



HAWAII STATE TEACHERS ASSOCIATION
Teaching Today for Hawaii's Tomorrow



Presidents End of Year Message

As the school year draws to a close we remember those successes and challenges

that we have met for the year. For some of you it may mean going back to work, going to school, volunteering to help others, travel, or the plain relaxation you so justly deserve. Whatever you choose to do I hope it is in good health with a conscience for what is pono.

Make a commitment this summer to become a better recycler, better driver, better patient, better friend, better parent or child. Have a goal. Many seniors get bored and give up on life because they have no goals. Get up every morning and set out a plan for the day. Have a one year

plan and a five year plan also. Let your plan drive you forward to success.

You have reached the time in your life when things are about “you”. Let it be that way. You can’t be everything to everyone but you can start to practice being kinder to yourself. Pamper yourself this summer. Go to a spa, massage therapist, gym, or even just for a quiet walk alone. Meditate. Find time for “you”. You are worth it!

In the fall we will organize HSTA-R again and invite you to be a part of the process. We always need helpers. No job is too small. We appreciate each of you and all that you do for our group. Contact me at niyati333@aol.com and we will find you a little job to do. Mahalo for the kokua.

Enjoy your summer in great health.

In Service,
Niyati Brown

“LIVE WIRE”

By: Arleen Yoshimura
Thank You for answering my plea for help with my “Live Wire” column. From West HI we received the following...



Jean DeMercer-Breese: “We took a 32 day ‘trip of a lifetime.’ We started with 1 week in NYC, took in the 9/11

Memorial, show on Broadway, St. Patrick’s Cathedral, The Top of the Rockefeller Center, Staten Island Zoo. From there we did a 17 day NCL Cruise through the Panama Canal to LA. Then, on to

Arizona for Springtime in the desert. Wonderful, wonderful time Great way 😊 to launch a retirement.”

Virginia Halliday: “I went to see the Lion King Production in Honolulu. It was a fantastic, creative Work of Art. I loved the animals, especially the graceful walking giraffes & the elephants as they walked down the aisle. I had an end seat & could have touched them, but was afraid.” 😊

Donald D. Isbell has accomplished an Amazing “56 years at Public School Teaching, 1953-2010: 6 years—Kalispell, Montana; 4 years—Pahoa School; 40 years—Konawaena High School; 10

years—(retirement) at Konawaena HS and Kealakehe Int. and HS.” Congratulations !!!

Colleen Miyose-Wellis: “I’m carrying on doing what I love which is art and writing. I’m in the process of publishing two books. It’s story books geared for children and young people. As a caregiver for my mother of 87, I cannot travel even to a neighboring island. I haven’t left Kona since I returned home in 2004.”

Upon hearing that Kim Springer retired, Kathy Staton shared: “Kim Springer was my  Student Teacher when I taught at Haaheo Elementary School. She’s Great !” Kathy

Humble Gratitude once again to all those who contributed. Next time, we’ll share what the East HI teachers are doing in retirement.

As you can tell, when teachers retire, we still keep busy. Happy Retirement to Everyone. Life is too short so...Live Life to its Fullest !!!

P.S. I invite everyone to share anything at any time. Also, if you have suggestions for topics that you’d like to see covered in my column, please let me know. My address is 112 Laula Road, Hilo 96720-5716 and my e-mail address is arleeny@hawaii.rr.com

HSTA-R State Delegate Assembly – Bettye Wakabayashi

The 20th Annual Delegate Assembly convened on Friday, April 25, 2014, at the Honolulu Country Club with President, Vaughn Tokashiki, presiding. Delegates from Hawaii District were Niyati Sallee-Brown, Lorraine Hora, Lois Shimizu, Arleen Yoshimura, Betty Ann Yoshimura, Bettye Wakabayashi, Virginia Halliday, Helen Tanaka, Y. Joe Tanaka, Gary Kaku, Karlen Ono and Stephen Ono. The memorial service acknowledged the passing of 71 members. It felt sad to lose so many beloved members in one year

Our guest speaker, Jeff Piper-HSTA-R Attorney, addressed exemptions on political endorsements and campaign donations. Simply put, you can wear your HSTA/HSTA-R shirts in public if you attend a HSTA activity for their endorsed candidates. For all others, wear the candidates’ shirts.

Our other speaker, Wesley Machida – ERS officer, gave a very informative talk on the status of ERS and legislative bills pending to help balance the income for future success.

Election of officers for 2014-2016 was held. All present officers were re-elected – President – Vaughn Tokashiki, 1st VP- Linda Tavares, 2nd VP – Jeanne Fukuoka, Secretary – Glenn Fernandez, and Treasurer – Beverly Gotelli. Carry over State Directors are Joan Husted and Lorraine Hora. Newly elected State Directors are Carol Nitta and Jean Dobashi.

District Awards for the Year were won by Kauai District – Communications, Program, and District of the Year. Maui District won Membership and Hawaii District won 2nd place District of the Year.

We adopted the Proposed HSTA-R Bylaw amendment to comply with our new 501© (4) status, adopted 2 Proposed Resolutions, adopted 1 New Business Item, did not consider one NBI and referred 3 NBIs to the Board of Directors.

I announced my retirement from actively participating in HSTA-R functions since 1969. I am truly grateful for the long experience and bid farewell to my friends and co-workers in HSTA and HSTA-R. With love and a deep felt aloha. Bettye

HSTA Convention Delegate Report – Lorraine Hora

Bylaw Amendment – 1 passed. Resolutions – 15 accepted, 10 not accepted, 1 ruled out of order. New Business Items – 18 recommended to BOD, 8 not recommended, 3 withdrawn. All late resolutions and new business items were referred to the BOD for disposition.

Evaluation of teachers as part of the current contract (EES-Educator Effectiveness System) was a major concern for many. Other areas of concern included air conditioning/air cooling systems for the classrooms, use of public funds for public education only, and compensation for expanding instructional time and change of bell schedules. (Next year’s school calendar starts on August 4 for students and ends on June 5.)

Discussion on the floor was emotional at times and very interesting to me as a retiree. Some teacher concerns are still the same ones that I faced but presently, many are more demanding of teacher time and responsibility.

Political candidates endorsed by HSTA were given time to address the convention. A very touching video paid tribute to the late Stacey Nishina. Friend of Youth Award was presented to Robin Hermance, acknowledging her countless hours of service to students and schools in the Waianae area.

HSTA-R State Director's Report – Lorraine Hora

Five leaders of HSTA-R attended the NEA-R Organization and Leadership Conference in Houston, Texas, on March 25-27. Participants felt that HSTA-R was way ahead of other state retiree organizations in reaching out to actives through our pre-retirement planning workshops and being visible at community activities. Hawaii is already doing many of the steps presented. Other state retiree organizations are dependent on the actives' budget for their funding. Hawaii offers VEBA products, like long term care, that draws members. Other states tend to lose their retirees as they relocate to other states after retirement.

Board of Directors clarified that District Presidents can forward email regarding endorsed candidates to their membership as long as this does not exceed 49% of their activities.

A review of bills being followed by HSTA-R showed that:

- Mandatory Kindergarten bill passed to the Governor for signature.
- Funding for School of Pharmacy building was restored in the State Budget.
- Rural doctor residency training program funding was restored in the State Budget.

HMC/EUTF Informational Meeting

On April 3, 2014, HSTA-R sponsored an informational meeting for all state and county retirees. Representatives from HIRTA, HGEA and UPW were present. The Hilo Medical Center (HMC) panelists included Dr. Ted Peskin - Acute Care Director, Wayne Kanemoto – Vice Chair of HMC Board, and Lori Rogers – HMC Foundation Executive Director. In 2008 the conversation for a doctor residency program began. Grants and donations from the community have set up the facility and the trainer doctors. Everything is in place for the first 4 resident doctors to begin in July. 2.8 million dollars have been requested in the State Budget to keep the program going. Training is focused on a new model – medical home team approach – where doctor, nurse practitioner, social worker, pharmacist, and psychologist all confer on patient treatment. The Employer Union Trust Fund (EUTF) presenters were Nicole Wong and Kali Puuohau. October is the start of open enrollment for retirees. It is very important to keep EUTF informed of any change of address as this is the only line of communication they have. EUTF must also be notified of any “qualifying event” within 30 days – death, marriage, divorce, etc. Medicare eligibility starts at age 65 years or earlier if you have a disability. Medicare coverage includes Part A – Hospital Care, Part B – General medical care, Part C – Medicare Advantage programs, and Part D – Prescription drug coverage. Medicare eligible members MUST enroll in Part B. The current medical insurance deducted from your pension check each month is \$104.90. This amount is reimbursed to you quarterly. If your Part B premium is more than \$104.90 per month, you need to submit a copy of your Social Security Benefit form to EUTF to get the correct reimbursement. Be wary of “junk mail” solicitations for other medical and prescription drug plans. Enrolling in another Part D will result in your losing medical and other health coverage from EUTF. State and Federal plans are better than any Advantage (private) plans.

EUTF Contact Information

Phone: Toll Free 1-800-295-0089 Mon – Fri 7:45 am – 4:30 pm

Website: <http://eutf.hawaii.gov>

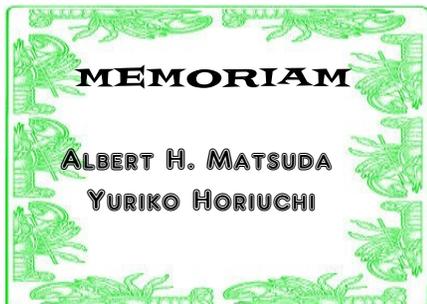
E-mail: eutf@hawaii.gov

Mailing address: P. O. Box 2121 Honolulu, HI 96805-2121

Eat bananas every day! They fight depression. They are high in iron. Bananas can reduce the risk of high blood pressure and stroke. Bananas are extremely high in potassium yet low in salt. Bananas can also help people who try to give up smoking. It seems the B vitamins along with potassium and magnesium found in bananas help the body recover from the effects of nicotine withdrawal. Read more about bananas on www.gardenguyhawaii.com



Lorraine Hora
648 Hinano St
Hilo, HI 96720



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

New Members
Welcome Judy K. Fujishige, Mary Lou Griesser, Rose Mae Watterson, Shelley F. Tsue, Jerry S. Quist, Christine Kapololu, Pearl K. Yamamoto, Arleen K Alama, and Julie W. Countess. May you truly enjoy days of less stress and more sleep. Congratulations on your retirement. Please join us for our activities.

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