

Na Kilohana 'O Wahine

The Superior of Women

Honolulu, Hawaii

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



Inside this issue:

Presidents' Message	2
Disabilities Test	2
Disabilities Etiquette 101	3
Wedding Bells	4
Photo Ops	5



Holiday Party

Na Kilohana 'O Wahine is well known for its annual Holiday Party.

Don't miss out on the fun and merriment. Bring your friends and family. There will be games, prizes, a mini-craft fair, and the always enjoyable goodie exchange.

The vendors already committed include: The Purse Lady, Hawaiian Coolers, T-shirts, and several others. If you or a friend are interested in having a table, please inform Linda Yamashiro. Tables are free for members and only \$5 for non-members.

We will have a special menu of roast beef along with the usual side dishes.

One great feature of the holiday party is the goodie exchange *members are asked to bring 24 items (preferably home-made)*. It was decided that 12 items isn't enough since we all bring guests.

Another tradition is to donate to charity. The executive board decided on the YWCA Dress for Success Program, which "provides career attire to women and supports them in their transition to long-term self-sufficient employment." The Honolulu program is part of a worldwide network that serves 50,000 women a year. Do your part, *bring an item of career attire clothing*. Lena Yafuso will deliver our donations to the YWCA.

Don't miss out, be sure to come and join other chapter members and their friends and family in a fun-filled event to launch the holiday season. See you there!



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.

Congratulations to Anastasia

It was announced during the November meeting, that Anastasia Keller-Collins has completed her studies and is now a board certified Behavioral Analyst.

Last month, Lee Ann introduced us to Anastasia and her family. This month, Anastasia shares her knowledge of people with disabilities and helps us to understand and behave appropriately

when interacting with people with disabilities.

First, test your knowledge by completing the quiz on page 2, then read her article on pages 3 and 4 on Disabilities Etiquette 101.

Thanks to Anastasia for sharing her knowledge with us.



Message from the Presidents



As the year ends, we often reflect on all we are grateful for. Here are two quotes we'd like to share:

"Success is a journey, not a destination. The doing is often more important than the outcome." — *Arthur Ashe, tennis champion*

"Be daring, be different, be anything that will assert integrity of

purpose and imaginative vision against the play-it-safers..." — *Cecil Beaton, photographer*

We will not have a general meeting in December, but will be having our holiday party on December 14th. Invite guests and come prepared for an evening of fun and fellowship.

As gifts are given and received this holiday season, we think of the gift of knowing each and every one of our NKOW members.

May your hearts be filled with love, laughter, and joy!

Chas & Dawn



Test Your Knowledge: People with Disabilities

By Anastasia Keller-Collins

True or False

1. T F Ask before you help: Don't assume that someone needs help.
2. T F When a person has difficulty speaking, help them by finishing their sentence.
3. T F People with disabilities don't need to be included in decision making. Decide for them!
4. T F If you don't understand what someone is saying, it is okay to ask the person to repeat themselves.
5. T F All disabilities can be seen.

Multiple Choice

6. Things to remember for people who are blind are:

- A. Offer your arm, don't take theirs.
 - B. Yell, "Look out" if they are in danger.
 - C. Don't touch person's cane or guide dog.
 - D. All of the above.
 - E. A & C only.
7. Things to remember for people who use wheelchairs are:
 - A. Don't ask a wheelchair user to hold things on their tray or lap.
 - B. Don't push, touch or lean on a person's wheelchair; it is part of their personal space.
 - C. Make sure all areas are accessible and not blocked.
 - D. Make sure that staff are familiar with the most accessible way around the building and grounds.
 - E. When speaking to someone in a wheelchair, be at eye level.
 - F. All of the above.
 8. Things to remember for people that are deaf are:

- A. Maintain eye contact with the person.
 - B. Look directly at the sign-language interpreter.
 - C. Always remember to speak loud or shout.
 - D. If you can't understand them, pretend you do.
 - E. All of the above.
9. When speaking to a person with a disability:
 - A. Speak to them like you are looking through them as if they are invisible.
 - B. Use baby talk so they will be able to understand you.
 - C. Speak directly to the person with a disability. Not their companion.
 - D. Chew gum or smoke to bring attention to the mouth.
 - E. All of the above.

Answer Key

1 = T; 2 = F; 3 = F; 4 = T; 5 = F
6 = E; 7 = F; 8 = A; 9 = C

Wedding Bells... Haunani and Cavan

After 10 years, on September 10, 2011, Na Kikohana O Wahine member Haunani Yano-McNeely, married Cavan Medeiros, and changed her name to Haunani Yano-Medeiros. Haunani describes Cavan as, “My best friend, the one I laugh with, live for, dream with, and Love.”

The ceremony took place at Halekulani Hotel at 10:00 in the morning. The reception followed in the Hau Terrace.

“We had a lot of fun with family and friends and especially with our MC, Gregg Hammer. The food was awesome, although I didn’t have an appetite with all the excitement” says Haunani. It was a day She will always remember and a memory she will always cherish.

Disabilities

(Con’t from page 3)

9. **Don’t touch a person’s wheelchair or adaptive equipment as this is considered personal space.**
8. **Respect people’s privacy.**
7. **Speak directly to a person with a disability.**
6. **Don’t use baby talk or talk down when speaking with people with disabilities.**
5. **If you don’t understand what someone is saying, it is okay to ask them to repeat themselves.**

4. **Be patient, don’t finish people’s sentences for them.**
3. **People with disabilities need to be included in decision making; don’t decide for them!**
2. **Hire qualified people with disabilities when possible.**
1. **Treat others how you would like to be treated**

Resources:

©2007 Kathie Snow; all rights reserved. Excerpted from Kathie’s People First Language Article. Visit www.disabilityisnatural.com for complete article.

2011, Easter Seals Hawaii, Disability Etiquette Handbook

Best Wishes to Haunani & Cavan



Na Kilohana ‘O Wahine



Visit us at www.abwahawaii.org

Merry Christmas



Na Kilohana 'O Wahine at Aulani, October 29th, 2011



BBC = Bu Before Coffee



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.



Presidents: Dawn Paresa and
Chassidy Shinno

Newsletter Editor: Myrtle
Ching-Rappa
Na Kilohana 'O Wahine
374 Kaumakani Street
Honolulu, HI 96825

Phone: 808-956-4399
Email: chingrap@hawaii.edu

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



Upcoming Chapter Events

January 11th—Monthly meeting
Guest Speaker: Nathan Hokama,
Business Associate Night. Bring a
co-worker or your boss.

February 8th—Monthly Meeting
Guest Speaker: Erik Haines, Ha-
wai'i Opera Theatre, "Opera &
You"

February 12th—An Afternoon at
the Opera

March 14th—Monthly meeting
Guest Speaker: HPD, "Disaster
Awareness & Terrorism Re-
sponse"

March 17 or 24th—Garage sale
at Yvonne's House

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

December 14th —Annual Holiday Party
Japanese Cultural Center
2454 South Beretania Street

5:30—Vendor Tables 6:00—Dinner
Games and festivities to follow dinner

Menu:
Toss Salad with Dressings, Fresh Fruit Salad
Creamy Mushroom Chicken, Chef Carved Prime Rib with Condiments
Garlic Mashed Potatoes, Hot Vegetable Medley, Rolls with Butter
Dutch Apple Pie Ala Mode
Iced Tea, Hot Coffee & Tea with Condiments

Cost: \$26 for dinner; \$5 for parking

R.S.V.P. On-line at www.abwahawaii.org by December 11th .

to be determined

May 9th—Monthly Meeting

June 11th—Monthly Meeting

Birthday Celebration

July 8th—Monthly Meeting

Other items will be added as they
are confirmed.