

Ka Lono Kiloohana

A Publication of the Na Kiloohana O Wahine Chapter of the American Business Women's Association

Chapter 6289 District VI ~ ~ ~ Honolulu, Hawaii ~ ~ ~ November/December 2007

November Highlights

Wednesday, November 14, 2007

5:30 pm to 8:30 pm

Japanese Cultural Center, 5th Floor

2454 S. Beretania Street



Hanauma Bay Nature Preserve, one of the most spectacular natural resources in Hawaii, is reaping the benefits of over a decade of moves to re-establish its pristine marine ecosystem. Recognizing the damage done by years of neglect and abuse by allowing some three million visitors annually, the City and County of Honolulu in 1990 laid out a

plan to restore Hanauma to a clean, healthy state by reducing the number of visitors, establishing an education program, and instituting supportive restrictions.



Alan Hong, Manager of Haunama Bay was there through the entire reformation and will share the history, and operation of Haunama Bay as the first Marine Life Conservation District in the State.



Local Website :
www.abwahawaii.org

National Website:
www.abwa.org

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ABWA Mission

To bring together businesswomen of diverse backgrounds and to provide opportunities for them to help themselves and others grow personally and professionally through leadership, education, networking support and national recognition.

Monthly Meeting Minder

Menu

- Baked Ham
- Chicken Marsala
- Steamed Asparagus or Corn Niblets
- Baked Potato
- Passion fruit chiffon cake

RSVP by Sat November 10

to Linda Yamashiro
432-5391 (bus) 394-2072
(home) or through e-vite

No Shows will be billed

Cost: \$22 / Parking: \$3

Please review the minutes, treasurer's report and have your self introduction ready. This will help the meeting run smoother.

Mahalo!



Na Kilohana O Wahine
 "The Superior of Women"
 Founded 1979

Meets the second
 Wednesday of every month

Chapter Emblem

An original Hawaiian
 interpretation of ABWA's
 traditional flower, the white
 carnation.

**2007—2008
 Executive Board**

President
Patti Ann Hokama

Vice President
Iris Yafuso

Secretary
Linda Yamashiro

Treasurer
Elizabeth Robinson

**2007 Top Ten Business
 Woman of ABWA**

Myrtle Ching-Rappa

Director, Center of Career
 Development & Student
 Employment UH Manoa

Ka Lono Kilohana

The Superior of Messages

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President's Message



Happy Thanksgiving!

Yes, it's that time of year again and this Chapter year proved to me that the women of Na Kilohana O Wahine Chapter are truly the superior of women !

I recently had some heavy duty personal and professional challenges to tend to where the ball was dropped and I had to hit the ground running to accomplish some overwhelming tasks. In turn, I had to also toss another ball over and our Executive Board along with our Chairs took full charge and moved forward with great momentum. Wow, I am very thankful and so proud to be a part of a great team.

Our business plan is now in place with the budget set and so many exciting events scheduled by our fearless leaders. The committees have been busy bees and I am so impressed to hear the reports. We welcome our new members and encourage you to get involved because as ABWA National says "This is the place to be!!"

We'll see each other on the 14th for our meeting, 17th for our Stress Seminar and New Member Orientation and then on the targeted 25th for the Salvation Army Angel Tree Event. And then on the 9th of December for the Easter Seals Gingerbread Festival, too!

I hope your Entertainment Books sales are on target.

Thank you for allowing me to represent such a positive chapter!

Keep Smiling!

Patti Ann Hokama

President 2007—2008



Please remit chapter dues as soon as possible!

\$36 for an entire year is the greatest bargain in town!

Please pay Liz Robinson at the next meeting. If you can't make it, please make arrangements to give someone else your check or mail the check to Liz.

Chill Out with Na Kilohana O Wahine on Saturday November 17!

Take a look at stress and join us on Saturday, November 17, 2007 at the UH Student Services Lounge, Room 412, and be “Stressless” after you leave. Come and hear Stephen McCall, Health Educator at HMSA. He’ll teach you techniques to chill out.

Steve is a graduate of Towson State University in Maryland and has worked for HMSA for more than 18 years. His degree is in education. Steve started out training users on the claims processing computer system at HMSA, then moved on to develop and implement HMSA’s *He Hapai Pono* prenatal care programs. He is the coordinator of the Stress Master program & and a team member of the HMSA Health Education Program.

A Mensa member, certified personal trainer and avid bicyclist, Steve believes that “simply being healthy is a miracle; everything else is icing on the cake.”

He is married to local girl Irene Kitagawa and is the father of college-age twins, Emily and Stevie. In his spare time, Steve runs a non-profit 501c(3) organization - The Johanna Hawkins Memorial Institute for

the Humanities, Inc. On the web as <http://keyma.org>, his non-profit donates scholarship money each year for talented needy kids to take private instrumental music lessons in his native Baltimore. A community booster, Steve is currently working on his sixth gallon of blood donated to the American Red Cross Hawaii Chapter.

There is no charge for this seminar, but on-campus parking is \$3.

Please come by at 8:30 for a potluck breakfast. The Stress Session will be from 9:00 am – 10:00 am and will be followed by the New Member Orientation planned by Membership Chair – Gloria Kelly. All members (especially our new ones) are urged to attend this fun and educational session! Come learn all about ABWA!!!

Call Iris at 694-1423 for more information.



Chapter members practice brain education techniques led by Dahn Master Karen “Lucky” Thornton at the October meeting.

These exercises are designed to stimulate the functioning of the body and brain.



It Just Takes 7 to 9 Seconds!

Have you ever given much thought as to why we introduce ourselves at all? We tell someone what our name is and where we work....so what good is that? There actually **is** an important reason for introductions. Toastmasters International logically explains that self introductions give people a context for the conversation that will follow. 7-9 seconds is the length of the pleasantry (aka self-introduction) that starts the ball rolling.

So how do we do this? Instead of just giving your title, try giving the benefit of what you do or describing what you do. This gives other people a chance to ask questions and begin the conversation.

At ABWA, we give members the opportunity to grow by practicing public self introductions. Members briefly introduce themselves at the beginning of each Na Kilohana O Wahine membership meeting.

At the last meeting we practiced stating the following four points about ourselves:

1. Name (use the name you prefer to be called)
2. Company Name
3. What is your company about?
4. What is your job about?

Example—Cordelia Fukuhara is an Account Services Coordinator and her introduction was:

I'm Cordie Fukuhara. I work for Pacific Lightnet. We provide business and residential phone service. I make the process of accessing Pacific Lightnet smooth and easy.

Example—Lee Ann Matsuda is VP of Finance/CFO:

I'm Lee Ann Matsuda and I manage the money for Easter Seals Hawaii. We help create solutions and change lives of people with disabilities.

Start thinking of your own self intro! It's an invaluable tool in your professional life.

Keep selling
 Entertainment Books!
 when we sell at least
 100 books, our profit
 per book doubles from
 \$6 to \$12!

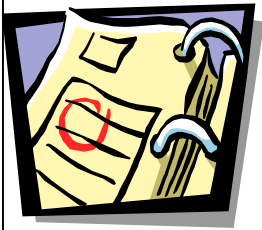


Green Corner

Starbucks serves more than 4 million people each week—that translates into a lot of paper cups and a huge impact on the environment.

To encourage customers to bring their own cup, Starbucks offers a \$.10 discount when you bring your own mug. Last year, more than 17 million Starbucks customers took advantage of this offer and kept 674,000 pounds of paper from going to the landfill. You not only help the environment but you put \$\$ in your pocket. If you buy a cup every work day, 10 cents adds up to more than \$26 a year!

Check with your favorite coffee shop to see if they offer a similar discount. If they don't, encourage them to offer one! Remember—every little bit counts!



Save
the
Date!

Saturday	Nov 17	New Member Orientation & Stress Seminar
Sunday	Nov 25	Salvation Army Angel Tree
Sunday	Dec 9	Easter Seals Hawaii Gingerbread Festival
Wednesday	Dec 12	Holiday Celebration
Wednesday	Jan 9	Business Associates Event
Monday	Jan 21	Honolulu Advertiser Tour (10am)
Saturday	Jan 26	Fundraising Garage Sale



ABWA Anniversaries



Fran Hamasaki & Nancy Peicich —November 11 ~ 12 years

Roberta Takamoto—November 13 ~ 11 years

Patti Ann Hokama– December 4 ~ 12 years

ABWA 's Proud Code of Conduct

Ethical dilemmas occur as a result of values in conflict. ABWA's Proud Code of Conduct was developed as a means of guiding all members in making ethical decisions. The broad statements of the code of conduct that are listed below are not expected to cover all conduct for all situations, however. This is why the Proud Code of Conduct was created as a living and fluid code.

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.



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