



Joanne Ing, Oahu District president.

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## Advantages of Voting by Permanent Absentee Ballot

1. Receive your ballot over a week before the election and have lots of time to study all races and ballot questions. NO surprises in the voting booth. ("What? I didn't know I had to vote on city charter amendments!")
2. NEVER miss voting because you were too busy. NO special trip to the polls, rushing to get there before they close, or worse -- ending up at the wrong polling site. ("What? I didn't know they changed my voting place!")
3. NO waiting in line! Just mail it in.
4. And YES, if you enjoy the patriotic thrill of gathering with fellow citizens to participate in our representative democracy, *you can still vote the old-fashioned way!* Just turn in your absentee ballot at your polling place on Election Day!

**APPLICATIONS** available at Hawaii State Libraries, U.S. Post Offices, Satellite City Halls, or on the Office of Elections website, <http://hawaii.gov/elections/voters/registration.htm>

### President's Message ~

## Focusing on Three Cs *Connection, Communication & Community Service*

During this second year, we continued our **Connection** activity of **Meet and Greet** which served to familiarize new members with the purpose, history, and structure of HSTA-R and its council members. Although attendance was small, we did enlist new members who have volunteered to become actively involved on the council and state levels.

Another **Connection** link has been our **response to membership feedback**. Through our general membership evaluation sheets, members requested that general membership meetings start later to avoid the school hour traffic. In response to this request, we now start our general membership meetings a half hour later.

Another suggestion from the evaluations indicated that members wanted confirmation of their registration for our general membership meetings. Charlene "Sha" Murata, our incoming treasurer, emailed or called all who registered to confirm their registrations. Because of many positive comments, we will continue this practice.

Our second focus, **Communication**, was realized by instituting an **email system**. Through the conscientious efforts of **Tom Aitken** and **Rose Shin**, we have 1,700 valid addresses. We are still collecting current email addresses. Our goal is to reach 50% of our membership through email. We are planning to email the fall newsletter to those who want to receive it that way. Presently, we have been sending out the newsletter via USPS mail and email, but in September, members will receive it *either* through the mail or electronically.

Third, **Community Service** has been made possible with the establishment of our email system. Previously, we were not able to notify the membership of the need for volunteer help in a timely manner. With our more efficient email communication system, we can disseminate information as well as request help almost instantly. Using our email system, **Kathy Tanaka** was able to coordinate the manpower needs of the **Angel Tree project** with the availability of our volunteers. This service outreach was so successful that many of our volunteers are requesting that we participate in this project again.

Our last community outreach activity for the year is participation in the **Hawaii Arthritis Walk on June 1<sup>st</sup>**. We have joined efforts with HEA (Hawaii Education Association) to provide a family-friendly one mile walk around the State Capitol. ***Our goal is to raise \$2,700 and to have many of our members be involved. Join us. Go to [www.hiarthritiswalk.org](http://www.hiarthritiswalk.org) to register for the walk or donate online.***

In addition to these three Cs, the Oahu district has been involved in **lobbying efforts** to assist the State HSTA-R Legislative Action Team.

This year's emphasis was on improving what we had done and instituting new practices. Our improved communication system allowed

## 2014 Legislative Action on Retirement Issues

The HSTA-R Retirement Issues Lobbying team supported four bills in the 2014 legislative session: mandatory kindergarten, kupuna care issues, the Hilo pharmacy school, and a medical training center for doctors in Hilo.

Presently, the committee is discussing the following issues to formulate possible solutions and subsequent action:

- Feasibility of an Advantage Medical Plan for the EUTF. These plans allow doctors to send one bill to the insurance agency without a separate billing to Medicare.
- Timely reporting of sick leave to the ERS upon retirement in order to expedite final pension amount.
- Deduction of health premiums from pension checks (premiums required for employees who worked less than 25 years).

~ Darlene Pang and Carol Nitta  
Legislative Committee

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us to expand our community outreach and provide new avenues for information dissemination and connection making.

As the year ends, I want to thank my executive officers who have kept me on track and allowed me to implement new activities, my council who supported the activities, and you the general membership who participated in the activities. I look forward to another year of continued membership involvement.

Sincerely,



Joanne R. Ing  
President  
HSTA-R Oahu District

## News You Can Use

By Linda Tavares



The latest HSTA-R membership count as of March, 2014 is 5,358. HSTA-R was established in 1995. The purpose of creating a Retiree Association was to promote the social, professional, economic status, and general welfare of retired educators.

Always remember that you are unique, just like everyone else.

Volunteer members of your association are working hard at monitoring the legislative bills that affect our current benefits. They attend hearings, visit and call legislators, and write testimony on your behalf. Stop repeat offenders. Don't re-elect them.

Have you noticed that retirees don't mind being called "seniors"? That's because it comes with the word "discounts." Senior Discounts . . . they're everywhere! Restaurants, hotels, movies, retail and apparel, grocery, travel, airlines, and car rentals, to mention a few. However, you must ASK for your discounts, and remember: No ask, no discount.

Also, log on to our website to access many discounts with your "forever" HSTA-R membership card.

<http://www.hstaretired.org>

Enjoy more exclusive offers and added discounts by logging on to NEA Member Benefits at <http://www.neamb.com/>

In order to travel and enjoy all your discounts, you need to be in good health. Walking daily is a good start. My grandmother started walking at age 65. She just turned 90 this year, and we don't know where the heck she is.

Studies show that there are ways to keep your memory sharp as you age. Eat a healthful diet, keep active, watch your weight, and stay social.

*In fact, you really should hang around older people.* Think about it! They can bring you knowledge. You know how you heard that a person needs to hear something seven times before they remember it? Well, older people repeat everything more than seven times. They definitely keep secrets very well. You tell them a secret and never have to worry about them telling anyone. They generally forget as soon as the secret ends.

In closing, I'm going to share a secret with you about me. I have finally discovered what's wrong with my brain. On the left side, there is nothing right, and on the right side there is nothing left.



# HSTA-R OAHU DISTRICT Election Results



On February 10, 2014, election for officers, council members, and new delegates was held at Waialae County Club. All were elected by acclamation.

**OFFICERS**, two-year terms:

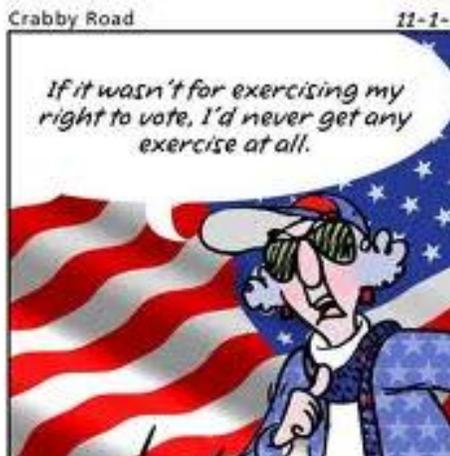
Joanne Ing, president; Arlene Aranita, vice-president; Susan Hagiwara, secretary; Charlene Murata, treasurer.

**COUNCIL MEMBERS**, two-year terms: Alice Kotake, Carol Nitta, Kathy Tanaka and Linda Yuen. One-year terms: Linda Mew and Beverly Matsuo.

**NEW DELEGATES**, two-year terms: Arlene Aranita, Elaine Blust, Carol Chun, Sandy Cruze, Ginger Enomoto, Jo-An Goss, Susan Hagiwara, Robin Hermance, Donna Higashi, Robert “Bob” Hu, May Imamura-Uruu, Pat Kagesa, Gail Kono, Sandra Low, Sharon Mahoe, Aida Martin, Hitoshi Matsuo, Beverly Matsuo, Linda Mew, Dianne Minei-Kimoto, Lorraine Nakata, Barbara Nagaue, Carol Nitta, Ellen Schneider, Rose Shin, Roger Takabayashi, Linda Takai, Kathy Tanaka, Rosemary Tokashiki, and Karen Yanagida.

*Note: Gail Kono and Carol Chun were elected as alternates but became delegates when two elected delegates resigned.*

~ Lillian Ching and Clarice Roby  
Election Committee



## Our Community Service ~

# A Helping Hand

HSTA-R Oahu Council this year decided to become more than just a silent member of our community. The step in this new direction was taken to become an active participant and a voice in the concerns of our community.

**Through our general meetings** we held a food drive to feed the hungry, a school supplies drive to provide the tools to help our students be successful, and lastly a personal hygiene products drive to empower women that felt they were imprisoned by their circumstances.

**The Hawaii Pacific Health system** offered HSTA-R Oahu the opportunity to focus on the health issues of our community at large. We provided assistance in three large informational meetings on Women’s Health issues, Heart Health and Arthritis. Through Hawaii Pacific Health we were also given the opportunity to participate in Kid’s Fest, which afforded the opportunity to present fun and healthy alternative activities to our keiki and their families.

**Two service activities** that we embarked on were the Salvation Army’s Angel Tree project and the State Legislature’s Child and Youth Day. In both of these activities we provided hours of labor doing what was needed by the sponsoring agency.

**Our final community activity** for this term will be the Arthritis Walk on June 1, 2014, at the State Capitol Building. We will walk to hopefully bring the medical segment of our population one step closer to finding a cure for this debilitating disease that affects both the young and elderly of our community.

In extending an open hand, we found that it was our hands that were taken and filled with the blessings of friendship, spirit of contentment, a lot of new knowledge, and a general joy of having made a difference in an altruistic manner. This was a first step; stay tuned for the steps to be taken in the future. Come and join us in next year’s adventures.

~ Kathy Tanaka, Community Service Committee

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# Aloha Committee Report

The Aloha Committee is made up of Bob Hu (chair), Geraldine Yamashita, and Linda Yuen. Our main objective is to foster goodwill, support retirees, and promote the well-being of our Hawaii community.

We assist at general assembly meetings and HSTA-R events. We also coordinate the red-colored T-shirts for the Oahu Council members.

June 2, 2014, will be our last meeting to plan our 2014-2015 calendar followed by lunch at the Honolulu Country Club.

~ Bob Hu, Aloha Committee



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Oahu District, HSTA-R  
1200 Ala Kapuna Street  
Honolulu, Hawaii 96819

# WALK to CURE ARTHRITIS

Sunday, June 1<sup>st</sup>

Join Our Team:

HSTA-R/NEA

Help us achieve our  
fundraising goal of 50  
walkers and \$2,700.

**Sign up and donate  
online!**

See details below.

## VOTER DEADLINES

Thurs. July 10 – Last day to REGISTER to vote  
in PRIMARY ELECTION

Sat. Aug. 2 – Last day to apply for ABSENTEE  
BALLOT for Primary Election

Sat. Aug. 9 – PRIMARY ELECTION DAY!



Hawaii State Teachers Association–Retired  
OAHU DISTRICT

Phone 808-846-2258

On the HSTA-R website at <http://www.hstaretired.org/>

OFFICERS: Joanne Ing, President; Arlene Aranita, V.P.;  
Susan Hagiwara, Secretary; Beverly Matsuo, Treasurer.

COUNCIL MEMBERS: Tom Aitken, Lillian Ching,  
Beverly Matsuo, Charlene Murata, Carol Nitta, Kathy  
Tanaka, Geri Yamashita, Linda Yuen.

**Council meetings** usually held first Monday of each  
month at 1200 Ala Kapuna St. Members are welcome to  
attend. To receive agenda by email, call 846-2258; leave  
name and email address. *The Guardian*, newsletter of  
the *Oahu District* of HSTA-R, is published three times a  
year. Proofreading and layout by W.J. Hee 🌸

## LET'S GET UP & WALK TO CURE ARTHRITIS

Be a part of the effort to raise money to  
find a cure for arthritis! Come out and take a  
walk around the Hawaii State Capitol on  
Sunday, June 1, 2014. Registration begins at  
7:30 a.m. and the walk starts at 9:00 a.m.

Make an altruistic contribution and enjoy  
the food and companionship of others.

Arthritis has impacted the lives of over  
250,000 adults and 1,200 children in our  
state. Our goal is to get 50 of our members  
to walk for those who cannot.

If you, your friends, or family members  
would like to join us, please register online at  
[www.hiarthritiswalk.org](http://www.hiarthritiswalk.org) or *contact me at*  
[tanakak023@hawaii.rr.com](mailto:tanakak023@hawaii.rr.com). You may also  
donate online to Team HSTA-R/NEA.

~Kathy Tanaka, Community Service Chair