

KA LONO KILOHANA

"THE SUPERIOR OF MESSAGES"

Na Kilohana O'Wahine Chapter #6289 District VI

Honolulu, Hawaii



Volume 1, Issue 1

Date (August 2009)

A CHAPTER OF THE AMERICAN BUSINESS WOMEN'S ASSOCIATION

President's Message

August 2009

Dear Fellow Na Kilohana Members,

A New ABWA year is here and your newly elected exec board is ready to go!! We'd like to thank Myrtle and her board and committee chairs & committee members for a job well done!

We have the committees lined up and if you haven't volunteered to work on one, we will contact you to get involved to lend a hand. This is Your Chapter and our success depends on all of us working together.

Please complete the survey that was sent out earlier. Mostly, we would like to know what topics you're interested in learning

about. Lynn, our program chair, is busy setting up the calendar and she needs your input. Claire and Staton will work together on professional development seminars and want your suggestions too.

The National Convention is coming soon – September 23-26 in Kansas City, MO. Myrtle, Donna, Yvonne & I welcome you to join us, to celebrate the 60th anniversary of ABWA. The joint chapter luncheon meeting of all Hawaii chapters, will be held on Saturday, September 26th at the JCC.

See you at the next meeting on August 12th. We will have a special surprise – an ABWA Na Kilohana gift for each of you, but



President Iris Yafuso

sharing her words of wisdom.

you need to be present!

Good Bye, Outgoing Board....Hello, Incoming Board!



President Myrtle Ching-Rappa thanks her board (right) & we all welcome our new leadership (left) & pledge our support for the upcoming Chapter year!



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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.

Upcoming Events



Join Us! Mark the Date!
Bring a Guest! Be There!

August 12, 2009 Monthly Dinner Meeting New Chapter Year! Speaker: Dr. Dan Boylan Topic: "State of Our State"	Sept. 9, 2009 Monthly Dinner Meeting	Sept. 26, 2009 State Joint Chapter Luncheon
August 22, 2009 Progressive Dinner	Sept. 22, 2009 American Business Women's Day	Oct. 14, 2009 Monthly Dinner Meeting Fall Enrollment Event
Sept. 1 - Nov. 30, 2009 Fall Membership Event	Sept. 24-26, 2009 60th Anniversary Celebration National Women's Leadership Conference Kansas City, MO	Nov. 11, 2009 Monthly Dinner Meeting
		Dec. 9, 2009 Monthly Dinner Meeting Christmas Celebration

Announcements

It's our new
Chapter year -
Welcome
President Iris
Yafuso!

August 12, 2009, Wed., Monthly Dinner Meeting Time: 5:30 - 8:30 p.m. Place: Japanese Cultural Center, 5th floor 2454 S. Beretania Street Speaker: Dr. Dan Boylan Topic: "State of Our State" New Chapter Year! Chapter Dues \$36.00 due	Budget Approval Standing Rules Approval Menu: Meat Loaf , Shrimp Scampi, Rice Pilaf, Steamed Vegetables, Fresh Fruits, Mixed Greens, Rolls and Butter Custard Pie Cost: \$23.00 (no shows will be billed.) Parking: \$5.00	RSVP: Aug. 10th by 3:00 p.m. through E-vite or Fran Hamasaki, Hospitality Chair at 455-4737 or email: hama2@hawaii.rr.com Donations: Members N-Z Favors: Lynn Miller Chapter meets the second Wednesday of every month. Please join us.
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Executive Board 2009-2010 Committee Chairs



Women IN Business

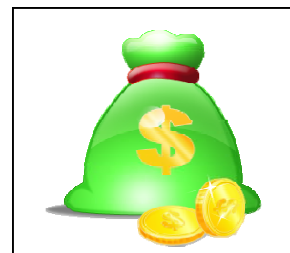
President: Iris Yafuso master_kipper@hotmail.com	Audit: Liz Robinson	Nominating: TBD
Vice-President: Yvonne Ako yvonne.ako@boh.com	Business Associate: Lauren Horikoshi	Program: Lynn Miller
Co-Secretaries: Leilani Alcover leilani@hotmail.com Vendy Goroza lillianvg@hotmail.com	Community Service: Myrtle Ching-Rappa	Progressive Dinner: TBD
Treasurer: Donna Miyashiro dmiyashiro001@hawaii.rr.com	Enrollment Events: Cordie Fukuhara	Publicity: Lynn Miller
	Hospitality: Fran Hamasaki	Scholarship: Lee Ann Matsuda
	International Night: TBD	Ways & Means: Patti Ann Hokama
	Member Ed: Claire Arakawa	Website: Lee Ann Matsuda
	Membership: Roana Alexander	WOY/Top Ten: Myrtle Ching-Rappa & Lee Ann Matsuda
	Newsletter: Patti Ann Hokama	

Fun-draising Idea & Member Networking Support

**PICTURE
YOUR AD
MESSAGE
HERE!!!**

**Cost: \$5.00
PER
ISSUE!**

Email your message to mail@reupdateinc.com and we will post it here. We reserve the right to edit both photos and message to fit into our column space.



Chapter Fun-draising efforts while supporting our members' business!

We like to have fun in our ABWA goals and activities. A new addition to our Chapter Newsletter will be the sale of ad message space.

**OR PICTURE
YOUR AD
MESSAGE
HERE!!!**

**PICTURE
YOUR AD
MESSAGE
HERE!!!**

Simple Feng Shui Guidelines

1. Remove clutter:
Increase energy flow and enable it to move freely.

2. Have only what you love around you:
Provides support energy to you.

3. Pay attention to the pictures on you wall:
Positive images to surround you.

Sharing some favorite tips to bring abundance, peace, and harmony into your home.

Entertainment Books

We will be participating in the sale of the Entertainment Books again this year as one of our fun-draising events. Please give your past customers the heads-up and they will also qualify for bonus coupons to provide additional savings for them.

3 Great Saving Ideas:
The Entertainment Book

is filled with hundreds of 50% off and 2-for-1 discounts for your area on the things you do everyday like dining, groceries, shopping, services, and attractions. Plus great discounts on travel, home furnishings and much more!

The Membership Card
An Entertainment Membership Card is included

with each book purchase to use at select fine dine restaurants, as well as to receive discounts when traveling.

Online Printable Coupons With each book purchase, you also have online access to hundreds of additional local printable coupons and incredible online shopping discounts



Clip those coupons and SAVE \$\$\$!



Best Practices Award 2010
for
Na Kilohana O'Wahine Chapter!!!

Best Practices Goal Setting

Fulfilling our Chapter Requirements:

League in good standing!

New Slate in good standing by 6/30!

Paid Insurance fee...

Member Interest Survey and Results!

Chapter Business Plan!

Chapter Budget!

Professional Speakers (9) -45 min. documented programs...

Adopt standing rule to include Code of Conduct in each newsletter!

6 (min) newsletters...

Min (30 Level III Standard of Achievement Award, 40 Level II Banner Award, 50 Level I Star Award) chapter

members as of 7/31!

Min. (3 Level III, 4 Level II or 6 Level I) primary members chapter sponsored conference attendees...

In IRS compliance!

Submit Best Practice Binder to National by 7/31...

Let's shoot for Level I in 2010!!

ARRA Loans for Hawaii Small Businesses

Submitted by Lynn Miller, Program Chair

SBA Loan Programs for Hawaii Small Businesses



These loans allow borrowers to redirect cash flow to investing in their businesses, to help sustain the business and retain jobs.

U.S. Small Business Administration ARC Loan Program

If your small business is stressed meeting expenses during these economic times, the U.S. Small Business Administration has a new loan program designed just for you.

SBA's **America's Recovery Capital Loan Program** can provide up to \$35,000 in short-term relief for viable small businesses facing immediate financial hardship to help ride out the current uncertain economic times and return to profitability. Each small business is limited to one ARC loan.

ARC loans will be offered by some SBA lenders for as long as funding is available or until September 30, 2010, whichever comes first.

[About the ARC Loan Program](#)

ARC loans can be used to make payments of principal and interest, in full or in part, on one or more existing, qualifying small business loans for up to six months. ARC loans provide an immediate infusion of capital to small businesses to assist with making payments of principal and interest on existing debt. ARC loans are interest-free to the borrower, carry a 100 percent guaranty from the SBA to the lender, and require no fees paid to SBA. Loan proceeds are provided over a six-month period and repayment of the ARC loan principal is deferred for 12 months after the last disbursement of the proceeds. Repayment can extend up to five years.

[ARC Loan Eligibility](#)

ARC loans are available

to viable, for-profit small businesses in the U.S. that have qualifying small business loans and are experiencing immediate financial hardship.

Your small business must be an established business, have financial statements demonstrating it was profitable in one of the past two years, and be able to project sufficient cash flow to meet current and future loan payments over a two-year period from loan approval. If your business does not meet these criteria, you can discuss your eligibility with your lender. ARC loans are not designed for start-up businesses.

[Learn How SBA Can Help Hawaii District Office](#)

300 Ala Moana Blvd
Room 2-235
Box 50207
Honolulu, Hawaii 96850
Phone (808) 541-2990

10 Boilerplate Phrases That Kill Resumes by: Liz Ryan

The 2009 job market is very different from job markets of the past. If you haven't job-hunted in a while, the changes in the landscape can throw you for a loop. One of the biggest changes is the shift in what constitutes a strong [resume](#). Years ago, we could dig into the Resume Boilerplate grab-bag and pull out a phrase to fill out a sentence or bullet point on our resume. Everybody used the same boilerplate phrases, so we knew we couldn't go wrong choosing one of them -- or many -- to throw into your resume. Things have changed. Stodgy boilerplate phrases in your resume today mark you as uncreative and "vocabulary challenged." You can make your [resume](#) more compelling and human-sounding by rooting out and replacing the boring corporate-speak phrases that litter it, and replacing them with human language -- things that people like you or I would actually say.

Here are the worst 10 boilerplate phrases -- the ones to seek out and destroy in your resume as soon as possible:

- Results-oriented professional
- Cross-functional teams
- More than [x] years of progressively responsible experience
- Superior (or excellent) communication skills
- Strong work ethic
- Met or exceeded expectations
- Proven track record of success
- Works well with all levels of staff
- Team player
- Bottom-line orientation
-

You can do better. What about adding a human voice to your [resume](#)? Here's an example:

"I'm a Marketing Researcher who's driven by curiosity about why people buy what they do. At XYZ Industries, I used consumer surveys and online-forum analysis to

uncover the reasons why consumers chose our competitors over us; our sales grew twenty percent over the next six months as a result. I'm equally at home on sales calls or analyzing data in seclusion, and up to speed on traditional and new-millennium research tools and approaches. I'm fanatical about understanding our marketplace better every day, week and month -- and have helped my employers' brands grow dramatically as a result."

You don't have to write resumes that sound like robots wrote them. A human-voiced resume is the new black -- try it!

Liz Ryan is a 25-year HR veteran, former Fortune 500 VP and an internationally recognized expert on careers and the new millennium workplace. Contact Liz at liz@asklizryan.com or join the Ask Liz Ryan online community at www.asklizryan.com group.



Article of interest recommended by member Lynn Miller.

Thank you, Lynn Miller for thinking of us.

Sharing More Words of Wisdom.... (gifted to me from Corinne Agno)

Thousands of candles can be lighted from a single candle, and the life of the candle will not be shortened. Happiness never decreases by being shared. Buddha

I will love the light for it shows me the way, yet I will endure the darkness because it shows me the stars. Og Mandino

The quieter you become the more you can hear. Baba Ram Dass

At the center of your being You have the answer, You know who you are and You know what you want. Lao-tzu

In the presence of the light, feel safe. Go to your center and think about the positive things in your life. Expect opportunities and appreciate the small miracles that come with knowing. Your heart's desires are already fulfilled.

Have fun in the "quiet" and notice if you feel anything different. You might

find your thoughtful reflections both relaxing and empowering.

It's all positive, so face it with an open heart.

The fluttering of a butterfly's wings can effect climate changes on the other side of the planet. Paul Erlich

Magic is believing in yourself, if you can do that, you can make anything happen. Johann Wolfgang Von Goethe

Perfect Attendance Award 2008-2009:

Congratulations!

**Yvonne Ako
Patti Ann Hokama
Donna Miyashiro
Iris Yafuso**

A CHAPTER OF THE AMERICAN BUSINESS WOMEN'S ASSOCIATION

ABWA's Proud Code of Conduct

Patti Ann Hokama, Chair
Na Kilohana O' Wahine Chapter
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Honolulu, Hawaii 96828

Phone: 808 593-1803
Fax: 808 593-1804
Email: mail@reupdateinc.com



Chapter Emblem: An Original
Hawaiian interpretation of
ABWA's traditional flower, the
white carnation.

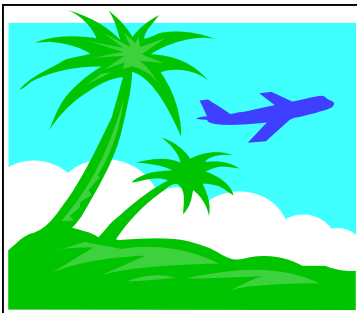
Na Kilohana O'Wahine Chapter
"The Superior of Women"
Founded 1977

We're on the web!

www.abwahawaii.org

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.

Seahorses, Abalone, & Kona Coffee growing on a vine!



Kona Member Ed Adventure

July 25, 2009

(Photos to be shared next issue)

We were off and running! Comfortable shoes & a hat! Arrive before 8:30 a.m. in Kona. Extra special thanks to our super event coordinator Iris Yafuso for making our member ed event another

awesome experience. Organized to the max! The Kona folks were so welcoming and that is also thanks to our talented Iris who spread her niceness to have them open to a Saturday tour just for us!!! The trip made you recall how much fun learning could be all over again! We fell in love with the seahorses as they blew kisses and batted their eyelashes while wrapping their tails around our fingers - felt like a feather! Domesticated from birth - they can live 10-15 years and not the 2-3 days in captivity of yesterday. And the abalone has antennae and a mouth instead of just being a round oval smooth organism. I didn't know that! The lunch at Kona Inn was absolutely delicious! Did you check

out those individual place cards for lunch with our complete orders! Learning how much detail is needed in the care of training the coffee trees to grow on trellis wire to have the balanced sunlight exposure in hopes of obtaining the perfect bean! The quality obtained by the size and the method of roasting each bean was unbelievable, too. Plus, we got to ride in our own personal air conditioned motor coach complete with our very own friendly tour bus driver. BTW, there was a bathroom in the back hidden behind the carpeted walls. So many positive comments and words of appreciation were shared by our invited guests, too. Where are we off to next????