

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
Message as Caregiver	2
Operation Military Kids	3



Be Happy In Life

Join us as we welcome inspirational speaker Alice Inoue as she shares valuable guidance on how to create happiness in your life right now and gain a new perspective on what is taking you away from it. Can we be happy when situations and circumstances in our lives are not what we want them to be? The answer is yes! Alice will guide us towards deeper insights into our mind-body-heart-spirit connection and show you how your happiness is not based on what is happening outside you, but it is completely up to you!

Alice Inoue is a "Life Guide," who uses astrology, *feng shui*, and spirituality, to empower and inspire others. She is a writer and award-winning published author—

- *Be Happy! It's Your Choice*
- *A Loving Guide to These Shifting Times, Feng Shui Your Life!* and
- *Go Ask Alice! Guidance on Life and Living—*

She has produced three instructional DVD's on *feng shui*. She has a bi-weekly column in the Star-Advertiser. Her column "Go Ask Alice," answers readers' questions about *feng shui*.

For more information about Alice, go to her websites:

Personal site: www.aliceinspired.com

Company site: www.aliceinoue.com



Alice Inoue

Rendezvous at the Pearl

A message from Brandon Toro

How are the ticket sales going for our great event, Rendezvous At The Pearl? The more people that we can have attend our event, the better fundraising we can do on the silent auction items so spread the word to your prospective colleagues and friends.

As the chairperson, I have committed to selling over 20 tickets so I know I have my work cut out for me. Together I know we can smash the 100 person minimum that we committed to the venue manager. Let's try and double that.

(Please be prepared to provide a report on your sales at the next meeting)

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.



Hillary & Gloria Kelly

Personal Message as A Caregiver

By Gloria Kelly

I just wanted to share a personal message to my friends of NKOW. My husband has been diagnosed with dementia, so I am faced with the personal challenges involved in caring for someone with dementia. I have tremendous compassion for those who are currently caregivers for their loved ones. It is not an easy road and at times can be physically, mentally, emotional, and financially exhausting.

I never thought I would be in this situation and amazed with the patience I was able to somehow find deep down inside in order to deal with it all. But most of us in life find that we rise to the challenge and are able to do whatever needs to be done when it involves someone we love. We just do it. And it is a tremendous character-builder. I am a different person being a caregiver. Stronger, more compassionate, more mature in many ways.

The greatest advice I can give you as a caregiver, is that you take care of

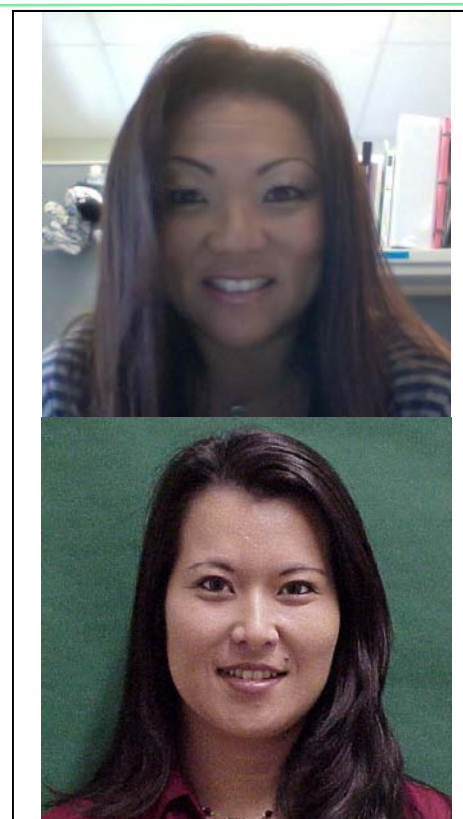
Message from the Presidents

Spring is here already! The year is going by so quickly. This month we welcome Alice Inoue as our guest speaker.

In May Na Kilohana O Wahine will be hosting a fundraiser event, "Rendezvous at the Pearl", please come out to support us and our scholarships for education. As always, we look forward to the networking!

Happy Easter!

Dawn & Chas



yourself. Yes, do what needs to be done and make the tough decisions that need to be made for his or her care and comfort. But do not let the demands of their illness prevent you from caring for yourself. Be kind to yourself. Make sure you get time off to refresh and renew yourself. Too many caregivers end up burning out and dying themselves from the stress of it all -- and that certainly does not help you and your family. So the best thing you can do for him is take care of yourself. And don't feel guilty about doing so.

The other thing that helps greatly is look for a support system. There are thousands of others who are experiencing the very same things right now. In this case, contact the Alzheimer's Association or similar agencies in your area. Get involved in a caregivers support group, either locally or online. As the dementia

progresses, it will help you a great deal to hear others' experiences and advice...and just to know you are not alone in this.

And...keep a sense of humor. People with dementia do the oddest things. It can either break your heart or make you laugh. Take your pick. Laughter is healing and therapeutic. So when My husband came out one morning wearing my knit blouse not realizing there was anything wrong, instead of scolding him, I ended up laughing.

I hope this message will help and If you ever need to just vent, or ask about the ever-changing journey of caring for a spouse with dementia, feel free to call me...

I miss all of you & God Bless,

Gloria Kelly

Operation Military Kids, 4H Cooperative Extension



By Chassidy Shinno

It was no April Fool's joke. On April 1st, members of Na Kilohana O Wahine and their families and friends, answered the call of Kiki Yoshimoto, Operation Military Kids (OMK) Project Coordinator; Claire Nakatsuka, 4H Project Coordinator. They

assembled 190 backpacks which included items such as coloring books, journals, crayons, toys, disposable cameras, and other informational print materials

We formed assembly-line groups to unwrap items, fill packs, and placed the completed packs in boxes for later use Bu (Brandon Toro) and Kekolu (Dawn's husband) offered their muscles loading and carrying the boxes

of packs into storage.

Kids receiving packs will enjoy fun items given, and also make use of the journals, stationary, and cameras to send their deployed parents letters and photos.

Thank you to all who participated. We finished early because so many of our members showed up and brought friends and family members with them. ... Mahalo to all.



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

April 11th—Monthly Meeting

Guest Speaker: Alice Inoue,

Topic: *Be Happy In Life*

May 9th—Monthly Meeting: Guest

Speaker: Kathy Inkinen.

May 17th—Rendezvous at the Pearl

June 11th—Monthly Meeting—

Birthday Celebration

July 8th—Monthly Meeting—

International Night

April 11, 2012 — Monthly Meeting
Japanese Cultural Center
2454 South Beretania Street

5:30—Networking

6:00—Dinner

Menu:

Iced Tea, Hot Coffee and Tea, with condiments

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

Raffles N-Z

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