



A Publication of the AOA of Hawaiiki Tower, Inc..

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AND
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BOARD OF DIRECTORS

- Pat Kawakami, President
- Jeff Dickinson, Vice-President
- Alies Mohan, Secretary
- Trung Quach, Treasurer
- Douglas Hung, Director
- Sachi Braden, Director
- Linda Keller, Director
- Attilio Avino, Director
- Cheryl Richards, Director

このニュースレタには、お住まいに□する大切な情報が記載されています。
必要な場合、□してもらってお□みください。

2017 ANNUAL MEETING

The 2017 annual meeting of the AOA of Hawaiiki Tower, Inc. will be held on February 27th at 6:00 pm in the level 3 lobby. Registration will begin at 5:30 pm.

No special amendments or action items are on the agenda for the meeting. The usual resolution on assessments and the election of directors are on the agenda. Three Board seats are up for re-election—incumbents Alies Mohan, Sachi Braden, and Cheryl Richards. The membership needs to vote to confirm any appointment and elect new board members.

Anyone wishing to run or make a nomination for election should submit a statement stating their or their nominee’s qualifications and reasons for wanting to serve on the board. The statement is limited to black text on white paper not to exceed one single-sided 8-1/2” X 11” page, indicating the owner’s qualifications to serve on the board.

Please Return Proxies

Please keep an eye on your mail and be sure to return the proxy as soon as possible. We need to obtain a quorum (more than 50% ownership represented) to conduct the meeting and we incur additional expense each time we have to mail out additional proxies to obtain the quorum or defer the meeting due to a lack of quorum.

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THE CARE AND FEEDING OF YOUR GARBAGE DISPOSAL

In past issues we’ve discussed our drains in Hawaiiki Tower. The kitchen drains are the most likely to experience a backup. This primarily due to things that go down the disposal. The powerful roar of your disposal’s motor may convince you it can take on any garbage you throw its way, but it’s important to remember that your disposal is not a trash can. Garbage disposals are designed to grind small bits of biodegradable food waste to help prevent clogged drains. Proper use and maintenance will not only extend the life of your appli-

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AVOIDING CONFLICT WITH THE NEIGHBORS

We all *can* just get along. The key? Communication. It's often the best way to prevent and resolve conflict before it reaches the Association or the legal system. You don't have to be friends or spend time together to achieve a peaceful coexistence, but you should try to be a good neighbor and follow these tips:

Say hello. At the mailbox, while walking the dog or when you see movers arrive, introduce yourself. Learn your neighbors' names and regularly offer a friendly greeting.

Provide a heads up. If you're planning a construction project or hosting a big party, contact your neighbors beforehand.

Do unto others. Treat neighbors as you would like to be treated. Be considerate about noise from activity, stereos, pets, etc.

Know your differences. Make an effort to understand each other. Differences in age, ethnic background and years in the neighborhood can lead to different expectations or misunderstandings.

Appreciate them. If the neighbors do something you like, let them know. They'll be pleased you noticed, and it'll be easier to talk later if they do something you don't like.

Stay positive. Most people don't try to create problems. If a neighbor does something that irritates you, don't assume it was deliberate.

Talk honestly. Tolerance is important, but don't let a real irritation go because it seems unimportant or hard to discuss. Let your neighbors know if something they do annoys you.

Be respectful. Talk directly to your neighbors if there's a problem. Gossiping with others can damage relationships and create trouble.

Remain calm. If a neighbor mentions a problem they have with you, thank them for the input. You don't have to agree or justify any behavior. Wait for any anger to subside before responding.

HAWAII TOWER SPECIALISTS

OUR KNOWLEDGE IS YOUR RESOURCE

◆

Call Us Today!



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Listen carefully. When discussing a problem, try to understand your neighbor's position and why he or she feels that way.

Take your time. Take a break to think about what you and your neighbor have discussed. Arrange to finish the conversation at another time.

HOLIDAY GATHERING

On December 16th at 5:30pm the AOA of Hawaiki Tower, Inc. sponsored a Holiday gathering for the residents of Hawaiki Tower.

A pleasant evening was had by all, enjoying good food and conversation and getting to know each other better. If you missed the event, please be sure to mark your calendar for the next one. Hope to see you there!

HEADING OFF BURNOUT

Burnout is more than just stress—it's how your mind and your body tell you a change is needed. Do you find yourself withdrawing from work and caring less about results? Are you working harder, often mechanically or to the point of exhaustion? Just going through the motions?

Try a few tips for keeping burnout at bay.

Exercise at least three times a week. Running, weight lifting, bike riding—anything that gets your heart and lungs working burns off stress. Exercise releases endorphins that boost your mood and it dissipates built-up stress that otherwise leads to burnout.

Make time for a hobby. An art class, cooking, reading, sewing—anything that's not part of the regular grind and that helps you relax will balance the things that wear you down.

Practice breathing exercises. "Just breathe!" Yes, it's an old cliché, but there is a grain of truth behind every cliché. Deep breathing gives your body a boost of oxygen and it releases tension in your abdomen around your heart.

Get away. Take a walk at lunch, and don't take work home. Leave the office at the office. At home, find a time and place where you can relax and unwind. Even 15 minutes of relaxation can relieve stress.

Laugh. Sometimes it helps to look at a situation and just laugh. If that fails, read the jokes that your uncle's cousin's best friend is e-mailing you three times a week. Pick a comedy next time you go to the movies or surf channels.

Take up yoga or tai chi. These disciplines have a restorative effect and are sure burnout busters.

Burnout can creep up on you slowly. Watch for the warning signs and stay ahead of it. Your heart, family and employer will thank you.



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EMPLOYEE HOLIDAY GRATUITY FUND

On behalf of all the employees of Hawaiki Tower, I want to thank everyone for their generous contributions to the holiday fund.

All of the gifts, both financial and consumable, are appreciated. The employees working at Hawaiki Tower are grateful for your support and expressions of appreciation. It means a lot to everyone to be recognized.

To all of the vendors that made contributions of merchandise, gift cards and other items, we thank you and value the working relationships we've developed. We hope our relationships continue to develop to improve our collective efficiency and effectiveness.

Have a happy and prosperous 2017!

FEEDING THE DISPOSAL (cont'd)

(Continued from page 1)

ance, but will also spare you unnecessary and costly service calls.

Do:

- Small amounts of skinless, boneless, pitless and non-fibrous foods are safe to grind.

Don't:

- Shells, skins, husks, rinds and other hard or fibrous materials should not be put in the disposal (e.g., clam shells, oyster shells, corn husks, fruit pits, banana peels, avocado skins and bones).
- Large amounts of starchy foods (e.g., noodles and rice) should not be put in the disposal. Although they are easily ground, they expand in water and can clog drains.

Always:

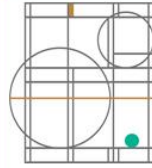
- Run *cold* water when operating the disposal. Keep the water running for at least 30 seconds after you turn off the unit.

Never:

- Use *hot* water when operating the disposal.
- Put non-food materials through the disposal. This includes all types of glass, plastic and metals (e.g., bottle caps, aluminum foil and plastic wrap).
- Put harsh chemicals in the disposal or down the drain.

Sometimes:

- Occasionally grinding bits of citrus peel helps clean and freshen the disposal.
- Grinding a little ice once a month helps scrape away deposits and remove odors.
- Running small amounts of egg shells or coffee grounds through the disposal is sometimes suggested to sharpen the blades; however some sources warn against the practice. Consult your user's manual for recommendations specific to your model.
- Pouring white vinegar down can also help freshen the disposal.



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FREQUENTLY ASKED QUESTIONS (FAQs)

1. Can Hawaiki Tower staff help me install or repair something in my apartment?

Answer: No. Hawaiki Tower employment policies prohibit staff members from working for residents in their apartments. This applies to the time employees are on or off duty from their normal working hours at Hawaiki. Hawaiki Tower's workers' compensation and liability insurance do not protect the employee or the Association when an employee works for an owner in an apartment.

1. How do I obtain the insurance information my lender requires?

Answer: An insurance summary is available from the Hawaiki Tower website or administrative office. Just stop in the office for a copy or we can email or fax one to you or your lender.