



# Ka Lono Kilohana

"THE SUPERIOR OF MESSAGES"

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

Volume 1, Issue 5

March, 2011

## President's Message



### THE LEGACY OF ST. PATRICK

- St. Patrick's Day is celebrated on March 17, his religious feast day and the anniversary of his death in the fifth century.
- Saint Patrick is most known for driving the snakes from Ireland. It is true there are *no* snakes in Ireland, but there probably never have been!
- Corned beef and cabbage is the traditional St. Patrick's Day dish. Annually 41.5 billion pounds of U.S. beef and 2.6 billion pounds of cabbage are sold.
- The first St. Patrick's Day parade in the United States was on March 17, 1762 when Irish soldiers in the English military marched through New York City.
- There are 36.5 million U.S. residents with Irish roots. This is almost nine times the population of Ireland itself.
- St. Patrick is credited with the Leap Year tradition of women proposing to men. The story goes that St. Brigid complained that women were tired of waiting for marriage proposals. Brigid proposed to him, but he refused!

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#### March – St. Patrick's Day Greetings...

Fashion Flair Capsules presented by Jean Gerstenberger brought much excitement to the meeting watching our very own Member Models strut their stuff! Thank you for your eager participation in that event. Now since we are heading in a greener direction for our Chapter, Alika Ferreira of Pono Solutions will speak to us and share some green tips to further help our environment and add some green to our pocketbooks, too! We will also be honored with our Irish by osmosis – Kelly – da Gloria one at our meeting. So, if you miss joining us at our Happy Hour on the 5th – she will be there on the 9th! Yea – she is our latest Farmville neighbor and so we get to keep in touch there, too!

Nominations for both our Woman of the Year and Top Ten Businesswoman Nominee will be taken at our meeting – be sure to review the criteria that Chair Iris Yafuso handed out (see pg. 5). Also, we are proud to announce that National accepted our sponsored candidate so come meet and congratulate the outright grant recipient and another new student member of our chapter – Anna will be at our meeting! Time is quickly approaching for our March 12th garage sale – our biggest fundraiser planned for the year – get your closets cleared out. . . Progressive Dinner Plans are being set for March 19th – Chair Sharon Ito-Matsuo will be keeping us posted.

Keep Smiling!  
Patti Ann Hokama  
President

*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.*

### 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!



Eastern Regional  
Conference  
Atlanta, GA  
*March 18-19, 2011*  
*District I &\* IV*

Western Regional  
Conference  
Santa Fe, NM  
*April 29-30, 2011*  
*District II & VI*

Central Regional  
Conference  
St. Louis, MO  
*April 1-2, 2011*  
*District III & V*

# Atlanta · Santa Fe · St. Louis 2011 Regional Conferences

Agenda  
for All Conference Locations

Friday  
7:00 a.m. – 4:00 p.m. Conference Registration  
8:00 a.m. – 9:30 a.m. Celebration Breakfast  
10:30 a.m. – 12:30 p.m. *ABWA Updates, News, and Information*  
12:30 p.m. – 5:30 p.m. Submit Newsletters for Competition  
12:30 p.m. – 2:00 p.m. Lunch on Own/Exhibitor Shopping  
2:00 p.m. – 4:30 p.m. *ABWA Updates, News, and Information (con't.)*  
6:00 p.m. – 8:30 p.m. Banquet

Saturday  
7:00 a.m. – 9:00 a.m. Conference Registration  
8:30 a.m. – 12:30 p.m. *Professional Development Seminar*  
12:30 p.m. – 2:00 p.m. Lunch on Own/Exhibitor Shopping  
2:00 p.m. – 4:30 p.m. *Professional Development Seminar (con't.)*

Your participation will serve to enhance your team's experience.

Be the first to hear of the latest ABWA innovations and opportunities scheduled for 2011.

*We look forward to seeing you there!*



For information on all conferences • Registration Forms • Fees • Conference hotels • visit the WIN website at : [www.abwa.org/WIN/ NEWS/ conference Information](http://www.abwa.org/WIN/NEWS/conference%20Information)

# Special Announcement

**Dear WIN Trailblazer:**


It is no secret that you are a regular WIN user. That's why your team has been selected by ABWA National and the 2010-2011 National Board of Directors to be one of the first teams to experience the soon to be released, **WINChat**. With **WINChat**, you can communicate with members one-on-one in real time!

The twelve teams selected to participate in the new **WINChat** feature are listed below. Don't miss out on this exclusive offer! Login today at [www.abwa.org](http://www.abwa.org) through March 31 and discover why it pays to be on a **WINNING** team!

**Eastern Region Districts**  
 District I: Emerald Coast and Sevier Chapters  
 District IV: Maryland Capital Chapter and Lancaster Area Express Network


**Central Region Districts**  
 District III: Dynamic Connections and Cedar Rapids Charter Chapters  
 District V: Maia and Forks of the Wabash Chapters

**Western Region Districts**  
 District II: Cy-Fair Express Network and Singing River Charter Chapter  
 District VI: Na Kiloana O Wahine and Reno-Tahoe Express Network




**To activate your WINChat, follow these three simple steps**


**STEP ONE:**  
View the "Chat" window located at the lower right hand side of your screen.



**STEP TWO:**  
Click on the "Chat" and the screen will expand where you can view who else is online.



**STEP THREE:**  
Click on a member's name with a green dot and start chatting. You can have conversations with several members at the same time too!



## MARCH IS WOMEN'S HISTORY MONTH

2011 National Women's History Month theme is "Our History is Our Strength".

### Test Your Women's History I.Q.

1. Which mother led a 125-mile march of child workers all the way from the mills of Pennsylvania to President Theodore Roosevelt's vacation home on Long Island?
2. One of the most important Union spies and scouts during the Civil War was a Black woman who had escaped from slavery. Can you name her?
3. Before the 1960s, farm workers in the U.S. were not paid even the minimum wage, and had no influential representatives to fight for their rights. What part did Dolores Huerta play in changing this situation?
4. She came to the U.S. when she was a teenager to study science and stayed to become "the world's foremost female experimental physicist." Her most famous experiment disproved what had been thought to be a fundamental scientific law. Who is this outstanding Asian-American scientist?
5. She was the last reigning monarch of the Hawaiian Islands, deposed when American business and military interests wanted to annex Hawaii to the U.S. Can you name her?
6. Why is Rachel Carson (1907-1964) considered the mother of the environmental movement?

ANSWERS: 1. Mary Harris "Mother" Jones; 2. Harriet Tubman; 3. co-founded the United Farm Workers union in 1962; 4. Chien-Shiung Wu; 5. Queen Liliuokalani; 6. Ignited controversy about the impact of pesticides with her 1962 book, The Silent Spring.

Business Meeting  
 Wednesday March 9  
 6:00–8:30pm

Pono Solutions  
 Alika & Kalono Ferreira will discuss

*“Renewable Energy and  
 Sustainable Construction”*

*Pono Solutions promotes a renewable way of life by delivering renewable energy solutions to homeowners, property owners and utilities through solar, wind and hydroelectric technologies.*



### Calendar of Upcoming Events

**Mar 12**—ABWA Garage Sale 8am-noon

**Mar 19**— Progressive Dinner Event

**Apr 13** - Spring Enrollment!

**Apr 23**—Education Committee Event

**May 11**- Janice Kim, Esq. speaking on Civil Rights in the Workplace

**June 15** - Chapter 34<sup>th</sup> Anniversary; Int'l Night; member celebration

**July 13** - Jane Yamamoto-Burigsay, federal Social Security Administration “What Every Woman Should Know”

*A note from member Dr. Eliza Kim . . . .*

#### **Purification Program: Lose Weight and Feel Great**

I was hoping somebody else would call first, so I wasn't the one complaining again. I thought maybe I was being a big whiner or being ultra-sensitive. But I could not take it any longer. After much contemplation, I finally picked up the phone and asked for the building manager. I explained to him that the cleaning agents they were using were too strong, and after a prolonged inhalation, they may be carcinogenic. Our building cleaning people do a great job of keeping our condo clean; almost too clean. Places like the elevators have no ventilation, and when they use these strong cleaning agents, there is no place that the chemicals can dissipate. Every time I am in the elevator, I am breathing in the carcinogen in order to get to my home.

The body has three options when detoxifying toxins. It can bury them in body fat, deposit them in tissues, or remove them. Even if we are living a stress-free life, eating organic foods, working out every day, there is no escaping environmental toxins. So if we are drinking tap water, taking prescription drugs, eating processed foods, dining out, or overworking, then imagine the amount of toxins we may accumulate in our body over time.

If you are experiencing, fatigue, headaches, weight gain, insomnia, hormonal imbalance, joint pain, allergies, or anxiety, you may want to consider the purification program for the body. I am teaching a seminar on “Purification Program: Lose Weight and Feel Great” on **Tuesday, March 22<sup>nd</sup> at 6 pm**. I am honored and excited to teach this class that could potentially change your life. Call me with any questions 808-256-5900.

# March-April Committee Events



## Woman of the Year and Top Ten Award

The 2011 Na Kilohana 'o Wahine

Woman of the Year and the 2011 Top Ten Nominee to ABWA National

Nominations will be open at the March 9, 2011 business meeting

Contact Chair Iris Yafuso for information

## Program Committee Event

### 2011 Progressive Dinner Sat MARCH 19 5pm

**Locations:** Homes of Linda Yamashiro & Karen Yonemoto (maps provided)

**To Bring:** Sign up to bring a potluck course: Appetizer, Salad, Entree, or Dessert

Bring a guest!

Games! FUN!!

Sign up on Zoji by 3/1/11

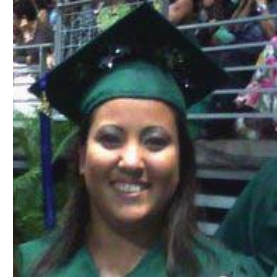
Contact event Chair Sharon Ito Matsuo for information



## Membership Committee

Na Kilohana 'o Wahine proudly welcomes our newest member

Terrina Haunani Yano-McNeeley into our ohana



Sponsored by Akiko Ogawa



## Fundraising Committee

Sat. March 12

Sale hours 8:00 am to Noon

Location: Ako's House 777 Elepaio Street, Kahala

“EARLY DROP OFF” at LYNN MILLER’S HOUSE (988-3060)

Please pre-price all items prior to donating them

MEMBERS & VOLUNTEERS NEEDED TO HELP

Set-up on Friday - March 11– 5:00 pm to ???

Setting up, catalog & pricing items, organize all drop offs, cleaning, sorting, arranging...

Sale Day Saturday March 12, 2011 from 8:00am–noon

Volunteers must report by 7:00 am Saturday morning

Donations of snacks, pupus, drinks, etc. are welcome for both Friday & Saturday. All members & their worker volunteers will be treated to Sat. lunch at Zippy's Kahala after the sale.

Contact Chairs Yvonne Ako/Patti Hokama for information

## Education Committee Event

Behind the scenes tour of the Honolulu Air Traffic Control Facility

**NEW DATE: Saturday APRIL 23 2:30– 3:30 p.m.**

Optional: 12:15 meet for lunch at Ruby Tuesday's restaurant at the Moanalua Shopping Center ~ carpool to Hickam Air Base after lunch.



Contact co-chairs Chassidy Shinno or Dawn Paresa for reservations and more information. Event is FREE !

**NOMINATION CRITERIA**

Nominations for these two awards will be open at the March 9, 2011 business meeting.

**WOMAN OF THE YEAR**

The Woman of the Year (WOT) award recognizes a member who has made notable contributions and outstanding achievements to our chapter during this year. She is highly respected by ABWA members. She is nominated based on the following criteria:

- ABWA Leadership
- Education
- Career Accomplishments
- Community Involvement

**TOP TEN BUSINESS WOMAN**

The Top Ten Business Woman is our chapter’s nomination for the national ABWA award. The Top Ten Women in ABWA are judged in the following areas:

- Personal Goals
- Historical Involvement in ABWA activities
- Formal Education
- Career Accomplishments
- Community Involvement

**KUDO's KORNER**

Na Kilohana 'o Wahine is proud of our TWO "Forever 10's" National Top Ten awardees:

Myrtle Ching-Rappa and Lee Ann Matsuda

**KUDOS KORNER**



Congratulations Claire Arakawa who completed all WIN online courses and achieved the APEX award !

**NEW MEMBER PROFILE**

**Terrina "Haunani" Yano-McNeeley**



Haunani joined Na Kilohana 'o Wahine just last month and is currently employed at Manpower as an Administrative Assistant/Receptionist . She recently graduated in December, 2010 with a BBA in Human Resource Management from the University of Hawaii at Manoa – Shidler College of Business. During her last semester , Haunani was very involved with the HR professional organization SHERM. She served as the director of corporate relations, which involved organizing professional development workshops, company tours, and organizing their professional interaction night. What a talent!

She has had a variety of work experiences, including Human Resources Assistant at UH Manoa. She’s also tried her hand in retail as both a Sales Associate and a Cashier at Manuhealii and Longs Drugs, respectively.

In support of her community, Haunani volunteers as an AYSO soccer coach; has participated in the Susan B. Komen Race for the Cure, and is a veteran volunteer at the annual Easter Seals Gingerbread Festival !

She is an active, family-oriented young woman who loves hanging out with family and friends and being outdoors, especially at the beach or in the mountains riding dirt bikes, quads or 4 wheeling.

Haunani joined ABWA to network with other women in different fields of work and to make new friends. In answer to "What I most like about Na Kilohana chapter" she writes, "I love this chapter because everyone is so nice and I always have fun while learning new things at the meetings." *Welcome Haunani !*

# A CHAPTER OF THE AMERICAN BUSINESS WOMEN'S ASSOCIATION

**Na Kilohana O' Wahine Chapter**

**"The Superior of Women"**

**Founded 1977**



## 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 **Done**

Chapter Business Plan **O.K.!**

Chapter Budget **O.K.!**

SBMEF contribution **Done**

Professional Speakers (9) programs... **2 to go.**

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

6 newsletters...**1 to go**

Standard of Achievement  
• 30 members—Award Level III **O.K.!**

Sponsor conference attendees  
...**District Conferences (1) National Conf (1) + (4)**

In IRS compliance! **O.K.**

Paid Insurance fee...**Done**

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

## 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 Committees

### 2010-2011 Executive Board

President:  
**Patti Ann Hokama**

Vice-President:  
**Lee Ann Matsuda**

Secretary:  
**Iris Yafuso**

Treasurer:  
**Claire Arakawa**



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

### Committee Chairs

Audit:	tba
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:	Roana Alexander & Vendy Goroza
Newsletter:	Lynn Miller
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

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