and have even recorded CDs. They are incredible creatures and virtually have no predators other than humans. They are loved, protected and admired by almost everyone in the world.

Mermaids don't exist. If they did exist, they would be lining up outside the offices of Argentinean psychoanalysts due to identity crisis. Fish or human? They don't have a sex life because they kill men who get close to them, not to mention how could they have sex? Just look at them ... where is IT? Therefore, they don't have kids either. Not to mention, who wants to get close to a girl who smells like a fish store?

The choice is perfectly clear to me: I want to be a whale.

P.S. We are in an age when media puts into our heads the idea that only skinny people are beautiful, but I prefer to enjoy an ice cream with my kids, a good dinner with a man who makes me shiver, and a piece of chocolate with my friends.

With time, we gain weight because we accumulate so much information and wisdom in our heads that when there is no more room, it distributes out to the rest of our bodies. So we aren't heavy, we are enormously cultured, educated and happy. Beginning today, when I look at my butt in the mirror I will think, "Good grief, look how smart I am!"



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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.

58th Annual Cherry Blossom Festival Contestant!



**Contestant,
Fellow Member:
Lauren Elise Horikoshi**

The Cherry Blossom Festival perpetuates Japanese culture into the local community. Lauren has been busy with the many activities associated with her participation in this exciting event including their upcoming featured Taiko Drums performance.

She hopes that we can support her in this endeavor and please feel free to contact her for more information.

The Fashion Show/ Contestant Reception will be held on March 7th, Sunday at the Aloha Tower Marketplace. \$25 general admission and VIP tables of 10 will be lo-

cated alongside the runway for \$350.

There are various souvenir items available along with advertising space for their festival ball event.

You may reach Lauren at (203) 522-0600 or her email is lauren.horikoshi@yahoo.com

We wish her the best in this exciting and rewarding opportunity. Please feel free to also contact Sharon Ito Matsuo at sim@hawaii.rr.com who would like to help coordinate our participation in any of the many public appearances to provide support and enthusiasm along Lauren's journey, too! Wow!