



President's Message

- Vaughn Tokashiki

Isn't it funny that there are people who think retired teachers have nothing to do once they leave the Department of Education? I feel that I am even busier now than when I was in the classroom. Then, my focus was almost entirely on teaching my students.

Now, I find that there are a multitude of things I have to think about and address. My grandchildren, HSTA-R, social issues, HSTA-R, the legislature/government, HSTA-R, friends, HSTA-R, family, HSTA-R, HSTA, and HSTA-R, are all running constantly through my poor tired brain.

I am certain that all of you are in the same boat. You may not necessarily have HSTA-R on your mind, like me, but all the other items probably are. And well they should be. At this time in our lives, family and friends are of the utmost importance and our efforts are placed there.

The legislature convenes in January and the HSTA-R RIC (Retirement Issues Committee) and LAT (Legislative Action Team) will again monitor the bills that will be introduced by the Representatives and Senators. Of particular interest will be bills that could affect retiree pensions and health benefits. Hopefully, we will not see anything like them during the session. But just in case.....

Thinking about the Holiday season reminds me to be thankful for family, grandchildren, friends, and good health. I often tell friends that every day is a good day because I get out of bed, walk, drive, play with the grandchildren, and take part in activities that interest me.

I am also very thankful for the excellent members of the HSTA-R Executive Committee. 1st Vice President Yvonne (Linda) Tavares, 2nd Vice President Jeanne Fukuoka, Secretary Glenn Dave Fernandez, Treasurer Beverly Gotelli, and for a little while longer, Manager Justin Wong. They are the individuals who keep me on track and focused on what is in the best interests of HSTA-R.

In closing, "Life is what you make it." So, make your lives awesome by taking some time to enjoy everyone around you.

HSTA-R 2014-2015 Elected and Appointed Leaders

2014-2015 HSTA-R Board of Directors

President	Vaughn Tokashiki
1st Vice President	Yvonne (Linda) Tavares
2nd Vice President	Jeanne Fukuoka
Treasurer	Beverly Gotelli
Secretary	Glenn Dave Fernandez
Hawaii District President	Cynthia (Niyati) Sallee-Brown
Kauai District President	Sandra (Sandy) Gage
Maui District President	Sharmen Graydon
Oahu District President	Joanne Ing
Director	Joan Lee Husted
Director	Carol Nitta
Director	Jean Dobashi
Director	Lorraine Hora

2014-2015 Community Club Presidents

Molokai	Roberta (Sally) Mangca
West Hawaii Community Club	Joann Iwane

2014-2015 HSTA-R State Standing Committee Chairs

CBR	Sheila Black, Roberta (Sally) Mangca
Communications	Glenn Dave Fernandez Justin Wong, Newsletter
Elections	Sandra Low, Clarice Roby Haunani Kauahi (Emeritus)
Government Relations	Carol Nitta
Membership	Yvonne (Linda) Tavares Jeanne Fukuoka
Retirement Issues	Beverly Gotelli

2014-2015 HSTA-R State Special Committee Chairs

Delegate Assembly	Yvonne (Linda) Tavares Jeanne Fukuoka, Joanne Ing
Pre-Retirement Planning Cadre	Glenn Dave Fernandez Glenn Dave Fernandez Arlene Yoshimura

2014-2015 HSTA BOD

HSTA Board of Directors	Vaughn Tokashiki (ex officio, non-voting)
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News You Can Use - *By Linda Tavares*

As of June 30, 2014, NEA-Retired reached their goal of 300,000 members. Since you are reading this article, you are part of the 5,457 of the “Hawaii” NEA-R members who helped make this dream a reality. Wow! that's a lot of retirees searching for Care Homes.

Don't panic now! There are a lot of perks for being retired and over age 55. Perk 1: There is nothing left to learn the hard way. Perk 2: Your joints are more accurate meteorologists than the National Weather Service. Perk 3: Your secrets are safe with your friends because....they can't remember them.

Thanks to our web master, Glenn Fernandez, registration of our membership card to Access Savings has been solved. The directions have been simplified and redone on our HSTA-R Membership Cards. Here are the New Directions, if you have not registered to activate your card: 1. Go to www.hstaretired.org 2. Click on the “Access Triangle” 3. Complete online form. Yes, it is that simple! Please copy the directions and keep in a safe place until you register. I know you have a good memory....its just short.

Today texting has replaced talking. In keeping up with the younger generation, here are a few senior texting codes that might get their attention. BYOT- Bring Your Own Teeth.....OMSG- Oh My! Sorry, Gas!..... BFF- Best Friend Fell

Daily researchers are announcing discoveries that show how eating the right foods help us fight diseases, and are the best medicines for many medical conditions. Do the research on these amazing foods from apples and broccoli to yogurt and zucchini....and many many more. Start a new wave of eating that helps you achieve optimal health. But please, stay away from crosswalks....they are the real killers.

Finally, my last bit of advise for men: Women are Angels, and when someone breaks our wings, we simply continue to fly...on a broomstick. We're flexible like that!

Hawaii State Teachers Association - Retired

1200 Ala Kapuna Street
Honolulu, HI 96819
Phone: 808-840-2258

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Hawaii State Teachers Association - Retired

HSTA-RETIRED OFFICERS

President:	Vaughn Tokashiki
First V. President:	Yvonne (Linda) Tavares
Second V. President	Jeanne Fukuoka
Secretary:	Glenn Dave Fernandez
Treasurer:	Beverly Gotelli

Medicare's 50th Anniversary on July 30, 2015 - *By Jo-An Goss*

The Alliance for Retired Americans (ARA) and our local affiliate, the Hawaii Alliance for Retired Americans (HARA), are working on ways to celebrate Medicare's 50th Anniversary beginning this year and culminating on July 30, 2015.

Medicare was signed into law by President Lyndon B. Johnson in 1965. At that time only half of our seniors had health insurance, and this law then enabled many more retired workers to have guaranteed health coverage.

Medicare has been so successful that seniors benefit from health coverage unlike other age populations. According to ARA's August 2014 online newsletter, “the poverty rate has gone down by 75%” since this law was signed. It has enhanced our quality of life and allowed us a greater sense of security and comfort.

Additionally, Medicare has shown improvement and is expected to be solvent until 2026. ARA indicated that “the Centers for Medicare and Medicaid Services reported that overall national health expenditures grew at an annual rate of 3.7 percent in 2012, marking the fourth consecutive year of low growth this year.” Even with an increased enrollment, Medicare's spending showed a slight decrease in 2012, and this slowdown is projected to continue for the next 25 years.

Please share your ideas as to how HSTA-R, along with other unions in the Hawaii Alliance for Retired Americans (HARA), might reflect upon the positive legacy of this program. Help us to celebrate, preserve, and protect Medicare!

Government Relations - *By Carol Nitta*

Aloha! Summer 2014 has ended and the new 2014-2015 school year has begun. Primary elections are over and the General Election will soon be upon us. As you all know, HSTA recommends candidates for both the Congressional and State Gubernatorial and Legislative races.

HSTA-R members helped to support those HSTA recommended candidates by helping in their campaigns, with individual donations, and especially by voting. Speaking of which, I hope that everyone remembers to vote during the General Election in early November. For those of you who do absentee ballots—hooray, no lines!

HSTA is recommending a “NO” vote on Constitutional Amendment #4 because it would provide funding for early childhood education programs from private education programs.

Please remember that every education decision is a political decision because the legislature appropriates funds for the Department of Education, which in turn allocates funds to our public schools.

The HSTA-R Retirement Issues Committee and the Legislative Action Team are working on the HSTA-R Legislative Priorities for 2015. Those priorities will be placed on the HSTA-Retired website as soon as they are finalized. These are the issues or programs that HSTA-R feels will benefit retirees, children, and teachers in our public schools.

News From Around The State

Kauai District

Submitted by Sandy Gage

Kauai is starting the year on a positive note with a full board. Our V.P. Crucita Todd and Board member Bonnie Kakinami are recent retirees and willing to accept the challenges of being a member of the board.

With the help of Jean Dobashi, HSTA-R Kauai past president, membership has grown. Having interesting membership meetings has brought out new faces. This year's goals are to grow the membership and to provide meaningful programs.

In June we had our transition/planning meeting and a full exciting year is planned. Besides the 3 board meetings, there will be 3 membership meetings. In October we will support the Kauai community College's Culinary Arts students with Fine Dining and HSTA Kauai Teacher's Institute Day. January our speaker will present "Share the Care" which provides voluntary help to those who need it. We are always caregivers to our parents and spouses and have a need for respite and other help. In April we will tour the Pacific Missile Range Facility. Other volunteer work is assisting Salvation Army's Kokuia Kitchen. Retirees have begun the year sharing their time with Cops On Top for Special Olympics and the Children's Science Fair. We anticipate that other opportunities will happen during the year.

Hawaii District

Submitted by Niyati Brown

The Hawaii council has been on vacation mostly this summer. The Executive Board met once to establish the new calendar, set meeting dates, and develop the budget for the coming year. These will be presented for a vote at the next meeting in September.

The West Hawaii Community Club has scheduled an outing for September. They will take a group of retirees to the Hamakua Mushroom farm and learn about the process that they follow. The trip is open to all members.

Members have been campaigning for HSTA recommended candidates at every opportunity. We have helped the active teachers in HSTA by sign waving, card writing, and attending events to support the candidates HSTA recommended. Let's hope for the best in the November elections.

Oahu District

Submitted by Joanne Ing

Summer is over. As former teachers we often associate Fall with the beginning of a new school year, a time to plan for another year. 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 that we will use to send out our next newsletter. Rose Shin and Tom Aitken have worked hard to input email addresses and correct the addresses of undelivered messages. Presently we have 1,700 email addresses that "work."

Anyone who does not receive our newsletter through the US mail or email can always go to the HSTA-R website (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 chapter meetings. HSTA-R members attending these meetings shared information with the actives concerning retirement and other related issues. 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 yearly "Meet and Greet" has encouraged new leadership and continues to attract member participation in our general membership meetings and our community service activities.

Our third focus area, Community Service, led by Kathy Tanaka, was made possible by our email system. Using email, Kathy was able to inform and enlist our members to volunteer for various service projects ranging from stuffing bags for the Child and Youth Day, collecting canned goods and Christmas gift items, to proctoring the Hawaii State Bar Exam and assisting in registration at Hawaii Pacific Health lectures.

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.

Looking back over the year, I'm pleased to say that we Communicated, Connected and Assisted the community, all while having fun.

Molokai Community Club

Submitted by Roberta Mangca

Our Spring General Membership meeting was held on April 2, 2014. Our speaker, William Rhyne, presented a workshop on "How to Prepare for and Manage Required Minimum Distributions (RMD) from 403b Plans". We elected Sheldeen Takeo to another term of Council Representative. Lunch was provided.

The council met on April 2, 2014. We discussed the Fall General Membership Meeting, Institute Day, and the Spring elections for all officers and one council representative.



West Hawaii Community Club

Submitted by JoAnn Iwane

Learning to Line Dance is like learning a foreign language. It takes time and repetition. A group of retired teachers in the West Hawaii Community Club showed up on May 30th to learn Line Dancing. It was the first time for some of them so Virginia Lawson Halliday taught some basic steps. After a short repetition period, music was played, 5,6,7,8, was counted and off they went to dancing to a dance titled “Cupid Shuffle”. They enjoyed it and had so much FUN dancing the Cupid Shuffle that they wanted to learn more dances. They were taught two more dances called “Ah Si” and the “Electric Slide.” Electric Slide is sometimes referred to as the “Universal Line Dance” because most places you travel in the world the Electric Slide is danced. You will see people dancing the Electric Slide at parties, on television, at ball games and on cruise ships. Line dancing can be fun, aerobic, and a good way to get exercise. A group of retired teachers in West Hawaii will be ready to join in dancing on any of the mentioned occasions. We hope that the next time it is planned as a club activity, additional retirees will join in the **FUN**.

After the rigorous dance activity the club members enjoyed a delicious salad potluck luncheon.

Save these dates in 2015! – *HSTA-R Elections Committee*

To all new and seasoned retirees who would like to make HSTA-R a part of your lives, here are some dates you may want to consider:

- January 1 - 9 – Submit nominations form for HSTA-R State Elections
(Check the December Messenger for form and details.)
- January 21 – Volunteer for ballot preparation, HSTA Office.
- February 18 – Volunteer for ballot counting, HSTA Office.
- April 18 – 19 – Attend HSTA Convention, Hawaii Convention Center.
(Must be elected through HSTA-R state election.)
- April 24 – Attend Delegate Assembly, Honolulu Country Club.
(Must be elected through HSTA-R district elections.)
- June 27 – July 6 – Attend NEA-R Annual Meeting/ NEA-RA, Orlando, FL
(Must be elected through HSTA-R state election.)

We look forward to your participation and services. Mahalo!