

# KA LONO KILOHANA "THE SUPERIOR OF MESSAGES"

Na Kilohana O'Wahine Chapter #6289 District VI

Honolulu, Hawaii



Volume 1 Issue 12

July 2010

A CHAPTER OF THE AMERICAN BUSINESS WOMEN'S ASSOCIATION

## President's Message

July 2010

Dear Na Kilohana Members, ABWA's theme this year is "Celebrate the Success". I'd like to dedicate that message to my fellow board members, Yvonne, Lillian "Vendy", Leilani and Donna and also to the committee chairs and to all of you who made this year a success. We worked hard and had fun too! Thank you!

We'd like to say ALOHA and MAHALO to Gloria, Liz, and "Tis", who are leaving the islands. We appreciate all of the months/years of service to our chapter and your contributions and friendship. Please stay in touch!

We plan to install our new board

for 2010-2011 at the July meeting: Co-Presidents-Lee Ann and Patti, Vice President-Cordie, Secretary-yours truly, and Treasurer-Claire.

Eliza Kim is busy planning our International Night meeting on July 14<sup>th</sup>. She will present Korea and promises to make the evening fun and educational.

Don't forget to sign up now for our Joint Chapter meeting at the Koolau Ballroom in Kaneohe on Saturday, September 11<sup>th</sup>. The ABW Day proclamation signing with Mayor Mufi is on Friday, July 9<sup>th</sup> at 10 am at Honolulu Hale. All of you are welcome to come and take your picture with the Mayor.

Lee Ann will invite, Akiko Ogawa,



*Our President Iris Yafuso*

our new student member and recipient of the \$1500 SBMEF Outright Grant, to our meeting in July.

Thanks to all of you for your support this past year!

Aloha,  
Iris

## Mahalo to President Iris and team!

Special thanks to the volunteer leadership for caring, their compassion and commitment to lead the way for our Chapter. Thank you for all the hard-work throughout this year on behalf of us. We want to express thanks to Vendy and Leilani for stepping up as our newcomers, too. We would like to let Vendy know that you have displayed such an exciting change from the 1st time that we

met you and it is something that ABWA strives to do and see in our membership for the "old-timers" as we watch the flowers blossom from buds or the caterpillars become butterflies before our eyes! We thank you for that experience because that is also what ABWA is there for as more are mentored into their greater potential. Thank you for sharing and leading the way for others to step out of their box, too!

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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!

### July:

**4th:** Farewell Lunch  
(Liz Robinson)  
Noon. Mariposa—  
Neiman Marcus  
**14th:** Dinner Meeting  
International Night  
Korean Style  
**17th:** WOY/Top Ten  
Celebration/Member Ed/  
Farewell Event (Gloria  
Kelly & Tis Eden)  
9:30 a.m. Manoa Heritage  
Center followed by  
brunch at the  
Waioli Tea Room

### August:

**NEW CHAPTER  
YEAR!**  
Speaker: Dan Boylan  
Topic: Politics  
More:  
Clearing the Air!  
WIN Gratitude  
Approval of Standing Rules  
Chapter Annual Budget  
Committee Members

### Joint Chapter Meeting

**September 11, 2010**  
**Koolau Ballrooms  
Luncheon Event**  
**10 a.m.—2 p.m.**  
**Speaker: Alice Inoue**  
**Topic: Be Happy**  
**\$32.00**

**Vendor Tables: \$15**  
**RSVP: ASAP**  
master\_kipper@hotmail.com

## Announcements

Invite Guests  
to our events  
and Share the  
ABWA  
Experience!

Chapter Meeting:  
Wed., July 14, 2010  
International Night :  
A Korean Experience  
Time: 5:30 - 8:30 p.m.  
Place: Japanese Cultural  
Center, 5th floor  
2454 S. Beretania Street

Menu: Steamed White  
Rice, Korean Style Sushi,  
Beansprouts/Watercress  
Namul, Kalbi Shortribs,  
Pork Bulgogee, Chop  
Chae, Home made Kim  
Chee, Cake, w/Iced Tea,  
Hot Coffee & Tea w/  
condiments.

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

Parking: \$5.00

Raffles: N-Z

RSVP: July 11th, 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:** TBD  
**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 *O.K.*

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.

*33 members as of June....*

Sponsor conference attendance—(3 Level III, 4 Level II, 6 Level I) *O.K.*

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

“EAT RICE” Frank DeLima forwarded by Lynn Miller

Ladies and gentlemen of Hawaii's class of 2010,  
Eat rice.

If you only pay attention to one thing I say, pay attention to this:

Rice is the breakfast of champions ... the lunch of champions ... the dinner of champions  
Whole empires, entire dynasties have been built and fortified on its humble food.

One grain, by itself, is nothing. Just an embarrassing sticky white t'ing stuck on your T-shirt after lunch. But many grains together -- that's greatness! It is the foundation of a Spam musubi, the heart of a thousand plate lunches, the force behind the global kingdom of L&L drive ins. Rice holds the world together. Be a part of the world. Be a part of the future. Eat rice.

That said, the rest of what I am going to say is just my opinion. You will have bad days. Some day you going be the dog, some days you going be the tree. Wish wasn't, but that's the way it is. Take a lesson from Furlough Fridays. Got a money problem? Don't take it out on the kids. And brah ... vote! Okay? There's an election coming up. No excuses. Just do it. This is your country. Own it. You know the saying: If you have lemons, make lemonade. That's true. But a bittermelon will never become a honeydew. The moral of the story: If can, can. No can, no can. Some Hawai'i folks have an inferiority complex. Don't be like that. Consider this: Last year, our state produced BOTH a president AND a saint. Not all malassadas are made perfectly round. So what. The purpose of a malassada is not to look good, it's to taste good. Remember that. Don't sneeze when you eat saimin.

Take your face out of Facebook, okay? At least for a little while. Real faces are better anyway. So are real books. Read one. Or two. Buy a newspaper. Only get one left. If you don't, that one going be gone – along with the Longs ad forever. Recycle your graduations leis before they become ma-ke. Care homes could all use some extra flower power.

And remember, you live on the most beautiful spot on earth. Malama the 'aina. Respect the land, respect the water, respect the air, respect all life. Once they're gone, they're gone. Slow down. Walk more. Drive less. The less you drive, the more you'll see. Give at least one can of tuna to the food bank. Don't strive to be mediocre. Be great. Go for the gusto. If you want to climb a mountain, pick Mauna Kea. Not Red Hill. Learn to play the ukulele. Memorize the words of Hawai'i Pono'i. Make your own lei. Go to the Merrie Monarch Festival. Tour 'Iolani Palace. Walk around Punchbowl. Buy local. Eat local. Wear local. Support Hawaiian music. And no forget, thank our military personnel.

Above all, eat rice. If you have diabetes, make that brown rice.



Words of Wisdom...



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!!

## Volunteerism & Accountability



Inspire.... Serve.... Solve... the essence of any volunteer organization. Volunteers are ordinary people who do extraordinary things. It is the spirit that improves our communities and our individual lives. The spirit leads to ACTION and we do need the action-oriented individuals to get things done! We lead, we teach, and we plan and then we also do to get it done.

I remember that as an entrepreneur, one has flexible hours. Does that mean NO hours? Of course not, it means you choose the hours but you still need to put in the hours to get things done. The results show the action.

The same would apply to making any commitment to do something. Volunteering must be valued at the same level. You take the role and you perform with the right attitude, same zest and appeal as if you were being PAID to get it done. It shows your value for your word or commitment to what you believe is the right thing to do because others are counting on you. Be accountable for your actions. Talk is cheap.

As shared by Alison Zecha: How do you measure the value of your investment of energy, expertise and time...as a volunteer?

Giving more than what is received may not be what you signed up for. A volunteer leader goes beyond what is expected, gives the extra something and that sets the tone and example for others.

And there are many things that a leader receives in return for this investment: feeling that you are making a positive difference, building relationships, learning, developing others, and having fun among them.

Remember there is a need for gratitude—we must appreciate what is given, too.



## It's About Time summarized from Star Advertiser Ruth Wong

Your "someday" is today so start living your life. Do you suffer from "Someday Syndrome"? Do you find yourself saying or thinking, "Someday when...then I'll..."? Would knowing that you had a limited time to live make a difference in doing things you've been putting off until "someday"? Given a time limit, there is a greater clarity of purpose and a renewed passion for the things that really matter. People went ahead and did things they were meaning to do—

**When?  
NOW..... would  
be a good idea.**

someday. Countless people in every stage of life say things such as "Someday I'm going to enjoy life." "When I make enough money, then I'm really going to spend more time with my kids.." We all have things we want to do and experience, things that we'll do when we have the time, when conditions are better or when we get caught up. But in reality, how often does that "someday" come? All too often, "someday" is "ne'er-to-come" day. "Someday. One day.

When. If. Then it's over. When are we going to wake up and realize this is your life, right here, right now? Someday is right now." Realize that today is your someday. If you're waiting until "someday" to really enjoy life, I encourage you to wait no longer and, in the midst of your circumstances, live life as fully as you can today. It will be time well spent.

Stop Thinking and Start Doing! Now is the time to BE HAPPY! Make that Choice and Feel GREAT!!

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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



## 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.

**We're on the web!**  
**[www.abwahawaii.org](http://www.abwahawaii.org)**

## Memories....Thoughts....Words of Wisdom.

*We do not stop playing because we are old, we grow old because we stop playing. Secrets to staying young, being happy and achieving success. You have to laugh and find humor every day. You've got to have a dream. When you lose your dreams, you die. There are many walking around who are dead and don't even know it. There is a huge difference between growing old and growing up. Anybody can grow older. That doesn't take any talent or ability. The idea is to grow up by always finding opportunity in change. Have no regrets. Usually there are no regrets for what we did, but rather for things we did not do. Growing older is mandatory, growing up is optional. We make a living by what we get. We make a life by what we give! It's never to late to be all that you can possibly be! Live in the now Always be present in the moment. Enjoy.*

