



President's Message

Dear Retirees,

School has begun again and I am sure that many of you are VERY busy chauffeuring your grandchildren/great grandchildren to school. You are also probably helping take care of elderly parents or relatives. AND, some/many of you are undoubtedly preparing for a well-deserved vacation from your duties during the past summer.

As I have said before, life moves fast and we have to move quickly, too. We may have grown older/seasoned, but that doesn't mean that we stop taking part in the many activities and organizations in which we are involved.

A case in point are the many HSTA-R members involved in HSTA-R committees, councils, and activities. Some of these members who spend many hours on behalf of HSTA-R are listed in the following paragraphs.

Your HSTA-R Secretary, Glenn Fernandez, is the HSTA-R webmaster and is also a member of the HSTA-R Pre-Retirement Cadre, the Retirement Issues Committee (RIC), and the Legislative Action Team (LAT).

The HSTA-R Finance Committee worked with Beverly Gotelli, your HSTA-R Treasurer, to develop the 2017-2018 proposed budget, which has since been amended. You can see the amended budget in this issue of The Messenger. Beverly also is the Finance Committee and the Retirement Issues Committee (RIC) chair.

HSTA-R and BPS/VEBA (Benefit Plan Solutions/Voluntary Employees Benefit Association) have a Memorandum of Understanding in which an employee of BPS will be the HSTA-R office assistant and handle the day to day administrative duties for HSTA-R. BPS will also be responsible for helping the HSTA-R Treasurer with the finances of HSTA-R.

Yvonne (Linda) Tavares HSTA-R 1st Vice-President and Jeanne Fukuoka HSTA-R 2nd Vice-President are HSTA-R's co-chair representatives on the HSTA Membership Services Committee, Haunani Kauahi, Clarice Roby, and Sandy Low are on the HSTA Elections Committee, Roberta (Sally) Manga and Sheila Black help the HSTA Constitution, Bylaws and Resolutions Committee, Stephen Ono and Carol Nitta represent HSTA-R on the HSTA Government Relations Committee, and I sit on the HSTA Board of Directors.

HSTA-R continues to monitor the EUTF (Employer-Union Health Benefits Trust Fund), the ERS (Employee Retirement System), and the Legislature. Fortunately, we have good relations with the EUTF Trustees, and continue to speak up about issues that affect retirees. If you have read the last two issues of Holomua, you know that the EUTF is working on ways for retirees who pay a portion of their health premiums to be able to do it without having to write a check to the EUTF.

Your District and Community Club Presidents and Directors will be working hard this year on improving communications and providing interesting activities for HSTA-R membership.

There will be many challenges for HSTA-R in the future. Possibilities include working with our membership to develop leaders for the districts, community clubs, and state officers, trying to keep HSTA-R relevant to our members, and developing and maintaining good relations with the other public sector union retirees.

Finally, take care of your health; eat properly, get enough rest, and take medication as needed. Remember, you cannot help anyone if you are not healthy. *Vaughn Tokashiki*

HSTA-R Leadership Opportunities

Are you a creative thinker with grandiose ideas or are you a good soldier, i.e. like working with attention to details while under someone else's leadership? Well, we have room for both and for all those in between. Whatever type of person or personality you are, we have a place for YOU!

This coming year will be an exciting year for Elections! The HSTA-R State officers are termed out of their current offices and will need to vacate their positions. Here is an opportunity to promote your master plan and transform the organization that you wish it to be. We'll be voting for HSTA-R State President, 1st Vice-President, 2nd Vice-President, Treasurer, Secretary and two State Directors.

Don't want to lead, but still want to have a voice in the direction of the organization? We welcome members into our various committees: Finance, Membership, Retirement Issues, Communications, Bylaws & Resolutions, and Government Relations.

Run as a delegate to the Delegate Assembly, our governing body similar to that of the HSTA Convention. Eighty-five delegates throughout the state will converge at the Honolulu Country Club (Oahu) on April 27, 2018. Delegates are elected at their District Membership Meetings so make sure you submit your nomination forms to your District Elections chair.

If the state level offices seem a bit more than you want to take on, check into your District or Community Club level for other positions at the local level. Leadership is always in demand!

Elections Committee

NEA-Retired Annual Dues Increase

Beginning with the 2017-18 membership year HSTA-R members, who pay NEA-Retired dues annually, will pay \$35 per year an increase of \$5. However, NEA-R Life Membership dues will remain the same at \$250. HSTA-Retired state dues will remain at \$48.

A large majority of HSTA-R members will not be affected by the NEA-R annual dues increase, because they already paid for NEA-Retired Life Membership. Dues for these mem-

(Continued on page 2)

Hawaii State Teachers Association-Retired 2017-2018 Amended Budget

INCOME

Dues - NEA-R/HSTA-R (1,250 x \$83.04)	\$103,800.00
Dues - HSTA-R Life time members (4,450 x \$48)*	\$213,600.00
NEA-Grant	\$ 2,321.29

TOTAL INCOME: \$319,721.29

EXPENSES

NEA-R DUES	\$ 86,300.00
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HSTA-R ACTIVITIES

GOVERNANCE:

Executive Committee	\$ 3,500.00
Board of Directors	\$ 3,500.00
Delegate Assembly	\$ 8,200.00

COMMITTEES:

Bylaws (HSTA - CBR)	\$ 300.00
Communications	\$ 400.00
Elections (HSTA)	\$ 350.00
Legislative Action Team Activity (Gau)	\$ 650.00
Membership Services (HSTA)	\$ 200.00
Retirement Issues Committee (GR)	\$ 6,000.00
Government Relations (HSTA)	\$ 400.00
Finance Committee	\$ 600.00

DISTRICTS:

District Allocations/Flat Grant	\$ 30,000.00
District Newsletters (4 x \$450)	\$ 1,800.00
District Awards	\$ 1,050.00
Community Clubs (2 x \$50 + \$2 per member)	\$ 850.00
District/Community Club Presidents Meetings	\$ 1,000.00
District/Community Club Grants	\$ 1,500.00
Election Committee	\$ 6,500.00
Membership Committee (& Incentive)	\$ 18,000.00
Publications	\$ 7,000.00
Affiliate Dues & Activities (HARA, Conference)	\$ 1,000.00
HSTA Convention	\$ 5,000.00
NEA-R Annual Meeting/NEA-RA	\$ 17,000.00
NEA-R Leadership & Organizing Conference	\$ 10,000.00
Pre-Retirement Planning Cadre	\$ 5,000.00
Other Activities	\$ 1,000.00
President's Contingency	\$ 1,000.00

ADMINISTRATION:

Administrative Services	\$ 8,000.00
Equipment	\$ 500.00
Supplies	\$ 1,500.00
Postage	\$ 300.00
Air Travel	\$ 31,000.00
Auto	\$ 2,000.00
Lodging	\$ 5,000.00
Accounting Services	\$ 9,000.00
Legal Services	\$ 5,000.00
Insurance	\$ 4,500.00
Outside Services	\$ 20,000.00
Miscellaneous	\$ 500.00
Training	\$ 2,000.00
NEA Grant	\$ 2,321.29

HSTA MOA \$ 10,000.00

TOTAL \$319,721.29

*Includes grandfathered HSTA-R only members & life time members

NEA-Retired Annual Dues Increase

(Continued from page 1)

Members will continue unchanged at \$48 per year for HSTA-R state dues. Their monthly ERS deductions are \$4.00.

Members, who to pay their NEA-R dues annually, will be affected by the \$5 NEA-R dues increase. These members will pay \$48 for HSTA-R dues, plus \$35 for NEA-R dues for a combined total of \$83 annually. Members in this category, who have their dues deducted by the ERS, will have deductions of \$6.92 monthly or \$83.04 yearly. The additional 4 cents is added to comply with ERS's requirement that the yearly dues amount must be divisible by 24. **Justin Wong**

Amended 2017-18 Budget

Your Board of Directors approved the amended 2017-18 Budget. The budget reflects the dues increase by NEA for some members. There has been an increase on District Awards from the previous year.

We also have entered into a two year agreement with Benefit Plan Solutions (BPS) for administrative, bookkeeping and office services. BPS has an employee who will be at the HSTA Office to handle the daily operations of the association. We are very happy with this agreement and know this will help us in the long run.

It has been a long process and we are very happy with the results. Should you have any questions with the amended budget please contact your State Treasurer, Beverly Gotelli or your District Presidents. **Beverly Gotelli**

Retirement Issues Committee

Your Retirement Issues Committee is off to a great start. We have reviewed and adopted the 2018 Legislative Priorities which will be presented to the Board of Directors in November.

The Committee is striving to be proactive and has four working groups to review, investigate and come up with recommendations for proposed legislation.

The four issues that were agreed upon that affect retirees are: Kupuna Caucus, finalizing pensions, continued funding for retirees, and death with dignity.

You may ask yourself how the committee came to this decision. We have been to the legislature and spoke to our legislators on these issues. We know we can't find a solution for everything but we want to be included in the discussion.

Each group may be asking for assistance from their membership to collect data. If you have retired in the last year, we want to know how long it took before you received your final retirement benefit notification. There is current legislation in place and we need hard data to justify our questions.

We are all very excited and look forward to a very exciting year. **Beverly Gotelli**

District News From Around The State

Oahu District

The Executive Committee met and reviewed the evaluations done by the council at our June 2017 meeting. As a result of our discussion and HSTA-R focus, we will continue to improve and expand our communication, connection and community service focus in the context of empowering, encouraging and enriching our membership. The following is a list of the planned activities for the coming year.

HSTA-R OAHU COUNCIL MEETING/ACTIVITIES DATES 2017-2018

- August 28, 2017 (Monday) – “Meet and Greet” @ Pearl Country Club
- October 30, 2017 (Monday) – General Membership Meeting @ Hawaii Okinawa Center
- November 17, 2017 (Friday) – Interest Activity @ Halawa District Park
- February 12, 2018 (Monday) – HSTA Oahu Institute Day
- February 26, 2018 (Monday) – General Membership/Elections Meeting @ Waialae Country Club
- March 12, 2018 (Monday) – Windward “Meet and Greet” @ TBA
- April 6, 2018 (Friday) – Interest Activity @ Halawa District Park
- April, 2018 (Saturday and Sunday) – HSTA State Convention (Tentative)
- April 27, 2018 (Friday) – HSTA-R Delegate Assembly @ Honolulu Country Club
- August 6, 2018 (Monday) – New council year begins

Joanne Ing

Hawaii District

President: Kim Springer; Vice President: Stephen Nemeth; Director/Secretary: Lorraine Hora; Treasurer: Lois Shimizu; Aloha Committee: JoAnn Iwane; Community Service: Betty Ann Yoshimura, assisted by Niyati Brown, Julie Countess and the rest of the Council; Elections: Niyati Brown (tentative); Government Relations & HARA: Steve Ono; Membership: Ingrid Nishimoto

Newsletter: Kim Springer; Pre-retirement Cadre: Lois Shimizu; RIC: Gary Kaku; and West Hawaii Community Club: Jo Ann Iwane, President

Our Council had its first meeting on August 8, 2017. We have a tentative budget for this coming year and will finalize it once we get our check at the end of September.

Meet & Greet will be on September 7, 2017 at the ILWU hall in Hilo. Ingrid Nishimura is coordinating this event and has sent out invitations.

We will be putting out a call for help for our community service projects: HOSPICE “Light Up a Life” fundraising event in December, Astronaut Onizuka Science Day on January 27, 2018, VEX Robotics championships on December 9, 2017 on the east side and November 11, 2017 on the West side, and will be

manning the canteen at the Blood Bank.

We are still in the process of planning activities, and have a greeting card making workshop scheduled for November 7, 2017.

Our newsletter deadlines are still pending the elections deadlines.

Our meeting dates are tentatively set for: September 18, October 18, December 6, January 15, February 12, March 12, April 9, May 7. *Kim Springer*

Kauai District

Summer is a time to relax with family, take a vacation or just cruise. It was also the time for HSTA-R Kauai to set goals and to plan for the new year including activities for members to enjoy and learn.

HSTA-R Kauai is built on strong relationships. One of our goals is to encourage its members to sign up for e-mail alerts to keep the line of communications open.

The September program will feature a tour of the Grove Farm Homestead Museum. This is a house museum and a place of plantation history. Watch for our upcoming events including speakers addressing senior concerns, a trip to the North Shore and a great Meet and Greet.

Some volunteering this summer included the Mayor’s Walkathon, Alzheimer’s Walk, and Cop on Top for Special Olympics. We plan to see more participation next year.

Sandra Gage

Maui District

At their final RA of the year, HSTA honored teachers who were retiring at a dinner attended by President Sharmen Graydon and Vice-President Steve Harman. We congratulated the retirees and gave membership packets to those who hadn’t already joined HSTA-R. The Pre-Retirement workshop in February had already recruited several members.

Our membership enjoyed a presentation by Dana Acosta from Kaunoa Senior Center at which she described the many services available to seniors in Maui County from County and State agencies. Lunch was provided for attendees.

We continue our relationship with MEO (Maui Economic Opportunity) and its Senior Citizen Planning and Coordinating Council. We attend the monthly meeting of the Council and several of our members attended the annual Kupuna Aloha Luncheon at the Grand Wailea Resort. We donated door prizes and many at our table received prizes.

As the new school year begins, our Treasurer Debby Takahashi organized a work crew of our members to assist teachers at Maui Waena Intermediate School who had to move into the new building. We unpacked boxes and boxes of supplies, equipment and teaching tools and placed them in shelves. The teachers were very appreciative. Lunch was provided for the helpers.

Our next Council meeting is Aug. 29 and General Membership meeting is Sept. 21. *Sharmen Graydon*

News You Can Use

We all want to live a longer, fuller life. Medical journals and studies have identified the best actions you can take to achieve a longer, fuller life. Genetics account for just 25% of a person's longevity. The rest is up to you. Here are some of the actions you can take to get to the age of 80,90,100 or beyond. Cut back on pain pills. Regular use of over the counter painkillers may raise your risk of heart attack and stroke by 10%. If the pain is your spouse, then you know what to do.

Please go to bed. Less than 6 hours of sleep a night nearly doubles your risk of heart attack and stroke. A Duke University study that followed 252 people for 25 years, concluded that frequent sex "was a significant predictor of longevity" for men. I wonder why they didn't report what it did for women.

On a lighter note, marriage truly is good for your health and longevity. Married men and women had a 5% lower risk of cardiovascular disease. I guess you live longer and fight more.

Say yes to that extra cup of coffee or green tea. Harvard researchers discovered that people who drank three to five cups of coffee or green tea, had about 15% lower mortality compared to people who didn't drink coffee or tea.

Now if you live longer, you might want to check out all the Discounts you get by being an HSTA-R member.

Check out all the benefits by going to this website, hsta.org.

As retirees, we have the same benefits as HSTA members. If you registered on this website as an active teacher, you do not have to register again. If not, please register.

The website is hsta.org. You may call HSTA for help at any time when staff is working. The number is 833-2711. When the operator answers, tell her you need help with the website. She will connect you with someone who can help you. If you need other help—please call your doctor.

If the site asks you for your HSTA-R card number, which you can't find, give them your NEA number. Your NEA number can be found on the magazine NEA sends us during the year. You may also call them at 1-800-637-4636, or go to their website: neamb.com,

The website has many, many more discounts.

So now you're going to live longer, fight more, and enjoy many discounts for being an HSTA-R and NEA-R member. It's all good. *Linda Tavares*

HSTA-R Bylaws & Resolutions (BR) Committee Report

To the Bylaws, we added the four amendments that were adopted by the Delegate Assembly and approved by the Board of Directors on April 28, 2017. The Bylaws may be viewed on the HSTA-R website at hsta-retired.org

To the Digest Volume 9 we added in the Policy Statements section the resolution that was adopted, and in the New Business Items section the late New Business Item that was adopted.

The Board of Directors approved Hawaii District's, Maui District's, and Molokai Community Club's Bylaws on April 27, 2017. These bylaws may be viewed in the HSTA-R website under the Hawaii District's, Maui District's, or Molokai Community Club's tab.

Kauai and Oahu have submitted their bylaws to the August 22, 2017 Board of Directors' meeting for approval.

Lanai Community Club and West Hawaii are working on their bylaws.

We are currently waiting to hear about our first meeting. *Sheila Black and Roberta Mangca*

Hawaii State Teachers Association - Retired

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