

Ka Lono Kilohana

"THE SUPERIOR OF MESSAGES"

NA KILOHANA `O WAHINE CHAPTER #6289 DISTRICT VI
Honolulu, Hawaii

July 2011

Volume 1, Issue 9

President's Message

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The mission of the American Business Women's Association is to bring together businesswomen 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.

July

Thank you to Chair Nancy Walter for coordinating our International Night with Eric Wada who gave us new insight into the power of the Okinawan woman! Our next event took us to Maui – Wowie! Recognition conveyed to Chassidy Shinno and Iris Yafuso for an outstanding job on planning our great adventure to Maui. First, enjoying the relaxing scent of lavender with on-site treats compliments of Chassidy, an awesome luncheon of healthy foods at O'o Farms including the WOY/Top Ten celebration, and then sampling the outstanding vino at Tedeschi Winery. We aren't saying who may have experienced a "little buzzing!".

Be sure to come to this month's meeting as we plan for our future by hearing from Jane Yamamoto-Burigsay on "What Every Woman Should Know about Social Security!"

Mark your calendars for July 16th 2nd Garage Sale (Location changed to Myrtle's house in Hawaii Kai) and July 30th Seminar – member education event. Thank you to Dr. Eliza Kim and her wealth wellness experts for their generosity of this awesome upcoming event – please invite your friends to join us at this Chapter fundraiser.

Special thank you to all my fellow executive team members: Lee Ann Matsuda, Iris Yafuso and Claire Arakawa and to our great chairs that helped make this Chapter year another fun-filled and educational year for us all! We do need to recognize our Protégé Winner and a step up to the plate special member Lena Yafuso who assisted us in our move into technology and her assistance in picking up the loose strings along the way this year.

Keep Smiling!

Patti Ann Hokama
President

Best Practices Tracking Update

League in good standing O.K.!

New slate of officers in good standing by 6/30 O.K.!

Chapter Vision Stmt Done!

Member Interest Survey O.K.!

Chapter Business Plan O.K.!

Chapter Budget O.K.!

SBMEF contribution O.K.!

Professional Speakers (9) programs... Done!

Adopt standing rules with Code of Conduct in each newsletter..O.K.

6 (min) newsletters...Done

Standard of Achievement
• 30 Award Level III (done!)

Sponsor conference attendees
...Regional Conferences (1)
National Conference (5)

In IRS compliance! O.K.

Paid Insurance fee...Done!

Submit Best Practice Binder by 7/31... will do.

Na Kilohana `O Wahine Vision 2010-2011

Na Kilohana `O Wahine believes in giving back as we develop and support our women both personally and professionally and relish in how it is paid forward!

CHAPTER NEWS

MAUI ADVENTURE AND WOMAN OF THE YEAR/TOP TEN CELEBRATION



At the table with family and friends, O`o Farms, Maui

Our Chapter's Maui Adventure was a fun-filled, educational event! Our members and member guests learned about the "green" treasures of Maui, in keeping with this year's "Green" theme.

We toured Alii Kula Lavender, O`o Farms , and ended our day at Tedeschi Winery, located on Ulupalakua Ranch. The educational event was combined with our Top Ten/Woman of the Year Celebration.

A luncheon celebration was held in honor of Patti and Myrtle at O`o Farms where we shared with both of them how much we all admire and respect them. Our photo journal on the following pages details our day—please stay tuned for next year's educational event, currently set for Las Vegas!!!





July Featured Speaker

Jane Yamamoto-Burigsay
U.S. Social Security Administration

"What Every Woman Should Know About Social Security"

Jane Yamamoto-Burigsay is the Social Security Administration's Public Affairs Specialist and Military Liaison for the area of Hawaii; she conducts numerous presentations about Social Security programs for various state, military, and private organizations throughout the islands. She is responsible for offices in Honolulu, Kapolei, Hilo, Wailuku, Lihue, American Samoa, Guam, and Saipan. She serves as the liaison between the SSA and congressional offices, community organizations, disability advocates, the military, the media, and other government agencies regarding any social security issues. Jane began her career with the SSA as a bilingual Title II Claims Representative. Prior to her role as a Public Affairs Officer, she held a management position and has over 15 years of experience with the agency.

Calendar of Upcoming Events

July 13 - Jane Yamamoto-Burigsay – U.S. Social Security Administration

July 16 - Garage Sale #2
Myrtle's House (see below)

July 30 - Education Seminar Event
Dr. Eliza Kim & friends (see below)

☞ End of Chapter Year ☞

Aug 10, 2011 - Dan Boylan, speaker
Hawaii Politics

Sept 17, 2011 - State Joint Chapter Event
UH Campus Center

Announcements

July 16th – Garage Sale #2. One person's trash is another person's treasure! Please bring your unwanted items to Myrtle's House where we will sell them to raise money for our scholarship and operating funds. Please see Page 6 for details.

July 30th – Educational seminar to be held at JCCH from 8:30 – 2:00.

Dr. Eliza Kim will be joined by Stephanie Asato and Charlotte Teruya to teach us about Health, Wealth, and Energetic Healing. Come and learn how to create wealth from a place of wholeness and balance. The information that will be shared can be utilized immediately to bring beneficial change to your life. Chapter member, Dr. Kim, will donate her time and will not charge Na Kilohana `O Wahine chapter members; she would like this to be a fundraiser for the chapter. Please see our invitation on Zoji, here: <http://www.zoji.com/946427/events/2132785>

Member Ed 2012 – Planning is underway for a major educational event—an excursion to Las Vegas to learn about the city and surrounding areas, and also to reconnect with our non-resident members. Start saving today!! Details next year for this exciting event!



Managing Stress

A young lady confidently walked around the room while explaining stress management to an audience. With a raised glass of water (everyone knew she was going to ask the ultimate question, 'half empty or half full?,' she fooled them all.

"How heavy is this glass of water?" she inquired with a smile. Answers, called out, ranged from 8 oz. to 20 oz.

She replied, "The absolute weight doesn't matter. It depends on how long I hold it. If I hold it for a minute, that's not a problem. If I hold it for an hour, I'll have an ache in my right arm. If I hold it for a day, you'll have to call an ambulance. In each case it's the same weight, but the longer I hold it, the heavier it becomes." She continued, "And that's the way it is with stress. If we carry our burdens all the time, sooner or later, as the burden becomes increasingly heavy, we won't be able to carry on. "As with the glass of water, you have to put it down for a while and rest before holding it again. When we're refreshed, we can carry on with the burden. So, as early in the evening as you can, put all your burdens down. Don't carry them through the evening and into the night. Pick them up tomorrow.

"Whatever burdens you're carrying now, let them down for a moment. Relax, pick them up later after you've rested. Life is short. Enjoy it, as well as the now 'supposed' stress that you've conquered!"

1. Accept the fact that some days you're the pigeon, and some days you're the statue!
2. Always keep your words soft and sweet, just in case you have to eat them.
3. Always read stuff that will make you look good if you die in the middle of it.
4. Drive carefully. It's not only cars that can be recalled by their Maker.
5. If you can't be kind, at least have the decency to be vague.
6. If you lend someone \$20 and never see that person again, it was probably worth it.
7. It may be that your sole purpose in life is simply to serve as a warning to others.
8. Never buy a car you can't push.
9. Never put both feet in your mouth at the same time, because then you won't have a leg to stand on.
10. Nobody cares if you can't dance well. Just get up and dance.
11. Since it's the early worm that gets eaten by the bird, sleep late.
12. The second mouse gets the cheese.
13. When everything's coming your way, you're in the wrong lane.
14. Birthdays are good for you. The more you have, the longer you live.
15. You may be only one person in the world, but you may also be the world to one person.
16. Some mistakes are too much fun to make only once.
17. We could learn a lot from crayons. Some are sharp, some are pretty and some are dull. Some have weird names and all are different colors, but they all have to live in the same box.
18. A truly happy person is one who can enjoy the scenery on a detour.
19. *Save the earth..... It's the only planet with chocolate !*



GARAGE SALE #2 This Weekend July 16, 2011



Unused or unwanted items cluttering up your home? Clear them out and freshen up your surroundings! Put them to good use by donating them to our Chapter's Garage Sale #2. All sales will benefit our scholarship and operating funds. We made a whopping \$1,800 from Garage Sale #1 and hope this next one will be just as successful! Particulars as listed below:

What: Garage Sale #2

When: Saturday, July 16, 2011 from 8:00AM—12:00PM (volunteer hours: 7:00AM-1:00PM)

Where: Myrtle's House, 374 Kaumakani Street in Hawaii Kai

We need volunteers to help with set-up starting on Friday, July 15th, and help with sales and clean-up on the 16th. If you would like to assist on the **16th**, volunteer hours are **7:00AM-1:00PM**. Everyone who volunteers gets treated to lunch at Zippy's after the garage sale closes.

Donations of snacks, pupus, and drinks, etc. are welcome.

Sign up sheets will be made available during our next meeting. Please contact Fundraising Chair, Yvonne Ako or our hostess, Myrtle Ching-Rappa, for more information.

New Member Profile



Brandon Toro

Our newest member (sponsored by Dawn) is a graduate of Kamehameha Schools. Brandon is an electrical engineer at Hawaiian Telcom. He loves playing softball and baseball and even played baseball in college. He is energetic, motivating, and has a great sense of humor. **Welcome Brandon!**

Incoming Officers

2011-2012 Executive Board Members – elect

Co-Presidents:	Chassidy Shinno & Dawn Paresa
Vice-President:	Claire Arakawa
Secretary:	Lena Yafuso
Co-Treasurers:	Donna Miyashiro & Anna Sislyan

Chapter Trivia

DID YOU KNOW?

The Punahele Chapter sponsored the creation of the Na Kilohana `O Wahine Chapter. Na Kilohana was formed in June 1977. Our Chapter emblem was designed by one of our Charter members.

-- Many thanks to Myrtle for this information!

A CHAPTER OF THE AMERICAN BUSINESS WOMEN'S ASSOCIATION

Na Kilohana `O Wahine Chapter

"The Superior of Women"

Founded 1977



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.

2010-2011 Executive Board and Committee Chairs



Our Chapter Emblem is an original Hawaiian interpretation of ABWA's traditional flower—the white carnation.

Executive Board Members

President:	Patti Ann Hokama
Vice-President:	Lee Ann Matsuda
Secretary:	Iris Yafuso
Treasurer:	Claire Arakawa

Committee Chairs

Audit:	Anastasia Keller-Collins
Business Assoc:	Exec Board
Community Service:	Linda Yamashiro
Enrollment Events:	Karen Yonemoto & Nancy Walter
Forever 10:	Myrtle Ching-Rappa
Fundraising:	Yvonne Ako
Hospitality:	Donna Miyashiro
Int'l Night:	Nancy Walter
Member Education:	Chassidy Shinno
Membership:	Roeana Alexander & Vendy Goroza
Newsletter:	Lynn Miller & Lena Yafuso
Prof. Development:	Chassidy Shinno
Programs:	Karen Yonemoto & Sharon Ito-Matsuo
Progressive Dinner:	Sharon Ito-Matsuo
Protégé Leader:	Lelani Alcover
Publicity:	Exec Board
Scholarship:	Lee Ann Matsuda & Akiko Ogawa
Technology :	Lena Yafuso
Website:	Exec Board

Ka Lono Kilohana

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