

# NATIONAL LEAGUE OF AMERICAN PEN WOMEN HONOLULU BRANCH

January 2012  
Newsletter



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## E. Next Meeting

**Date:** February 8, 11:30-1:30pm  
**Place:** Alan Wong's  
Pineapple Room, Macy's at Ala Moana.  
(PLEASE NOTE this date change.)

### Featured Speaker:

**Marcia Zina Mager**

*IDENTITY THEFT: Reclaiming the  
Truth of Who We Are*

## F. Contact the Newsletter Editor

We officially welcome our new  
editor, Norma Gorst.

We send out a special thank you  
to Glenda Hinchey who served as  
editor for some seven years!

If you have news to share, please  
email editor Norma Gorst by  
February 13, 2012:  
[norgor26@me.com](mailto:norgor26@me.com)



## A. MESSAGE FROM THE PRESIDENT



**Enter the Dragon...** ushered in on January 23<sup>rd</sup> with dancing lions, fireworks and celebrations. 2012 is the year of the Water Dragon and brings power, luck, success and happiness. The Chinese New Year is a time of cleansing and renewal. Many Chinese families open all the doors and windows at midnight to let go of the past and welcome the new (lucky we live Hawaii with temps in the 70s).

It's a time to release old patterns, forget your grudges and wish peace and happiness to everyone. And one of my very favorite aspects is partaking in scrumptious portions of jai, a vegetarian stew also called monk's food. So, nurture yourself, be creative and set yourself up for a good year.

Speaking of *new*, check out the look of the NLAPW website in Washington. <http://www.nlapw.org/pen-women-online/> You'll find access to competitions and new offerings like Poem of the Week, The Gallery, and "how to" monthly webinars (open to members and non-members for a fee of \$20).

Happy New Year! Gong Xi Fa Cai (Mandarin) and Gong Hey Fat Choy (Cantonese).

-- Susan Killeen

## B. PEN WOMEN IN THE NEWS

**Marcia Zina Mager** performs original material (that will ultimately be part of a one-woman theatrical piece) on January 22, 2012. The performance includes everything from slam poetry to RAP to original songs. Six other performers bring original material, as part of this creative workshop that culminates in a performance that is part of Breakthrough Performance Workshop

<http://www.bigembrace.com>



“Off the Deep End” will be presented at The Venue, 1146 Bethel Street, Sunday, January 22, 2012 at 7 pm. Tickets are \$15 at the door or people can get them from Marcia by emailing her at [mzm@hawaii.rr.com](mailto:mzm@hawaii.rr.com).

**Connie DeDona** will hold a slam poetry reading on January 29<sup>th</sup> at Habilitat. Contact Connie: [mailto:conniededona@gmail.com](mailto:mailto:conniededona@gmail.com)

## C. ANNOUNCEMENTS

**NLAPW National Branch launches *PenWomen Online***, a series of monthly webinars (60 minutes) on various topics. *Creating An Online Presence* February 21  
<http://www.nlapw.org/pen-women-on-line/>

### **Employment Opportunities for Arts Education Professionals!**

Honolulu Academy of Arts, Spalding House is looking for a Museum Educator. This is a rare opportunity. More information can be found at the Academy's website:

<http://honoluluacademy.org>

**The College of Education at the University of Hawaii at Manoa is seeking an Assistant Professor in performing arts.** The position number is 0082288 and more information can be found here on the UH Manoa website:

<http://www.uhm.hawaii.edu/>

The application review process began December 16, 2011!

**SAVE THE DATE: Biennial Writers' Conference March 30<sup>th</sup> and 31st -**  
<http://www.nlapwhonolulu.org/Conf12/poster.pdf>

## D. JANUARY MINUTES

The January meeting of the National League of American Pen Women, Honolulu Branch, was held at Alan Wong's Pineapple Room at Ala Moana on January 11<sup>th</sup>. In attendance were 22 Members, 10 Friends, 6 Guests and 2 Visitors.

On the tables were flyers with information on the upcoming March 30<sup>th</sup> and 31<sup>st</sup> Writers Conference, Breakthrough Performance workshops, and a talk by **Vera Stone Williams** about her book, WASPs - the Women Pilots of WWII.

President **Susan Killeen** opened the meeting at 12:05pm wishing everyone a happy new year of the dragon. She anticipated 2012 to be a year of success and happiness and tossed off the concerns about the Mayan calendar ending in 2012. She hoped this was simply because the Mayans had gotten tired of making calendars and moved on to other art forms. Susan asked how many had already broken at least one new year's resolution and raised her hand with the others.

She thanked **Victoria Gail-White** and Outrigger Canoe Club hosts, **Nancy** and **Art Moss**, for another successful holiday party. Susan announced that **Norma Gorst** had taken over as Newsletter Editor, and any announcements could now be sent to her: <mailto:norgor26@me.com>. The next luncheon will be moved to February 8<sup>th</sup> due to a scheduling conflict with Macys.

Pen Women in the News:

**Connie Dedona** will hold a slam poetry reading on January 29<sup>th</sup> at Habilitat. [conniededona@gmail.com](mailto:conniededona@gmail.com)

**Tamara Moan** and **Quala Lynn Young** will hold a class called "Side by Side" which explores text and imagery and will culminate in participants making a book. Sundays, beginning 2/5 at Linekona Art Center. Registration at 532-8741.

**Ann Gommer's** husband, **Peter**, is now offering user-friendly website design. Contact:

[WWW.MEDOWINWEB.COM](http://WWW.MEDOWINWEB.COM)

**Marcia Zina Mager** announced she will participate in a Breakthrough Performance called "Off the Deep End." She and others will perform original material on January 22<sup>nd</sup> at 7pm at The Venue, 1146 Bethel St. Info: 805-450-0919

An article by **Margo Goodwill** and a photo of our Biennial Art Show appeared in the most recent issue of our national magazine, *The Pen Women*. Thanks, Margo!

Susan reminded members about the National Biennial Conference in Washington D.C. being held April 19-22 this year. She also pointed out that there are many letters and art competitions being offered in conjunction with it. Some are open to non-members as well. Information can be found at: <http://www.nlapw.org/>

Susan asked **Sabra Feldstein**, one of the current chairs of our Biennial Writers' Conference, to give an update. Sabra passed out flyers and offered a list of exciting speakers who will participate this year along with keynote, Jackie Mitchard. We anticipate another stellar conference. Information is available on the website with a complete brochure and registration form to follow soon. Registration will be \$150, however there is an **early registration fee of \$125** due by March 9<sup>th</sup>. For registration contact: Carol Egan at 254-3271 or <mailto:eganc001@hawaii.rr.com>

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**January Minutes Cont.**

Victoria introduced our speaker for the day, **Stephanie Jurgenson**, a board certified holistic health counselor. Stephanie received her undergraduate education at the University of Notre Dame and a BS in Chemical Engineering. She completed her training in holistic health counseling from the Institute for Integrative Nutrition in New York. She leads workshops on nutrition, and offers health and nutrition coaching for individuals and families.



Stephanie offered several handouts: one dealing with natural sweeteners and the other was a list of the top ten ways to increase your energy. She asked us to share with a partner at the table the things that give us energy as well as those things that drain our energy. She invited us to “change your relationship with energy today.” We are what we eat...thoughts as well as food.

**Step 1. Drink water.** Americans are chronically dehydrated. If you are thirsty, you are already dehydrated. Water can help handle cravings. Drink water and wait 10 minutes before eating.

**Step 2. Reduce or eliminate caffeine.** Caffeine dehydrates and causes blood sugar to go up and down. Caffeine is caffeine, but some teas- green and white - are better for you. Green tea has antioxidants. Decaf still has some caffeine and some decaf processing isn't good for you.

**Step 3. Eat dark, leafy green vegetables.** These represent renewal and energy and strengthen the immune system.

**Step 4. Use gentle sweets.** “Use gentle sweets and use sweets gently.” Replace table sugar with natural sweeteners. Be careful of artificial sweeteners. Natural sweeteners still don't help with cravings for sugar, but are better for you. Some natural sweeteners will and some won't spike blood sugar. Eat sweet vegetables like roasted carrots.

**Step 5. Evaluate the amount of animal food you eat.** Do what is right for your own body. If you are vegetarian and find that you are low energy after eating, you may need to include some meat in your diet. The opposite may be true too. If after eating meat, you find you have low energy, you may consider a vegetarian diet. Be aware that certain foods are simply hard to digest, such as lobster.

**Step 6. Get Physical Activity.** Even 10 minutes of physical activity can help boost your energy.

**Step 7. Get more sleep, rest and relaxation.** The body is craving energy and needs rest when stressed or tired. Seven or eight hours of unbroken sleep is best for most people. The sleep cycle is very important and the deep sleep cycle is very rejuvenating.

**Step 8. Take time for yourself.** Ask yourself: what restores my energy? This is a very individual thing. Schedule more of this activity.

**Step 9. Get rid of relationships that drain you.** Who drains you and why? How can we transform/change these relationships?

Better communication

Set boundaries

And you may just need to end certain relationships

*Continued on the next page...*

JANUARY MINUTES CONTINUED:

**Step 10. Get in touch with your spirituality.** We are spiritual beings in a physical world. Do what enhances this for you: dance, meditate, walk, go to a church...again, very individual practice or exploration.

Stephanie suggests that you make an Energy-Boosting Nourishment Menu. This can include pictures or photos.

**Others information from the question and answer period:**

Dehydration can manifest in different ways: sore muscles, thirst, and headaches, for instance.

Stephanie prefers whey protein or soy protein, but it can be difficult to find organic soy protein.

Mix your flavors and textures to keep your vegetables and food interesting.

Fruits and vegetables break down into sugars.

Exercise will increase your metabolism. Adding some cayenne to your food can help as well.

Eating all raw food isn't necessarily good. We need a balance of cooked and raw.

Our skin is our largest organ so watch what you are putting on your body.

Rubbing lavender oil on the bottom of the foot can encourage sleep. Spraying magnesium oil on your legs can also help bring on sleep.

Dried fruit with no added sugar is good. Some dried fruit has added sugar. Caution: you can easily eat a lot more when fruit is dried as it is less filling (no water). Some dried fruit can effect digestion. Balance local vs. organic - depends on the fruit. (It's a personal decision on whether to buy organic that comes from the mainland vs. non-organic local foods.)

GMO (Genetically Modified Organism) foods are of concern to many, especially as the FDA is saying these foods are okay for us to eat. This is a hotly-contested subject.

Ways to help with flying and jetlag: valerian root, melatonin, kava kava, and chamomile.

Drink wine in moderation, although red wine contains good antioxidants.

Whole foods are always better than anything altered or processed.

Stephanie is available for consultations at [stephjurgenson@gmail.com](mailto:stephjurgenson@gmail.com).

Her website is [www.stephjurgenson.com](http://www.stephjurgenson.com).

Susan closed the meeting at 1:28 pm.

Minutes respectfully submitted by Susan Killeen.

