



President's Report

11-1-2013

The Executive Board of the Hawaii Council met in August to prep the annual calendar, budget, and list of community events. These were presented to the whole council in September for approval and passed with minor adjustments.

A “new retiree” meeting/party was held at the monthly council meeting in Hilo. We made goodie bags for new members and invited them to stay for our meeting. Our goal is to get more new retirees onboard with leadership and activities the council does in the community.

We are currently working on having PAR workshops on both sides of the island in conjunction with the suggestions made by Steve Ono and Niyati. We are looking for meeting sites for December 18-19. If you have suggestions to sites with wifi available please let me know at once.

Pre-retirement workshops were held at all HSTA Institute Days. Arleen attended the committee meeting on O’ahu and is excited about sharing information again this year. She, JoAnn, and others were in charge of the presentations. We had the largest group of attendees this year that we have ever seen at our pre-retirement workshops. The group sessions were very well received by the active teachers looking to retire.

We are updating our membership lists database and looking to organize them into zip code areas to do a better job with email blasts that reach out to members. If your name, address, phone, or email have changed since you retired please let us know as soon as possible.

New council committee leaders are being selected with the goal to infuse “new blood” into leadership and spread duties among more members. Gary Kaku will be representing us on the Retirement Issues Committee in Honolulu and Lorraine Hora will represent us on the state Board of Directors with Niyati Brown.

We will be having a new webmaster, Kim Springer, after the passing of Wayne Joseph. We also have a new HARA representative to the council to replace Wayne. Niyati will be the new representative and Steve Ono will be the new HARA vice president to represent our organization.

Please contact us if you need assistance from HSTA-R or would like to volunteer and participate more in our activities. The annual meetings have been scheduled for late January and early February . More information on times and locations will follow. Enjoy the autumn changes.

In Service,
Niyati Brown
President



“LIVE WIRE”

By: Arleen Yoshimura

We blame lots of things on old age...like thinning hair, slowing down and forgetting. I have a compression (fracture), osteoporosis & scoliosis and I had already given up my colored high heels, but I was still falling. I had to do something...

I called Chris Ridley at the Life Care Center of Hilo at 959-9151. Although I had to wait a while, it was worth it. I'm in the Fall Prevention Program. We meet once a week for two hours. The goal is, "to decrease your likelihood of falls and increase your quality of life."

We began by obtaining a baseline balance score and completed a fall risk assessment. We learned breathing & exercise routines which we were encouraged to do daily. A Home Safety Checklist was provided to help us make our homes safer.

We learned about the importance of nutrition and hydrating. The UH School of Pharmacy students did a review of our medication. We were taught about the importance of checkups for hearing & vision. The nursing staff at Life Care Center assisted in check ups of our vitals and our memory and Clinical Labs did a cholesterol check.

During the 6th and last session, a final balance score was obtained. We are to continue our daily exercises, maintain proper nutrition & hydration, make our environment safer, get regular checkups and follow up if necessary.

My sincerest appreciation to Chris Ridley and her Life Care Center staff. They have helped me tremendously. Remember...You Can Prevent Falls which can cause serious injuries or even result in death. Make Retirement Your Best Years !!!

Meet and Greet

At our October 15 Council Meeting day, all new East Hawaii HSTA-R members were invited to join us for refreshments and fellowship. We were happy to make the acquaintance of Paul Woolverton who retired from Kau High School, Trudy Taylor who retired from Chiefess Kapiolani Elementary, and Vera Nakamura who retired from Keonepoko Elementary. We hope other new retirees will be able to attend our annual general membership meeting in February.

Liaisons and Phone Tree Changes

Hawaii District now has 698 members so communication with membership has been assigned to liaisons by geographic areas. These liaisons will be responsible for relaying important HSTA-R information through e-mail and phone calls to members in their area.

We appreciate having these members (liaisons) volunteer their time.

Kona -----JoAnn Iwane

Kohala -----Jean DeMercer-Breece

Kamuela/Waikoloa—Eunice Saito

Honokaa/North Hilo—Cynthia Sallee Brown

Hilo (A-Ke alpha)-----Lorraine Hora

Hilo (Ki-P alpha)-----Avis Mortemore

Hilo (O – Z alpha)-----Myrna Watanabe

Puna/Kau-----open _____ (any volunteer?)

Service at the State Level

We acknowledge with great appreciation the HSTA-R members from Hawaii District who serve at the State level. All who serve volunteer their time and commitment for the benefit of all retirees. The State HSTA-R provides air transportation, meals and hotel accommodation as needed, but the time, effort and heart given is priceless! They deserve a BIG Mahalo!

State Director --- Cynthia Sallee Brown Hawaii District President

State Director At Large --- Lorraine Hora

Co-Chair, Government Relations Committee --- Stephen Ono

Co-Chair, Pre-Retirement Planning Cadre --- Arleen Yoshimura

Retirement Issues Committee --- Gary Kaku

President's Council ---JoAnn Iwane, West Hawaii Community Club President

Annual General Membership Meetings

West Hawaii ---Friday, January 31, 2014

Regency Hualalai

Details later – save the date

East Hawaii --- Friday, February 7, 2014

Nani Mau Gardens – Patio

Details later – save the date

Community Service

HSTA-R will be hosting the tables at Prince Kuhio Plaza Macy's for HOSPICE Light Up A Life campaign on Saturday, November 30, 2013. The following members have already volunteered their time.

10:00 AM – 12:00 PM Cynthia Sallee Brown and Vera Nakamura

12:00 PM – 2:00 PM Bettye Wakabayashi and _____

2:00 PM – 4:00 PM Roy and Laverne Daimaru

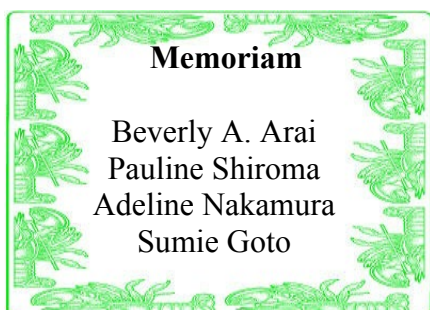
4:00 PM – 6:00 PM Avis and Dick Mortemore

6:00 PM – 8:00 PM Gary Kaku and _____

Lorraine Hora will help with the opening and closing procedures that day and will serve as the alternate/substitute if anyone cannot make their time. If you are interested in filling the open slots, please call Betty Ann Yoshimura at 935-6560 asap.

Pre-Retirement Workshops

Active teachers observed Institute Day on October 18 this year and our HSTA-R Cadre members were happy to conduct pre-retirement planning workshops again. JoAnn Iwane and Virginia Halliday did workshops at Kealakehe High School. Arleen Yoshimura and Cynthia Sallee Brown did workshops at Waiakea High School, with help from Avis Mortemore and Lois Shimizu. Glenn Fernandez, HSTA-R State Secretary and Cadre Co-Chair, flew in from Honolulu to do workshops at Kohala High School. These workshops are always of great interest to active teachers and are well attended.



New HSTA-R Members

In September, we welcomed seventeen new HSTA-R retirees in Hawaii District. Congratulations to Bonnie Burke, Vera Nakamura, Janet Nishiki, Gertrude Taylor, Daveda Peters, David Christensen, Nadine Clarke, Ingrid Tillman, Patricia Anderson, Diane Imada, Isabel Brown, Karlen Park, Kathy Jo Kube, Shirley McCoy, Lloyd Matsunami, Connie Blazquez, and Paul Minta. You deserve restful and less stressful days in retirement. Please join us at our Annual General Membership Meetings.

Hawaii District Council 2013-2014

President - Cynthia Sallee-Brown

Vice President – Avis Mortemore

Secretary – Lorraine Hora

Treasurer – Lois Shimizu

Council At-Large – Y. Joe Tanaka

Bettye Wakabayashi

Arleen Yoshimura

Myrna Watanabe

Joyce Hirata

Betty Ann Yoshimura (1)

Gary Kaku (1)

Ingrid Nishimoto (1)

WHCC President – JoAnn Iwane

State Gov't Relations Co-Chair –

Stephen Ono

State Website:

<http://www.hstaretired.org/>