

Spring 2014

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The Messenger

Hawaii State Teachers Association - Retired ♦ 1200 Ala Kapuna Street, Honolulu, Hawaii 96819 ♦ (808) 840-2258

President's Message - Vaughn Tokashiki

Good Morning, Good Afternoon, or Good Evening, It all depends on when you find the time to read this newsletter. Hopefully, it is in the morning when you are rested and ready to take on the business of a new day. And I know that all of you have a full day, even retired!

For you who are caregivers to parents and other family members, remember to take some time off for yourselves. Being a caregiver is physically, emotionally, and spiritually exhausting, and even if you feel that you have to be Superman/Superwoman, you do yourself no favors by burning out! Seek help from family members who may have some time to "spell" you. Go shopping, read a good book, watch some television, go to the movies, or better yet, since we live in beautiful Hawaii, spend some restful time at the beach.

I am pleased to report that the IRS (Internal Revenue Service) has accepted the HSTA-R filing for a 501 (c) (4) non-profit organization status. Now we are filing a request for a group exemption for our HSTA-R our districts and community clubs. Though I may have already reported this previously, it bears repeating because there are legal restrictions with which we will have to comply. As an example, political campaign intervention (activities for candidates) cannot be a major part of our activities, though lobbying is acceptable if it is for the common good, i.e.; pension protection, health benefits, education. The written documents of do's and don'ts cover many pages in the IRS manuals, and there are now more proposed regulations that are before Congress. We'll just have to see where all this goes.

The HSTA-R state officers and district/community clubs have been very busy this year, monitoring the activities of the legislature, the ERS (Employee Retirement System) and the EUTF (Employee Union Health Benefits Trust Fund). As your state president, I am very pleased that HSTA-R's district and community clubs have coordinated and implemented so many quality programs for our members. Congratulations to the officers and council members for their exemplary involvement in their communities.

The legislative session is about halfway over for this year and vigilance is important until the gavel comes down in both houses signifying adjournment for this year. Until then, you can rest assured that we will keep your best interests at heart as we continue to monitor the many bills wending their way through the legislature.

Life is as wonderful as you want it to be. Don't let others impose limits on you. You have the ability to decide how informed, how active, and how involved in your association (HSTA-R), and your community you want to be. Enjoy yourselves.

2014 HSTA-R Delegate Election Results

Eleven candidates were elected to attend the 2014 HSTA Convention at the Hilton Hawaiian Village Hotel on April 12 and 13, 2014:

Sharon Mahoe
Justin Wong
Roger Takabayashi
Jean Dobashi (declined)
Vaughn Tokashiki
Stephen Ono
Lorraine Hora
Susan Hagiwara
Linda Mew
Robert Hu
Jeanne Fukuoka
Janice Bond (alternate for Jean Dobashi)

Six candidates were elected and will attend the 2014 NEA-Retired Annual Meeting and NEA Representative Assembly in Denver, Colorado from June 28 to July 6, 2014:

Odetta Fujimori
Justin Wong
Roger Takabayashi
Vaughn Tokashiki
Jean Dobashi
Yvonne (Linda) Tavares

Thank You To Elections Volunteers

Wow! I don't know about you folks, but I'm totally exhausted from today's ballot counting! I've never seen a more focused group of workers, just methodically, attentively, concentrating on their tasks, being flexible in filling in the gaps, and getting the job completed. We had 1745 NEA RA and 1736 HSTA Convention delegate ballots returned.

Some of us started at 8:00 a.m. and with all your help, we completed the final results and clean-up by 1:00 p.m. You are definitely not "just a bunch of old retired teachers", but executors of what we preach, "focus on your work." No ADD or ADHD here!

You Are All Keepers! For that, we wish you thousands of blessings for the rest of the year for your giving spirit! Please continue to keep in touch. Hope to see you all at our next event. Ke Akua pua hui hou (God bless you and see you later). Mahalo nui loa.

By Haunani Kauahi, Sandy Low, Clarice Roby

ELECTION OF 2014-2016 OFFICERS

By Haunani Kauahi, Sandra Low, Clarice Roby

The following positions are open for HSTA-R State board 2 year terms

President:
1st Vice President
2nd Vice President
Secretary
Treasurer
Board of Directors at large – 2 to be elected

Nomination deadline is Friday, 25 April at the Delegate Assembly. Candidate speeches will be made in the morning at the DA.

HSTA-R State Board Nomination Friday, 25 April 2014

Name _____

Address _____

Phone _____ e-mail _____

Office for which nomination is made:

Nominated by _____

Phone _____ e-mail _____

Proposed Budget for 2014-2015

- Beverly Gotelli, State Treasurer

How quickly time flies it has already been a year since I presented the 2013-2014 budget. At the February Board of Directors meeting the proposed budget for 2014-2015 was accepted and will be presented to the Delegate Assembly on April 25, 2014. District Presidents were also asked to present this at their upcoming Council meetings.

The State Officers met in January to work on the proposed budget and I will say it is easier the second time around. We have included in the budget training for the district presidents, vice-presidents and treasurers. We believe it is important to have them trained and prepared in their roles and responsibilities for the districts.

The training of the district officers will be conducted during the election year of the new officers. The budget the following year will use the same amount for the membership calendars. We feel this is a good way of keeping the funds in the budget.

As we continue to work with Quick Pro, it has made conciliation of receipts a lot easier. We are still learning as we go along and look for ways to simplify our recording of expenditures.

Thank you for the opportunity to serve as your State Treasurer and I hope to see you at the Delegate Assembly.

Hawaii State Teachers Association - Retired

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The **MESSENGER** is the quarterly publication of the
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

News You Can Use

By Yvonne "Linda" Tavares

If you are reading this article, then you are alive, and one of the 5,354 HSTA-R members in this beautiful state of Hawaii.

I know you are asking yourself how did I get so lucky? It's not only luck that keeps you alive. You have been a teacher who has influenced students to do great things. A teacher is responsible for educating Dr. Steve Pratt who is the author of SuperFoods HealthStyle. He says that certain spices are now valued for their medicinal properties, and researchers are standing behind their healing powers. The 5 spices that fight pain and disease are: Ginger, Cinnamon, Black Pepper, Turmeric, and Red Chili Pepper flakes. My space is limited so do the research that will extend your life. Then you will live 10 more years in a Nursing Home paying \$20,000 a month.

For those of you with good memories, but short, the HSTA-R dues for 2013 is \$75 annually (\$45 for HSTA-R and \$30 for NEA-R). However, if you are a NEA LifeTime member, then your dues are only \$45 for HSTA-R annually (\$3.75 a month).

The HSTA-R volunteer telephone operator has been very busy answering phone calls from our members. Please use this number when calling with a concern or question: 808 840-2258. It is our direct line. The messages are checked Monday through Friday. If you leave a message on the weekend or holiday, it will be answered on the next business day. Please spell your first and last name when leaving a message. I failed spelling in school. Talk slowly when reciting your phone number, but don't put me to sleep. I know you're trying to beat the beep that cuts you off. Remember we're on the retired telephone.

Please don't forget to file your 2013 taxes. Prison isn't my favorite place to visit you.

"The world would be more special...if more people were like you!"

District News From Around The State

Oahu District

Submitted by Joanne Ing

January, February and March are usually the slower months of the year, when people and organizations take a breather before the energy burst of spring and summer. This slower pace was not the case for the Oahu Council.

In January we elected our four district officers, six council members and thirty delegates at our General Membership Meeting. Your officers for 2014-2016 are: President: Joanne Ing, Vice President: Arlene Aranita, Secretary: Susan Hagiwara, Treasurer: Charlene Murata. Elected Council Members (2 year term) are: Alice Kotake, Carol Nitta, Kathy Tanaka, and Linda Yuen. Beverly Matsuo and Linda Mew will serve 1 year terms.

In planning for this meeting we considered the remarks from our last general membership evaluation and made several changes. The first change was to start the registration/meeting time a half hour later to accommodate traffic concerns. Second change was to confirm all registration by phone or email. This change was to assure all registrants that we had received their registration form and payment.

We continue to work on improving our communication system with our members. The plan is to have our September newsletter go out via email to those who have requested it.

Perhaps our greatest accomplishment has been our Community Service area. Through the persistent efforts of Kathy Tanaka, Oahu District, in conjunction with the Salvation Army, collected hundreds of gifts for children and seniors throughout Oahu. During a three week period, at Kahala, Windward and Pearl Ridge Malls, our retired volunteers manned the "Angel Tree" table and witnessed the generosity of people and the true meaning of Christmas. We know that this was a success, as many volunteers want to do it again next year.

We are still soliciting volunteers for the Hawaii Pacific Health organization, which has been a successful project. Our next major service will be participation in the Arthritis Walk on June 1st at the State Capitol. We are hoping that many of our members, who have not participated in past activities, might consider doing this one mile walk with us. It's a good opportunity to get out, meet your fellow members and have fun. We have asked members of Hawaii Education Association to join us in this effort. It is our goal to raise \$2,700 for the Arthritis Foundation. If interested, you can look up "Walk to cure arthritis Hawaii." We are listed under HSTA-Retired.

I continue to look forward to the months ahead with renewed energy and hope that this year I will meet more of you.

Hawaii District

Submitted by Niyati Brown

Hawaii District had a highly successful year in 2013-14. We began with an executive board meeting in August where we set a proposed budget and calendar for the council to vote upon. This put us ahead in the race when it was approved in September.

I have attended events for the Kona Community Club and the active HSTA whenever possible to encourage them in their

efforts of serving members. Both groups are thriving.

I worked with the HARA organization to establish protocols for retired seniors in the states labor unions. I replaced the former member, Wayne Joseph. Steve Ono accepted the challenge of being the vice president of the group and has done a fantastic job.

In October we had a new member's party and invited all of our newer members to come enjoy food and fellowship. We also participated in the Institute Day meetings by sharing of the pre-retirement workshop with active teachers. It was so successful that we ran out of room for participants to sit and materials to pass out to them.

In January, the Kona Community Club put on an annual meeting at the Regency that was well attended. It was planned by JoAnn and Virginia and ran effortlessly. We were able to tour the facilities and participate in a great luncheon that pleased all who attended. Folks from the state came and spoke on senior ageing and services available. Great job JoAnn & Virginia.

In February, we met in Hilo at Nani Mau for our annual meeting, which was put on by Avis and her fantastic crew. Door prizes and good food abounded. The folks from Hilo Medical Center came and spoke about what they are doing for seniors and ways we can help them. Terrific job Avis & crew.

Later in February, we went to O'ahu to lobby our legislators. We are really pushing to keep the school of pharmacy in Hilo and provide them with a building to better suit their needs. We are encouraging all members to write to their senators and house members to encourage them to support the school as well.

I wish to thank all of the executive board members; Avis, Lorraine, and Lois for all of their help this year. They have made my term of office easier because of all of their hard work. Thank you also to the members of the council who are willing to step up and take on tasks as they arise. Thank you to the membership for their support, lobbying efforts, and attendance at meetings to offer help and assistance. All in all, it was a very productive year.

Kauai District

Submitted by Jean Dobashi

Kauai District had two main goals this second year and they were: **Membership Increase** and **Membership Involvement**. Happy to say we have succeeded in both areas. Through a membership drive, we increased by seven members, four from our drive and three by retirement. However, we had four members pass away. Our very sincere condolences and deepest sympathy to all the families.

For membership involvement, Christmas Service Project of Gift Cards came to \$810.00, compared to last year's total of \$455.00. Big MAHALO to our members who donated to the Dept. of Social Services and more specifically, Child Protective Services, children 0-18 years of age.

Our year-round service project at the Hanapepe Salvation Army Kokua Kitchen, where we help every 3rd and 4th Wednesday of each month, has been most successful as we are asking each school to please take a month and it has been working out wonders. SUE KALI is our new POC and she's starting from the west side and going around the island. I know you're

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just waiting for your school to be called!!!

Thanks to our State grant money that we received to purchase more bright blue HSTA-Retired polo shirts, we are giving these as a way of saying "MAHALO" for your involvement and for welcoming our new members. Members attending our meetings and activities are given a shirt and for any NEW member who has enrolled this year, if you still have NOT received your shirt, please call Jean Dobashi at 808-336-0309 for your shirt size and delivery.

For our last general membership meeting, it is a treat as we will tour the Lawai International Peace Center. Our own retired member Clyde Furumoto will be our tour guide as he volunteered there this past summer. When asked, he didn't want to hold any elected position, but did offer to arrange this for us. Please mark in your calendar TUESDAY: May 13th, and LOOK for more information in our local [Kauai Chatter Newsletter](#).

Finally, successful elections were held and so happy to announce that a wonderful slate of elected members have agreed to lead our Kauai District for the next two years. Thanks for supporting me as your Kauai President for the past two wonderful years and please continue to volunteer and support your Kauai District.

Maui District

Submitted by Sharmen Graydon

2013 ended for our District with a celebratory luncheon in Lahaina, which has become something of a tradition, thanks to Brenda Wong, Cecelia Balinbin and their hard-working committee.

Our community involvement was furthered when Sharmen was asked to serve on the RSVP Advisory board, which also contains 3 other members of our Dis-

trict Council. We attend the monthly meetings of the MEO Community Planning Council.

We maintain our collaboration with Maui Chapter of HSTA by attending the monthly RA; and we also joined their march in honor of Dr. Martin Luther King.

Legislative activities included the distribution of a gift of gau to each legislator the day before opening session on Tuesday, January 14, 2014. Sharmen and Steve Harman then joined with the members of the Retirement Issues Committee to visit the Maui legislators to lobby on issues of concern to our membership. We were warmly greeted and found generally strong support for our issues.

Our general membership meeting was held on February 13, 2014, at which we elected new officers and delegates to the Delegate Assembly to be held on Friday, April 25, 2014 at the Honolulu Country Club.

The program consisted of two speakers from Hospice Maui who told us the philosophy of the organization and the programs offered, then questions were taken from the audience. Their presentation was very informative and reassuring. We were delighted to have the Molokai Community Club President Sally Mangca attend this meeting.

Our District is growing as we welcomed new members who retired in December.

Molokai Community Club

Submitted by Roberta Mangca

On Wednesday, April 2, 2014, from 9 a.m. – 12 p.m., at the Liliuokalani Trust Conference Room, Molokai Community Club will hold its General Membership meeting. William (Bill) Rhyne will present a workshop entitled "How to Prepare for and Manage Required Minimum Distributions (RMD) from 403b Plans". Minimum Distributions are required to be taken at age 70½. Lunch will be served afterwards.

During that time we will have elections for a vice president for a one-year term (completing the second year of a two-year term) and for a council representative for one year. Please let us know if you want to be nominated.