

# Ka Lono Kiloohana

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

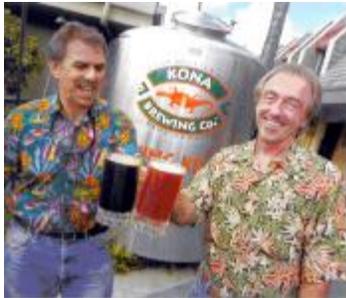
Chapter 6289 District VI ~ ~ Honolulu, Hawaii ~ ~ ~ March 2008

## The Professors of Beer

Wednesday, March 12, 2008

5:30 pm to 8:30 pm

Japanese Cultural Center, 5th Floor \* 2454 S. Beretania Street



Do you know what hops do to beer? What about barley? To prepare the members for the wine/beer tasting event on April third, we will have as our speakers, "the professors of beer." Beer is said to be the world's oldest and most popular alcoholic beverage. The professors of beer will enlighten us as to the finer points of

beer, including history, ingredients and maybe even make some recommendations. Doug Lamerson and Peter Rappa were featured in the August, 2005 issue of Honolulu Magazine. As the article says, Peter and Doug are part of a group that "gathers every Friday for camaraderie and to share craft-brewed beers." They have had UH deans, administrators, faculty and staff hand-carry beers directly from mainland breweries. They will provide a demonstration of one of their Beer of the World (BOW) parties.



Local Website :  
[www.abwahawaii.org](http://www.abwahawaii.org)

National Website:  
[www.abwa.org](http://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

- Crackers with Spinach Dip
- Parsley Red Potatoes
- Fresh Corned Beef with Cabbage
- Baked Salmon with Bearnaise Sauce
- Toss Green Salad with Dressings
- Apple Pie

### RSVP by 10 am Monday March 10

to Linda Yamashiro

432-5391 (bus) or through e-vite

No Shows will be billed

Cost: \$23 / Parking: \$4

Raffles N-Z



**Na Kiloohana O Wahine**  
 "The Superior of Women"  
 Founded 1977

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 Kiloohana**

*The Superior of Messages*  
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# President's Message



*Spring into Action Members!*

We had another exciting, interactive, and informative session with Gwen Fujie! Thank you to Iris and Lynn for coordinating it on our behalf. Thank you also to all of you who continue to bring guests to our informative meetings and events.

The Spring Membership Campaign has officially started. Keep in mind, plant the seeds and then we can "GROW" – Gathering and Recognizing Outstanding Women! Recruit 3 new members and receive a stylish, exclusive red ABWA umbrella!

March 19th is the early registration deadline for the District VI Spring Conference to be held 5/2-5/3 in Englewood, Colorado. This year's theme is Together, We are Better! The conference is an opportunity to network with women across the country while attending career enhancing seminars and workshops.

Just a reminder that we will be voting for our Chapter Woman of the Year and our Top Ten Nominee for National Businesswoman of the Year at our meeting. The excitement is brewing for our upcoming Wine-Tasting Fundraiser on April 3rd. The prize donations are rolling in and the committee is completing the behind the scenes planning. We are in short supply of tickets so, IF you have extras, be sure to let us know ASAP so we can get those into the hands of some thirsty attendees!

*Keep Smiling!*

*Patti Ann Hokama*

*President 2007—2008*



**MAHALO!**

Thank you to this issue's special contributors:

Myrtle Ching-Rappa \* Donna Miyashiro \* Iris Yafuso \* Lynn Miller



## Member Education: Expanding our Horizons

We've all heard of "The Golden Rule" but did you know there's a new rule called the "Platinum Rule"? It means "treating others as THEY want to be treated".

After a wonderful introduction by Lynn Miller at the seminar held on 2/23/08, Gwen Fujie enlightened us all on how the different generations can work better together. Generations At Work—Colliding or Collaborating was presented by Gwen Fujie and sponsored by the Na Kilohana O Wahine chapter as our spring member education event.

Members learned that so much has been written about the differences in the generations, but we all basically want to be treated with respect and kindness.

Gwen talked about 4 generations:

Traditionalists/Silent – Born 1900 – 1945 (One employer, loyal, hard work, sacrifice, thrifty)

Baby Boomers – Born 1946 – 1964 (Career, open communication, optimist, competitive)

Generation Xers – Born 1965 – 1976 (Skeptical,

misunderstood, triple divorce rate, need immediate feedback)

Millennials – Born 1977-2000 aka Echo Boomers (protected, pressured, celebrated; highly educated, sociable, often single child or eldest; really like their parents)

It was a most enjoyable session and there was a lot of discussion and sharing by members and guests of their experiences. Gwen's final thoughts re: all generations is to remember the Platinum Rule and if you are in a leadership or parental position, "Your walk talks and your talk talks, but your walk talks louder than your talk talks".

Our thanks go to the member ed committee: Lynn, Claire and Cordie. And MAHALO Myrtle for the use of the lounge, set-up of equipment, cleaning and re-arranging the tables; Patti for editing and printing the handouts; Donna for publicizing the event; Lauren and Lynn for putting up the signs, and all of the members who brought breakfast items for our pot-luck and those who invited guests!

~~~ Iris Yafuso



*Gwen Fujie presents Generations At Work*



*Three generations listen to Gwen.*

*For more information on Gwen, visit her website at <http://www.gwenfujie.com>*



### **A Great Garage Sale**

Na Kilohana O Wahine members braved the rain & wind and gathered in Manoa at the home of Lynn Miller on Saturday January 26th. One person's trash is truly another's treasure! Everything from TVs to toys to coffee mugs to trampolines to aloha shirts were sold!



### *Woman of the Year*

Each year, the chapter honors a member for outstanding contributions to ABWA and the chapter. The following members were nominated for this honor this year:

*Patti Ann Hokama*

*Gloria Kelly*

*Iris Yafuso*

*Linda Yamashiro*

Nominees are judged on ABWA participation, formal education, career accomplishments and community involvement. Please arrive early to the March 12th meeting so we can vote on this year's honoree. More detailed information regarding their qualifications will be sent to you via e-mail before the meeting.

### *GREEN CORNER*

**Turn It Off!** Office equipment energy use adds up to over 10% of an average office's utility bill. For those of us old enough to remember PCs entering the workplace, you may recall being told to leave your PCs on so as not to wear it down. This was true back in the day, but today's PCs are built to handle 40,000 on/off cycles—a number you'll never reach in its 5-7 year life span. If equipment or appliance is still plugged in, it continues to draw power even when it's turned off. To save energy, plug all of your electronic equipment into a power strip and turn off the power strip when not in use. Turn off your monitor when you're not going to use it for more than 20 minutes. At home, unplug your toaster, fan and other small appliances when it's not in use. Turn it off, help our environment stay green & save \$\$\$ too!

# Spring Cleaning Your Career!

*Spring Cleaning!* This is the one time of year when everybody's eager to clean up their homes.

Unfortunately, work life rarely gets the same attention. While your home might be in order, you won't feel completely refreshed if your work situation is a mess. Whether you have a job or you're looking for one, here are some tips to make the most of your spring cleaning.

## **Update your résumé.**

You know you should check your smoke alarm once a month, but you really give it attention only when the battery's dying and it won't stop beeping. Don't treat your résumé the same way. Even if you're not looking to change jobs, it can't hurt to have an updated résumé. Keeping it current saves you time down the road when you are job hunting. Also, you might not remember all your impressive accomplishments and responsibilities months or years from now, so go ahead and write them down.

## **Sort through your inbox.**

E-mail inboxes have become the digital equivalent of the junk drawer. You don't want to delete the message about the upcoming meeting (that took place four months ago) or the memo you'll read when you have time – so they just sit there. Go through each e-mail, trash the ones you don't need and put the important ones in an appropriate folder. You might be surprised how less stressed you feel when you open your inbox and don't see hundreds of messages sitting there.

## **Tidy up your desk.**

Odds are your work space could use just as much housekeeping as your closets. A tower of memos and wads of Post-Its don't scream "I'm on top of things!" to your colleagues and boss. Aside from giving a bad impression, cluttered desks are also notorious for making important documents disappear. Throw away what you can and file the rest.

## **Clean your closet.**

While you're at home organizing your closet like a good little spring cleaner, take a look at your business suit. Does it still fit you? Is it tangled up in a knot un-

der a pile of shoes? If you were to be called to an interview tomorrow, would you be able – or even want – to wear it? Much like your résumé, your interview attire should be ready to go at all times.

## **Get schooled.**

It's not uncommon for professionals of any industry to grow comfortable in their positions after a few years. However, as technology evolves rapidly, it affects every occupation – whether it's construction, sales or medicine. To keep up with the crowd, see if your company offers classes on industry trends. Some employers will even pay for courses at colleges if it benefits your work. At the very least, pick up a few books or industry journals to see what's going on around you.

## **Meet your neighbors.**

People often become so engrossed in their jobs that they forget colleagues are working only five feet away. Learn the names and personalities that belong to the faces you see every day, or even to those you only see occasionally. It never hurts to have contacts who can answer a question or help with a future job hunt. Plus, it's nice to know a little about the people you work next to for eight hours a day.

## **Evaluate your situation.**

You might not be the type of person who writes out a list of goals and resolutions each year, but you probably have an idea of where you want your career to go. Think back to where you were last spring: Are things going as you hoped? Are you on a career path that will get you where you want to be one or two years from now? Are you earning what you deserve? Decide if you're OK staying where you are or if it's time to make a change.

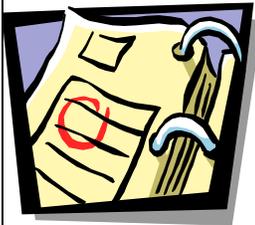
Spring cleaning doesn't just have to be about tidying up; it can be about starting fresh.

*Excerpt from Career Builder.com*

*By Anthony Balderrama*

*For the complete article go to:*

[http://msn.careerbuilder.com/custom/msn/careeradvice/viewarticle.aspx?articleid=1313&SiteId=cbsmsn41313&sc\\_extcmp=JS\\_1313\\_advice&catid=wl](http://msn.careerbuilder.com/custom/msn/careeradvice/viewarticle.aspx?articleid=1313&SiteId=cbsmsn41313&sc_extcmp=JS_1313_advice&catid=wl)



Save  
the  
Date!

- Wednesday Mar 12 Monthly meeting/WOY/Top Ten Voting
- Thursday April 3 A Taste of Italy—Wine Tasting Fundraiser
- Wednesday April 9 Spring Enrollment event
- Tuesday April 15 File your federal income taxes



## ABWA Anniversaries

- Lynn Fujiwara-Chun —December 2 ~ 9 years
- Liz Robinson—February 15 ~ 3 years
- Pamela Chun—March 8 ~ 30 years
- Nancy Walter—March 20 ~ 39 years
- Lee Ann Matsuda—March 22 ~ 15 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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