



Annual General Membership Meeting Friday, February 5, 2016

The Annual General Membership Meeting was held at the Aging and Disability Resource Center at 1055 Kinoole Street, STE 101 on Friday, February 5, 2016. 60 members and 1 guest heard the keynote speakers Dr. Kimo Alameda, Executive on Aging, Nicolas Los Banos, Aging and Disability Services Manager and Jolean Yamada, Aging and Disability Specialist II. Other speakers were from the Hilo Medical Center and they were Elena Cabatu, HMC Community Relations Manager, Dr. Unity Nguyen, 1st year Resident in Residence Training Program and Dr. Mary Nordling, Director of Residence Program.

The business meeting was conducted by President Niyati Brown and elections were held for at-large seats on the Hawaii District Council for 2016-2018. The new Council members are: Arleen Yoshimura, Lois Shimizu, Kim Springer, Cynthia Niyati Sallee-Brown and Steven Nemeth.

HSTA-R State Assembly delegates newly voted in for 2016-2018 are: Lois Shimizu, Kim Springer, Wilfred Okabe, Arleen Yoshimura, Virginia Lawson (Halliday). Steven Nemeth and Colleen Wallis are the first and second alternates respectively. Both Steven and Colleen will be attending the Assembly this year in place of Janet Nishiki and Betty Ann Yoshimura who are unable to attend the 2016 Assembly.

What great learning and fun was had by all participants with door prizes, raffle prizes, delicious continental breakfast from Hilo Bake Company and scrumptious lunch provided by Aloha Monday! We even raised \$550 from our raffle to donate to the "Big Island Dream Come True" organization that helps keiki with a serious medical condition attain their dream. The money was donated independent of the HSTA-R organization.

Thank you to all who participated and double thanks to the committee members Helen Tanaka, Stephen Ono, Karlen Ono, Gayle Ito and Janet Nishiki for working so very hard to put this together.





Fitness coach Bill Lineker led attendees in simple muscle strengthening exercises which seniors need for balance, range of motion, and fall prevention. Bill reminded everyone to consciously walk “heel to toe” until it becomes a habit.



Retired librarian Paula Kamiya, turned TV “celebrity,” shared her experiences after appearing and winning on “People’s Court” and “Wheel of Fortune” this past April and December.



Kohala Liaison Jean DeMercer-Breese described her journey, as she co-authored with her husband, Paul Breexe, their newly-released book **THE HONOLULU ZOO, WAIKIKI’S WILDLIFE TREASURE 1915-2015.**

Paul, former Director of Honolulu Zoo, has been named a 2016 Living Treasure by Honpa Hongwanji Mission of Hawaii.



Warren Chong, Living Shield businessman and former educator, filled in at moment’s notice for the program presenter who was scheduled to teach self-defense techniques but was unexpectedly called to work. Warren skillfully addressed the growing problem of identity theft and the need for wills and trusts. Listeners learned that ID theft is difficult to prevent, and restoring one’s ID is harrowing as well as extremely costly. Affordable protection is available.



LIVE WIRE
By: Arleen Yoshimura

As we age, we must take extra precautions to avoid falls. In December, my car door hit me and knocked me down. I didn’t go to the doctor, but my Sister April convinced me to go the next day. My back increasingly hurt, and after x-rays and an MRI, it was determined that I had 2 fractures. I was taking a variety of pills but it was getting worse, so I finally had back surgery in January. The area of the surgery is fine, but I still was experiencing lower back pains and abdominal cramping.

I couldn’t eat, so I lost a lot of weight--to below 100 pounds. I read somewhere that it’s now deemed better to be a little overweight to have extra when one gets sick. But, too overweight, and you risk having to get hip/knee replacements with the extra pounds you have to support.

One fall changed my life. I have to take it easy. I try to do things, but at the onset of pain, I have to rest. Thank God my husband Glenn is working so hard and taking good care of me. In the beginning he was doing everything, but I’m trying my best to do what I can.

I can’t turn back the clock. I can’t erase the past, so I’m not wasting my time looking back and regretting. I’m looking forward with new hopes and dreams, then living the rest of my life to the fullest.

We take each day one day at a time as I continue to get better. I pray a lot because I realize the “POWER OF PRAYER” is INCREDIBLE. Please be very careful and be proactive about preventing falls. May your lives be Blessed & Very Best.!! Thank You everyone for Your Prayers & Kindness
With Love & Humble Gratitude,

HSTA-R State Delegate Assembly Lorraine Hora, Director

The HSTA-Retired State Delegate Assembly is held every April in Honolulu and is our organization's highest decision making forum. Comprised of the thirteen (13) members of the Board of Directors and eighty eight (88) elected delegates from the four Districts – Kauai, Oahu, Maui and Hawaii - the Assembly will consider the adoption of the 2016-2017 HSTA-R State Budget, will hear the State of HSTA-R address, will receive the reports of the Officers, Districts, Community Clubs and Committees, and will discuss/act on Bylaw Amendments, Resolutions and New Business Items presented to the Assembly. This year the Assembly will elect the five Executive Officers and two At-large Directors for two year terms. Stephen Ono and I, Lorraine Hora, are carry-over Directors for one more year.

In January, our members were randomly contacted to participate in Focus Group discussions. The results of these discussions and an Action Plan Development: The Future of HSTA-R will be a prominent part of the Assembly program.

Hawaii District will be represented by 15 delegates – twelve (12) who were elected at our Annual General Membership Meetings in Kona and Hilo and three State Board Directors – District President, Cynthia Sallee-Brown, Lorraine Hora and Stephen Ono. Newly elected two year term delegates are: Lois Shimizu, Kim Springer, Wilfred Okabe, Arleen Yoshimura, and Virginia Lawson (Halliday). Carry-over delegates for one more year are: Y. Joe Tanaka, Helen Tanaka, Gary Kaku, Betty Ann Yoshimura, Janet Nishiki, JoAnn Iwane and Karlen Ono. If any of the elected delegates is unable to attend, the successor delegates, in rank order, are Steven Nemeth, Colleen Wallis and Bonnie Burke.

Another election that occurred in February was a mail-in ballot election to select eleven (11) HSTA-Retired delegates to the State HSTA Convention on April 16-17. Both Stephen Ono and I, Lorraine Hora, were among those elected. The other mail-in ballot was to select six (6) HSTA-Retired delegates to the NEA Representative Assembly in Washington, D.C. this summer. None of Hawaii District nominees were elected. Stephen Ono, Lorraine Hora and Gary Kaku are on the Alternate delegate list. I want to thank our members who voted and mailed in their ballots on time. Only about thirty percent (30%) of the State membership participated. There were 40 late ballots and 42 void ballots, mainly because more than the six names were marked on the NEA-RA ballot. For those nominees from the neighbor islands, it is imperative that our District members vote – even if it is for only one or two names that you recognize. The next State elections will occur again in February, 2017. I encourage you to please send in your mail-in ballot to support us. Thank you very much.

Welcome new HSTA-R Members

Joining our “Happily Retired” family are Kay K. Yonemori, Janet L. Goh, Kathleen D’Amico, Miles D. Okumura, Merrilee Carpenter, Jeanne Hartney and Pamela C. Chess. You have earned every minute. ENJOY! Hope to see you at our activities.

Retirees Turned Book Makers



On a warm day in sunny Ocean View, under the exceptional tutelage of fiber artisan Susan O'Malley, fifteen HSTA-R/WHCC members made elegant soft-cover books using a Japanese stab book binding technique. Participants had a difficult time choosing their kits from the wide array of colorful and attractive options.

Everyone was thoroughly impressed with the attention Susan paid to the smallest detail, making the learning process simple, organized, stress-free, and successful. Little paper bags were even taped to each desk space for disposal of trash. Susan gave mini-demonstrations and circulated with her assistant Deedee Bodine to offer tips, encouragement, and warm praise.

Deep concentration in scoring, folding, aligning, gluing, sewing, etc. was only interrupted by loud bangs as hammers met awls to create holes in the pages and covers. Everyone gained confidence that they could independently repeat the project using the written instructions in the kit. Each



distinct and classy book went home in a cellophane bag, giving it the look of a stationery store item. It was certainly worth the long, winding drive to and from Ocean View.

Mahalo and best wishes to Susan on her upcoming workshops, the exciting classes she'll teach in Italy, and her long-term goal to write a book for students on the life of Prince Jonah Kuhio. She will continue to impress and inspire.





Kim K. Springer
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Hilo, HI 96720

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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

State Website:

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

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