

Na Kilohana 'O Wahine
The Superior of Women

Honolulu, Hawaii

*A Chapter of the
American Business
Women's Association*



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Building Your Leadership Legacy

What is your leadership legacy? Have you thought about what you stand for as a leader or how you will be remembered as a leader in your organization, family, and community?

As a leader you are always "on stage." Those around you look to you to set the tone and the example. Every action, conversation, and decision you make reflects your values and intent as a leader. What values and intent do you want your leadership to reflect?

Whether intentional or not, you are building a legacy as a leader every day. Whether you are a new leader or a seasoned leader, this session will encourage you to explore your desired

legacy, and begin building your legacy today.

Wendy Nakamura, our speaker in November is a Leadership Development Coach and Consultant and is the founder of FORESIGHT Leadership Development. Wendy's mission is to help leaders shine and to facilitate succession planning in our local businesses and organizations. She will share her thoughts on leadership legacy.

Being a leader is like being a lady, if you have to tell people you are, you aren't.

Margaret Thatcher



The Mission of the American Business Women's Association is to bring together business-women 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.

NKOW Achieves Best Practice

YEE HAW!

Lee Ann Matsuda presented Patti Ann Hokama (past president) with the Level III Best Practice Award which she picked up on behalf of the chapter last month at the ABWA Women's Leadership Conference. This is the second year that Na Kilohana 'O Wahine has achieved this honor.

Some of the requirements included:

- Having 30 members
- Have at least 9 professional development activities
- Produce at least 6 newsletters

Congratulations to Patti and her executive board for leading the chapter to this award.



Message from the Presidents

Hello everyone! November kicks off the wonderful holiday season. As we prepare to celebrate life's joys and blessings, let us remember to take moments to reflect on the legacy we each are creating for the generations ahead.

This month's speaker, Wendy Nakamura, is speaking to us about "Building Your Leadership Legacy." This is an opportunity for each of us to shape our experiences into something bigger... something incredible. It's like a cooking recipe -- equal parts of past lessons, future aspirations, and celebrations of the present. In fact, let's splurge a little and add TWO sumptuous servings of celebrating the here and now!

Bill Gates Sr. wrote a book called, "Showing Up For Life" and in the

final chapter quotes Dr. Rachel Naomi Remen:

Life is the ultimate teacher, but it is usually through experience and not scientific research that we discover its deeper lessons. We are all here for a single purpose: to grow in wisdom and learn to love. We can do this through losing as well as through winning, by having and by not having, by succeeding or by failing. All we need to do is to show up openhearted for class. ... So fulfilling life's purpose may depend more on how we play than what we are dealt. You have to be present to win.

Let's get excited about the legacy we are creating for ourselves and our community... as leaders, as



friends, as family, as inspiring individuals!

Chas & Dawn

Member Spotlight: Anastasia Keller-Collins

By Lee Ann Matsuda

"Creating Solutions, Changing Lives," is the Easter Seals motto, but it could just as well have been written to describe the life of Anastasia Keller-Collins, Sr VP of Programs at Easter Seals Hawaii. Anastasia is a recreational therapy graduate of San Francisco State University and also has her master's degree in special education with an emphasis on autism. She will soon become a board certified behavioral analyst, having completed an intensive certification program this past summer. Anastasia has devoted her life to helping

people with special needs. Her work helps people with disabilities become independent. She is most inspired when a client is able to say "I did it myself." When asked to describe her, a seasoned therapist said, "Anastasia is an incredible leader who has an amazing ability to empower individuals. She truly accepts people as they are and tirelessly teaches and guides others....her contributions to the field of disabilities are enormous."

Anastasia also serves on the Hawaii State Council on Developmental Disabilities appointed by the Governor and is a National Adult Day Health Centers of Excellence coach helping programs in other states.



As a child of a Navy officer, Anastasia grew up all over the country, but chose Hawai'i as her home. She met local boy, John Collins here and they now have a large family - Son Brooks,

Daughter Brandace, Silkie Pua, Former abandoned dog Watson, (Con't on page 3—Anastasia)

Ka Lono Kilohana

Anastasia (con't)

Bunny Todd with neurological issues, Bird #1 who suspiciously has outlived all other birds, Bird #2 who sleeps upside down, Guinea Weep Weep, & Nocturnal Cat Esol who only drinks from the bathroom sink. (Anastasia not only takes care of



people with disabilities, but also animals with special needs...)

While Anastasia is highly respected in the field of disabilities, her essence and soul is most embodied by her tight knit family. Her genuine heart transcends her personal and professional lives and is evident in the comments from her children. 20 year old Brandace says, "...I can tell her anything because all she has is unconditional love...she teaches us that if you are honest, kind and respectful, people will always want to help you." Her self-proclaimed "perfect" son, 21 year old Brooks describes her as "the type of mom who is supportive no matter what you choose to do. The lessons she has taught me in life I will carry with me forever, such as: being respectful, approaching everything with an open mind, free of judgment." Watson says, "Even though I am ex-

tremely sketchy and got some serious issues, she still puts up with me and loves me dearly. I had a hard life but I can't be any happier living with my new family. I love my new big sister, Pua. I'm sorry for biting you. And I'm also sorry for killing Chewy." The most telling comment is that, "Mom gets along with all our friends because she is so "chill", but still is able to say, "You make sure you are home by curfew!" (She has also reportedly threatened harm via baseball bat.)

Anastasia truly epitomizes "the superior of women" in other areas of her life and will undoubtedly bring the same unbridled passion and dedication to ABWA. Our chapter is truly blessed to have her as a member. Welcome Anastasia. We look forward to getting to know you & your family!

Lock It Down, Part 2

By Brandon Toro



Keep your anti-virus, anti-spyware software up to date. Microsoft has free all in one software to protect your PCs called Microsoft Security Essentials (MSE) that can be downloaded free.

http://www.microsoft.com/en-us/security_essentials/default.aspx

Another easy implementation is to change our wireless connectivity to

WPA2 if using older technology like WPA or WEP. Most of us use wireless routers or some 802.11b, 802.11g or n device to connect our home computers to the internet. WPA2 is the latest standard and provides stronger data protection and network access control by introducing new encryption protocols like TKIP and AES.

http://en.wikipedia.org/wiki/Wi-Fi_Protected_Access

Never underestimate how malicious internet predators can be. We use the internet to purchase things, to pay bills, and to communicate. Be smart, it will go a long way in insuring the safety of you, your family, and your friends.

Firewall: A device or software-based program designed to permit or deny network transmissions based upon a set of rules.

Malware: Malicious software used to disrupt or deny operation, exploit information, or gain unauthorized access to a systems resource.

Phishing: A way of attempting to acquire sensitive information such as usernames, passwords and credit card details by masquerading as a trustworthy entity in an electronic communication.

Spyware: A type of malware that collects small pieces of information about users without their knowledge. Information used to learn habits of users activity and in many cases disrupt their browser activity.

WEP: Wired Equivalent Privacy, a security algorithm for IEEE 802.11 wireless networks. Intended to provide data integrity similar to that of traditional wired networks.

WPA/WPA2: Wi-Fi Protected Access I and II, security protocols and certification programs developed to secure wireless computer networks. A successor to the previous and less secure system known as WEP.

Teamwork Wins!

By Lee Ann Matsuda

The delegates to the 2011 ABWA National Women's Leadership Conference were honored to have Cary Mullen, Olympian and Word Cup Downhill Champion share his secrets to winning. "Teamwork Wins" is one of his 5 Winning Secrets. Hmm, but isn't he an INDIVIDUAL downhill skier? He didn't compete in a team, right? So why would an individual competitor emphasize teamwork?

Cary explained that, "...You can try to do it all by yourself, but I guarantee that you'll be more successful if you leverage the talents of others you can save time and energy and improve your own results surround yourself with the right people who can help you to stay motivated." He spoke of the importance of what he calls "training partners." These are people who either have similar goals or are capable of assisting you in some way to achieve your own goal. These people will give you honest feedback and help you to see problems and solutions from a different perspective. In sports, these people may be coaches, teammates, physical therapists. In other areas of our life, training partners

can be financial advisors, spiritual leaders, and workplace mentors. Cary says, "It is so much better to win with a team than to win alone. In fact, I think the good life is really about winning together."

He emphasized looking past the obvious weaknesses of others and to find their hidden strengths instead. Learn from them so you can benefit from the diversity of your team. Remember that if everyone were just like you, you would have nothing to learn! The following is an excerpt from his book, *How to Win, Achieving Your Goals in Extreme Conditions*: "... Adopting a more appreciative attitude reduces the anger, frustration and confusion that can arise in perceiving differences as weaknesses. Such an attitude also fosters the ability to see the unique brilliance in everyone. When you can leverage that brilliance to help improve your own performance – wow-it is amazing! As a further benefit, your relationships in general become stronger because you can genuinely respect and appreciate others and celebrate our differences."

Cary challenge: Think of a person who is currently driving you crazy. First, make a list of their obvious weaknesses. Now make a list of their outstanding strengths. Persevere through the second, harder list. Make



a third list outlining what you could learn from this person. Think about how you could learn from and make use of their strengths to better yourself.

Cary closes his book by saying that "what I know for sure is that our lives are about our relationships. They are our truest form of connection, purpose, and sense of immortality. Without meaningful relationships, a truly winning life is impossible."

For more information on Cary's winning secrets, go to: <http://www.CaryMullen.com>

Some quotes on teamwork from "unknown" sources:

- It is amazing how much you can accomplish when it doesn't matter who gets the credit.
- There is no "I" in "TEAMWORK"
- Teamwork: Simply stated it is less me and more we
- TEAM = Together Everyone Achieves More
- Teamwork is working together even when apart.
- A successful team beats with one heart
- Teamwork divides the task and doubles the success

ABWA Annual Theme 2011-12

Hummingbirds can fly forward or backward with ease. Let's use this as a reminder that we can "fly backward" and appreciate our past, as women and as members of ABWA. We can also "fly forward", carrying the lessons and experience of our past as we seek to define our future together. Hummingbirds are known to wing their way as far as 2,000 miles to reach their destination. This reminds us to be persistent in the pursuit of our dreams and to adopt the tenacity of the hummingbird.

Hummingbirds are tireless, always seeking out the sweetest nectar. In some Native American cultures, hummingbirds are emblems of timeless joy and the nectar of life. They remind us to forever seek out the good in life and the beauty in each day. Let the hummingbird remind us all that this year's theme is to "Share the Past, Build the Future" of ABWA.

Fall Recruitment Campaign 2011

Sept. 1 to Nov. 30, 2011
www.abwa.org

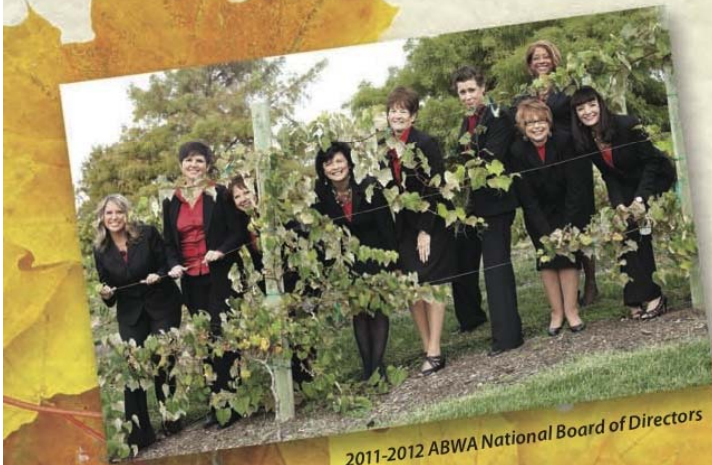
Fall into recruiting with ABWA



If every member of ABWA recruited just one new member this fall, we'd double the size of the Association in just a few short months. Imagine having twice as many members in your chapter or Express Network, increasing the size of your own networking circle, and doubling the personnel resources of your Association. Women need a strong and vital community like ABWA—so we stay strong-together.

Make a commitment today to introduce just one woman to the community of ABWA. As a member of the American Business Women's Association, she will become a part of an organization with over 60 years of experience in leadership, diversity, education, and National recognition for businesswomen; an Association that is constantly evolving to meet the needs of today's changing business environment. Share your favorite issue of *Women In Business* or login to the Women's Instructional Network (WIN) and give her a sneak peek of the latest features. There are hundreds of ways you can show a potential new member the benefits of joining ABWA.

**Who will be your one new member?
Login to WIN to share recruiting ideas
with your fellow members!**



2011-2012 ABWA National Board of Directors



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.



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Upcoming Chapter Events

October 29th—Lunch at Aulani,
11:30 with tour of timeshare facilities

November 9th—Monthly meeting
Guest Speaker: Wendy Nakamura,
“Building Your Leadership Legacy”
Vocational Speaker: Yvonne Ako
Enrollment Event: Bring guests!

December 14th—Annual Holiday
Celebration: Bring 2 dozen goodies
for exchange—preferably home
made. We will also be collecting
gently used business clothes to donate
to YWCA's Dress for Success Hono-
lulu project. There will be games and
prizes as usual. Bring your family to
this one, all are welcome. Come cele-
brate the season

January 11th—Monthly meeting
Guest Speaker: Nathan Hokama,
Business Communications & PR

February 8th—Monthly Meeting
Guest Speaker: Erik Haines, Hawai'i
Opera Theatre, “Opera & You”

November 9th —Monthly Meeting
Japanese Cultural Center
2454 South Beretania Street

5:45—Networking 6:00—Dinner
Speakers and business meeting to follow

Menu:
Baked Potato with Condiments; Vegetable Platter; Fruit Platter; Baked
Ham with Glaze; Turkey with Gravy & Craberry Sauce; Corn Niblets;
Pumpkin Pie; Fruit Punch, Iced Tea, Coffee or Hot Tea

Cost: \$23 for dinner; \$5 for parking

Raffles N-Z

R.S.V.P. On-line at www.abwahawaii.org by November 6th.

February 12th—An Afternoon at the
Opera

March 14th—Monthly meeting
Guest Speaker: HPD, “Disaster
Awareness & Terrorism Response”

April 11th—Monthly Meeting
Guest Speaker: Alice Inoue, topic to
be determined

Other items will be added as they are
confirmed.