

THE GUARDIAN

Year of the SNAKE 2013



JUNE 2013

PRESIDENT'S MESSAGE

Fellow retirees, it's summer! More sunshine, warmer days, increased outdoor activities and time to relax and enjoy life.

This year the Oahu District Council focused on improving Connections, Communicating with members and expanding Community outreach.

The year began with our new **Meet & Greet** event which allowed us to connect with new HSTA-R members. Council members wore red shirts to be easily recognized at other events. In anticipation of future prospective members we attended various district HSTA representative meetings including their Delegate Assembly.

Our General Membership Meetings have been well received. Our VP Jo-An Goss, organized these twice a year meetings. In addition to HSTA-R updates, guest speakers on wellness informed and entertained us.

This year we focused on improving timely dissemination of information. We are still exploring the use of email and are constantly working on eliminating any *bugs*. We realize that some of our members will prefer information via a "hard copy" but as timeliness of information becomes more critical, we will need to look to technology to get information out more efficiently.

Our community segment began with a food drive at our February General Membership Meeting. We were successful in collecting \$470 and filling 11 boxes of food.

As my initial year as Oahu District President is winding down, and we begin to plan for the next year, I want to thank my officers and council members who have taken on more responsibilities and worked diligently to improve Communication, Connection, and Community.

Special kudos to the executive officers: Jo-An Goss who organized and coordinated our two General Membership Meetings at Waialae, Susan Hagiwara who provided unwavering support and practical insight and Geri Ohara for her meticulous record keeping/diligence and beautifully hand printed name tags.

Thank you also to Kathy Tanaka for organizing our community outreach projects; Geri Yamashita who obtained our district shirts and her husband, Clarence our trusted photographer; Linda Yuen for fostering hospitality among the council and membership; Lillian Ching who oversaw our elections; Beverly Matsuo who provided lei and home baked goodies; Mae Kishimoto, who kept us current on EUTF news; Janet Ohta who was always willing help; Jeannie Fukuoka for assisting with membership; Carol Nitta for taking charge and always being ready to help; Bob Hu who worked with our members; and Linda Tavares who has been the model of what true service involves.

In closing I would like to thank you for your support and encourage you to take advantage of the opportunities that we have planned to connect, communicate and be of service to the community.



Joanne R. Ing
O'ahu District HSTA-R President

Hungry? Check out something very rice inside!

LEGISLATIVE ACTION

BY CAROLE NITTA

HSTA-R continues to maintain visibility and communication with our legislators. This year's lobbying efforts began with the state leadership team's visit to all Hawaii State House and Senate offices to present our list of priorities and our traditional gau. Throughout the session, bills that concerned our retirees were monitored and testimony was given when appropriate. Fortunately, Health Benefits, Senior Tax advantages, and Social Security payments were not adversely changed. However, we must continue to be vigilant in watching future legislation, as the State seeks to reduce their unfunded liability. HSTA-R membership support is what helps to ensure retiree concerns are addressed.

Another area of concern is the creation of state funded pre-school. Both HSTA and HSTA-R are against this action, because although both organizations are for early childhood education, this move would require state monies to pay for private instruction, which presently is unconstitutional.

Mahalo retirees for your participation in lobbying, phone banking, e-mailing, sign waving, and attendance at HSTA/HSTA-R sponsored activities. Your efforts have established HSTA-R as an influence at the legislature.



COMMUNICATIONS COMMITTEE

BY BEVERLY MATSUO

This year, the Communications Committee has been trying to go "green" by emailing our newsletter, The Guardian, to our council members. To test our communication system, members who signed up for email delivery were sent both a copy through the mail and another electronically. For the most part membership response has been positive. We will continue to gather email addresses. Ideally we are working to switch members' delivery preferences from traditional United States Postal Service (USPS) snail mail to an electronic version (email). Email delivery is more efficient and timely plus it is much more cost effective. The immediate savings will be almost 100%. Members who do not have email or prefer a hard copy will continue to receive our newsletter by mail.

Initially the transition from hard copy delivery to virtual delivery (email) will be a huge undertaking. If you have not submitted your email address to the O'ahu HSTA-R, please call our HSTA number at (808) 833-2711, extension 258. Leave your name, mailing address (for verification) and email address.



THIS IS RICE TO KNOW - A GREAT SUMMER DISH FROM YOUR PRESIDENT

Brown Rice Tabouli Salad

3 c. cooked brown rice	2 medium tomatoes, diced
1 tsp salt	1 large Japanese cucumber, diced
¼ c. fresh lemon/lime juice	1 yellow or red pepper, diced
¼ c. olive oil	¼ c. green onions chopped
1 tsp mint (optional)	1 c. chopped cilantro (Chinese parsley)
Fresh ground pepper to taste	Feta cheese (As you desire as a condiment)
1 tablespoon fish sauce (optional)	8 oz. black olives sliced (optional)
1 tsp garlic minced	Taegu, chopped

Combine rice, salt, lemon juice, garlic, ground pepper, oil, fish sauce.

Cover and refrigerate overnight.

Add the vegetables and refrigerate for at least 1 hour.

Top salad with feta cheese, black olives, and taegu.

Serving suggestion: Serve on a bed of mixed greens and garnish with a sliced boiled egg. It's a complete and satisfying lunch.

ELECTION REPORT 2013

ELECTION COMMITTEE: LILLIAN CHING AND BEVERLY MATSUO

Response and participation this year was tremendous, thanks to our members. All of our 61 O'ahu district delegate seats to the HSTA-R Annual Meeting at Honolulu Country Club on April 26, 2013 were filled. Also there were SEVEN members running for the office of Councilman! Three of the four elected people were first time participants: Tom Aitken, Arlene Aranita, and Anita Wong. Incumbent Geraldine Yamashita rounded out the list of four.

Here's hoping response for next year's elections will be just as successful. We anticipate a full slate, including 4 officers, 4 more councilmen and more delegates.



ALOHA COMMITTEE

BY GERALDINE YAMASHITA & LINDA YUEN

The Aloha committee consists of Geraldine Yamashita and Linda Yuen. Many of you who attend our General Membership meetings probably have met us. We are the greeters who come early and try to make you feel welcome and comfortable.

The Oahu Council is beginning to plan our next year's General Membership meeting at Waialae Country Club, Monday, October 28, 2013 and Monday, February 10, 2014. See you there! (We'll be wearing our red Oahu Council Shirts, an attractive addition we obtained through a grant proposal).



CHANGE HAPPENS

Has anything changed with you???

New address? New name? New phone number? New email address?

Be sure to let us know. Call the HSTA-R office (840-2258) and provide the new info.



COMMUNITY: LIVE & GIVE

BY KATHLEEN TANAKA

HSTA-R members demonstrated a genuine act of kindness and grace towards their community at our sponsored food drive during our General Membership meeting on February 11, 2013. We collected 226 pounds of food and \$491.00 for the Hawaii Food Bank.

Your HSTA-R O'ahu Council Community Committee is planning more altruistic activities in the future including Salvation Army's Angle Tree Project and The Children's Fair (sponsored by Senator Suzanne Chun Oakland). At our October General Assembly meeting will be a school supplies drive/collection. We are in the process of looking at the possibility of helping with the Hawaii Literacy Program. If you feel that you would like to be a part of these projects, please send an email to tanakak023@hawaii.rr.com. In the subject line, write *HSTA-R Community Committee*. We look forward to having you join us in making a difference in our community.



Are you an onion CRY BABY? If you get teary-eyed when chopping onions here are a couple of things that may help: 1) Don't stand directly over the cutting board; 2) Hold a slice of bread in your mouth. The bread acts as a barrier for the onion tear gas. But the best solution is . . . Have someone else do the chopping!

NEWS YOU CAN USE

BY YVONNE "LINDA" TAVARES

O'ahu's HSTA-R members are making history. We have 3,716 members on O'ahu out of a total membership count of 5,217. Did I mention that O'ahu's population is 953,207? Therefore 75%-80% of the population lives on O'ahu, the Gathering Place. So much for history!

HSTA-R, in terms of recruitment, has the highest percentage of members that join when compared to other retiree union groups in Hawaii. While we are tooting the horn, may I say that we are the 16th highest retiree teacher association in the nation. You have made this all possible.

As your reward here are some useful tips:

1. Don't burn yourself trying to light candle wicks that are hard to reach. Light an uncooked spaghetti noodle first then light the candle.
2. Drill holes in the bottom of your garbage can to make putting in and taking plastic bags much easier...No suction issues. Easy in, easy out.
3. To make BLT sandwiches or any toasted sandwich, place two slices of bread in a single toaster slot. This way the bread gets warm and toasty on the outside but stays soft and chewy on the inside. Of course, use a wide slot toaster. Don't try to force the bread into narrow slots or you may have to get a new toaster.
4. Finally, here's a reminder about food groups. The four groups should not be ignored: canned, boxed, bagged, and frozen.

***Just think... In 10-20 years we'll be saying,
"Remember when Sears was in Ala Moana Center?"***



On the OUTSIDE looking IN...

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