

“A Mother’s Garden – Tools to Cultivate and Nurture your Family”

Saturday, October 24, 2009

Hawaii Association of American Mother’s Inc. in partnership with Kamehameha Schools PAR presents its annual Mothers Conference

Place: Kamehameha Middle School, Kap•lama

Who: Mothers, grandmothers, aunties, & Daughters 12yrs & older

Time: 8:30am – 2:00pm

Dress: CASUAL & COMFORTABLE

Cost: \$20.00 per person / \$15.00 current AMI member
(Price includes continental breakfast, handouts, workshops, craft, & lunch)

Workshops 1 & 2 Choices:

- ✓ **(#1) “Weeding” out the Clutter** - *Kelly Galvin* of Organize in Paradise will teach you the tools to de-clutter your home and life and to create order and serenity in your home.
- ✓ **(#2) “Planting the Seeds”** - *Linda Uehara*, Retired Literacy Resource Teacher, will teach you the ABCs of reading to your children (infants to teens) and provide tips to choosing the right books. Grandmothers and Aunties welcome!
- ✓ **(#3) “Fertilizer” for Strength & Health** - *Anna Velasco*, Health Promotion Specialist, will teach you how to make healthy food choices and give you tips on portion control. She will also suggest ways to help your child make “Whoa, Slow, & Go” food choices.
- ✓ **(#4) “Cultivate” Young Cooks** - *Donnette Tew*, Mother of 5, will teach you 25-minute meals to cook with your keiki using ‘grape’ recipes. Come, enjoy, & ‘lettuce’ eat!
- ✓ **(#5) “Preserving the Memories”** - Digital Overload? *Elliott Wong & Terry Shimabukuro* will share photographer and computer tips. They will also give you ideas on organizing, archiving, and web sharing. Not to mention teach us tools to create memory books.
- ✓ **(#6) “Composting 101”** - *Mindy Jaffe* of Waikiki Worms will show you how to reduce, reuse, and recycle your waste with worm composting.

*To register, print attached form & mail with payment to address on Registration Form. Workshops will be assigned upon receipt of registration & payment.

For more information: Email Joselyn at akanabk@hotmail.com
or call Gayle at (808) 487-7778

Conference Schedule

8:30 – 9:10	Check-in, crafting, mini makeovers & massages
9:15 – 9:30	Welcome
9:40 – 10:30	Workshop #1
10:35 – 11:25	Workshop #2
11:30 – 12:40	Demo-Sessions
11:30-11:50	Session # 1
11:55-12:15	Session # 2
12:20-12:40	Session # 3
12:45 – 1:30	Lunch
1:30 – 2:00	Evaluation & Closing

Demonstration WORKSHOPS #3 (Three 20-minute demo sessions) *“Tending the Gardener”*

- (A) Qi Gong
Tom Yoshizawa & June Fujitani
 - Studied 10 years under various Masters
 - Learn to open up your meridians to increase circulation, promote longevity & better understand your body
- (B) Yoga
Yoga by Roselle Torres
 - Benefits to your health, mind, & body
 - Mini session to learn basic postures
- (C) Skin Care & Facials
Makana Esthetics & Wellness Center
 - Learn tips on skin care/facials
 - Simple make-up tips
- (D) Nail Care (manicure & pedicure)
Paul Brown Institute at Remington College
 - Tips on nail care & Demonstration
- (E) Hair Care for the Family
Paul Brown Institute at Remington College
 - Understanding the difference (men, women, & children)
 - Questions & answers and Demonstrations
- (F) Hawaiian Health Care
Hui Maulio Ola
 - La’au – Hawaiian Medicine
 - Ho’oponopono
- (G) Massage Therapy
Shelley Yamada & Janice Babin
 - Licensed Massage Therapists
 - Why massage
 - Demonstration

REGISTRATION FORM (Please print)
(Must be received by Thursday, October 15th)

NAME: _____ PHONE: _____

MAILING ADDRESS: _____ CITY: _____ ZIP: _____

E-MAIL ADDRESS: _____

PAYMENT: _____ X \$ _____ = \$ _____ (Money order or check ONLY)
Attending \$20 or \$15 AMI member Total enclosed Payable to: HI Assoc. AMI

Choice of workshop 1 & 2: # _____ # _____ # _____ # _____ (see workshop info)
 1st choice 2nd choice 3rd choice 4th choice

Choice of workshop 3 (A – F): _____ _____ _____ _____ _____ (see workshop info)
 1st choice 2nd choice 3rd choice 4th choice 5th choice
(* * workshops will be assigned based on receipt of registration/payment* *)

Mail to: Gayle Araki, 99-667 Hoio St., Aiea, HI 96701

or

Kamehameha Kapālama families to:

Mervlyn Kitashima,

Kamehameha Schools, PAR,

1887 Makuakāne St. Honolulu, HI 96817