



Aloha Notes

Kulia I ka nu`u - Strive for the summit!



November 2007

In This Issue:

President's Message

Thanksgiving Story

HAIP Health

Special Announcements

Lei, on Team Work 1

A Thanksgiving Tale 2

American Diabetes Month 3

Upcoming Events 4

Special Announcements 5

Updated Board Roster 6

Corporate Partners 7

President's Message



Hello Fellow Aloha Notes Readers,

Welcome to our Thanksgiving Edition of Aloha Notes. Here are a few thoughts from our President, Lei Timario on the importance of Team Work. Also in this edition is a Thanksgiving Tale that hopefully, will give you a chuckle or two, after all, we can all use a bit of laughter in our lives. There is also some very important information about the disease, diabetes. Read up and enjoy!

Aloha,

Isn't it wonderful that we are all different? Each one of us has our strengths and skills to share and when we link our individual strengths together, we are invincible. Part of what makes NAIW/HAIP so wonderful is the diversity of our members. The association is comprised of insurance and risk management professionals in all lines of the industry who each bring something unique to the table. It is this diversity that makes NAIW/HAIP what it is today.

If your day-to-day life is anything like mine, you hear the words Team Work used a lot but there is much more to becoming a team than just calling yourself one. In order for team work to succeed we must all begin to think and act as one. Team work is the ability to direct individual accomplishments toward organized objectives. It is the fuel that allows common people to attain uncommon results.

You are the most essential piece. Team work can be a tough responsibility. You need to work with your family towards common goals in order to live a balanced and happy personal life and you need to work with co-workers on a daily basis to ensure your company is a productive one. In addition to that, as members of NAIW/HAIP, we need to work together to ensure that we remain "The Association of Choice".

This is the month for giving thanks and I thank you each and every one, for being a part of our Ohana and for putting in your collective time and team work building efforts to make NAIW/HAIP a great success. Happy Thanksgiving to you and yours!



The History of Thanksgiving...With a Twist

Once upon a time there lived the Plymouth Colonists and the Wampanoag Indians. They lived in a land that would one day serve as the greatest country built on freedom and justice. There were no drive-in eateries or Rock-n-Roll sock hops yet but apparently this joyous group did know how to have a good time. For the sake of this tale, let us just say it was a nice breezy autumn evening in the year of 1621.

The Colonists and Indians had been working up an appetite from their weekly responsibilities both at the office and out in the fields. They all decided that it would be a wonderful idea to cook up a scrumptious meal in the spirit of celebration and thanks. Overindulgence of meats, sweets and breads were a great excuse to do so as well, not to mention the post Kanak Attack otherwise known as a nap.

A lot of planning went into this dinner. Men were sent out to hunt fowl and deer and fish for lobsters and seals. The women gathered vegetables from the fields and what little rations that were left on the Mayflower. This hunting and gathering went on for days as there were very little people on hand and delivery by barge from neighboring states had not been thought of yet, much less the fact that the nearest Foodland Supermarket was decades away from being invented.

The housewives cooked very enthusiastically in their warm, hand crafted kitchens, reminiscing about the good ole days and fantasizing about Tupperware while their children ran through the house playing an early version of chase master.

The men gathered outside on luau style tables and benches although they had no idea what a luau was. They entertained the governor, the captain of the Mayflower and the

Indian Chief Massasoit with conversation and drink.

I'm not sure what their choice of drink was but I am going to guess it was the equivalent of our top-shelf vodkas and whiskeys. Who knows what they talked about but I would like to think it had something to do with future plans to fix and/or remove the Mayflower from their precious reefs. It could have been that or negotiations in selling it to the Atlantis Submarine Corporation so they could turn it into an artificial reef. Your guess is as good as mine.

The table was set with grandeur and the foods were laid out, right down the middle in a buffet style. The finest foods were placed at the top of the table where the people with the highest social standing sat and the pecking order (not to be confused with the Chinese delicacy Peking Duck #10 at Golden Palace) descended on down the table. Spoons and knives were placed alongside large cloth napkins sewn by the women, not Martha Stewart. There were no forks because they were still eating with their fingers at this time. I am sure they would have appreciated a KFC spork.

They didn't have much in terms of condiments either. Salt was placed on the table for taste but that was it. Pepper was only used for cooking at the time so it was never paired up with its current-day partner. Ketchup, shoyu and mustard were all created by other civilizations that missed the trip to America on the Mayflower so that was that.

Corn and potatoes were the main vegetables, which by today's standards are not so high on the nutritional scale but the abundance of meat would have made Dr. Atkins rise from the dead. They had every type of protein you could think of except for one very important meat.

Can you guess which one? Yes indeed, the good ole turkey. Turkey was a no-show at this shin-dig. Because of the location, turkeys were not a native bird to those areas. They did have swans though. That probably made for a very interesting stuffing although if given the choice I would have opted for Stove Top.

Oh, and what about the pumpkin pie? Well, they did not have ovens yet. Much to my dismay in researching for this dinner, I discovered that there was no pie but they did have bread pudding. Too bad Wolfe and Sub-zero Appliance stores were not in operation yet or I am sure they would have been turning out sweet potato and pumpkin pies by the dozen. Obviously they would have needed electricity to use the oven as well and electricity was not truly harnessed until 1660 or so but that is a whole other story...perhaps roasted sweet potatoes and sugar? No? Just a thought!

All kidding aside folks, because of this one event in history, we come together once a year as families, sit at the dinner table or couch or floor at Mom and Dad's or Auntie and Uncle's house, talk story about the great ole days, dream and plan wonderful futures and give thanks to each other for all the joy and beautiful moments we have received year round. Today, we call it Thanksgiving. Warmest wishes to you and your families on this most blessed day. Happy Thanksgiving Everyone!!!



HAIP HEALTH-American Diabetes Month



November is American Diabetes Month and with more than 50 million people at-risk for the disease each year, it is reassuring to know that organizations like the Juvenile Diabetes Research Foundation, the American Diabetes Association, the Hawaii Diabetes Prevention and Control Program and many others like them designate a huge portion of their time creating awareness in our communities.

Nearly 20 million children and adults in the United States live with diabetes. While this is just a fraction of the US population which at last count was more than 301 million (July 2007,) it is still alarming considering there are an estimated 75 thousand new cases per year. This does not include unreported cases. Nearly half of all diabetics do not know they have the disease. Diabetes is the nation's fourth-largest killer. There were more than 160,000 deaths last year alone.

There are two types of diabetes, Type 1 (insulin-dependent diabetes) and Type 2 (non-insulin dependent diabetes.) With Type 1 diabetes the body's immune system destroys beta cells which produce insulin in the pancreas. This type of diabetes accounts for 10-15% of all people with the disease. While it can appear at any age, most cases commonly occur under the age of 40. Environmental factors such as viruses, diet or chemicals in people genetically prone to the disease are the cause of most Type 1 cases. People with Type 1 diabetes must inject themselves with insulin several times a day and follow a careful diet and exercise plan.

Type 2 diabetes is the most common form of diabetes. It affects about 85-90% of all people with the disease. This type of diabetes occurs

in individuals who's bodies are either resistant to insulin or have an insulin deficiency. As with Type 1, this disease is also genetic but other factors such as excess weight, high blood pressure and a poor diet play a major role in its development. In most cases of Type 2 diabetes, sufferers do not need to inject themselves with insulin (although it could be required at a later time) but need to follow strict dietary/healthy living guidelines to control the amount of insulin in their bodies and overall well-being.

It is also important to note that the symptoms of diabetes are not always obvious ones. Some of the symptoms are frequent urination, excessive thirst, extreme hunger, unusual weight loss, increased fatigue, irritability and blurry vision. While these signs can seem harmless and many of us suffer from some of them due to other circumstances, these symptoms as a whole are serious. Go to the link below which will bring you to the American Diabetes Association web-site and take the Online Diabetes Risk Test. As always, this test does not replace the expertise of a health professional so if there is any doubt, go see your doctor. <http://www.diabetes.org/diabetes-symptoms.jsp>

Diabetes in Hawaii is on the rise and it is estimated that 100,000 Hawaii residents have it, 25,000 do not know they have it and approximately 900 people state wide, die every year. This disease is on the rise and there is no sign of relief anytime soon. Hawaii is a melting pot of ethnic groups, along with this national and international diversity comes a wealth of foods and goodies readily available for all of us to enjoy. Asian Cuisine, Italian Restaurants, Gourmet Hotdog Stands, European Bakeries, Box Lunch Favorites and that is not even taking into consideration the small things like

Manapua and Malasada Trucks.

That being said, it is no surprise that our state has one of the highest rates of diabetes per capita. Is this a recipe for disaster? Sure it is but don't be discouraged, keep reading.

Hawaii has some of the most beautiful landscapes in the world and nearly perfect weather to go with it. We as Hawaii residents have a wonderful opportunity every day, to indulge in a healthy lifestyle much like we do our eating lifestyles. Our fitness community here is one of the biggest in the nation and it is because they take advantage of some or all of our resources. Whether it is a 30 minute run through Ala Moana Park or up Diamond Head, a brisk walk or bike ride in the neighborhood, doing pull-ups at Kapiolani Park, kayaking at Lanikai, a weekend hike at one of many hiking sites, surfing, swimming, the possibilities are endless. For you shop-aholics, malls are a great place for walking; just leave your wallet at home. Runners and walkers can join one of the many clubs that meet at local parks, especially those of us who need a little push. Best yet, you can do it all with no or very little money.

We can all find some time during the week to participate in any of these activities and cut down a bit on such rich foods as I have mentioned above. When we do, we will be on our way to decreasing our diabetes epidemic. It begins with each and every one of us and the more knowledge and encouragement we share with one another, the better off we will be in the future. Happy Exercising and Happy Eating.

UPCOMING EVENTS



December 2007 Luncheon Mele Kalikimaka

With Thanksgiving right around the corner and Christmas on the horizon, we hope that you will join us for a lovely lunch at the Plaza Club. We have a great agenda planned. Hope to see you there. Bring a friend too.

Join Us!!!



Thursday, December 13th 2007

11:30am to 1:00pm

Buffet Lunch: \$30.00

The Plaza Club, 900 Fort Street Mall, 20th Floor

Agenda

- 1) Ken Ng, LTCF, CHIC-Principal, Consultant & Coach, LifeQuest Hawaii. "Move From Possibility to Reality."
- 2) Connie Abrams-Mothers Against Drunk Driving. Announcement of Safety Essay Winners.
- 3) Shriners Hospital for Children-HAIP's "Holiday Gift Giving."

*Purchase ticket(s) at \$5 each or 6 for \$20. Winner receives a \$100 dining certificate at any Starwoods Hotels (Sheraton Waikiki, The Royal Hawaiian, Moana Surf Rider, Sheraton Princess Kaiulani) in Waikiki. Proceeds will be donated to Shriner's Hospital for Children to buy Christmas gifts.

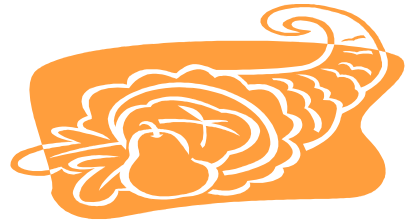


Our next Board Meeting is scheduled for November 27th, 2007 at the Bank of Hawaii Building, 2nd floor, from 12:00pm to 1:00pm. Don't forget to bring your lunch =)



SPECIAL ANNOUNCEMENTS

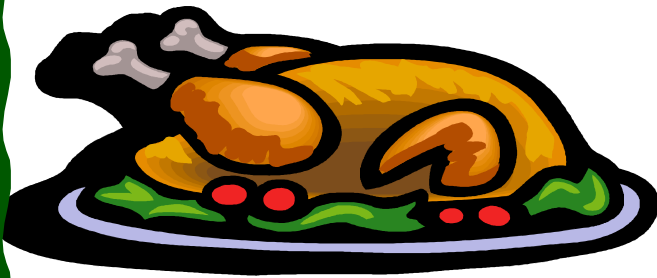
Thank you to those who have shared their Halloween photos and special announcements for this edition of Aloha Notes. It is a great way to create camaraderie within our association. We hope to have more submissions in the future. Thank you.



Count Martha (BOH, Vice President-Insurance Division)—ONE, TWO....THREE Peanut Butter and Jelly Sandwiches....AH AH AH AH!!!



The Grecian Goddess Maile (RLI-Underwriter) has important issues to discuss with Cuban leader Fidel Castro.



Congratulations To...

Leila Tamashiro, HAIP President Elect for 2007-2008. Thank you for stepping up to the challenge. Good luck in your upcoming term for 2008-2009.

Julie Kirk and Margo Makanani, HAIP Membership Chairwomen for 2007-2008. Thank you for your dedication to our association.

Lauren Souza, daughter of Mark and Lisa Kelliher. She is a Freshman of Eastern Oregon University and has just become a member of the EOH Soccer Team. Best wishes to you in the upcoming season.

Maile Fuchshuber, 2007 Communicate with Confidence Winner. Best of luck at Regional in 2008.

UPDATED BOARD MEMBER ROSTER

Board	Position	Voting	EMAIL	Designations
Edna (Lei) K. Timario	President	Yes	etimario@asbhawaii.com	
Leila Tamashiro	Vice President	Yes	consultlkt@hmail.com	
Jennifer Shiraki	Secretary	Yes	jennifer.shiraki@fcoh.com	
David Doehm	Treasurer	Yes	david.doehm@fcoh.com	CPCU, CIC AFSB, AMIM, AIS, AU
Katharine Nohr	Past President	Yes	KatharinTG@aol.com	ESQ
Katharine Nohr	Long Range Planning	Yes	KatharinTG@aol.com	ESQ
Valerie Katz	Public Relations	Yes	vkatz@islandinsurance.com	CPCU, MBA, CBCP
Julie Kirk	Membership	Yes	jkirk@hemic.com	
Margo Makanani	Membership	Yes	mmakanani@hemic.com	
Linda Ipsen &	Education (1 vote)	Yes	lipsen@islandinsurance.com	CIC, CPIW
Martha Loezius	Education	Yes	marthal@bohia.com	AIM, CPIW, CPCU
	Total Voting Position	9	-	
	Quorum Needed	5	-	
Marian Nakashima	Awards/Jewelry	No	marian@mutualunderwriters.com	CPIW, CIC, LUTCF
Charlene Mizumoto	Awards/Jewelry	No	cmizumoto@icinternational.net	CISR, CPIW, DAE
Leila Tamashiro	By-Laws	No	consultlkt@gmail.com	
Ann Stephen	Community Relations	No	astephen@pyramidins.com	
Julie Kirk	Golf	No	jkirk@hemic.com	
Margo Makanani	Golf	No	mmakanani@hemic.com	
Julie Kirk	Historian	No	jkirk@hemic.com	
Sonia Leong	Legislative	No	hiia@hawaii.rr.com	
Katharine Nohr	Nominating	No	KatharinTG@aol.com	ESQ
Marian Nakashima	Parliamentarian	No	marian@mutualunderwriters.com	CPIW, CIC, LUTCF
Wendy W. Humphrey	Programs	No	wendy.humphrey2@aig.com	
Maile Fuchshuber	Publications	No	maile_fuchshuber@rlcorp.com	
Dora Kahauolopua	Publications	No	dora_kahauolopua@rlcorp.com	
Dawn Young	Reservations	No	dyoung@aighawaii.com	CIC, CISR
Diane Taulau	Reservations	No	dtaulau@aighawaii.com	
Ellen Mimori	Reservations	No	emimori@aighawaii.com	
Charlene Mizumoto	Safety	No	cmizumoto@icinternational.net	CISR, CPIW, DAE
Charla Wong	Social	No	cwong@financeinsurance.com	
Martha Nobriga	Social	No	martha@bohia.com	CPSR, CPIW
Tracy Adams	Website	No	tracya@servco.com	LTCIS, CPIW
Jan Reischel	Ride the Swell 2012	No	insurancelady@hawaii.rr.com	CIC, CPIW
Tracy Adams	Ride the Swell 2012	No	tracya@servco.com	LTCIS, CPIW



P.O. Box 91
Honolulu HI 96810

Membership,
Networking, Mentoring

Corporate Partners



PACIFIC GUARDIAN LIFE *Sharing Our Life with Yours*



FINANCE INSURANCE, LTD.

Our Business Is Protecting You



ISLAND INSURANCE
COMPANIES



We're on the web at
www.HAIPro.org



PYRAMID INSURANCE CENTRE, LTD.



Hawaii Employers' Mutual
Insurance Company, Inc.



Risk Solution Partners
Insurance ■ Risk Management ■ Surety Bonds

