



# The Guardian

Newsletter of Oahu District, Hawaii State Teachers Association-Retired

SEPTEMBER 2014, Issue I



TUESDAY  
NOV. 4<sup>th</sup>

Registration Deadline: OCT. 6<sup>th</sup>  
<http://hawaii.gov/elections/voters/registration.htm>



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Winners of icebreaker activity at the August “Meet and Greet” for new members (L to R): Candace Ewell, Roberta Nakamoto, and Beverly Kawamura.

View more photos from our “Welcome to the Wonderful World of Retirement” on the HSTA-R Oahu District web page at [www.hstaretired.org/oahu.php](http://www.hstaretired.org/oahu.php)  
Scroll down the page!

## NOTICE to Members:

Please report any changes in your contact information to our HSTA-R office at **808-840-2258**.  
Mahalo for staying in touch!

President’s Message ~

## Time to Reflect, Time to Plan Fourth Goal: Empowerment

Fellow retirees, summer is over and fall has begun. As former teachers we often associate fall with the beginning of a new school year, a time to plan for another year.

First, looking back over the first half of 2014, the Oahu district has seen many of our goals accomplished.

In the area of **Communications**, we have compiled a solid base of **email addresses** which we are using to send out this September newsletter. **Rose Shin** and **Tom Aitken** have worked hard to input email addresses and correct the addresses of undelivered messages. *This has been a time consuming task because of changed email addresses, incorrect email addresses, and illegible handwriting.*

Anyone who does not receive our newsletter through the US mail or email can always go to the HSTA-R website at **www.hstaretired.com** to view it. In the upcoming year, we will be working to upgrade the information available on the HSTA-R Oahu District web page.

Our **Connection** focus was strengthened by our increased visibility at HSTA monthly meetings. HSTA-R members attending these meetings shared information with the actives concerning retirement and other related issues. This has resulted in projects where HSTA and HSTA-R have worked together.

Our third focus area, **Community Service**, led by **Kathy Tanaka**, was made possible by our email system. Our community service involvement has developed positive connections with non-profit agencies such as Hawaii Pacific Health, Salvation Army, and the Hawaii Arthritis Foundation.

Our most successful community effort was the annual **Hawaii Arthritis Walk**. In conjunction with the **Hawaii Education Association**, we walked and collected almost \$5,000 in donations.

This new year began with a very successful “Meet and Greet” activity which was held at the Waikele Golf Club Restaurant. Through a variety of activities, the attendees were able to connect with other members and learn about the organization and origins of HSTA-R. In addition, our speaker, Cynthia Arnold from De-clutter Hawaii, gave us tips and insights for simplifying

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## Retirement Issues

There will be many political changes in the coming year. Your HSTA-R team will be monitoring the legislature and lobbying on issues which affect the lives of our retired group. Let us know what issues concern you and consider joining us in lobbying our lawmakers to make a positive change in our lives.

Please submit your issues by the end of October so they can be considered by the legislative team. Contact Carol Nitta at [cleonitta2233@yahoo.com](mailto:cleonitta2233@yahoo.com) or Darlene Pang at [pangd004@hawaii.rr.com](mailto:pangd004@hawaii.rr.com) and consider joining us in the coming year.

~ Carol Nitta & Darlene Pang  
Government Relations Committee

\* \* \*

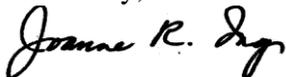
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our retired lives. The presentation was so successful that one of our members went home and started using Cynthia's system to organize her life.

As I begin my second term as your Oahu District president, I will continue to focus on **Communication, Connection, and Community** with the added area of **Empowerment**. Retired teachers can be a tremendous resource to their families, communities and this state. They need to believe and desire to make a difference.

I leave you with this quote as we begin the year together: "Be the change that you want to see in the world."

Sincerely,



Joanne R. Ing  
President, HSTA-R Oahu

## News You Can Use

by Yvonne "Linda" Tavares

**NEWS FLASH!** Aliens are coming to abduct all the good-looking, intelligent, gifted *OLD* people. . . I'm telling you this . . . to say goodbye!

Keep this information away from the drug companies. **Facts on honey and cinnamon:** It is found that a mixture of honey and cinnamon cures most diseases. Scientists today accept honey as a "Ram Ban" (very effective) medicine for all kinds of diseases. In recent research conducted at the Copenhagen University, it was found that when doctors treated their arthritis patients with a mixture of one tablespoon honey and a half teaspoon cinnamon powder before breakfast, mostly all patients were totally relieved of pain within a month. I'm exchanging my "honey" at home for the one in the jar.

**WANTED: Adult education teachers** at MCSA (McKinley Community School for Adults). Bachelor's Degree required, \$22.43/hour. Part-time day and evening positions available. For more information call Faye Furukawa, 595-0540, at the McKinley campus; Ken Furukawa, 832-3595, Farrington campus; and Lance Jyo, 837-8466, Moanalua campus. Or continue doing nothing as that is very hard to do -- because you never know when you're finished.

This summer the **Hawaii Education Association** (HEA) partnered with HSTA-R Oahu District to fundraise and Walk to Cure Arthritis. HEA is an association that you might consider joining. The dues are \$16 a year. HEA regular scholarships are available to HEA members (must be a member for one year prior to application), their children or grandchildren. Contact June Motokawa, president, for an application. Phone 949-6657 or email [hea.office@heaed.com](mailto:hea.office@heaed.com).

I wanted this article to end with a serious thought. Wouldn't it be great if we could put ourselves in the dryer for 10 minutes . . . and come out wrinkle free and three sizes smaller? 😊

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## Community Connections

It is now time to dust off your running shoes, take account of sales on canned goods, start exercising your fingers and truly commit to being an integral part of HSTA-R Oahu District and our community at large.

Connecting to our community began in July with helping to proctor the Hawaii state **Bar Exam**. We will now get busy with the **Hawaii Pacific Health** presentation on Women's Health on September 27 at the Ala Moana Hotel. At the same time from the week of September 22 we will offer our volunteer services to the **Child and Youth** goodie bag efforts at the State Capitol in room 229.

At our General Assembly meeting on October 27 at the Waiialae Country Club, HSTA-R will once again hold our annual canned goods food drive for the **Hawaii Foodbank**. If you plan to attend the meeting, please consider donating canned goods to this worthy cause to feed those who go hungry.

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**HSTA-R OAHU GENERAL MEMBERSHIP MEETING**

“Protecting Your Identity and Utilizing Music to Keep Healthy”

Monday, October 27, 2014, from 9:00 a.m. – 1:30 p.m.

Waialae Country Club, 4997 Kahala Ave., Honolulu – Waialae Room

AGENDA:

- 9:00 - 9:30 a.m. Registration and morning refreshments
- 9:30 - 9:50 a.m. General HSTA-R Business
- 9:50 - 10:50 a.m. F.B.I. agent “Identity Theft”
- 10:50 - 11:05 a.m. BREAK
- 11:05 - 12:05 p.m. Stephen McCall from Hawaii Healthways “Music and Health”
- 12:05 - 12:20 p.m. Announcements, door prizes, closing
- 12:20 - 1:30 p.m. Buffet luncheon

***We’ll be collecting canned goods and non-perishables for a community service project. Please join our effort and bring your donations to the meeting.***

**HSTA-R OAHU GENERAL MEMBERSHIP MEETING**

Monday, October 27, 2014, from 9:00 a.m. – 1:30 p.m.

Waialae Country Club, 4997 Kahala Ave., Honolulu – Waialae Room

**General Membership Meeting / Buffet Luncheon RSVP**

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

TELEPHONE: \_\_\_\_\_ E-MAIL \_\_\_\_\_

No. \_\_\_\_ of **MEMBERS** attending x \$25.00 = \$ \_\_\_\_\_ No. \_\_\_\_ of **GUESTS** x \$30.00 = \$ \_\_\_\_\_

Names of ATTENDEES \_\_\_\_\_

Because of the venue, seating is limited. Payment includes lunch, beverage, and morning refreshments.

**COMPLETED FORM AND PAYMENT MUST BE RECEIVED NO LATER THAN FRIDAY, OCTOBER 10, 2014.**

Confirmation of payment will be sent via e-mail when received.

Make check payable to **HSTA-R Oahu**. Send the non-refundable check and completed form to:

Clarice Roby (Email questions to kyroby888@aol.com)  
3525 Woodlawn Drive  
Honolulu, HI 96822



**HSTA-R**  
OAHU DISTRICT  
1200 Ala Kapuna Street  
Honolulu, Hawaii 96819

NONPROFIT ORG  
US POSTAGE  
PAID  
HONOLULU, HI  
PERMIT NO. 613



Bring donations for  
the Foodbank  
to our Oct. 27<sup>th</sup>  
General Membership  
Meeting. *Mahalo!*

**EUTF Open Enrollment**  
**Hawaii Employer-Union Health Benefits Trust Fund (EUTF) retiree enrollment** will be conducted from Oct. 1 to 31, 2014. There will be information sessions, a booklet mailed out, and a webinar.  
**Before making a change**, be sure to attend information sessions and study the information provided. Any change is effective for a year.  
*~Mae Kishimoto, Gov't Relations Committee*

Hawaii State Teachers Association-Retired  
OAHU DISTRICT  
Phone **808-846-2258**  
*On the HSTA-R website at*  
**<http://www.hstaretired.org/oahu.php>**

OFFICERS: Joanne Ing, President; Arlene Aranita, V.P.; Susan Hagiwara, Secretary; Clarice Roby, Treasurer.  
COUNCIL MEMBERS: Tom Aitken, Geraldine Yamashita, Beverly Matsuo, Linda Mew, Alice Kotake, Carol Nitta, Kathy Tanaka, Linda Yuen.

**Council meetings** are usually held first Monday of each month, 9:00 a.m., at 1200 Ala Kapuna Street. Members are welcome to attend. To receive the 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 🌿

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The Hawaii Foodbank is especially in need of meat products (spam, sausage, etc.); therefore, keep a watchful eye out for sales on these items.

For the future, we will offer in the spring other presentations by the Hawaii Pacific Health and their **Kid's Fest** event. There will also be the **Arthritis Walk** in June of 2015, the **Angel Tree** at Christmas, and another collection drive at the February General Assembly meeting.

Please consider becoming a connecting force between HSTA-R Oahu and our community. If you have any suggestions that will connect us with our community through volunteerism, please contact me at [tanakak023@hawaii.rr.com](mailto:tanakak023@hawaii.rr.com). I look forward to hearing from you.

I hope you will learn, like me, that in the process of volunteering there is the development of new friendship and fellowship, much shared laughter, a true sense of making a difference through our talents and resources that are so greatly appreciated, and in the end feeling physically, mentally and emotionally so much better.

*~ Kathy Tanaka*  
Community Service Committee