



HAWAII STATE TEACHERS ASSOCIATION
Teaching Today for Hawaii's Tomorrow



HSTA-R End of Year President's Report



I am proud of the community service we have performed, and the ways in which we

have advocated for our retired members. You are worth every minute of the effort.

My goals were to increase membership and to increase participation by our members, which we did. There's still plenty of space for YOU to be a participating member. We need one more person to serve on our whole island, district board. If you are interested, please let me know right away. I know there are many highly qualified members out there.

In August, the Executive Board, Lorraine Hora, Avis Mortemore, Lois Shimizu, and myself, met and started planning for the new year. We set a budget and calendar for the year that was approved by the Board. If you're

interested in having direct input, we'll be doing that this summer.

Betty Ann Yoshimura is the committee chair for community outreach. We helped with the Blood Bank drive, collected donations for Hospice, helped with the Hilo International Marathon, and the local Food Bank drive. We donated a nice amount of money from our annual meeting fundraiser to the KSSK drive to help children. We pick a new group to help each year, and your input is welcome. Thank you for your hard work, Betty Ann!

The West Hawaii Community Club, led by Jo Ann Iwane, had two field trips this year that members enjoyed. All members are welcome to participate no matter which side of the island you live on. They also hosted a super annual meeting that I was able to attend. JoAnn and Virginia always go out of their way to make the day special for the members. Everyone received gifts and a free taco salad lunch menu.

Avis and her crew hosted the annual East Side meeting. Guest speakers, lucky numbers, and deluxe food at Nani Mau were highlights of the event. The

grand prize in our drawing was two Hawaiian Airlines tickets donated by state HSTA President Wil Okabe. Thanks, Wil, your generosity is greatly appreciated.

Gary Kaku, our RIC (Retirement Issues Committee) has been active lobbying in the legislature for issues that can affect us, and kupuna in general. Right now, a bill is going through the senate to add services to an already financially stressed area. The Kupuna Care bill, SB964, is an important one. Please send in testimony if you are asked to. The benefits you save may be your own. We must work together to protect ourselves from the state budget chopping ax.

I hope that you will become more involved this year with HSTA-R. We could certainly use your help in planning and helping the community. We're a group of who cares about each other and works to protect our own interests. Please come join us in our fun and work. Mahalo.

In Service,
Niyati Brown
President, Hawaii District

THANK YOU, VOLUNTEERS!

A great big MAHALO to all of our HSTA-R members who've been so generous with volunteering their gifts of time and energy to our latest community service projects.

Those who helped at the annual HOSPICE Light Up a Life tree were: Lorraine Hora, Avis & Dick Mortemore, Joe & Helen Tanaka,

Gary Kaku, Kim Springer, and Betty Ann Yoshimura.

Volunteers who helped at the registration day for the Big Island International Marathon were: Arlene Yoshimura, Avis Mortemore, Janice Nakagawa, Gary Kaku, Lois & Jerri Shimizu, Betty Ann Yoshimura, Ingrid Nishimoto, Karlen Ono, Carole Tsutsumi, Kim Springer, and Lorraine Hora. We enjoy meeting amazing people every year!

Our up-coming event is the Hawaii Blood Bank blood drive scheduled for Wednesday, May 27, 2015 at Auntie Sally's Luau Hale. If any of you are willing to volunteer by donating refreshments, or by spending a couple of hours working at the canteen (refreshment station), please contact Betty Ann at 935-6560.

For those of you wanting to donate blood, the goal for the HSTA-R event is 150 appointments.



“LIVE WIRE”
By: Arleen Yoshimura 😊

Boy...time is flying by so quickly. I hope everyone is having a happy & healthy New Year. This month, I am featuring **Betty Ann Yoshimura**. Same last name, but no relation. She's my dear friend.

Betty Ann still teaches piano, but card making occupies much of her time now. The Sassy Stamper AKA the Card Lady to some in Volcano, has done numerous craft fairs this year.

As the HSTA-R Community Service Chair, Betty Ann has been busy getting volunteers and volunteering for the Blood Bank, Hospice, Big Island Marathon, first Hilo Triathlon, and many other events.

Betty Ann took a memorable trip to Denver to visit her son Chris, and took a 4-day road trip to Des Moines/Dallas Center, Iowa to see Emmet, her grandson. She then went to Colorado Springs, invited by her snowbird friends, Carol & Wayne to help sell t-shirts at the International Fallen Firefighters Event. People from all over the USA and Canada gathered to honor this past year's 165 fallen firefighters. The ceremony was held after the Big Motorcycle Parade to the Memorial Park. As each name was called, their unit's flag was dipped, a bell rung and their families were presented with their country's flag.

Back to Denver, and Betty Ann went with Chris to the Food Bank where he works and volunteers. The place buzzed with trucks being unloaded, and boxes and boxes needing to be sorted. Working at the fruits and vegetables tables, she came across baskets of strawberries. She asked what to do with the ones that had mildewed or rotted and was told, "It's ok because there are still some good ones in there that can be eaten." Betty Ann still chokes up when she remembers how blessed we are that we can go to the market and pick out the basket with the best berries. Thank you, Betty Ann for sharing your exciting life with us.



I recently heard a speaker say, "Aging is the gift of life." She explained that we are very fortunate to live longer, so aging is indeed the "Gift of Life". I've been complaining how aging is the "pits". When you think about it, the alternative to aging is dying so I now have a more positive attitude about getting older because I'd rather age than die...think about that. Wishing y'all a super great 2015 !!! With love & humble gratitude, Arleen

HSTA-R State Director's Report – Lorraine Hora

State Elections – Delegates elected to attend the HSTA Convention on April 18-19:

Odetta Fujimori, Roger Takabayashi, Sharon Mahoe, Justin Wong, Jean Dobashi, Vaughn Tokashiki, Yvonne Tavares, Susan Hagiwara, Stephen Ono, Robert Hu and Lorraine Hora.

Delegates elected to attend the NEA-R Convention and NEA Representative Assembly in June, 2015: Roger Takabayashi, Jean Dobashi, Justin Wong, Vaughn Tokashiki, Yvonne Tavares and Susan Hagiwara. Lorraine Hora and Stephen Ono are the next two alternates.

Delegate Assembly – “Actively Supporting Our Members and Our Communities”

Friday, April 24, 2015, at the Honolulu Country Club

20th year Anniversary – commemorative bag and pencil for each delegate

Proclamations expected from House and Senate and Governor Ige

Meeting to start at 8:30 AM to 11:30 AM, followed by lunch and celebration

Lanai has organized their retirees to officially form a **Lanai Community Club**.

Membership for HSTA-R is 5526 as of January 31, 2015.

Summary Notes from EH Annual Meeting

Elena Cabatu, Community Relations Manager, Hilo Medical Center Foundation

State of Hawaii is projected to have a shortage of 900 doctors. Island of Hawaii has a shortage of 200 doctors. The medical residency training program planning began in 2009 with the hope that if we train them (the doctors) they will come and stay to practice in Hawaii. On July 1, 2014, Hilo welcomed the first class of four family medical services residents to train for 3 years to become specialists in family services. The Residency Program is located at the Urgent Care Center on Mohouli Street in Hilo. For the second class of doctors to begin on July 1, 2015, there were 560 applicants. Twenty seven applications have been selected for further consideration. Continued funding from the Legislature is needed to support the projected completion of the residency training program. HB 847 seeks appropriations for the Hawaii Health Corporation Primary Care Training Program (HHCPCTP). Please ask your local legislator to support and pass this bill.

Pauline Fukunaga, “Better Choices, Better Health” program presenter and recent retiree from Aging and Disability Resource Center (ADRC)

“Better Choices, Better Health” is an evidence based program targeting management of chronic health conditions. The 6 week program covers topics of Goal Setting & Action Plans, Problem solving, Fitness and Exercise, Medication Management, Effective Communication, Healthy Eating, How to Relax and Evaluating New Treatments. Booklets and relaxation tapes are provided in the workshops. Benefits empower people to take better control of their health conditions. Keeping healthy reduces high cost of health care resulting in fewer visits to doctors and/or emergency rooms. Anyone interested in attending one of the workshops can call ADRC to sign up.



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Hawaii District Council 2014-2016
President - Cynthia Sallee-Brown
Vice President – Avis Mortemore
Secretary – Lorraine Hora
Treasurer – Lois Shimizu
Council At-Large –

Bonnie Burke
Arleen Yoshimura
Myrna Watanabe
Kim Springer
Betty Ann Yoshimura
Gary Kaku
Ingrid Nishimoto

WHCC President –JoAnn Iwane

Welcome New HSTA-R members

Hawaii District welcomes new retiree members Mary A. Correa, Peggy A. Host, Sigrid B. Yoakum, Patricia L. Stanfield, Matthew P. Champion, Sunny Seal-LaPlante, Gilbert V. Fallau, Georgiana L. Carvalho, Jimmie E. Anderson, Laurie T. Blumstock, Cheryl T. Kurashige, Deborah L. Ramsey and Edwina Shazar. Wishing you a well-earned rest from ringing school bells and lesson planning.

State Website:

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

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