



Aloha HSTA-R Members,

As the year comes to a close we tend to think back over the year and what we have accomplished. For all of us as retired teachers we celebrate the legislative victories we had such as still having state tax free pensions and no cuts to our monthly pension amounts. These are victories we earned but still have to protect.

From time to time we will ask you to continue to protect your pensions and benefits. A strong way to do this is through the state's free Public Access Room (PAR). It is an easy, free way to send testimony to your legislators. Some of you have already taken the workshops they sponsored on the Big Island this fall. If you missed those, you can go to the state's site, register for free, and begin telling your senators and representatives what you would like for them to do to help retired teachers. You can remind them of our legislative priorities. You can access this site at: [par@capitol.hawaii.gov](mailto:par@capitol.hawaii.gov).

We are about to have our annual meetings and vote for new district officers and council members. Any member can hold office but you have to get your name on the ballot soon. If you are interested in running for office or council please contact our elections chair, Avis at 959-7920 or [mortemora001@hawaii.rr.com](mailto:mortemora001@hawaii.rr.com).

The west side annual meeting and voting will be on Jan. 31<sup>st</sup>. at the Regency at Hualalai near Kona. Contact: Jo Ann at 322-9386 or via email at [malobrka@gmail.com](mailto:malobrka@gmail.com). There is no charge for this meeting.

The east side annual meeting will be on Feb. 7<sup>th</sup>. at Nani Mau in Hilo. Contact Helen Tanaka at **70 Akea St.; Hilo, HI 96720**. The cost of breakfast and lunch is \$22.00 for members and \$27.00 for non-members. Checks should be made out to HSTA-R Hawaii District.

Both annual meetings are always fun with goodie bags, auctions, door prizes and a raffle for the Cancer Society. We look forward to seeing all of you there.

In Service,

Niyati Brown, president  
Hawaii District



## “LIVE WIRE” By: Arleen Yoshimura

Thank goodness Teachers Institute Day is back so we held our HSTA-R Pre-Retirement Cadre Workshops for active teachers at Waiakea High School this year.

We held two sessions consisting of an unexpected 76 participants and couldn't accommodate all of the teachers. We also ran out of materials.

Of those attending...

- 64% were elementary school teachers
- 27% were high school teachers
- 33% had 25 or more years of service
- 14% had less than 10 years of service
- 49% had 5 or less years before retirement; 2 were retiring this year
- 19% had more than 10 years before retiring
- 2 were Contributory, 21 Non-Contributory and 46 Hybrid; 4 left it blank

It was refreshing to see the younger/newer teachers take interest in preparing for their retirement at an earlier age.

My sincerest appreciation to Niyati Brown who did the presentations with me and to Avis Mortemore and Lois Shimizu who assisted us. Mahalo also to my former student Sheri Kojima whose room we used and who went over & beyond to help us and to Key Club members Cody Kojima & Zoe Nakamura for their assistance. We are truly grateful to NEA for our grants to put on these workshops. Five teachers joined NEA-R as Pre-Retired Lifetime Members for a one-time fee of \$250.

Lucky we're retired. The active teachers are faced with so many more difficult challenges as they prepare for their retirement. We are truly Blessed so stop being so negative and complaining if you do...and Live Life to the Fullest. Life is short and getting shorter every day. Make each day count.

Wishing You and Your Family a Most Prosperous New Year filled with the Very BEST !!!

Love, Arleen

### **WE'RE RICH – AT LONG LAST!**

We finally made it!  
O.M.G., we're rich!  
Silver In the Hair  
Gold In The Teeth  
Crystals In The Kidneys  
Sugar In The Blood  
Lead In The Ass  
Iron In The Arteries  
And  
An Inexhaustible Supply Of Natural Gas.  
I Never Thought We Would  
Accumulate Such Wealth!  
Life Is Short.  
Live It To The Fullest.  
It Has An Expiration Date.  
(Thank you for sharing, JoAnn)

### **Old Fashion Cures**

**CHOCOLATE** – Snacking on Chocolate can help your heart. A recent study found that chocolate helps prevent platelet clumping, similar to aspirin. That reduces the risk of blood clots and heart attacks. Cocoa and chocolate are rich in flavonoids. These antioxidants may lower blood pressure, fight inflammation and widen blood vessels by relaxing the muscles in their walls. But that doesn't mean you should pig out on candy bars. A little chocolate goes a long way. Just two tablespoons of dark chocolate a day should do the trick.

**SINUS SWEET RELIEF** – When your next sinus headache strikes, pop a strongly flavored mint candy like Mentos or Altoids into your mouth. Some people say these sweet treats clear sinus pain and pressure away like magic.



**November 30. HOSPICE service project at Prince Kuhio Plaza.**

Pictured are **Vera Nakamura, June Kawashima and Betty Wakabayashi.** Other volunteers were **Lorraine Hora, Roy and Laverne Daimaru, Avis and Dick Mortemore, Kim Springer and Gary Kaku.**

**Elections**

**Hawaii District** – All four (4) Council officers and five (5) Council-At-Large seats are open for election to two (2) year terms.  
 -- Six (6) delegate seats (2 year terms) are open to attend the State Delegate Assembly in Honolulu on the last Friday in April.

All nominations must be submitted by January 10 to Avis Mortemore @ 959-7920 or e-mail mortemora001@hawaii.rr.com. ELECTION FOR DISTRICT POSITIONS WILL TAKE PLACE AT THE ANNUAL GENERAL MEMBERSHIP MEETINGS.



**State** – HSTA-R delegate nominations to attend the HSTA Convention on April 12-13 at the Hilton Hawaiian Village in Honolulu, and

-- HSTA-R delegate nominations to attend the NEA-Retired Annual Meeting and NEA Representative Assembly from June 28 to July 6, must be submitted to the HSTA-Retired Election Committee in Honolulu by January 10, 2014. Election ballots for these positions will be mailed directly to you. Find the nomination form in the Winter “Messenger” sent to you by mail or log in to [www.hstareteired.org](http://www.hstareteired.org).

**Annual General Membership Meetings**

**East Hawaii**

Friday, February 7, 2014

Nani Mau – Continental brkfst & Lunch  
 Cost \$22 (member) \$27 (non member)  
 Registration at 8:30 am.  
 Featured spkr from Hilo Medical Center  
 RSVP by January 20 to  
 Helen Tanaka  
 70 Akea St.  
 Hilo, HI 96720  
 Checks payable to **HSTA-R Hawaii District**

**West Hawaii**

Friday, January 31, 2014

Regency at Hualalai  
 No cost for lunch  
 RSVP by January 20 to  
 JoAnn Iwane @ 322-9386 or  
 e-mail [malobrka@gmail.com](mailto:malobrka@gmail.com)



Lorraine Hora  
648 Hinano St  
Hilo, HI 96720

Stamp



### **New Members**

Welcome to our newly retired members **Aileen G. Correa, Nanette L. Sing, Cheryl L. Kiefer, Donna J. Smith, Linda L. Fisher, Toni Y. Jose, Margo R. Lau Kong, Elizabeth K. Noetzel, Kathy H. Larosa, Joseph T. Murphy and Paul Minta.** May you enjoy your time of retirement.

Please come to our Annual General Membership Meeting.

### **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/>