



The Guardian

Newsletter of Oahu District, Hawaii State Teachers Association-Retired

JANUARY 2015, Issue II



Seasons Greetings! from Oahu District Council: [Front, L to R] Geraldine Yamashita, Clarice Roby, Joanne Ing, Tom Aitken, Susan Hagiwara, Alice Kotake, Carol Nitta. [Back] Sandra Low, Beverly Matsuo, Charlene Murata, Jeanne Fukuoka, Linda Tavares, Rose Shin, Linda Yuen, Bob Hu, Linda Mew, Darlene Pang, Kathy Tanaka, Mae Kishimoto.



As we leave the year of the Horse and approach the year of the Ram, we can look forward to exciting possibilities especially in education.

In 2015 your Oahu District Council will continue to offer you opportunities to make a difference in our community.

As we welcome the New Year, may you experience each day as a present.

Joanne R. Ing
HSTA-R Oahu President

Did you know you receive two different newsletters from HSTA-R?

The Messenger is the state newsletter, and **The Guardian** is your Oahu district newsletter.

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

All Aboard! Our Community Service Train

HSTA-R Oahu District's Community Service Train has been making many stops around our community. Our final stop in 2014 resulted in many of our members earning their angel wings at the Salvation Army's Angel Tree projects at Pearlridge Center and Kahala Mall.

Prior to this, we stopped at the Bishop Museum where the Hawaii Pacific Health Kid's Fest was held. Earlier, we made stops at the NBC to help proctor the Bar Exam, at the Ala Moana Hotel to help with registration for health seminars, and at our general membership meeting in October where we collected donations for the Food Bank.

In December we announced a three-day training for anyone desiring to volunteer with Hospice Hawaii. The training workshops will be on February 24, 26, and 28 at Hospice Hawaii, 860 Iwilei Road. There are a variety of volunteer opportunities, and if interested, please sign up by emailing Jennifer Deal at JDeal@HospiceHawaii.org. Deadline is February 12, 2015.

The next stop of our community service train is on February 9th at our general membership meeting at the Waialae Country Club where we will be collecting stuffed animals and school supplies for the Children's Justice Center. This group offers assistance to abused children in our community. It may be a good idea to watch for sales of such items in the coming month.

Please come aboard our community service train. Take a moment to participate in projects that help to make HSTA-R Oahu Council a valued member of our community. Various agencies are beginning to ask for our assistance, having recognized the abundance of talent that we have to offer. Let's all look forward to volunteerism in 2015!

~ Kathy Tanaka, Community Service Committee

NOMINATION FORM FOR 2015 ELECTIONS

HSTA-R OAHU DISTRICT

On Monday, February 9, 2015, we will be holding a General Membership Meeting to nominate and to elect the following:

One Treasurer (1-year term)

Four Council Members (2-year term)

Thirty-four (34) new delegates to the Delegate Assembly (2-year term)

The Delegate Assembly will be held on **April 24th** at the Honolulu Country Club, 8:00 a.m. to 2:30 p.m.

HSTA-R Oahu is entitled to **60 delegates** to the Assembly. We currently have **26 holdover delegates** and need to elect **34** more. The following 26 holdover delegates **DO NOT need to run again** in this election:

Arlene Aranita	May Imamura-Uruu	Lorraine Nakata
Elaine Blust	Patsy Kagesa	Carol Nitta
Monita Brown	Sandra Low	Ellen Schneider
Ginger Enomoto	Sharon Mahoe	Rose Shin
Jo-An Goss	Aida Martin	Roger Takabayashi
Susan Hagiwara	Beverly Matsuo	Linda Takai
Robin Hermance	Hitoshi Matsuo	Kathleen K. Tanaka
Donna Higashi	Linda Mew	Karen Yanagida
Robert Hu	Dianne Minei-Kimoto	

The nomination period will begin with this newsletter and will be completed at our February 9, 2015, meeting at Waialae Country Club. **All nomination forms must be submitted to the HSTA-R Elections chair before the close of nominations on February 9th.** Please nominate one person per form.

HSTA-R OAHU DISTRICT NOMINATION FORM

NAME: _____

ADDRESS: _____

CITY: _____ ZIP: _____

PHONE/CELL: _____ EMAIL: _____

SELECT: TREASURER (1-YEAR) COUNCIL (2-YEAR) DELEGATE (2-YEAR)

I, _____ certify that the nominee has agreed to run for office or as a delegate.
(signature)

Nominated by: _____ Phone/Cell: _____

Send to: Sandra Low: slow905@gmail.com Phone: 255-7291
Clarice Roby: kyroby888@aol.com Phone: 551-0164
c/o 3525 Woodlawn Drive, Honolulu, HI 96822

HSTA-R OAHU GENERAL MEMBERSHIP MEETING

“Back to Basics” and “Life-Long Activities”

Monday, February 9, 2015, 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 - 10:00 a.m. General HSTA-R Business; **Nominations and Elections**
- 10:00 - 11:00 a.m. Pete Clines from Hawaii Healthways: “Back to Basics,” Caring for Your Back
- 11:00 - 11:15 a.m. BREAK
- 11:15 - 12:05 p.m. Kelvin Chun, retired teacher & magician: “Life-long Activities after Retirement”
(To participate, bring deck of cards, scissors, 5 feet of string, calculator, paper & marker.)
- 12:05 - 12:20 p.m. Announcements, door prizes, closing
- 12:20 - 1:30 p.m. Buffet luncheon

For our community service project, we are collecting school supplies and stuffed animals for the Children's Justice Center. Please join our effort and bring your donations to the meeting.

Since 1988, Children's Justice Center has served as a place of hope and healing for children ages 2 to 17 who are victims of abuse or witnesses to crimes.

HSTA-R OAHU GENERAL MEMBERSHIP MEETING

Monday, February 9, 2015, 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 \$26.00 = \$_____ No. of **GUESTS** ____ x \$31.00 = \$_____

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, JANUARY 30, 2015.

Confirmation of payment will be sent via e-mail.

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

Clarice Roby (E-mail her if you have questions or concerns: kyroby888@aol.com)
3525 Woodlawn Drive
Honolulu, HI 96822



HSTA-R

OAHU DISTRICT

1200 Ala Kapuna Street
Honolulu, Hawaii 96819

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***Two Presentations at
Feb. 9th General
Membership Meeting***

According to the American Physical Therapy Association, over 80% of us will suffer back pain at some point in our lives.

Pete Clines of Healthways explains contributing factors of low-back injuries and teaches healthy posture, proper lifting techniques, and back stretches.

Retirement can present a challenge to staying active.

Kelvin Chun, retired award-winning educator and magician, identifies components of a fulfilling retirement through life-long activities such as performing magic and balloon art. His presentation includes hands-on activities by the audience and a magic performance. **Members of the audience who wish to participate are asked to bring a deck of playing cards, scissors, string (about five feet), calculator, paper, and a marker.**

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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 🌸

**Elections Committee
Needs Helping Hands!**

HSTA-R Oahu District Elections Committee is seeking volunteers to help with two (2) clerical events:

Dates: **Jan. 21, 2015, Wed.**, State Ballot Preparation (stuffing envelopes)

Feb. 18, 2015, Wed., Ballot Counting (opening ballots, tallying votes)

Time: 9:00 A.M. to 2:00 P.M.

Place: HSTA Office, 1200 Ala Kapuna St. (Red Hill)

TO VOLUNTEER or if you have any questions, please contact **Clarice Roby** (808) 551-0164, kyroby888@aol.com, or **Sandy Low** (808) 255-7291, slow905@gmail.com

Mahalo!