

KA LONO KILOHANA "THE SUPERIOR OF MESSAGES"

Na Kilohana O'Wahine Chapter #6289 District VI

Honolulu, Hawaii



Volume 1 Issue 10

May 2010

A CHAPTER OF THE AMERICAN BUSINESS WOMEN'S ASSOCIATION

President's Message

May 2010

Happy May Day!



Thank you to all those members who attended our "Friends, Food & Fun" fundraiser at Big City Diner on April 20th. We appreciated your help to make it a Success! Special thanks to Patti for the countless hours of sorting & wrapping all of the 100+ silent auction items and raffle prizes and for chairing this event! The final tally will be distributed as soon as all of the numbers are in.

Please join us for our 2nd annual "Mayfair" Event at our next meeting on May 12th. We will have member vendors who will showcase their products, hobbies, and services. The meeting will start a little earlier, at 5 pm, so you'll have time to shop and "share your passion"!

Don't forget it's time to cast your VOTES for the next Executive Board for 2010/2011 at the May meeting. The nominating committee will call each of you to run for office or to



Our President Iris Yafuso

volunteer for a committee and they hope you will say "YES".

Take care of yourselves!

Iris

Congratulations Iris Yafuso, WOY and Top Ten Nominee!

Our hardworking, dedicated, and enthusiastic Iris Yafuso was announced as our double winner for our Chapter Woman of the Year and Top Ten Nominee! It was an ideal time for the announcement at our Spring Enrollment Event where members shared memorable moments of ABWA in their lives with all the attendees. Many were inspired to share stories of the support and friend-

ships gained throughout their years discovering true "sisters" to be there during the growth process of our careers and personal lives. We are ready to be there for another "Forever Ten" to be announced from Na Kilohana O' Wahine Chapter! That would be a triple header HOME RUN for us! How exciting, yeah?! More details will follow on the combination of celebration and member education event! -it will be FUN!!

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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!

June:
9th: Dinner Meeting
10th: 33rd Anniversary
of Na Kilohana O
Wahine Chapter

July:
14th: Dinner Meeting

August:
NEW CHAPTER
YEAR!

May Fair Event:
Come share your passion with
your fellow members!
Bring your crafts, cards,
brochures, ideas,
business services,
Reserve your half table space
at our May 12th meeting.

Announcements

Invite Guests
to our events
and Share the
ABWA
Experience!

Chapter Meeting:
Wed., May 12, 2010
Speaker: Dr. Diana Joy
Ostroff, Naturopathic Phy-
sician, Doctor of Tradi-
tional Asian Medicine,
Natural Healing Hawaii

Topic: The Wisdom of
Well-Being

**Special May Fair—Come
early to shop!**

Members: Bring your
crafts, business info, and

other items for sale or
sharing with us.

Time: 5:00 - 8:30 p.m.

Place: Japanese Cultural
Center, 5th floor

2454 S. Beretania Street

Menu:
Hapa Rice (White & Brown
Mix), Spinach Salad, West-
ern BBQ Port Ribs, Sauteed
Mahi Mahi, Hot Mixed Vege-
tables, Rolls with Butter, Fruit
Pie

Ice Tea, Hot Coffee &

Tea w/condiments

Cost: \$23.00 (no shows
will be billed.)

Parking: \$5.00

Raffles: N-Z

RSVP: May 9th Sunday
by 3:00 p.m. through E-
vite or Fran Hamasaki
455-4737

Our chapter meets the
second Wednesday of
every month. Please join
us!

Executive Board 2009-2010 Committee Chairs



Women IN Business

President: Iris Yafuso
master_kipper@hotmail.com

Vice-President: Yvonne Ako
akoyvonne@gmail.com

Co-Secretaries:
Leilani Alcover
leilani@hotmail.com
Vendy Goroza
lillianvg@hotmail.com

Treasurer: Donna Miyashiro
dmiyashiro001@hawaii.rr.com

Audit: Liz Robinson
Business Associate:
Lauren Horikoshi & Yvonne
Ako
Community Service: Myrtle
Ching-Rappa
Enrollment Events:
Cordie Fukuhara
Hospitality: Myrtle Ching-
Rappa
International Night: Eliza
Kim
Member Ed: Claire Arakawa
Membership:
Roana Alexander

Newsletter:
Patti Ann Hokama
Nominating: Tis Eden
Program: Lynn Miller
Progressive Dinner: Sharon
Matsuo
Publicity: Lynn Miller
Scholarship:
Lee Ann Matsuda
Ways & Means:
Patti Ann Hokama
Website: Lee Ann Matsuda
WOY/Top Ten:
Myrtle Ching-Rappa &
Lee Ann Matsuda



2010 Best Practices Award for Na Kilohana O Wahine

Best Practices Goal Tracking Update

- Chapter Requirements: League in good standing & in IRS Compliance! *O.K.*
- New Slate in good standing by 6/30! *O.K.*
- Paid Insurance fee... *O.K.*
- Member Interest Survey and Results! *O.K.*
- Chapter Business Plan! *O.K.*
- Chapter Budget! *O.K.*
- Nine (9) Professional Development programs that are 45 minutes in length ... *1 to go.*
- Adopt standing rule to include Code of Conduct in each newsletter! *O.K.*
- Six (6) newsletters... *O.K.*
- Recognize WOY/Top Ten.... *O.K.*
- Membership— (30 Level III , 40 Level II, 50 Level I) chapter members as of 7/31. *31 members as of April....*
- Sponsor conference attendance—(3 Level III, 4 Level II, 6 Level I) ... *can do.*
- Submit Best Practice Binder to National by 7/31... *will do.*



Ka Lono Kilohana Wins in Reno!



Choo-Choo..... Chattanooga, here we come with our award winning newsletter!!! Full speed ahead! Yeah!



Accepting Award from National President Casey Coven



Our newsletter display at Spring Conference

The October and November issues were selected for entry into the ABWA District VI Newsletter Competition based on the varied content of member recognition, informational articles and chapter events. Lee Ann Matsuda then flew off to Reno to present both her Top Ten speech to the attendees and to enter Ka Lono Kilohana. We are excited to announce that BOTH did well! We are so proud of Lee Ann and our newsletter also WON! Newsletters were judged by three independent business judges from the Reno area. Our newsletter is one of the finalists that will go on to compete at the national conference in Chattanooga this fall. Way to go Na Kilohana O Wahine....yet another validation that we are the Superior of Women!



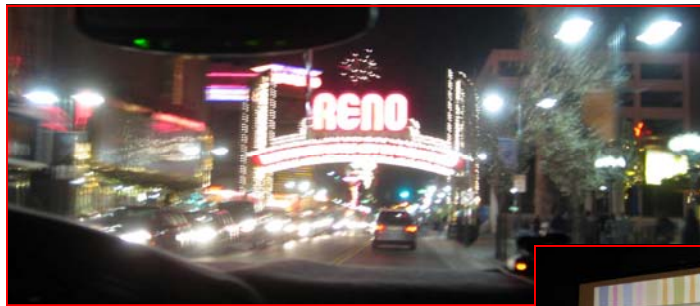
Save the Date!

2010 National Women's Leadership Conference October 28-30th Chattanooga, Tennessee

Join Lee Ann Matsuda and ABWA members from across the country for another exciting ABWA experience! See Rock City Gardens, Ruby Falls, Coolidge Park, Riverbend and the Chattanooga Choo Choo!!



Experience the Magic! ABWA District VI Conference Reno, Nevada April 9-10, 2010



*District VI 2010 Top Tens—
Cecile Walters & Lee Ann
Lee Ann at the awards luncheon*



Insight shared by Lee Ann Matsuda: Women from all over the country descended on the Grand Sierra Resort in Reno last month to “Experience the Magic!” at the District VI 2010 Spring Conference. The first day was devoted to ABWA Management. We learned the ins/outs of WIN, SBMEF and reviewed new operating rules for 2011. We were reminded of the four core functions of an ABWA Chapter:

- Provide opportunities to rehearse management & leadership skills
- Mentor members—Share tribal knowledge
- Connect members with one another & with resources
- Recognize members

Keynote speaker Sam Glenn entertained and educated us on what to do when “Shift Happens.” Here are some of his tidbits:

- Don’t complain about what you tolerate! Set boundaries about what you don’t want to tolerate.
- Cancel your critics. The National Speakers Association say that 5-10% of EVERY audience will HATE you. So get over it and don’t lament about it. There’s always going to be a critic if you’re in forward motion and making progress.
- Value progress over perfection. If you wait for perfection, nothing will happen.

Saturday was devoted to a six hour professional development workshop on Assertive Communication for Women. Assertiveness is defined as standing up for your right to be treated fairly and expressing your needs and feelings, without ignoring or hurting the opinions, needs or feelings of others.

There were many magical moments throughout the weekend...it was networking on steroids as we all made new friends from numerous states. I ran out of business cards! Many members “adopted” me as I was the only attendee from Hawaii. Educational sessions were supplemented by good food & fun. It was hilarious fun as we treated all first timers to a special reception Friday night. Teams gave impromptu performances and sang, danced and acted to win great prizes. Reno members were extremely gracious and drove 40 of us in their own cars to dinner Saturday night. I was honored and humbled to be given the opportunity to speak and share my life experience on dealing with change at the awards luncheon. It was also a privilege to be able to accept the newsletter award on behalf of our hard working editor, Patti Hokama.

Once again, without fail, I had another memorable ABWA experience where I learned so many new things and made many new friends. I hope that some of you will be able to join me in Chattoona for the 2010 National Conference, as it promises to be another “not to be missed” ABWA experience. Join me as we cheer on our newsletter in the national competition and accept our Best Practices award!

Don't Break the Elastic!

In April, Maya Angelou was interviewed by Oprah on her 70+ birthday. Oprah asked her what she thought of growing older. And, there on television, she said it was 'exciting...



'Regarding body changes, she said there were many, occurring every day....like her breasts. They seem to be in a race to see which will reach her waist, first.

The audience laughed so hard they cried. She is such a simple and honest woman, with so much wisdom in her words!

Maya Angelou said this: 'I've learned that no matter what happens, or how bad it seems today, life does go on, and it will be better tomorrow.'

'I've learned that you can tell a lot about a person

by the way he/she handles these three things: a rainy day, lost luggage, and tangled Christmas tree lights.'

'I've learned that regardless of your relationship with your parents, you'll miss them when they're gone from your life.'

'I've learned that making a 'living' is not the same thing as making a life.'

'I've learned that life sometimes gives you a second chance.'

'I've learned that you shouldn't go through life with a catcher's mitt on both hands; you need to be able to throw some things back...'

'I've learned that whenever I decide something with an open heart, I usually make the right decision.'

'I've learned that even when I have pains, I don't have to be one.'

'I've learned that every day you should reach out and touch someone. People love a warm hug, or just a friendly pat on the back...'

'I've learned that I still have a lot to learn..'

'I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel.'

If you don't....the elastic will break and your underpants will fall down around your ankles! Believe me, I didn't take any chances on MY elastic breaking....



April 20th: Friends, Food and Fun Fundraiser Event at Big City Diner! Successful Silent Auction and Awesome Raffles!



"Friends, Food, and Fun" Fun-draiser Event 2010

We did it! We had the friends, we had the food and all together—it was FUN! Thank you to all the members who helped solicit prizes and those who donated their many items to the cause. We have heard very positive comments from our many guests who definitely got great deals at our silent auction! Most items sold for at least 60% and some went over their face value! The raffle goodies brought in an average of about \$40 per item and the lucky participants had extra bonus chances to

win T-shirts and our beautiful fresh floral bouquet centerpieces with balloons! Our President Iris Yafuso put her heart into creating the floral decorations to help bring those special touches to our event. That added to the beautiful blessings provided us by Gloria Kelly's sister. Guests were greeted warmly and even presented with a golden bag of sweets! Big City Diner kept the food buffet trays filled throughout the evening keeping it fresh and hot. The staff there went over

and beyond in setting up for the event to include unloading and carrying over 100 prizes! Special thanks to our mistress of ceremonies: Chassidy Shinno, former member, who we hope will rejoin us now that she has returned to the islands. We appreciated all the members who assisted with selling tickets to the event, the setup, clean up, encouraging bidding and raffle ticket sales, creating the fun atmosphere for our guests! It was a FUN fundraising event!!!

Our Fun-draising event at Ward Entertainment Center



Lucky Raffle Drawings!

Silent Auction!



**Abundant Blessings by
Kahu Ka'imiloa Dahang**



**MC Chassidy Shinno
and Lauren Horikoshi**



Friends! Food! Fun!

April 20, 2010

Big City Diner

**Ward Entertainment
Center**



Black and White Pebbles...

Many years ago in a small Indian village, a farmer had the misfortune of owing a large sum of money to a village moneylender. The moneylender, who was old and ugly, fancied the farmer's beautiful daughter. So he proposed a bargain. He said he would forgo the farmer's debt if he could marry his daughter. Both the farmer and his daughter were horrified by the proposal. So the cunning moneylender suggested that they let providence decide the matter. He told them that he would put a black pebble and a white pebble into an empty money bag. Then the girl would have to pick one pebble from the bag.

- 1) If she picked the black pebble, she would become his wife and her father's debt would be forgiven.
- 2) If she picked the white pebble, she need not marry him and her father's debt would still be forgiven.
- 3) If she refused to pick a pebble,

her father would be thrown in jail. They were standing on a pebble strewn path in the farmer's field. As they talked, the moneylender bent over to pick up two pebbles. As he picked them up, the sharp-eyed girl noticed that he had picked two black pebbles and put them in the bag. He then asked the girl to pick a pebble from the bag. Now, imagine that you were standing in the field. What would you have done if you were the girl? If you had to advise her, what would have told her? Careful analysis would produce three possibilities: 1) The girl could refuse to take a pebble. 2) The girl should show that there were two black pebbles in the bag and expose the moneylender as a cheat. 3) The girl should pick a black pebble and sacrifice herself in order to save her father from his debt and imprisonment. Take a moment to ponder over the story.

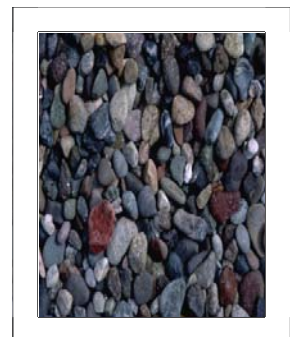
The above story is used with the hope that it will make us appreciate the difference between lateral and logical thinking. The girl's dilemma cannot be solved with traditional logical thinking. Think of the consequences if she chooses the above logical answers. What would you recommend to the girl to do? Well, here is what she did.....

The girl put her hand into the moneybag and drew out a pebble. Without looking at it, she fumbled and let it fall onto the pebble-strewn path where it immediately became lost among all the other pebbles. "Oh, how clumsy of me," she said. "But never mind, if you look into the bag for the one that is left, you will be able to tell which pebble I picked." Since the remaining pebble is black, it must be assumed that she picked the white one. And since the moneylender dare not admit his dishonesty, the

girl changed what seemed an impossible situation into an extremely advantageous one!

Moral of the story?

Most complex problems do have a solution. It is only that we don't attempt to think. Start your day with this thought provoking story and have a nice day! Have a week filled with positive thoughts and sound decisions. May we all have the wisdom to think outside the box.



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



Chapter Emblem:
An original Hawaiian interpreta-
tion of ABWA's traditional flower,
the white carnation.



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.

**Check us out
on the Web!**

Na Kilohana O Wahine Website

<http://www.abwahawaii.org>

Official ABWA Blog

<http://makingadifferenceinabwa.wordpress.com/>

Facebook

Search: ABWA - A place to connect, learn and grow