

Teaching. Reaching. Honoring Mothers.

2009 Hawai'i Mother of the Year Gayle Araki

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Gayle was born in Kealahou, Kona on the island of Hawai'i and currently resides in Aiea, Oahu. She and her husband, Ronald, recently celebrated 36 wonderful years of marriage and have a son, Ronn, two daughters, Kristen and Lea, a son and daughter-in-law, Lance and Sharon, and are anxiously awaiting the arrival of their first grandchild.



Gayle earned a Bachelor's Degree in Elementary Education, but decided on being a "stay

at home" mom. She found great satisfaction volunteering in the school and community, while enjoying national successes as a business woman working from home around her children's and husband's schedule. Currently, she is a public school substitute teacher and continues to seek out projects that impact young lives.

In preparation for retirement, she plans to volunteer in a hospice program and has taken up golf, coached by (in her eyes) Father of the Year, her husband Ronald.

**Congratulations to our inspirational
State Mother of the Year!**



MOY Words of Wisdom
Philosophy of Parenting

My husband and I have always tried to parent through our actions rather than our words. However, when words were needed, we believed in sitting the children down and providing them the foundations to make good, healthy decisions. Throughout our children's lives we have consciously tried to set an example in our marriage as a couple, love of the family, relationships with others, work ethics, service to the community and in living the basic teachings of a Buddhist.

The "Golden Chain of Love" is a part of the Buddhist teachings that states, ". . . I will be kind and gentle to every living thing and protect all who are weaker than myself. I will try to think pure and beautiful thoughts, to say pure and beautiful words, and to do pure and beautiful deeds, knowing that on what I do now, depends not only my happiness or unhappiness but also those of others..." These words have great meaning for me and from them my husband and I developed a philosophy of parenting that focused on leading by example. Our hope was, by living our lives with kindness, humility and respect for others, our children, and others, will follow.

An Ongoing Fundraiser for AMI-HI

Buying or selling a home or property? Call Abe Lee Realty and mention AMI Hawaii on the initial call and AMI-HI will receive 25% of the commission. Contact Abe Lee at 216-4999 or call the office at 942-4472

**MAHALO NUI from
AMI-HI**

2009 Hawai'i Young Mother of the Year

Joselyn Akana



Joselyn & Family

Joselyn Kimberly Leialoha Lareau Robins-Akana was born on October 26, 1974 in Honolulu, Hawai'i. She is the second of four children with a multicultural heritage consisting of Hawaiian, Portuguese, French, and German ancestry. A graduate of the University of Hawai'i, Manoa, she has a Bachelor of Arts in Psychology and a Master of Arts in Social Work.

Joselyn and husband Brandyn, an Assistant Professor and Men's Basketball Coach at Brigham Young University, Hawai'i, have been married for nine and a half years. They currently reside in Laie with their three children, Braelyn (8), Keonilei (7), and Tausili (5). Joselyn is an active member of her Church and serves as their Activity Day Advisor for girls 8 - 9. She actively participates in her children's school, often helping tutor in their respective classes. She is a part-time preschool teacher at the Bright Beginning Learning Center. She enjoys running, hiking, scrapbooking, and reading.

YMOY Words of Wisdom: "I Am My Mother's Garden" by Joselyn Akana



An old Japanese proverb reads, "Kodomo wa oya no senaka o mite so datsu." Which translates to, "Children grow up watching the backs of their parents." Perhaps this is one of the most influential ways children learn, by observing the things that their parents do. My mother is a woman of very few words, and yet, the life lessons she taught me speaks volumes. As I reflect back on my life I realize now that it wasn't only the wise counsel, the words of encouragement, and the countless advice she gave me throughout the years that influenced me. But rather, it was the things that she showed me on a daily basis. She let her actions speak for her. She led by example. She didn't need to explain simple and abstract concepts or ideas. She showed me, perhaps without even realizing the impact that it would have on me someday. As a result, my mother showed me how powerful love can be in someone's life and the impact it can have not only on her own posterity, but for generations to come. The most valuable lessons I learned from my mother was that of responsibility, unconditional love, and respect. My family lived forty minutes away from my school. So if you can imagine my mother and I spent a lot of time on the road together. She made sure I attended all of my activities. She knew how important it was for me to fulfill each one of my obligations. As a result, I earned a Bachelor of Arts in Psychology and a Master of Arts in Social Work.

What better way to teach a child unconditional love than to show her every day?

My mother sacrificed a lot of her time to support me. She would often sit in the car and wait for me for hours during my practices and school activities. I'm sure there were days when she felt like doing something else, but this was our routine for years and she did it without hesitation and without complaint. Even on days when I was disagreeable, she loved me. She disciplined with love, never raising her voice and never showing signs of disappointment. I knew there were days that she could have easily been upset with me. But instead, she showed kindness, long-suffering, and patience. One of the most treasured life lessons my mother has taught me is that of RESPECT. Every since I can remember, she has cared for her mother in our home. She takes care of her every need and taught me to do the same. At family gatherings she taught us to serve our elders first, and this has been a long standing tradition in our home.

Mary Kawena Pukui, a Hawaiian scholar, reminds me of the importance of caring for our gardens and likens it to our families. She said,

"Mohala i ka wai ka maka o ka pua."

Which translates to, "Unfolded by the water are the faces of the flowers."

Flowers thrive
where there is water,
as thriving people are found
where living conditions are good.

My mother planted seeds in her garden and tended to them with the utmost care, love, and respect. She spent years doing that and continues to so with every new addition. Another grandchild is another flower in her every growing garden. I am sure she finds much joy and peace in watching the flowers bloom and thrive even after they are picked and planted somewhere else.

2009 Kailua Fourth of July Parade

by 2008 MOY Nip Ho



What a spectacular event to be a part of; decorated car, mother of the year banners, sunshine and a whole lot of people smiling and cheering for one very unique and wonderful woman, our own 2009 Mother of the Year, Gayle Araki. As I was sitting in the front seat of our Mother of the Year convertible watching Gayle beam at all her fans, I truly thought, what a wonderful event to be a part of. The community of Kailua helped to make Gayle and her husband Rocky feel that they were King and Queen for

the Day as they shouted out "congratulations", "good for you", "wonderful", and as Gayle shouted back "hug your mom today". It was such a wonderful thing to see and to hear. The electricity that was generated between the spectators and our car was almost a physical thing. You could do nothing but smile. In fact, half way through Gayle told us that she just couldn't stop smiling!

Gayle, as well as all the past Mothers of the Year and Young Mothers of the Year will tell you that it is truly one of the best moments of our lives. One that we will never forget. Not often in this world does a person receive so much love and appreciation. Gayle Araki, you DO deserve it!

Story Corner

TELL ME A STORY by Donette Tew

"Please, just read one more chapter," are some of my favorite words to hear from my children. That means they are enjoying the book we are reading and don't want me to stop. From the toddler it is "again, again" wanting the same book for the 20th time. The report of the commission on reading in 1985 states..."The single most important activity for building the knowledge required for eventual success in reading is reading aloud to children."

Our problem is not time but priorities. Most of us have time to watch TV, talk on the phone, or drive to the mall. In twenty years, ball teams will still be playing, there will still be stores for shopping, dishes and dust balls will still be waiting, but your little girl or boy will not. They will be all grown up with lives of their own. You only get one shot at it.

I would encourage you to read to your children tonight whether they are 1 or 16. My teenagers still enjoy reading books together. A few good books I would recommend are:

Picture Books

- My Friend Bear by Jez Alborough
- Sam's Sandwich by David
- Pelham* Wolf's Chicken Stew by Keiko Kasza

Easy Chapter Books

- Fairy Realm by Emily Rodda
- Dragon Slayers Academy by Kate McMullan

Older Chapter Books

- Once Upon A Marigold by Jean Ferris
- The Frog Princess by E.D. Baker



HAPPY READING!

Chapter News

Looking for a nurturing 'moms' group to be involved with? Contact a Hawai'i AMI Chapter near you! Or take the lead and start one up in your area.

North Shore Chapter

President, Donnette Tew

storymom2@gmail.com

North Shore Chapter has been reaching the community through their 'Service with a Smile' theme! They recently held a social on September 12, 2009 at Hukilau Beach for a beach clean-up. The first week of October was the beginning of matching girls with mentors through the Mother Mentoring program.

Ewa Beach Chapter

President, Arlene Colon

ahcolon@gmail.com

Leeward Chapter

President, Lianna McMillan

alohalanimc11@hawaii.rr.com

2009 5th Grade Essay Winners

Fifth graders throughout Hawai'i gave great thought on the topic: "What My Mother Means to Me." Through a difficult selection process, winners were selected for 2009:

- 1st place: Lei Lily Tam – Salt Lake Elementary School -
Teacher: Mrs. Agena
2nd place: Alyssa Ching – Ma'ema'e Elementary School -
Teacher: Ms. Katsuki
3rd place: Amanda Lee LaPenes – La'ie Elem. School -
Teacher: Mrs. Tupola
4th place: Jada-Ann Kamalani Spencer – Liholiho Elem. -
Teacher: Mr. Magnenat



Lei Lily Tam with her parents, teacher & the Uale's

The winning essay by Lei Lily Tam:

Do you know why my mom is important to me? Well, I'll tell you. First my mom loves me. My mom played piano with me many years even she didn't know how but she can watch my piano practice and helps me on what the things my piano teacher says I need to correct. Also, my mom buys things for my when I practice. I loved drawing when I was little, so my mom let's me go to drawing classes in China. That's why I can still draw good now. Next my mom takes care of me, she cooks for me and feeds me. She needs to buy food for me so we have food to eat. She also goes to bed at 8:45 p.m. or 9:00 p.m. but she wakes up at 5:30 a.m., because she needs to take care of me before I go on the bus to school. Also she helps me with the homework I don't know. She also give me extra works to do even she doesn't have the answers for all of them. She is like a busy bee for giving that baby food to eat. Third my mom encouraged me. She came to the show also at my school at February 10th. She encouraged me can playing instruments too. When I was 4, I start to learn piano. I am 10 now. I am still learning and playing piano because she encouraged me when I was just about to quit. And when I was in 3rd grade, I learn flute, she encouraged me. This way she encouraged me on the piano. My mom is the best mom ever, she takes care of me, loves me and encouraged me. I love my mom!!!

French Toast

(Prepare ahead)

1 loaf French bread cut
in 1" slices

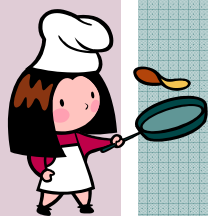
6 eggs

2 C. milk

½ tsp. salt

½ C. sugar

1 tsp. vanilla



Amanda's Favorites



Amanda & Bert

Cut bread (remove ends) in 1" slices and arrange compactly in a single layer in a 9x13" pan. Beat eggs in a bowl and add the rest of the ingredients. Mix well and pour over bread. Turn each slice once to make sure both sides are coated with mixture. Cover pan with foil and refrigerate overnight. Next morning, fry the bread in a skillet with oil until golden brown on both sides. Serve with butter and syrup.



2009 Mothers Conference

"A Mother's Garden – Tools to Cultivate & Nurture your Family"

Saturday, October 24, 2009

TIME: 8:30 a.m. – 2:00 p.m.

PLACE: Kamehameha Middle School, Kapālama

WHO: Mothers, Grandmothers, Aunties, & Daughters 12 yrs & older

DRESS: Casual & comfortable

COST: \$20 per person
\$15 for current AMI members
(Price includes continental breakfast, handouts, workshops, craft & lunch)

Registration must be received by Thursday, October 15th

The AMI Hawai'i Association is thrilled to announce its 5th annual Mothers Conference, **"A Mother's Garden, Tools to Cultivate and Nurture your Family."** Co-Chaired by 2009 MOY Gayle Araki and YMOY Joselyn Akana, the Conference will be held at the Kamehameha Middle School Kapalāma campus on Saturday, October 24, 2009 at 9:00am - 2:00pm.

Inspired by Hawai'i's "environmentally-conscious" moms seeking new ideas, this year the conference will follow a slightly different format. It will continue to include fun activities, interactive workshops, demonstrations, and 'ono food. However, this year the conference will be broken into two 50-minute workshops and will conclude with three 20-minute demonstration workshops.

During the first two sessions mothers, grandmothers, aunties, and daughters 12 & up are sure to learn lots of gardening tips on 'Weeding' out the Clutter, 'Planting the Seeds' of literacy, 'Fertilizing' your body with healthy food choices, 'Cultivating' young cooks, 'Preserving' the memories, and 'Composting' your waste with worms. In these workshops you will learn effective tools to care for your family.

In the third session participants will attend workshops that focus on "Tending the Gardener." These workshops will feature some exciting demonstrations on Qi Gong, Yoga, Skin Care & Facials, Nail Care, Hair Care, Hawaiian Healing practices, and Massage therapy. In the demonstration workshops you will learn why it is important to take care of yourself and different ways to do so.

On behalf of the AMI Hawai'i Association we are truly excited to present the 2009 Mothers Conference to the many "Gardeners" of Hawai'i. We are confident that you will learn tools to cultivate, care for, and nurture your families. We are very fortunate to be able to learn from the knowledgeable presenters who will share their field of expertise with us and hope that you will join us for this special day of "Gardening."

For more information please see the attached flier.

It's Membership Time Again

Now is the time to renew your membership or become a new member. Be a part of an organization that promotes the values of motherhood and is an advocate for children and families. **Send in your renewal today!**



Membership Application & Renewal

Name: _____

Address: _____

City, State Zip code

Telephone: _____

Email: _____

Alternate phone: _____

Check One:

NEW _____

▶ **Annual dues = \$25**

Please enclose a check payable to: Hawai'i Association of AMI

Mail to: Nancy Bliss
55102 Kulanui Lane
Laie HI 96762

Annual dues include membership in American Mothers Inc. (\$20) and in the Hawaii State Association (\$5). Members receive the national American Mothers magazine, Hawai'i Association newsletters, membership in AMI-HI chapters and a discount on the registration fees for the annual Mother's Conference.

American Mothers Inc. is a non-profit, tax deductible organization.



AMI Hawai`i

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Visit our website or blog website for the latest news and pictures of our AMI Hawai`i Association.

www.americanmothershawaii.org

www.americanmothershawaii.blogspot.com

Support AMI Hawai`i and the work to strengthen the spiritual and moral foundation of the home & family by making a

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To Strengthen the Moral and Spiritual Foundations of the Family and the Home.