



**AMERICAN BUSINESS WOMEN'S ASSOCIATION
NA KILOHANA O' WAHINE CHAPTER #6289
CHAPTER 6289 - DISTRICT VI - HONOLULU HAWAII**

**KA LONO KILOHANA
"THE SUPERIOR OF MESSAGES"**

Spring 2009

PRESIDENT'S MESSAGE

Dear Na Kilohana O Wahine Members,

You are all very special to me. Those of you who attended Wendy Nakamura's seminar know that relationships are so important. The biggest gain in being a member of our chapter has always been the relationships that I have established. You are all proving that once again.

I am off on another jaunt, this time to Sacramento for a professional conference. I'm blessed to be able to travel for very little money this year and I intend to take full advantage, that

includes going to the national conference in Kansas City. I hope many of you will be joining me. This is the 60th anniversary celebration conference and promises to be amongst the best ever. Please consider attending. We gain so much at these conferences. Please let me know if you are interested. The more the merrier.

Please take care of yourselves and your loved ones. I'll see you all when I get back.

Aloha,
Myrtle



President Myrtle Ching-Rappa

Congratulations!
Chapter Woman of the Year 2009:
Myrtle Ching-Rappa
Top Ten Business Woman of the Year 2009:
Lee Ann Matsuda

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- Special points of interest:**
- National Update
 - WIN: Women's Instructional Network
 - IN: Women in Business on-line
 - Calendar of Events
 - Chapter Officers e-mail contact info

**MAY MEETING:
SPEAKER: SUNNY MASSAD, PH.D.**

Dr. Sunny Massad is the President and Founder of the Hawaii Wellness Institute, a non-profit training organization. She is widely known for the warmth, enthusiasm, and humor that she brings to the subjects of performance en-

hancement, lifestyle management, and burnout reversal. She just completed her first book, UnTherapy: A Positive Psychology for Enlightened Living, to be published this year.



ANNOUNCEMENTS

**May 13, 2009, Wednesday
Membership Dinner Meeting**

Time: 5:30 p.m. - 8:30 p.m.
Place: Japanese Cultural
Center, 5th floor -
2454 S. Beretania Street

Speaker: Sunny Massad, Ph.D.
Topic: "Asian Art of
Self Mastery"

Elections: New Chapter
Officers and Chairs TBA

Special May Fair - Come early!

***Members: Bring your crafts,
business info, and other items
for sale/sharing with us.***



HEY! Invite a Friend or Business Colleague or Both!
Just add them to the Evite list as you RSVP yourself.
<http://www.evite.com/app/invitations/dyo/custom.do>

Dinner Buffet:

- Hapa Rice (White & Brown Mix)
- Spinach Salad
- Western BBQ Pork Ribs
- Sautéed Mahi Mahi
- Hot Mixed Vegetables
- Rolls with Butter
- Fruit Pie
- Iced Tea, Hot Coffee &
Tea with Condiments

Cost: \$23.00 (no shows will be billed) Parking: \$5.00

RSVP: May 11th by 3:00 p.m.
through E-vite or to Gloria Kelly,
Hospitality Chair at 469-3065 or
256-0655.

Donations: Members A-M

Favors: Linda Yamashiro

*Thank you for Gloria Kelly for the
great job she performs on our behalf
in negotiating or hospitality events.*

NATIONAL: WOMEN'S INSTRUCTIONAL NETWORK (WIN)

The Women's Instructional Network (WIN) - an exciting new sophisticated, interactive online learning and communications tool designed exclusively for ABWA members. ABWA is the first association to offer this unique opportunity. WIN will enhance your professional and personal skills, and turn

your organization into a more successful high-performance team.

In addition to the 15 team tools learning modules, there are countless streams of information available for ongoing learning. "Knowledge Objects" made up of briefs and

videos that are posted.

Stay current with Chapter and national news 24/7 and message board for exclusive chapter member accessed via a password will allow a simple, efficient way to stay in touch and stay involved!

So in addition to your annual dues, you pay a \$15/year technology fee to have access to the communication and training tools available. May earn extra Profession Development Unit credits (PDU).

*Exciting new online learning tool
designed to help you realize your
full potential!*

BE A PART OF THE "IN" CROWD!

ABWA National introduced our new on-line Women in Business magazine. Check out the 2009 digital edition and watch their tutorial video: http://www.nxtbook.com/nxtbooks/abwa/inbusiness_20090405/#/0
It is so cool as it allows you to

bookmark your favorite pages for reference, zoom in to see everything in BIG PRINT, view the pages thumbnail size for quick glancing, add sticky notes, email chosen articles/



Women IN Business

pages, you can even ADD page turning sounds, enable page animation, and place the crease back in the middle known as center shadow - just in case you miss the "physical feel and look of the paper magazine" -

UPCOMING EVENTS

June 10, 2009

Membership Dinner Meeting
Our Chapter 32nd Birthday!!
Speaker: June Dillinger
Topic: Gratitude

June 20, 2009 - Tentative

Woman of the Year/Top Ten
Business Woman of the Year
Celebration Event in Kona!

July 8, 2009

Membership Dinner Meeting
Speaker: Dr. James Westphal
Topic: Alzheimer's Update

August 12, 2009

Membership Dinner Meeting
New Chapter Year!



September 1 – November 30, 2009

National Fall Membership Event

September 9, 2009

Membership Dinner Meeting

September 22, 2009

American Business Women's Day

September 24 – 26, 2009

60th Anniversary Celebration
National Women's Leadership
Conference, Kansas City, MO

September 26, 2009

State Joint Chapter Luncheon

Mark the Date! Bring a Guest! Be there!

PAST HAPPENINGS!!!

Our Chapter has been busy as ever! 3/11th Spring Enrollment delivered a hilarious skit with music and dancing to "We are Family" coordinated by the "Na Kilo-hana Sisters" Loud and wonderful support continued forward and shared on 3/19th at the

Obviously an active, fun, positive, group of successful women in this Chapter!

Pacific Business News "CFO of the Year" event to which our very own Lee Ann Matsuda was one of the finalists. The garage sale on 3/28th was a successful fundraiser in Milliani Town complete with beautiful weather, too! 4/4th was our Member Ed event with Foresight

Leadership Development: Sherri Okinaga sharing lessons on "clicking" along with networking skills. Remember: What you appreciate, appreciates. 4/8th: National news insider update from President Myrtle Ching-Rappa. Woman of the Year (Myrtle Ching-Rappa) and Top Ten Business Woman of the Year (Lee Ann Matsuda) results tallied - super celebration in the planning stages for our winners!

SHARING COMMENTS...

*ABWA Sisters Supporting Sisters
A synopsis by Lynn Miller*

Some years ago I faced the daunting prospect of being alone. Truly alone. My marriage had ended, I had no children, I couldn't land a job, and my family was all on the mainland raising their own families. As I learned to become myself (again), I discovered the age-old truism that women have shared across generations and cultures: We are here for each other. This memory came back to me as I sat mesmerized by Sherrie Okinaga. She took us on a sometimes carefree, sometimes challenging journey into ourselves... something women rarely take time out

to do anymore. We diagrammed the formula for forming relationships, differentiated between Networking and that amorphous "Clicking" with someone, and learned how to get a return on relationships. We self-assessed and found it embarrassing to brag of our strengths and talents; but it was somehow easier to list our personal or professional needs. As we went around the room, one at a time, the pool of resources grew and the bond created by just voicing those intimate details in "bringing our full selves" to the



Great Insight!

others in the room created an incredibly powerful experience. We found matches for our needs, and discovered amazing hidden resources within our sisterhood. We now know whom to call for computer repairs, healing energy, a movie buddy, or if your kid lands in jail (call me at HPD!). Most importantly, I rediscovered the importance and uniqueness of women asking for, and giving, unconditional support to one another.

"The hardest arithmetic to master is that which enables us to count our blessings" ~The True Believer
"Remember that what you appreciate, appreciates!" ~Sherri Okinaga

**AMERICAN BUSINESS WOMEN'S ASSOCIATION
NA KILOHANA O' WAHINE CHAPTER #6289**

2008-2009 Executive Board

President: Myrtle Ching-Rappa
chingrap@hawaii.edu

Vice President: Claire Arakawa
carakawa@hawaii.nef.com

Secretary: Patti Ann Hokama
mail@reupdateinc.com

Treasurer: Donna Miyashiro
dmiyashiro@beihawaii.com

President-Elect: Lynn Miller
lynnmiller_@hotmail.com

Chapter meets the second Wednesday of every month. Please join us.

We're on the web!
www.abwahawaii.org



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



American Business Women's Association
c/o Frances Hokama (Newsletter Chair) &
Patti Ann Hokama
1314 South King Street Suite 753
Honolulu, HI 96814

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.

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 interest.
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.