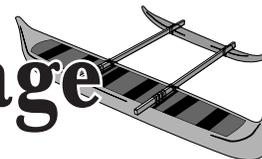


## President's Message



by Jean Dobashi

Cannot believe it's time to start a new year. Having completed one full year as President of Kauai District, it has been both challenging and rewarding. Year 2013 has brought serious thought about LIFE and taking the time "to smell the roses."

After the death of my older brother, then the day next the passing of my mom and a week later the lost of a niece, all in a span of nine days, and also the loss of our own members here on Kauai, let's MAKE THE TIME to love, enjoy and appreciate one another.

Our Executive Board was on a well deserved three month vacation after working so hard during my first year and I may have burnt them out. Thanks to their dedicated service, we came out pretty good, considering all that we had to deal with in 2012.



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Lihu'e Industrial Park Unit II  
Lihu'e, Hawaii'i 96766  
(808) 245-9549  
Fax (808) 245-8633

HSTA-R Kauai thanks

**S & S Business Machines,**

Leroy Sakaguchi, proprietor,  
for printing the pages of this issue  
at a nominal cost.

The main two goals for this year will be MEMBERSHIP Growth and MEMBERSHIP Involvement through informative retired and hot issues. We are excited to serve and as I personally close my last year as your President, I thank you for your continued support and looking forward to meeting more of you in the months ahead as we share our activities with you.

Mahalo Nui Loa.

by Jean Dobashi

*Kauai Can Do Much  
Better on Membership*

Since taking office as President for HSTA-Retired Kauai District, I've been receiving Membership Applications in my file box at the Hono lulu Office and I get them whenever I'm at the HSTA office attending a meeting. I've tried to personally call each of the new members to thank them for all the years of service to the students of Kauai, in the DOE and welcome them into membership and thanking them for enrolling as a new HSTA-Retired Kauai District member.

Here are the 14 forms from last year in the order that I received them:

1. Debra Aguinaldo
2. Hazel Fujimotoi
3. June Akuna
4. Lillian Hanada
5. MelanieHermstad



Established Local Newsletter





# Calendar of Events:

**ON-GOING** • Hanapepe Salvation Army  
KOKUA KITCHEN every 3rd and 4th  
Wednesday. Reporting Time is @ 10:30  
am. POC : Gloria Matsuba.

**Kokua Kitchen Needs Your Help!**  
*Have a Heart; Lend a Hand*

Continued \_\_\_\_\_

- 6. Alna Mecham
- 7. David Mecham
- 8. Alan Taogoshi
- 9. Susan Arquette
- 10. Leslie Cox
- 11. Dorothy Hoe
- 12. Irene Isonaga
- 13. Lillian Wadahara
- 14. Barbara Sayegusa

Just returned from a meeting on Friday: August 23 and received these 5 forms:

- 1. Scott Cramer
- 2. Avis Kaona
- 3. LeRoy Kaona
- 4. Lynn Minei
- 5. Cynthia Swain

From my understanding, our two state vice-presidents Linda Tavares and Jeanne Fukuoka do a great job in sending membership applications to all potential retirees by way of the "coconut wireless" as they hear about retirements from School Level Faculty Reps and sometimes by way of phone calls into the HSTA-Retired Office. Either way, each school has application forms.

First, the potential retiree MUST do the paperwork and mail it into the HSTA-Retired office and from there the "paper-trail" begins. Names must be checked and double checked with the DOE Personnel Office that this person is really, truly going to retire. Then when all the forms are filled in correctly and selections have been made regarding membership options, then it goes to business offices, etc.; then when all is done, JUSTIN WONG does the final inputting into the General Membership List. Then copies are made for HSTA Membership Staff, one copy for HSTA-Retired files, one copy for HSTA Business Office, one for HSTA-Retired Membership files and one copy for me as the receiving president of the new member.

Having said all this, JUSTIN WONG who has been our HSTA-Retired Treasurer for many years and then became the Retired President until he got termed out, was asked to stay around and worked for one year as our Administrator and he just retired effective September 1st. He stayed on to help with the transition of a new President and he kept his deal that it would only be for ONE year. Thank you JUSTIN WONG for all you've done to bring HSTA-Retired so far along. We appreciate all your hard work and dedication.

FYI.....did you know that percentage wise, HSTA-Retired has the highest percentage of active teachers enrolling directly into HSTA-Retired, more than any other state. So hats off to our two excellent vice-presidents who have this system down to a "T". Thanks also to our active HSTA School Faculty Reps who help to give us the "heads-up" of potential retirees at their schools. Having all these systems in place, we are still NOT getting 100% of our Kaua'i retired teachers enrolling into HSTA-Retired Kaua'i District. We need to get every single one of our Kaua'i retirees joining us.

We need your help. If you know of anyone who retired and has NOT enrolled, please let us know. This coming year, KAUA'I will try to shake the bushes and get every one we can locate. Please check with friends from your school where you retired to see if they enrolled into HSTA-Retired KAUA'I District. If not, please let me know. Mahalo.

Jean Dobashi [jeandobashi@hotmail.com](mailto:jeandobashi@hotmail.com) Mobile: 808-336-0309.

by Jean Dobashi

## Volunteering at the Hanapepe Salvation Army

Stats by Kathy Uyeda and Lillian Takanishi

Starting the 2013 Calendar Year, we've been asking different schools to please select a particular month and participate in our SERVICE PROJECT. Volunteers report only on the 3rd and 4th Wednesday of the month at 10:30 am. Here are some exciting news and statistics that were compiled from January to August 2013 :

Top Workers:	1st Place: Kathy Uyeda.....	51.5 hours
	2nd Place : Lillian Takanishi.....	46.5 hours
	3rd Place : Stella Shimatsu.....	30.0 hours
	3rd Place : Jean Dobashi.....	30.0 hours

Travelled the Farthest : LORRAINE FUKUDA : Lives in Hanalei.  
Taught at Kapaa Elementary School.

School Performance in Total Hours:

1st Place :	Waimea Canyon School .....	96.0 hours
2nd Place:	Eleele School .....	67.0 hours
3rd Place :	Kalaheo School .....	58.0 hours
4th Place :	Kauai High School .....	40.0 hours

HSTA-RETIRED KAUAI DISTRICT Performed a total of 348 hours at the Hanapepe Salvation Army Kokua Kitchen. Kitchen Manager ROSE SILVA keeps thanking us and how much she appreciates our help because she KNOWS she can count on us to always be there and we do such a great job. We also all look great in our bright BLUE HSTA-Retired Polo Shirt. You could also be a lucky owner by just volunteering.

Duties performed are listed below but not limited to because we always help out:

- Wiping tables and chairs before eating because Hanapepe is very dusty.
- Helping with some prep work, like emptying out the rice from the 10 cup rice cooker.
- Serving and checking-in people to see that they do "sign-in" for keeping records.
- Wipe tables and chairs when done eating; put chairs up on the tables.
- Sweep the dining hall, kitchen, and bathrooms.
- Yes, some days we even MOP the floors (sometimes).

As mentioned, if you feel the urge to come out and help, again it is only the 3rd and 4th Wednesday of the month and be proud to represent your school and be the POC: Point of Contact for your school. Thank you very much for these POCs from :

Eleele School \_\_\_\_\_ Hazel Fujimoto  
Kalaheo School \_\_\_\_\_ Stelle Shimatsu  
Kapaa Elementary School \_\_\_\_\_ Rona Sakai  
Kauai High School \_\_\_\_\_ Jean Dobashi  
Kekaha School \_\_\_\_\_ Brenda Denny  
Waimea Canyon School \_\_\_\_\_ Patsy Nitta  
Waimea High School \_\_\_\_\_ Gloria Matsuba

Thanks to GLORIA MATSUBA who has been the overall coordinator for this Hanapepe Salvation Army Kokua Kitchen Service Project for the past years. She has asked to be released effective the end of this Calendar Year. It was just Jean Dobashi thinking out loud one day as

to why only the same people are serving and helping out. It is OUR, HSTA-Retired KAUA'I DISTRICT service project and why can't we open it up to each and every school to find a POC and allow each school to participate and take one month per year. Thanks to Gloria, she made it possible and now we have 7 schools participating and hopefully if your school and even District Office retirees have NOT YET reserved a month for you, please give Gloria Matsuba a call or email her.

Taking her place effective JANUARY 2014 will be SUE KALI, retired from Waimea High. She helped out this past month of August and thoroughly enjoyed it and so President Jean Dobashi asked if she would like to serve as the coordinator effective JAN 2014 and she did. Guess all it takes is to simply ask someone. If you would like to be asked to help in any capacity, please call President Jean Dobashi. Make her day!

This information was compiled by Kathy Uyeda and Lillian Takanishi. Together they are in charge of the sign-in and log sheets which records our total hours worked (volunteered). Then they have the supervisor sign-off on the log and submit the log sheets to the County Office on Aging. They also keep an "ON-GOING LOG" of all the workers and this helps to compile these records. Hats off to both Kathy Uyeda and Lillian Takanishi.

On a personal note and this is Jean Dobashi ... I personally want to thank our HONORARY member: KELLY SHIMATSU, husband and best friend of Stella Shimatsu, who helps out regularly and designated as the dishwasher. Just cannot get him to wear one of our bright BLUE HSTA-Retired POLO shirt, yet! Kelly, thank you very much for all your support and help.

## Stella SHIMATSU winner!

by Jean Dobashi

This is a most worthy and well deserved recipient. Stella demonstrates what true distinguished service is all about. What I found as real tear jerker in her acceptance speech is when she said that it's sad that her best friend and husband Kelly SHIMATSU was not there with her to accept the award.

Stella has been a member of HSTA-Retired since her retirement in August 2004 after a 35 year teaching career. Following her retirement she became very active with HSTA-Retired, having been elected as secretary, a position she has held for the past seven years. She has also been a delegate to the State Delegate Assembly for the past five years.

Stella saw a need as a HSTA-Retired member to do more than just attend meetings or go on field trips. She was instrumental in partnering HSTA-Retired Kauai with many community services and projects, the first being with Special Olympics, Kauai. Having been a Special Education teacher herself for 14 years, she recalled the need for volunteers at the Special Olympics meets and fundraisers. Through her efforts, HSTA-Retired has assisted Special Olympics Kauai with Cop on Top and the Special Olympics Bowling Tournament. Assisting the athletes at the bowling alley and meeting their parents were very rewarding experiences.

Stella can always be counted on to help at the Hanapepe Salvation Army Kokua Kitchen twice a month, serving lunch to approximately 70-100 people. She also volunteers her husband KELLY to help as the dishwasher. When her grandchildren are visiting from Oahu, she has them volunteer also, instilling in them the importance of community service and caring for those in need. In addition to helping twice a month, she also volunteers at the annual Thanksgiving luncheon for approximately 300 seniors from the Westside senior centers.

The Alzheimer's Walk was another community activity she organized and participated in, encouraging other retirees to join in the fun. Through her efforts, HSTA-retired Kauai raised over \$500.00 for a worthy cause.

The Princess Kaiulani Festival is an annual event that serves Hanapepe and other West Kauai communities. Stella manned the information booth and provided information to the many tourists who attended the festival.

Stella has volunteered her service with the Children's Science Show - General Atomics Science Conference and Exposition for the past 4 years. There are as many as 1600 students who come through the show and exhibits.

She is on the planning committee and is responsible for recruiting other HSTA-Retired teachers to volunteer their time and manpower at the many exhibits to keep the students engaged and attentive to the presentations.

Stella volunteered with the KOLOA Lion's Club vision and hearing testing at KOLOA and KALAHEO Schools. Each year she assists with the recording and vision portions of the test for students in grades K-5. She always finds much joy working directly with the children.

One of her favorite projects with HSTA-Retired Kauai District is with the Department of Human Services. She saw a need to make Christmas a bit brighter for children in the Foster Care Program by coordinating the giving of gift cards to the DHA, Foster Child Program. This past December 2012, HSTA-Retired Kauai District donated a total of \$455.00.

Stella is involved with helping to write grants for the HSTA-Retired Kauai District. Her efforts and talents have resulted in receiving funds to purchase more BLUE Polo HSTA-Retired shirts and a digital camera to record our activities.

President Dobashi says that there will be a sea of BLUE Shirts as HSTA-Retired Kauai District members go out to provide more service projects or attend our District meetings and activities throughout the year. Keep looking for those bright blue Shirts.

And finally since HSTA-Retired has been involved in many community services and projects, Stella saw a need "to tell OUR STORY" through pictures, now that we got a camera. She took pictures at every community project, activity, meetings and field trips to keep documentations. Kauai has not turned in a folder for the "Award for Outstanding District Program" before she became a member.

by Pua Gonsalves

## Lunch with Kekaha Retirees

The September 2001 issue of the Kauai Chatter printed the first article "Retired Ladies Have Lunch Out". Sarah Date, Bella Takekawa, Estelle Fukushima, Esther Juan, and Puanani Gonsalves welcomed four retirees of Kekaha School...teachers Irene Muraoka and Shirley Kakuda and staff members Clara Ueno and Shirley Parraga. We met at Wrangler's Restaurant in Waimea at 11:30 for lunch. It's the **talk-story** part that kept us laughing past 1:30, ending with a unanimous voice, "let's do it again."

Over the years our unique gathering has become a sisterhood of caring individuals who support each other and our community. We dare to become entertainers...**first**, practice sessions with ukulele, singing, and costume if required for a half-hour program...**second**, carpool and meet at a west-side senior care facility to perform...**finally**, lunch at a nearby restaurant to celebrate our day. When possible, we share our talents as cooks and bakers, most often bringing desserts to a gathering after a funeral...a neighborhood center, a Hongwanji dining hall, the *lanai* of a Hawaiian Congregational church.

When Jon Derby, our former principal, came from his home in North Carolina for a short visit a few years ago, we celebrated this reunion. Wrangler's put three tables together for our large turn-out. Today we meet every other month, same place, same time. You'll find

Therefore, in 2008, she compiled HSTA-Retired KAUA'I DISTRICT's story and turned in the first folder from our District. It wasn't about the Award, but rather a NEED to share with the other districts in Hawai'i exactly what we were doing and what's happening on Kaua'i. Stella turned in a folder every year since then. Kaua'i won 2nd place for 3 years and finally the HSTA-Retired District of the Year Award for 2010-2011 was won by Kaua'i during our late President Robert KAUA'I Gilmore's last year as President for Kauai. What an awesome way to pay tribute and bid him a fond Aloha.

Thanks to the hard work of STELLA SHIMATSU and her never ending desire to serve; we are so happy and proud that she won the award this year. From all of us to you, Stella, a very warm CONGRATULATIONS!

This recent photo shows our group. Standing L-R: Sarah Date, Shirley Parraga, Ellen Nakata, Harriet Horibe, Blanche Suga, Alna Mecham, Shirley Kakuda, Brenda Denny, Carole Tsuchiya. Seated: Beverly Johnston, Ellen Peleras, Puanani Gonsalves, Irene Muraoka.



us on the first Monday of that month enjoying lunch and sharing tidbits of our lives...new additions in our family, details of a recent trip, stories about meeting former students, and a lot of "remember the time when...". It's a lunch with good friends!

## RANDOM THOUGHTS FROM A SCATTERED BRAIN

by Gloria Matsuba

The base of your thumb is a joint, like the knee and hip, and subject to arthritis. If you suffer from this condition, you are especially aware of the importance of the thumb. Everything we do with our hands, except pointing and other "duties" of the index finger, requires using the thumb: doing crafts, sewing, gardening, buttoning, dressing and undressing including pulling on pants and such, washing dishes, squeezing, playing the piano, keyboarding, et. al.

What happens when the pain of an arthritic thumb becomes so intense that it affects your life-style? Hand braces, ice packs, Aleve and cortisone shots may provide temporary relief, which is just not what some of us want. We want permanent relief. We want a fix.

The fix:

Joint replacement (arthroplasty). In this procedure, your surgeon removes part or all of the affected joint and replaces it with a graft from one of your tendons. New plastic or

metal devices called prostheses also are being developed to replace the joint. Currently, however, doctors prefer to use a tendon arthroplasty.

Source: [www.mayoclinic.com](http://www.mayoclinic.com)

I had this procedure done by Daniel Singer, M.D. who is nationally ranked as one of the best orthopedic surgeons and the only one in Hawai'i who is qualified to perform this surgery. I am looking forward to a "new lease on life." (Remember that phrase? Dates you, if you do.) I am being very careful to ensure a complete recovery of my left thumb. Dr. Singer said he could not guarantee me a 20-year old thumb so I settled for a 40-year old one, and he obliged. Next year, I will have arthroplasty done on my right thumb—shortly before I go on a cruise!

Did you know. . .

- we have tendons that we don't need? Dr. Singer used a tendon from my arm to cushion the thumb joint.
- for the best ice pack mix 1 cup alcohol in 3 cups water in a gallon-sized Ziploc bag and freeze it. Since alcohol does not freeze, the ice pack is like slush.

# GOING TO WASHINGTON, D.C.

by Janice Bond

I received an invitation from President Barack Obama to attend the Inauguration on January 21, 2013. Finding someone to accompany me, Michael L. Smith, I made hurried arrangements to leave, getting into DC Friday, Jan. 18. A highlight was in Chicago, when I met Representative John Lewis from Georgia and in D.C. got a photo with him.

We walked to dinner that night 10 blocks total, finding a Japanese restaurant. It was about 20 degrees. Saturday morning, we walked all the way to the National Mall to take in the National Day of Service; luckily we had pre-registered. Were able to see the various programs of service and I was glad as a Commissioner with the Hawaii Commission for National and Community Service, I got to see the various agencies sponsored by CNCS and Vista. Military Services and other national community agencies were also in attendance. Took a cab back because of the long walk over. Had leg cramps nightly from the first night's walking.

Saturday night was Hawaii's Presidential Center Inaugural Gala held at Hay Adams Hotel. Major Honorary Chairs there were our own Kauai's Mayor Bernard P. Carvalho, Jr. and other mayors, their wives and our Congressional delegates. Got to see lots of local sponsors for the event and news media. Standing on the ledge looking at the White House, I was so cold. I waited for Maya Sotero Ng, the President's sister, to give the Christina and maile leis for Michelle's birthday and for the President. Lots of Hawaiian food, music and hula. Our mayor sang also.

Sunday, The Legacy Conference was at the Washington Hilton. It was a morning full of up-beat looking back over the last four years and forward for the next four. Jeremy Bird, Organizing for America's (OFA) National Field Organizer spoke on various items. Throughout the conference speakers shared on

immigration reform, gun measures, voter registration, climate change, energy, grass roots, neighborhood teams (OFA's greatest legacy-volunteers who saw their power and ran the campaigns). The highlight for me was the speaker on immigration reform: Jose Magana, an undocumented young adult who came as a 2 year old with his mother and achieved so much with his education but could not qualify for various things because he was not a citizen. Because of Obama's immigration fight, he will be receiving his degree and the right to practice law.

We took the Metro to find Congresswoman Tulsi Gabbard's office to pick up our Inauguration tickets. We overshot our site and got tickets to go back. The Metro itself was an experience. Took a taxi back to the hotel where we prepped for the Inauguration. Took another cab Monday, another cold day, to about three blocks where we were dropped off and another hour going through TSA screening before we were able to secure a spot in the yellow ticket area where we were able to see the big TV screen. I chose the site along the porta potties because they were a wind barrier. The hour and a half event was worth the cold, standing that long. We found a Japanese restaurant and miso soup and teri beef were good for me. We then went through another TSA screening for the parade and were lucky to get next to the media bleachers where we got to see Kamehameha and Punahou bands plus about 60 assorted state and cultural teams. We finally found a MacDonald's before catching a taxi back. Taxi drivers were an experience and if you want to know more, ask.

Coming home was easy with no wait time between flights, more like running to catch the next one. Couldn't wait to eat Hamura Saimin and BBQ beef stick! This was a once in a lifetime adventure and I'm glad I went...cold, cramps and all.

Political forum at Chiefess K on September 4th with Brian Schatz, Kendra Ito-Mizuta, and Jean in attendance.



## Kitchen Photos

Jeff Smith looking on as the ladies converse.



## HSTA-R Kaua'i District Officers 2012-2013

### Officers

*President* \_\_\_\_\_ Jean Dobashi (2012-2014)

*Vice President* \_\_\_\_\_ Leslie Newall (2012-2014)

*Secretary* \_\_\_\_\_ Stella Shimatsu (2011-2013)

*Treasurer* \_\_\_\_\_ Lillian Takanishi (2011-2013)

*Ex Officio* \_\_\_\_\_ Leslie Newall

Bev Johnston

*Board of Directors* \_\_\_\_\_ Claudia Antonio (2011-2013)

Sandy Gage (2011-2013)

Marjorie Nakashima (2011-2013)

Elaine Saiki (2011-2013)

Beverly Johnston (2012-2014)

Beverly Newbury (2012-2014)

Steve Saiki (2012-2014)

Joyce Silva (2012-2014)

Gloria Matsuba (Alternate)



### Committees

*Retirement Issues* \_\_\_\_\_ Jean Dobashi, Leslie Newall

*Publication* \_\_\_\_\_ James T Yamamoto

*Aloha* \_\_\_\_\_ Steve and Elaine Saiki

*Kokua Kitchen Hanapepe* \_\_\_\_\_ Gloria Matsuba

*Fine Dining* \_\_\_\_\_ Sandra Gage

*Phone Tree* \_\_\_\_\_ Joyce Silva

*Elections* \_\_\_\_\_ Beverly Johnston

*Community Service Projects* \_\_\_\_\_ Marjorie Nakashima

*Special Service Projects* \_\_\_\_\_ Stella Shimatsu

Beverly Newbury