



The Guardian

Newsletter of Oahu District, Hawaii State Teachers Association-Retired

September 2016 Issue I

www.hstaretired.org/oahu.php

808-623-2354

2016-2017

Calendar of Events

10/17/16

General Membership Mtg. @ Hawaii Okinawa Center

01/18/17

Legislative Opening @ State Capitol

01/19/17

HSTA-R Elections Ballot Prep @ HSTA Office

02/16/17

HSTA-R Elections Ballot Count @ HSTA Office

02/13/17

HSTA Oahu Institute Day @ NBC

02/20/17

General Membership Mtg. @ Waialae Country Club

03/13/17

“Meet & Greet” Windward location TBA

04/28/17

Delegate Assembly @

President's Message

Congratulations, you are retired. Retirement replaces stress, with the option of endless possibilities. On that note, your Oahu Council has evaluated the past year, and has formulated three goals for 2016-2017.

Incorporating the 2016 Focus Group Survey findings into our plan, we propose to improve our communications, develop/enlist new leadership and offer interest group activities. We need your cooperation to make these goals a reality. Presently, our email system is our most effective means of communication. However, we recently discovered that some of our email members were not receiving information concerning upcoming meetings and service opportunities. (This is especially true for Hotmail and Yahoo subscribers.) **If you have an operational email and are not getting emails from us, please check your “trash” or “spam” bin as your emails may have gone there.** We also suggest that you add to your contact list: **hsta-r-oahu@googlegroups.com** and **hsta.r.oahu@gmail.com**. Communication is a two way street, and we need you to regularly check your emails to stay informed. You can also go to **<http://www.hstaretired.org/oahu.php>** to find the latest. In addition, we will be improving the Oahu section of the state's HSTA-R website with more frequent updates. Tom Aitken, our communications leader, will implement ways to get feedback from you, to better plan and evaluate our activities.

As a way to develop and enlist new leaders, the Oahu council will offer our members a series of leadership opportunities. Our recent “Meet and Greet” generated interest among new members to join the council and take on possible leadership responsibilities. In a small group setting, new members were able to connect with each other and to the council members. In addition, mini leadership development sessions are planned for the year.

Lastly, I am excited about the development of interest groups that would connect members according to interest and develop a network of like-minded individuals. Presently, we found a strong interest in travel, gardening and music. It is our intent to have one or more of these groups operational by the end of the year. If any of you has an interest in this area, please call Joanne Ing at **808-623-2354** and leave a message.

As we begin another year, the council and I are energized to bring new experiences, to empower, enrich and encourage all of you.

Joanne R. Ing, HSTA-R Oahu District President

News You Can Use

By Linda Tavares

Research shows that the right ear is better at picking up words and speech, while the left ear is better at picking up music and other sounds. If you want to get rid of loquacious talkers, face their left ear and start singing. Chances are they'll run away.

There are many discounts that are available for you as an HSTA-R member. You need to sign up for HSTA's email newsletter, *Member Matters*. That way you can get updates and alerts for special discounts and other membership information. To sign up for HSTA's *Member Matters* bulletins, email www.info@hsta.org with the following information: *I am an HSTA retiree and would like to subscribe to Member Matters. Here is my personal information: Full Name, Retirement Date, and Final School or Work Assignment Location.* HSTA needs this information to verify that you are indeed a retiree.

I'm going to let you in on 3 secrets to help you transform your life...end pain...and help you feel your best!

1. Joint Pain relief from Apricots. A nutrient in apricots call beta-cryptoxanthin may prevent osteoarthritis. Apricots have a high level of magnesium, which may ease pain. Eating one a month is not going to help.

2. Cherries have the effects of NSAIDS, like Advil, without the side effects. People who ate dark cherries or drank tart cherry juice twice a day for three weeks experienced a nearly 50% drop in inflammation. Frozen cherries have the same healing effects. Just remember to defrost first if you like having teeth!

3. Sweet potato protects your knees and spine. Sweet potatoes are rich with vitamin C and beta-carotene. These two nutrients are linked to a reduced risk of knee and spine osteoarthritis. Try this: Chop sweet potatoes into chunks and toss with olive oil, cumin and ginger and roast them. Your honey will beg you...for more sweet potatoes.

Volunteering to Empower our Community

By Kathy Tanaka

A happy heart is one that carries a song in it and at our October 17, 2016, General Membership meeting at the Okinawan Cultural Center we will be able to make a monetary contribution to the Music for Life Foundation and will also be collecting used musical instruments that will be refurbished and provided to schools for their music programs. Leo Daquioag is the founder of the Foundation that assists and supports music and art programs. The Foundation provides musical instruments and equipment, lessons, workshop sessions from notable musicians and music educators. Financial support and other needed resources are also provided by the Foundation. Their mission is simply to improve people through music. At the General Membership meeting you will be able to meet Leo Daquioag and witness performance from students who have benefited from the Music for Life program. The students that are served by this program have been identified as at risk youths. Music for Life is trying to help fill the gap created by the declining availability of music programs in the public sector.

There are many community events and I hope you will join us in making new connections and empowering our community. Everything is better when we work together and have fun in the process.



HSTA-R OAHU GENERAL MEMBERSHIP MEETING



"Empower, Encourage, Enrich"

Monday, October 17, 2016 from 9:00 a.m. – 1:30 p.m.

Hawaii Okinawa Center, 94-587 Uke'e Street, Waipahu, HI 96797 Phone: 676-5400

AGENDA:

- 9:00 - 9:30 a.m. Registration and Morning Refreshments
- 9:30 - 10:00 a.m. General HSTA-R Business, Including Brenda Shiroma, VEBA Trust
Lori Kobayashi, Retirement Program Specialist from ERS
- 10:00 - 11:00 a.m. Ron Ishimaru, Tai Chi for Arthritis & Fall Prevention
- 11:00 - 11:15 a.m. BREAK
- 11:15 - 12:15 p.m. Leo Daquioag, Music for Life Foundation...*fostering a better life
for all through music*
- 12:15 - 12:30 p.m. Announcements, Door prizes, Closing
- 12:30 - 1:30 p.m. Buffet Luncheon

Know of any old and unused music instruments lying around? We'll be collecting used musical instruments and/or monetary donations for the Music for Life Foundation. The Foundation will refurbish the instruments and donate to schools throughout the state to keep music education programs "alive" in our schools and for our keiki!

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General Membership Meeting/Buffer Luncheon RSVP

NAME: _____

ADDRESS: _____

TELEPHONE: _____ E-MAIL _____

No. ____ of **MEMBERS** attending X \$25.00 = _____ No. ____ of **GUESTS** X \$30.00 = _____

Names of ATTENDEES _____

Payment includes morning refreshments, lunch, beverage, tax, and gratuity.

COMPLETED FORM AND PAYMENT MUST BE RECEIVED NO LATER THAN WED., OCT. 5, 2016.

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

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

Clarice Roby
3525 Woodlawn Drive
Honolulu, HI 96822
kyroby888@gmail.com, (808) 551-0164



OAHU DISTRICT

1200 Ala Kapuna Street
Honolulu, HI 96819

Phone: 808-623-2354

<http://www.hstaretired.org/oahu.php>

hsta.r.oahu@gmail.com

OFFICERS: Joanne Ing, President;
Phyllis Ida, Vice-President; Susan
Hagiwara, Secretary; Clarice Roby,
Treasurer

COUNCIL MEMBERS: Tom Aitken,
Arlene Aranita, Jeanne Fukuoka, Beverly
Matsuo, Linda Mew, Carol Nitta, Kathy
Tanaka, Geraldine Yamashita

COUNCIL MEETINGS usually held first
Monday of each month, 9:00 a.m., at 1200
Ala Kapuna St. All members are welcome
to attend. To receive the agenda by email,
call 623-2354; leave name and email
address.

To ensure deliverability of HSTA-R Oahu
District news to your inbox, please add to
your Contact List:

hsta-r-oahu@googlegroups.com

The Guardian, newsletter of the Oahu
District of HSTA-R, is published three
times a year.

Lavout: Rose Shin & Clarice Robv

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BEWARE!

***If an offer or opportunity appears too good to be true,
it probably is.**

Call the Fraud Hotline 628-3950.

***Before you invest, ask questions. Don't feel
intimidated. Remember it's your money.**

***Never make an investment solely based on the
reputation of or "friendship" with a member of a group
to which you belong.**

**Department of Commerce and Consumer Affairs
Office of the Securities Commissioner
1-877-447-2267**

Visit us at investing.hawaii.gov

Want to get more frequent communications from us?

Rose Shin, communications committee member

Please provide us with your email address. You will get this newsletter and opportunities for
community service activities and other notifications by email. **Reply to whomever is listed in
the email** and not to HSTA-R Oahu. Be sure to let us know if you change your email address or
your phone number. Call (808) 623-2354 or email **hsta.r.oahu@gmail.com**. You can also
visit the website of the Oahu District by using this address:

<http://www.hstaretired.org/oahu.php>