



# ALOHA NOTES

Honolulu Association of Insurance Professionals

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## Horizon Update April 2008

By Edna (Lei) K. Timario

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Kulia I ka nu'u, "Strive for the Summit", was the theme for the Honolulu Association of Insurance Professionals and it set the tone for the entire year. With a genuine team spirit, we were off and climbing. Our "Horizon" update is as follows:

#### Technology:

HAIP's website is created with color, charm and respect for one's time. Clear, Concise and Informative! Within a few seconds you've got the latest scoop on the "Who, What and Where's" of the organization. We are very fortunate to have one of our own who is dedicated to the continuous posting and updating of this site.

#### Beneficial Partnering:

This year we added 2 new members to the HAIP Corporate Partner Roster. Currently we have a total of 14 Corporate Partner members who advance and support the mission of HAIP by utilizing the Continuing Educational courses, provide generous donations of time and participate in the various fundraising programs throughout the year.

#### Leadership Development:

Mentoring and the ability to direct individual accomplishments towards organized objectives are the kinds of leadership skills practiced and shared amongst the association. With Team Work, the Seasoned Members and their Pioneering efforts, embraced the Infusion of the New Members and together, paved new paths, so that others can succeed.

#### Education:

HAIP has also become a recognized organization throughout the State of Hawaii for its ability to provide CE Courses required for licensing purposes. Classes are affordable and generally held in convenient locations to accommodate those attending. Our one day classes have become so popular that on several occasions, classes were filled to capacity (average 40) and hopeful participants were turned away. Our instructors are professional and dedicated to the goal of educating the insurance industry.

Please see *Kulia I ka nu'u* on Page 2

## Horizon Update April 2008 continued...

By Edna (Lei) K. Timario

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*"It is easy to see why the Honolulu Association of Insurance Professionals is the "Association of Choice."*

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### Membership:

Retention and Growth of Membership have been very successful. From the onset members are encouraged to participate in the many different committees which keep the organization up and running. Monthly membership meetings were well attended with a wide variety of Guest Speakers and their Topics such as Risk Management, Underwriting, Identity Theft Prevention and Turning Points - Disaster Preparedness.

We also made time to host very successful social events and we had FUN doing it.

**Our very 1<sup>st</sup> annual Insurance Fest** was celebrated with Moonlight, Mystery and Magic! A fun filled evening to remember with a whopping turn out of over 160 Insurance Professionals and Associates.

**The Hawaii State Council** was filled with diversity. A successful day of Business, CE Courses, Fellowship and our Communicate with Confidence (CWC) winner left us with a "A Taste of Laughter – for Health Sake", an excellent representation of our local talent.

Finally, as we approach the end of our year 2007 – 2008, we invite you to grab your tees & putters as we head out to the Greens at Kapolei for the annual 26<sup>th</sup> HAIP Golf Tournament.

Current planning for the NAIW week in May 2008 will include the Regional Luncheon, CE Course, Professional Image vendors, a Pau Hana Friday and much more. Another great event planned for education, networking and fellowship for the members and associates of the insurance industry.

As the local President, I can proudly say that as we took each step, one with the other, we were able to meet the goals of our Horizon Plan and we REACHED new heights. From here, it is picture perfect and easy to see why the Honolulu Association of Insurance Professionals is "The Association of Choice."

We are looking forward to hosting our region's conference---Ride the Swell in 2012 and hope you are excited about your Hawaii vacation!

On that note, I bid you a fond Aloha (Good-Bye) and A hui hou (Until We Meet Again!) Kulia I ka nu'u - **Strive for the Summit.**

To learn more about the Honolulu Association of Insurance Professionals, I invite you to visit our website at [www.haipro.org](http://www.haipro.org).



*Ride the Swell in 2012.*

## 2008 Health Resolutions

By Maile Fuchshuber

For most of us, healthy living tops the charts when it comes to New Year's Resolutions. Perhaps you have decided to bring home-lunch to work instead of eating out and yet others may have chosen to quit smoking, stop drinking soda and/or coffee and breaking other such unhealthy habits like eating potato chips and ice cream, my two favorites =)

Many of us may have placed our newly purchased running shoes by the door, paid our monthly dues for a brand new membership at one of the many fitness clubs in town anxious to get us in shape. Some of us may have opted to replace all the junk food in the house with more unsavory counter parts such as oatmeal, wheat bread, sprouts and boiled skinless chicken. Many may have purchased caffeine and smoking substitutes or decided to quit cold turkey.

Whatever goals you have or will set for yourself as the year moves forward, do note that not all goals will make the duration. Statistics show that more than 70% of resolution makers will suffer a burn out before the year really gets underway. Not so promising for those of us who have serious plans of fitting into that little bikini or surf shorts. Not to mention all the effort and money already spent in preparation for the aforementioned goal achieving. Don't worry; there are a couple of pointers that experts share with us.

Creating goals that are not too difficult to achieve are ranked high on the success ladder. Give yourselves a break. Instead of vowing to run 5 miles every single day to the end of the year, allow yourself a fair distance say 2 to 3 miles a couple of days a week with a day in between for resting or resistance training and maybe a beach activity on the weekend. Try mixing it up a little. Sticking to one program for some can be a great tool and yet others may feel like they are being forced into a workout regimen that gets boring and mundane. Whatever your fitness style is, create a plan or get some assistance from a professional so you get the results you set out to achieve.

Food goals are super important too. Instead of eating lettuce 24/7, allow yourself one day a week to eat a meal you enjoy while still being health conscious. For all you bento fanatics this does not mean that replacing your starch with brown rice is the healthier option. With a smorgasbord of fried meats, potato salad and tempura, brown rice does not stand a chance. Find a balance. It is unnecessary to replace everything in your house with grapefruit. Keep one or two of those junk food unmentionables in the home and pace yourself keeping in mind your ultimate goal.

The point is to set a goal that is attainable so that the year 2008 is not just another year where you failed to meet your goals but rather, one where you met and/or surpassed your goals. Happy Resolutions =)



*Be a Healthy Insurance Professional.*

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*“Create an exercise plan that will get you the results you set out to achieve.”*

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## Safety Alert: Kids Might Not Wake Up to the Sound of a Smoke Alarm

By Katharine M. Nohr, Esq.

Recent studies have demonstrated a startling fact: children do not respond to the sound of a smoke alarm in the same way as adults. Even when kids have practiced fire drills and have been alerted to the fact that a test will take place, they sleep right through the blaring sound. According to Dr. Sanford Auerbach of the Boston Medical Center, this scary phenomenon is due to the fact that children's "brain waves are different, their sleep patterns are different, their stages of sleep are different." Tests were conducted, observing children's movements while a smoke detector blasted. The children did not move in their beds for at least 2 minutes, which is a crucial time in which they had to escape a fire. The time window for such an escape is quite narrow.

Fire experts suggest that parents learn how their children will respond in the event of a fire. Parents should familiarize their children with the sound of the alarm. An escape plan should be made and practiced so that each family member knows what to do. Then, test whether their children respond quickly to the sound of the smoke detector in their house. Children should be told that there will be a drill sometime within the next week. Activate the smoke alarm in the wee hours of the morning and time your children's responses. If they react quickly, you can rest assured that this does not pose a problem and you can re-test them intermittently over time. If your children do not react, you may wish to purchase a smoke alarm that alerts your kids using your voice.

There are smoke detectors that you can purchase which allow you to record an audio message, using the child's name and providing them with instructions as to what they should do in your own, familiar voice. For example, you can record, "Emme, wake up, there's a fire. Get out of bed, now..." Of course, you will have to train your children on what to do if there is a fire so that they respond appropriately. The vocal smoke alarm will at least do what an ordinary alarm may not--wake the kids up.

Imagine your peace of mind knowing that your children will be able to respond quickly to a fire that could ignite in the early hours of the morning while they are fast asleep. Make sure that you tell your friends and family about the challenge with kids and smoke detectors. Educating people regarding this is bound to save lives.



*Make sure your smoke alarms work.*

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*"Children do not respond to the sound of a smoke alarm in the same way as adults."*

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## 2008-2009 HAIP Slate of Officers

*By Jennifer Shiraki*



Pursuant to HAIP bylaws, Article V Nomination and Elections, you are hereby notified of the following slate of nominees for the 2008-2009 Term:

**President:** **Leila Tamashiro**

**Vice-President/President-Elect:** **Wendy Humphrey**

**Secretary:** **Margo Makanani**

**Treasurer:** **Pat Lott**  
**Tracy Adams**

These nominees have given verbal acceptance of their nomination. Nominations will also be accepted from the floor at the April Meeting.

## HAIP 26<sup>th</sup> Annual Golf Tournament

*By Julie Kirk*

HAIP's 26<sup>th</sup> Annual Golf Tournament is coming up soon! Four weeks to be exact. **The big day is Thursday, April 24, at Kapolei Golf Course.**

This is HAIP's biggest fundraising event of the year benefiting our Education Fund. It is also an opportunity for every member to be a volunteer.

Our goal is to have 144 golfers in the tournament, so we need everyone's support to solicit golfers.

You can also help by asking for donations for door prizes, team prizes (sets of 3), or funds for the committee to purchase prizes.

If you would like to volunteer at the golf tournament, solicit golfers and/or help with donations please contact us (Margo Makanani at 524-3642 ext. 204 or Julie Kirk at 524-3642 ext. 221) and we will email you the Golf Tournament Flyer and solicitation letter for the decision makers at your company or other companies you think might want to help us.

Even if you are not a golfer, you can join us for the banquet.

Hope to see you on the green!



## The New Face of Aloha Notes

By Maile Fuchshuber

With new board members entering the scene in a short amount of time and the start of a new presidency for HAIP on the horizon, Aloha Notes has been recreated. The new format serves more for practicality than anything but looks quite spiffy too. So, what has changed? Well aside from the obvious, it is now a word document which can be utilized by any person with Microsoft Word. The previous Aloha Notes was done in Microsoft Publisher which is a great program in and of itself but not everyone has that application available.

In addition, we will be asking members to provide articles on specific subjects related to the theme for that edition of Aloha Notes. We think this was a great way to get everyone involved. Emails will be sent out during the beginning of each quarter.

Speaking of quarters, Aloha Notes is now a quarterly newsletter. We issued monthly newsletters in the last half of 2007 but it proved rather time consuming and the content was difficult to produce quickly.

Aloha Notes also has a sister publication now. The HAIP Bulletin will be issued once a month. The bulletin will provide information that we all need to know on a monthly basis such as events, classes, meetings, new member info, birthdays and other special announcements... coming soon to an inbox near you.

## Carnival Cruising 2008

By Maile Fuchshuber

ALL ABOARD!!!! This years NAIW Regional Conference is scheduled from April 1<sup>st</sup> to April 7<sup>th</sup>.

We will be flying into Los Angeles ending up in Long Beach California before getting aboard the Carnival Paradise cruise ship.

From there we sail straight out to Ensenada Mexico for some sun, shopping, insurance education and a little friendly competition during the Communicate with Confidence Speak-Off.

For some of us this trip will be a new experience while for others, this is a familiar yet welcome time of year for a mini-vacation. That being said if you're wondering how you can participate in a trip like this, sign up for next years CWC class, win the Speak-Off and win a free trip, become a board member or just come along...everyone is welcome.

If you are one of this years lucky sailors, your Fun Pass documents are ready to be printed. Go to [www.carnival.com](http://www.carnival.com) and enter your booking number and last name, it should be smooth sailing from there...excuse the pun.

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*"HAIP Aloha Notes  
has a new look for the  
year 2008."*

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### Corporate Partners



FIRST INSURANCE COMPANY OF HAWAII, LTD.



ISLAND INSURANCE COMPANIES



PYRAMID INSURANCE CENTRE, LTD.



Hawaii Employers' Mutual Insurance Company, Inc.



HAWAII

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