

# 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 ~~~ February 2008

## Alzheimer's 101

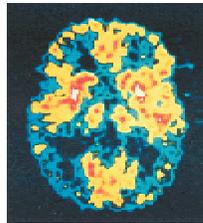
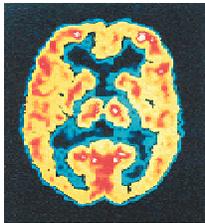
Wednesday, February 13, 2008

5:30 pm to 8:30 pm

Japanese Cultural Center, 5th Floor

2454 S. Beretania Street

### BRAIN SCANS HELP IDENTIFY ALZHEIMER'S



Brain scans done with Positron Emission Tomography (PET) show how Alzheimer's affects brain activity. The left image shows a normal brain, while the right is from a person with Alzheimer's. The blue and black areas in the scan image indicate reduced brain activity resulting from the disease.

Source: *Alzheimer's Disease: Prevention and Treatment*, National Alzheimer's Association

This month's speaker is Janet Eli, President and CEO of the State-wide Alzheimer's Association, the leading volunteer health organization with expertise in Alzheimer care, support and research. The organization's mission is to eliminate Alzheimer's disease through research; and to support for all those affected by the disease

include family members and care providers. Eli is considered a leading resource in Hawaii for information on understanding memory loss, vibrant aging and stress management. She is one of the lead instructors of Caregiver University™. She will provide information about the disease and provide hints on caring for someone with Alzheimer's. This is a disease that affects every ethnicity, and every income level. If you don't currently know someone affected, you will someday. It's better to get this information before hand so that you can be prepared.



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

Kung Hee Fat Choy!

Be prepared to nominate candidates for Woman of the Year

and/or

Top Ten Business Women of ABWA

Nominations will be solicited at this meeting and voting will take place in March

RSVP by 10 am Monday February 11

to Linda Yamashiro

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

No Shows will be billed

Cost: \$23 / Parking: \$3



**Na Kiloohana 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 Kiloohana**

*The Superior of Messages*

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# President's Message



*Warm & Fuzzy message to all  
for Valentine's!*

January went whizzing by which brings us now to Chinese New Year! Kung Hee Fat Choy! Wow, we had quite an exciting garage sale get together! Everyone was exhausted!! Special thanks to Lynn Miller for hosting the event and thank you to all for your contributions and fun-time shopping. We would like to express appreciation to Tony (Leilani's other half) for his cooperation in being drafted to help arrange and move and carry items during the setting up AFTER we bribed him with food!

This year is LEAP year so we can surely have our Chapter grow by leaps and bounds during our Spring Enrollment Event. Keep in mind, "GROW" – Gathering and Recognizing Outstanding Women!

Just a reminder that nominations will be taken for our Chapter Woman of the Year and our Top Ten Nominee for National Woman of the Year awards at our upcoming meeting so check out the guidelines. Be sure to join us for our Generations at Work seminar with Gwen Fujie on the 23rd!

*Keep Smiling!*

*Patti Ann Hokama*

*President 2007—2008*

## *Mahalo!*

Thank you to this issue's special contributors:

Myrtle Ching-Rappa \* Donna Miyashiro \* Iris Yafuso \* Lynn Miller \*  
Gloria Kelly

## *Help Wanted!*

We are looking for reporters to write member profiles for future issues. It's a fun way to get to know your fellow members. If you're interested, contact Lee Ann for details.



## Member Education: Expanding our Horizons

On January 21, 2008, Na Kiloana O'Wahine members and their friends and relatives, toured the Honolulu Advertiser's News Plant in Kapolei. The Advertiser is in its 152<sup>nd</sup> year of operation and is a subsidiary of Gannet Corporation. It cost \$82 million dollars to build the plant and the printing press was built in Germany at a cost of \$39 million.

The Advertiser employs 700+ employees and 80 of those employees work at the Kapolei plant. Our tour guide, Chris, showed us where the inserts for the paper are collated and also showed us the rolls of paper which they purchase from Longview, Washington. The tall rolls of paper filled the warehouse and the Advertiser always has a 3 month supply of paper, stocked at all times.

We were shown where the stories, photos, & data

are received from the reporters who still work at the Advertiser building on Kapiolani. All news is emailed in PDFs to a laser printer at Kapolei. The Advertiser distributes paper to 145,000+ customers from Monday through Friday. That number increases to 175,000 on the weekend. Chris showed us the room which contained machines and workers who sample the ink, color, etc. as the papers are being printed. We saw where the 4 colors of ink (magenta, yellow, black, & blue) were stored in huge containers which fed the ink to the 12 towers, which formed the 108' printing press. We watched an automatic robot take the rolls of paper to replenish the paper where needed.

We all learned a lot that day and were even given free rolls of paper (end of the rolls) as parting gifts.



Join us for our next member education event:

*generations at work—colliding or collaborating*

**Saturday, February 23, 2008 \* UH Manoa Student Services Lounge, Room 412 \* 8:30am Potluck breakfast**

Gwen Fujie will give you a few insights into each generation and offer some thought provoking questions and creative ideas to consider in bridging the generation gap

No cost to members and invited guests. \* Parking—\$3



Save  
the  
Date!

Wednesday	Feb 13	Monthly meeting
Saturday	Feb 23	Generations at Work workshop
Wednesday	Mar 12	Monthly meeting/WOY/Top Ten Voting
Thursday	April 3	A Taste of Italy—Wine Tasting Fundraiser

## WELCOME NEW MEMBER— *Lauren Horikoshi*

*Sponsored by Chassidy Shinno*



“I am originally from Weston, Connecticut but went to high school in Japan and graduated from the American School in Japan in 2002. I then went to the University of Connecticut and graduated with a bachelor of science in business administration in 2006. My major was health care management with a minor in finance. I moved to Hawaii in the summer of 2006 and began working for Centex Destination Properties as a sales associate. I am currently at Brookfield Homes Hawaii working as a sales associate, specifically for our newest project, Maile at Leihano in Kapolei (which is Oahu's first active adult community.)”

### **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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