

# 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 ~ ~ ~ July 2008

## Stay Safe!

Wednesday, July 9, 2008 \*\* 5:30 pm to 8:30 pm

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

### Personal Safety:

### What Every Business Woman Needs to Know

Officer Byron Anaya, of the Honolulu Police Department will educate members on personal safety. Officer Anaya is a 16 year veteran of HPD and is currently in the Crime Prevention Unit. In addition to working in a Patrol Division for 15 years, Officer Anaya has been trained in various law enforcement areas that include Weapons of Mass Destruction, Foundations of Intelligence at the National White Collar Crime Center and Crime Prevention Through Environmental Design. A native of Wahiawa, Officer Anaya also assists with parent counseling in the Juvenile Services Division's School Attendance program. Come to this month's meeting and learn how to be and stay safe!



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

### RSVP by 10 am Monday July 7

through E-vite or to Linda Yamashiro

432-5391(bus) 395-2072 (res)

No Shows will be billed \*\* Cost: \$21

Parking: \$4 \*\* Raffles N-Z

### Menu

- Seafood Chow Mein
- Korean-style Short Ribs
- Sweet Potato Tempura
- Thai-style Salad with Lime Vinaigrette
- Italian Pasta Salad



**Na Kilohana 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 Kilohana**

*The Superior of Messages*

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# President's Message



*It's time, Na Kilohana O Wahine!*

This Chapter year went zooming by as we had all those events jam-packed to meet our time-lines in educating our members and donating our time to our chosen charity events, too! It was a pleasure working with our Executive Board and their many roles that they played in keeping it all together. Special thanks to Iris, Liz and Linda! We had about four new members join us (with more to come in July) and three re-joining new members this year! We appear to also have about a half dozen of us with Perfect Attendance, too! Thank you to all for your support and participation this year!

Fran certainly put together an interesting educational International Nite with the stories shared by worldly travelers; Fran, Nancy, Lynn and the ono homemade dessert by Gloria and the yummy homemade mochi for our raffles by Frances! We also now know how to make those cool Chinese Frog buttons as demonstrated by Myrtle!

Our Member Ed/Woman of the Year event at our private luncheon at Elua on June 28th had great food. Learning how to make that refreshing dessert was such an honor along with the opportunity to buy the coffee and chocolate. They are both funny Chefs - Donato and Pado-vani! Eh, what was that WOY roasting all about?? We have never-ever had that kind of "honor" bestowed upon the WOY - it was usually a pleasant sweet cutsie happy party - what happened? My goodness, I am supposed to express my appreciation to the untold minds of Lynn, Cordie, Myrtle (our creative artist amongst us), Claire and Iris but I don't know about that! So crazy! Thank you to all who attended and for the warmth and well-wishes. Thank you Myrtle for the favors and center-pieces - so amazing! Congrats to Myrtle also for winning the "Chef's Hat" award - the entries were so cute. So, who will be brave enough to be next year's WOY after experiencing that? I am still in shock! The de minimis law saves people time and \$ but maybe you all had too much time.....

Anyway, July brings great plans for the new Chapter year -besides our monthly meeting, reserve July 26th from 9 a.m. - 2 p.m. because we will be having a "combo" day - Member Ed will start the morning off with Stephen McCall from HMSA again, followed by Orientation, and then the Turn-over meeting, too.

*Keep Smiling!*

*Patti Ann Hokama*

*President 2007—2008*



## Member Education: Expanding our Horizons

‘ Been watching the wrong numbers slowly inch up? Not the numbers on your bank statement or pay-check, but y’know, the numbers on your scale, the blood pressure machine and cholesterol readings! ? !

Well, then the place for you to be on Saturday July 26 is at the latest edition of Na Kilohana O Wahine’s membership education seminar.

**Eating Healthy—Local Style and Meatless Alternatives** will be presented by Stephen McCall, health educator with HMSA. Stephen previously helped members “Chill Out” at a stress relieving workshop last fall. This new session will teach us how to eat healthier without sacrificing taste.

Where: UH Manoa, Queen Liliuokalani Center,  
4th Floor Student Services Lounge

When: Saturday July 26

Time: 8:30 am potluck breakfast

Parking: \$3

Guests are welcome!

### Transition Meeting and New Member Orientation

Immediately following the Eating Healthy session will be a new member orientation and transition meeting. New or “Old,” stick around and learn about all the benefits of being an ABWA Na Kilohana O Wahine member.

The incoming and outgoing executive board and committee chairs will also have a transition meeting at this time. If you’re not sure what committee you’d like to serve on, this is the perfect session to sit in on. The more you give to ABWA, the more you get. Join or chair a committee and practice important skills that will benefit you personally and professionally. Our organization is about changing lives, and the growth members experience largely come from the leadership roles they choose to assume.

See you all on Saturday July 26.



## GREEN CORNER

**Recycle!** Okay, you don’t really care about the nickel you get from that plastic bottle? How do feel that it’ll take 1000 years for that bottle to break down in a landfill? If you’re not interested in keeping that nickel for yourself, drop off your containers at a Community Recycling bin at your local public school. Some Oahu neighborhoods already have curbside recycling, so those homeowners have no excuse not to recycle. It’s not just aluminum cans and plastic drinking bottles that can be recycled. Check all plastic containers—shampoo bottles, mouthwash, dishwashing liquid, etc., for the plastic code on the bottom of the bottle. A code 1 or 2 in the triangle means that you can recycle it in Hawaii. Rinse your container (leave the label on) and toss it in your community bin or curbside blue container. Go to <http://www.opala.org> for more information.

## MAHALO!

It has been a pleasure to serve as your newsletter editor for the past year. As with all ABWA activities, I learned a multitude of new skills. I hope that the newsletter will serve as a permanent archive of the successful year we’ve had thanks to the leadership of an outstanding executive board and contributions of a fantastic membership. Mahalo to all of you who worked so hard this past year to make it an exceptionally memorable one. The newsletter could not have been published without the many contributions received from the members. There were so many of you that contributed that I can’t thank you individually, however special thanks go out to Donna Miyashiro, who contributed monthly by providing me with photos & write ups of all the events. Mahalo to all of you.

*Lee Ann*

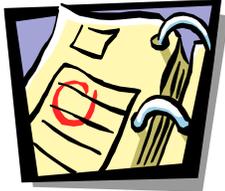


*Woman of the Year Celebration  
June 28, 2008 ~ Restaurant Elua*

**Patti Ann Hokama** (with the white top hat –front left) was honored on June 28th as Na Kilohana O Wahine’s Woman of the Year. Patti has been a member since 1995 and is this year’s chapter president and next year’s incoming secretary. She is the principal broker/owner of Real Estate Update.



Chefs Phillippe Padovani & Donato Loperfido opened their Restaurant Elua to ABWA for a private luncheon. They are shown here demonstrating Panna Cotta, an Italian dessert made with cream & gelatin and topped with local fruits.



*Save  
the Date!*

Saturday	July 26	Member Education Event/Orientation
Wednesday	Aug 13	Monthly Meeting
Friday	Aug 15	Admissions Day State Holiday
Monday	Sep 1	Labor Day Holiday



## *ABWA Anniversaries*

*Na Kilohana O Wahine got lucky on 7/11 last year when both **Lillan Goroza**, with Tripler Army Medical Center & **Lauren Horikoshi** of Brookfield Homes decided to join our chapter. Happy 1st anniversary! We hope that there will be many more to come!*



### **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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