

# Ka Lono Kiloohana

A Publication of the Na Kiloohana O Wahine Chapter of the American Business Women's Association

Chapter 6289 District VI ~~ Honolulu, Hawaii ~~~ September/October 2007

## Fall Enrollment Event

Wednesday, October 10, 2007

5:30 pm to 8:30 pm

Japanese Cultural Center, 5th Floor

2454 S. Beretania Street

### Evening Highlights

#### **B. E. S. T. ~ Brain Education System Training**



Enjoy a special presentation by Karen "Lucky" Thornton, Dahn Master, that will focus on Brain Education for Enhanced Learning. This powerful educational program is designed to promote higher achievement as well as physical, emotional and social well-being. It includes a variety of exercises, postures, breathing techniques, guided imagery and games. Get ready to learn how to stimulate the healthy, dynamic and productive functioning of your body and brain.



Yvonne Ako & Patti Ann Hokama are back from the 2007 National Women's Leadership Conference. They will be sharing highlights of their Greensboro, North Carolina trip.



Local Website :  
[www.abwahawaii.org](http://www.abwahawaii.org)

National Website:  
[www.abwa.org](http://www.abwa.org)

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### **ABWA Mission**

To bring together businesswomen of diverse backgrounds and to provide opportunities for them to help themselves and others grow personally and professionally through leadership, education, networking support and national recognition.

## Monthly Meeting Minder

### Hawaiian Night

Lomi Salmon  
Steamed Sweet Potato  
Kalua Pig  
Mini Chicken Lau Lau  
Chicken Long Rice  
Rice  
Chocolate Haupia Pie

RSVP by Sat October 6

to Linda Yamashiro

432-5391 (bus) 394-2072  
(home) or through e-vite

*No Shows will be billed*

Cost: \$22 / Parking: \$3

Please review the budget, minutes and treasurer's report prior to the meeting. This will help the business meeting run more efficiently.

*Mahalo!*



**Na Kīlohana O Wahine**  
 “The Superior of Women”  
 Founded 1979

Meets the second  
 Wednesday of every month

**Chapter Emblem**

An original Hawaiian  
 interpretation of ABWA’s  
 traditional flower, the white  
 carnation.

**2007—2008  
 Executive Board**

President  
*Patti Ann Hokama*

Vice President  
*Iris Yafuso*

Secretary  
*Linda Yamashiro*

Treasurer  
*Elizabeth Robinson*

**2007 Top Ten Business  
 Woman of ABWA**

Myrtle Ching-Rappa

Director, Center of Career  
 Development & Student  
 Employment UH Manoa

**Ka Lono Kīlohana**

*The Superior of Messages*

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# President's Message



*Hi Y' All!*

This time it took us 14 hours of flying to attend another great trip to the ABWA National Women’s Leadership Conference. The conference was attended by about 900 ABWA members from all over the place! The weather was so unbelievably wonderful and the southern hospitality was awesome! The educational classes were impressive and the key note speakers were so inspirational – we even had 2 Top Guns and saw the Thunderbirds in action all over again! We look forward to sharing the words of wisdom learned at the conference. It was definitely E to the power of 3 — Engage, Experience and Excel!!! So much excitement was in the air!

Of course, Yvonne and I headed out early in the week to get adjusted to the 6 hour time change and we went SHOPPING!!! How can you go wrong with 75% off and then 10% off for opening a new card and then getting a coupon for an additional 15% off! Yes, we had fun, fun, fun!!!

See you all on October 10<sup>th</sup> during our Fall Enrollment Event; hope you all got your invitations out to your guests. The focus will be on Brain Education System Training (B.E.S.T.), designed to seek the enhancement of human potential through a variety of mind-body training methods, such as Dahn Yoga, Brain Respiration, Dahn Mu Do (healing martial arts), and Brain Education for Enhanced Learning.

Hope your Entertainment Books sales are on target!

*Keep Smiling!*

***Patti Ann Hokama***

*President 2007—2008*



*Yvonne Ako, Carolyn Elman, ABWA Chief Executive Officer, & Patti Ann Hokama at the 2007 National Women’s Leadership Conference in Greensboro, North Carolina*

**COMING  
SOON!**

**MEMBER ED  
EVENTS!**

**COMING  
SOON!**

For years, the Na Kilohana O Wahine chapter has prided itself on its commitment to investing in the education of its members. The upcoming year will be no different, as our Membership Education committee of Lynn Miller, Iris Yafuso, Cordie Fukuhara and Claire Arakawa has been busy planning a stimulating year ahead!

To kick off the year, plan on spending Saturday morning, **November 17** at a *STRESS* seminar and new member orientation. Stephan McCall from HMSA's health education department will be leading this lively, informative and fun session. The day will begin with a potluck breakfast at 8:30am and the event will run until Noon. Myrtle Ching-Rappa has once again graciously offered the use of UH Manoa's Student Service Lounge (room 412) for this event.

On Monday, **January 21, 2008** (Martin Luther King Day), Na Kilohana O Wahine members will be treated to an exclusive tour of the Honolulu Advertiser's new facility in Kapolei. The tour will

begin at 10am and will be followed by lunch. Space is limited, so reserve your seat now!

Gwen Fujie will help us understand the generation gap in "Generationally Speaking—Making the Connection from Hippie to Hip Hop" - a workshop on Saturday, **February 23, 2008** from 9am to 11:30am.

Start saving those airline miles (or saving your dollars) for a visit to the Hawaiian Vanilla Mill on the Big Island in **June 2008**. We will see how vanilla is grown and cultivated and of course will taste the creations from the vanilla kitchen. The lavender farm tour on Maui was such a hit that the committee is planning a similar combined Woman of the Year and membership education event in June.

Mark your calendars now so you don't miss any of these wonderful events that are one of the many nice perks of being a Na Kilohana O Wahine ABWA member!

## *Green Corner*

Welcome to first segment of the *Green Corner*, a recurring feature where we will share tips on how to keep our environment *and as a result*, ourselves healthy. We are all part of the environment and what we do to the environment, we do to ourselves. You don't need to be a fanatic shunning all modern conveniences to make a difference in assuring the wonderful world we live in is preserved for many generations to come.

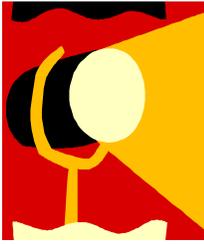
### **Every little bit helps!**

This month's tips:

*Switch to bamboo!* What? Did you know that China kills 25 million trees every year to produce more than 45 BILLION disposable wooden

chopsticks? How can you help? If you can't wean yourself off disposable chopsticks, use bamboo chopsticks. Bamboo forests are more quickly renewable.

*BYOB! Bring Your Own Bag!* Local stores are slowly getting on the bandwagon and are now offering reusable bags. Longs, Star, Foodland & Times all have their own logo reusable grocery bags. A plastic bag can take up to 1000 years to decompose in a landfill. You'll get 3 to 5 cents credit per bag when you bring your own bag to the market. Even if you only remember to BYOB once in a while, remember that every little bit helps!



# Spotlight on Our Leaders



**President**—Patti Ann Hokama

**Family**—Kuma & Princeten

**Employer**—Patti Ann Hokama

**Title**—Real Estate Broker &  
Developer

**What my title really means**—Janitor

**Likes**--Coke

**Pet Peeve**—Disorganization

**Favorite Food**—Junk food

**What I wish for**—To be out of debt

**Why I joined ABWA**—Iris' fault  
(& community service)

**Secretary** — Linda Reiko  
Yamashiro

**Family**—Husband Hugh, Sons  
Jeff, Jeremy & Joel

**Employer**—Kaiser Permanente

**Title**—Executive Assistant

**What my title really means**—I  
have 2 bosses that keep me jumping all the time. I do  
everything around the office and go anywhere the  
bosses send me.

**Likes**-Movies, crafts & technical gizmos

**Pet Peeve**—Rigid people who don't think for them-  
selves

**Favorite food**--Fresh, in season peaches

**All time fave movie**—MASH

**What I wish for**—World Peace (what else?)

**Why I joined ABWA**—Stimulating conversations,  
exposure to new experiences, meeting inspiring people



**Vice President** —  
Iris Lee Yafuso

**Family**—Husband & 3 daughters

**Employer**—Bank of Hawaii

**Title**—Construction Loan Manager

**What my title really means**—  
Troubleshooter

**Likes**-Reading, Flower Arrangements (spring bouquets)

**Pet Peeve**--Inconsiderate people with no manners  
or common courtesy

**Favorite food**—Korean, great steak after taking it  
off the hibachi

**All time fave movie**—Pretty Woman

**What I wish for**—Long life with happiness

**Why I joined ABWA**--My boss made me join-  
volunteered me to be treasurer for a newly formed  
chapter "Pohai Kealoha"



**Treasurer**—Elizabeth Theresa Apodaca  
Robinson—Just call me Liz

**Family**—Husband Dave & daughters Madeleine  
(13) & Stephanie (10)

**Employer**-McCorriston Miller Mukai MacKinnon LLP  
Title—Attorney

**What my title really means**—  
Defender of Justice! (sometimes)

**Likes**—Reading a good book in my backyard  
& sailing

**Pet Peeve**--Litterers

**Favorite food**-Tie between  
bean & cheese burritos &  
chocolate chip cookies

**What I wish for**-Everyone to be  
more tolerant of others' beliefs &  
opinions

**Why I joined ABWA**-Because Lee Ann invited  
me & to learn something new every month





**Claire Arakawa**  
Marketing Director  
New England Financial  
Joined April 11, 2007

"I am a single parent and enjoy traveling, reading mystery books and currently am very active with Boy Scout Troop 33 to support my 11 year old son, who is an avid ornithologist. I joined Na Kilohana O Wahine because of the fellowship and networking opportunities. My former colleague had very positive experiences with ABWA."



**Frances Hokama**  
Tupperware Consultant  
Joined May 9, 2007

"I became an ABWA member to learn from and to be inspired by fellow members from diverse professions. I will use the knowledge gained from participating in ABWA to assist my husband in his public relations consulting business."



August New Member Affiliation Ceremony  
Frances, Lauren & Lillian

## Mind Your E-Manners

Never say anything via e-mail you don't want broadcast to the world. An e-mail has the potential of being forwarded across the globe and back in a matter of minutes. Consider the HR executive who intended to send a layoff list to her boss, but instead, sent it to "all users."

The following are a few e-mail tips to keep your messages professional.

### Smileys and emoticons

If you wouldn't put a smiley face on your business correspondence, you shouldn't put it in an e-mail message.

### Reply all

Think twice before choosing this option. Consider who really needs to hear your response. Single out the addresses of whom you need reply.

### One-liners

Be careful about using e-mails to say only 'thank you' or 'OK.' One-word e-mail replies are no better than spam." Next time, put 'no reply necessary' at the top.

### Using abbreviations

Professionals should avoid using shortcuts such as '4 u' or 'Gr8' in a business-related e-mail. This is different from legitimate abbreviations like 'EOD' (end of day) or NRN (no reply necessary).

### Missing subject

Find the main point of your e-mail and state it. No one wants to take a read around the block trying to get to the heart of your message.

### Poor editing

Proofread all e-mails for proper grammar, punctuation and spelling. Poor composition, weak writing skills, misspellings and grammar mistakes read 'unprofessional.' Content improvements demonstrate an average 10 to 20 percent reduction in necessary e-mail time.

*Excerpt from Rachel Zupek, CareerBuilder.com "Reply All and Other E-mail Gaffes"*



Mark  
Your  
Calendars!

Wednesday 11/14/07, 5:30 pm—Monthly Membership Meeting  
 Saturday 11/17/07, 9am—New Member Orientation & Stress Seminar  
 Sunday 12/9/07—Easter Seals Hawaii Gingerbread Festival  
 Wednesday 12/12/07, 5:30 pm—Holiday Celebration

## *ABWA Anniversaries*

Myrtle Ching-Rappa & Sharon Ito-Matsuo ~ Sept 27 ~ 28 years!!!

Donna Miyashiro ~ Oct 11 ~ 27 years

Patt Sornsin ~ Sept 11 ~ 22 years

Yvonne Ako ~ Oct 12 ~ 13 years

Chassidy Shinno ~ Oct 22 ~ 8 years

### ***ABWA 's Proud Code of Conduct***

Ethical dilemmas occur as a result of values in conflict. ABWA's Proud Code of Conduct was developed as a means of guiding all members in making ethical decisions. The broad statements of the code of conduct that are listed below are not expected to cover all conduct for all situations, however. This is why the Proud Code of Conduct was created as a living and fluid code.

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.



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