

## Upcoming Events

### YWCA Dress for Success

**Make a Charitable Donation to Benefit  
YWCA Dress for Success  
(& Let's Have a Tea while Learning  
about Community Giving!!!)**

**When:** Wednesday, November 16, 2005 from  
12:30 p.m. to 1:30 p.m.

**What:** Gain inspiration to clean out your  
wardrobe closets by helping the YWCA  
Dress for Success program and learn how to  
optimize the benefits of charitable  
contributions!

**Guest speaker:** Kate Lloyd, General Counsel  
and VP of Charitable Planning  
of Hawaii Community  
Foundation.

**Where:** YWCA Café Laniakea, 1040 Richards St.

**RSVP:** If you would like to attend the lunchtime tea  
(\$15.00) or want further information,  
please contact Ruth Oh at (808) 539-8700.  
RSVP and advance payment requested.

### Fables

#### Beneath the Rainbow

Join Judge Leslie Hayashi and Kathy  
in celebrating the release of "Fables  
- Beneath the Rainbow"

Wednesday, November 16, 2005 at Bestsellers,  
Bishop Street from 12:30 p.m. - 1:30 p.m.

Saturday, November 19, 2005 at Native Books,  
Ward Warehouse at 3:00 p.m.

## HWL 2005 Annual Awards

It's Time To Recognize!

One of the best things HWL does every year is recognize the women (and, sometimes, the men) in our community who are doing important work that helps to advance HWL's mission - to improve the lives and careers of women in all aspects of the legal community, influence the future of the legal profession, and/or enhance the status of women and promote equal opportunities for all people. So often, those who do the most are so busy working that they do not take the time to recognize what they have done, much less expect to be recognized by others for what they are doing. It is a joy to stand in a roomful of HWL members every year and tell our award winners how much we appreciate their hard work.

HWL is soliciting nominations for its 2005 Annual Awards to be presented in March 2006. Nominations must be made in writing and can be sent via U.S. Mail to Hawaii Women Lawyers, P.O. Box 2072, Honolulu, Hawaii 96805 or via email to [wfh@m4law.com](mailto:wfh@m4law.com). Nominations must be received by Monday, December 12, 2005.

### Outstanding Woman Lawyer of the Year

**Criteria:** Individual attorney having achieved accomplishments of significant merit within the previous year which accomplishments advance the mission of Hawaii Women Lawyers.

### Outstanding Judicial Achievement Award

**Criteria:** Sitting Judge who has made significant contributions to the bench which contributions advance the mission of Hawaii Women Lawyers.

### Lifetime Achievement Award

**Criteria:** Individual in our community who has over her or his lifetime made significant contributions in areas that have advanced the mission of Hawaii Women Lawyers.

### Distinguished Service Award

**Criteria:** Individual in our community who has made significant community contributions within the past year which contributions advance the mission of Hawaii Women Lawyers.

# Past HWL Annual Award Winners

## Outstanding Woman Lawyer of the Year

2004	Lea Hong
2003	Professor Mari Matsuda
2002	Congresswoman Patsy Mink
2001	General Coral Wong Pietsch
2000	Donna Tanoue
1999	Susan Ichinose
1998	Attorney General Margery Bronster
1997	Beadie Kanahele Dawson
1996	Yuklin Aluli
1995	Stephanie Rezens
1994	Pamela Ferguson-Brey
1993	Mervina Cash-Kaeo
1992	Esther Kwon Arinaga
1991	Ellen Godbey Carson
1990	Lorraine Akiba
1989	Joyce Neely & Leslie Hayashi
1988	Joann Yukimura
1987	Elizabeth Jubin Fujiwara
1986	Susan Oki Mollway
1985	Sherry Broder
1984	Angie King
1983	Shelby Anne Floyd
1982	Carol Mon Lee
1981	Meredith Lennel

## Outstanding Judicial Achievement Award

2004	Judge Susan Oki Mollway
2003	Judge Marie Milks
2002	Justice Paula Nakayama
2001	Judge Frances Wong

## Lifetime Achievement Award

2004	Lois Yasui
2003	Alana W. Lau
2002	Shelby Anne Floyd
2001	Beadie Kanahele Dawson
2000	Bernice Littman
1999	Ah Quon McElrath
1998	Chief Justice William S. Richardson
1997	Honorable Evelyn Lance
1996	Congresswoman Patsy Mink
1995	Honorable Betty Vitousek
1994	Naomi Campbell

## Distinguished Service Award

2004	Nanci Kreidman
2003	Lorraine Robinson
2002	Denise Antolini
2001	Allicyn Hikida Tasaka & Annelie Amaral
2000	Ellen Godbey Carson
1999	Diane Yukihiro Chang
1998	Jacqueline Young
1997	Dorothy "Dolly" Ching
1996	Judy Weightman
1995	Reverend Pamela Vessels & Anne Clarkin
1994	Judy Sobin & Windward Spouse Abuse Coalition
1993	Honorable Marie Milks
1992	Representative Annelie Amaral & Sara Lyn Smith
1991	Chief Justice Herman T.F. Lum
1990	Honorable Helen Gillmor
1989	Senator Mary George
1988	Eleanor Pearce
1987	Naomi Campbell
1986	Congresswoman Patsy Mink
1985	C. Frederick Schutte
1984	Honorable Betty Vitousek
1982	Harriet Bouslog
1981	Rhoda Lewis

## President's Award

2004	Dr. Laura Weldon Hoque
2003	Karen Char & June R. Lee
2002	Lynn Maunakea
2001	Patricia McManaman
2000	Rai Saint Chu & Emme Tomimbang
1999	M. Casey Jarman
1998	Sister Michelle McQueeny
1997	Gladys Kamakuokalani Aiona Brandt
1996	Honorable Marie Milks
1995	Madelyn Perry & Reverend Pamela Boyd
1994	Cynthia Thielen
1993	Trudy Burns Stone
1992	Sharon Burnham Takeuchi
1991	Susan Arinaga Li
1990	Michelle Tucker
1989	Susan Jaworowski

## Detox at an HWL Brown Bag!

by Prairie Bly



HWL put on another fabulous Brown Bag lunch session on September 20, 2005, entitled "Forever Young: Mind-Body Approaches to Staying Young and Healthy." The speaker, Joseph Pepping, PharmD, runs the Wellness Institute, which provides integrative medical services designed to help individuals gain and maintain health.

What does that mean? Was he advocating an impossible regimen of yoga and raw food-only diets? Nope -- his message was one of common sense: stop doing the "bad stuff" and start doing the "good stuff." He advocated the "LEARN" model of life: Life involvement, Exercise, Attitude, Renewal, and Nutrition. Here are a few tips for each of those categories:

- Life Involvement:
  - o Engagement vs. Isolation
  - o Challenge Self-Imposed Limitations
  - o Realize the power of intimacy
- Exercise
  - o Find a role model
  - o Work around limitations
  - o Visualize what you want
- Attitude
  - o Strive for Optimism
  - o Take time for fun
  - o Avoid Toxic People and Experiences
- Renewal
  - o Identify restorative experiences
  - o Cherish your world
- Nutrition
  - o Stop eating almost everything in a plate lunch!
  - o Fresh fruits and vegetables are essential

Dr. Pepping also discussed new scientific discoveries in the area of anti-aging. There are costly (and somewhat experimental) anti-aging treatments available to the public, like hormone replacement therapy, but Dr. Pepping recommended the following supplements for their anti-aging properties:

- One good multivitamin
- High quality fish oil
- Coenzyme A-10 (a naturally occurring vitamin-like supplement used for its antioxidant properties)
- Consider taking a memory and energy booster: Alpha Lipoic Acid, Acetyl-L-Carnitine—if needed

One piece of his advice stuck out for many of us in relation to our profession: avoid toxic people and experiences. And if you can't avoid them, don't join them!

### Hawaii Women Lawyers

1976-2006

Celebrating 30 Years of Enabling Women  
to Live Their Best Lives

*~ in Law, at Home and at Work, in the Community ~*

*Hawai'i Women Lawyers*

P.O. Box 2072

Honolulu, Hawai'i 96805

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