



# KONALOHA

A Publication of Soroptimist International of Kona  
P.O. Box 5196, Kailua Kona, HI 96745

October 2002

President: Ofie Schamber, Editor: Linda Smallwood

## PRESIDENT'S MESSAGE



Ofie Schamber

Please allow me to welcome each and every one of you to this year's first issue of our newsletter. I would like to especially thank Jenni Rush for resurrecting the idea and Linda Smallwood for actually "picking up the hammer" and just doing it. Thank you's go to the contributors as well.

It's been three months since I assumed the Presidency of this Club, and thanks to our very helpful and resourceful Board Members, we are right on track. I am really happy and excited that all the members committed themselves to service to others and sense of community.

Indeed, this sense of service to others is a great motivator. Our Health Committee has already identified, not just one, but two projects for this year. Laura Bollinger, Committee Chair, has introduced "Fit and Quit", a project designed to help people stay healthy and fit by quitting smoking. Judy Jones, also of the Health Committee, is working on a project that deals with the community problem of "ICE".

The Education Committee, led by Past President Sally Alapai, accepted the task of coordinating with AAUW on the GEMS (Girls Engaged in Math Sciences) Project. And the Human Rights Status of Women Committee, led by Katie Nova, is continuing with the Domestic Violence Awareness Program. She will be doing a presentation on Domestic violence at our October Program Meeting. I also would like to mention that Jenni Rush is our Coordinator for Making a Difference Day, scheduled for October 26 at Crossroads Shopping Center. It is encouraging to see

our members work together and rise up to the challenges of community service. This sense of service, and the motivation that goes with it, will take us anywhere we want to go, and spur us to achieve anything we want to accomplish. It will shape the contribution that we, Soroptimist International of

Kona, will make to this world. *President Ofie*

## DOMESTIC VIOLENCE - HOW IT FEELS - A SURVIVOR'S STORY

*October is Domestic Violence Awareness Month.*

*On October 26th, Making a Difference Day, Soroptimist International of Kona will distribute the "Every Home a Safe Home" booklets, written by the National Coalition Against Domestic Violence, and produced by Soroptimist International of the Americas.*

*Our club has been actively involved in domestic violence awareness. Over the past year we have distributed the "Every Home a Safe Home" booklets to every police officer and state welfare worker in West Hawaii, to all clients receiving a domestic violence exemption through welfare, to the participants of the Island Wide Training on the effects of Domestic Violence on Children, at the Domestic Violence Inter-Agency Team (DVIAT) monthly meeting, to all participants at the Hui La Lima meeting, and at the Crossroads Center on Making a Difference Day 2001.*

*We have also initiated the collection of used cell phones for Operation Hopeline in conjunction with Verizon and UPS. Operation Hopeline puts used cell phones into the hands of domestic violence victims so*  
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P.O. Box 5196  
Kailua Kona, HI 96745-5196  
www.sikona.org

President.....Ofie Schamber  
V.P.....Mamie Bramlett  
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Director.....Amy Rosato  
District Director.....Julie  
Kamanawa-Kala  
Publicity Chair.....Jennifer Rush  
Editor.....Linda Smallwood

submit articles to editor:  
Linda Smallwood  
808/331-6208  
fax: 808/329-9288,  
lindas@hicommmfcu.com, or  
P.O. Box 682  
Captain Cook, HI 96704

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## DOMESTIC VIOLENCE, *continued from page 1*

*that they can use them to call 911.*

*Domestic violence affects people from all walks of life, even Soroptimists. Here is a powerful account of the personal experience of the daughter of one of our club members. For her protection, we will not mention her name.*

### **Life can be better.....**

Nothing a person can do justifies being humiliated, hit, or abused. When such abuse comes at the hand of the one who promised to love and cherish the other “till death do us part,” it becomes even more heinous. It is domestic violence.

I remember growing up and listening to women talk about how they hoped their husband would get called out for some reason and they would have a “free” evening. I did not understand what they meant until I married an abuser. When we were first married things were okay, but I remember feeling the stress even then. My ex-husband worked at a grocery store and I would look forward to Friday nights because he had to work all night. That meant I could do things that I liked to do without being told how stupid they were; eat what I wanted to without being told how terrible of a cook I was; or read a book without being accused of ignoring him. I learned right from the start how to push his buttons to make him blow up and leave. I felt I loved him and I did not want to live without him, but I needed time AWAY from him. It was confusing. There was a part of me that knew that was wrong, but I did not know why.

There were many times when I was married to my ex-husband that I would convince myself that a “better life” was for fairy tales, not real life. For almost 10 years I was married to a man who was an abuser verbally, mentally, emotionally and physically. I felt like I was dying in that relationship. It was a slow death. Every time he abused me — verbally, emotionally, mentally or physically — it was like he was cutting little bits off of me here and there. I remember not being sure what was going to set him off because his rules as to what was right or wrong changed according to his mood. I would walk around so carefully, trying to make sure that I only did the things that were “right” the last time. I’d walk on “egg shells” until I couldn’t handle it any more. Then, to break the tension, I would do something I knew would set him off just to relieve the pressure.

In the first two years of our marriage, my ex-husband raped me. As a result, I ended up pregnant with our second daughter only 3 months after our first daughter was born. After that incident, I was so scared to say no at any pass my ex-husband made that he started trying to get me to participate in his “fantasies”. I did my best to find a way out of most of his role-playing times, but there were other times when I couldn’t

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## WELCOME, NEW MEMBERS!

**Laura Bollinger**, Performing Arts, Owner, Encore Talent Agency, was inducted at the July 23, 2002 meeting. Laura is the Health Committee Chair.

Many years ago, Laura was asked to help out a friend who had forgotten his parents' anniversary. She called them up and sang "Day by Day". Thus, Encore Talent Agency was born.



**Linda Smallwood**, Finance and Investment, Information Systems Officer, Hawaii Community Federal Credit Union, and **Vern Bieraugel**, Real Estate, President, Business Brokers, HI, Kona, are inducted at the September 10, 2002 business meeting.



**Judy Jones**, who transferred from Soroptimist International, Windward Ohau, is welcomed by Soroptimist International, Kona, at the September 10, 2002 business meeting.

**SUZANNE GILLAM, CCCA**  
Audiologist

**Ohana Hearing Center**  
of Hawaii

Tel: (808) 961-9644	Tel: (808) 329-1351
Fax: (808) 935-4679	Fax: (808) 329-5462
Pu'uohonu Professional Bldg.	North Kona Shopping Center
75 Pu'uohonu Pl., Suite 207	75-5629 Kuakini Hwy. #P
Hilo, Hawaii 96720	Kailua-Kona, HI 96740
E-mail: <a href="mailto:ohanahearingcenter@turquoise.net">ohanahearingcenter@turquoise.net</a>	

## Remembrance...



Last month **Mary Cochran**, Mary Huebner's mom, passed away. Always a supporter of Soroptimist causes, Mrs. Cochran volunteered at the Friends of Children Justice Center until last year when she was 90. She also received the Woman of Distinction of Award in 1999. We will miss her.



Julie Kamanawa-Kala, District Director, presents **Virginia Isbell** with the Laurel Society Award on September 10, 2002. Virginia was honored by the Region Board as an outstanding club member who is dedicated to the ideals and programs of the organization. A \$1000 donation has been made in her name to support the Soroptimist Foundation.

## DOMESTIC VIOLENCE, *contd. from page 2*

escape. I learned in time, much to my relief, that if I did something to upset him when he started to bring up his role-playing, then he would "punish" me by withholding that part of a married couple's life.

I tell you this because of all the times since getting out of that situation that I've heard someone say, "She brings it on herself"! As someone that has been there I can say, yes, I did. But, it was for self-protection. I knew that as soon as he blew up, I could relax a little. It was a choice, either wait till he's had a bad day and decides I'm his choice "punching" bag, or bring it on to get it over with.

I hurt for women still in that situation; they don't feel that "life can be better" for them. For my part, I hope that I can reach at least one other woman to show her that it can be better...she just has to be true to herself by getting help.

## Calendar of Events:

October 8 Business Meeting, 11:45 a.m., Quinns  
 October 22 Program Meeting, 11:45 a.m., Quinns  
 October 18-19 Region 6 District Meeting,  
 Honolulu Country Club  
 October 26 Making a Difference Day  
 November **Sees Candy Sale Begins!**

## S.O.L.T. SHAKER



### Your Soroptimist Pin:

It can cost you money if you do not wear your pin to your club meeting or any Soroptimist activity. Your pin should be worn alone, on the left, over your heart. Wearing your pin during your work day is strongly encouraged.

## BIRTHDAYS



Orlee Miller	10/15
Joan Hiromasa	10/19



**Laura Peterson**  
Branch Manager

75-159 Hualalai Road, Kailua-Kona, Hawaii 96740  
 Direct Phone: (808) 331-6202 Fax: (808) 329-9288  
 Mainland and Neighbor Island 1-800-514-2328  
 HCFCU WEBSITE: [www.hicommfcu.com](http://www.hicommfcu.com) E-mail: [lanzap@hicommfcu.com](mailto:lanzap@hicommfcu.com)



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