

Spring 2017

Volume 22, Issue 3



# The Messenger

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

## President's Message

Aloha Members,

I hope that you enjoyed and have recovered from the holiday season. I'm sure you loved being with family and friends. And don't forget those New Year's resolutions you may have made.

I sincerely hope that your primary resolution is taking care of your health. As I keep saying, taking care of loved ones is important, but taking care of your own health should be your main priority. Why? Because if you are not healthy, how can you be expected to take care of someone else.

The legislature convened on Wednesday, January 18, 2017, but your LAT (Legislative Action Team) and District Presidents met on Tuesday, January 17, 2017 to visit the legislators' offices and give them the HSTA-R Legislative Priorities and New Year's Gau. I am happy to say that your HSTA-R representatives were warmly welcomed by the legislators and their office staff.

It appears that the U.S. Congress is going to attempt to push through many bills that may/will affect we retirees. Chief among them are the proposals to "fix" Social Security, Medicare and Medicaid, and the repeal and replacement of the ACA (Affordable Care Act), also known as "Obamacare." Be assured that your State and District leadership is closely monitoring what is happening in Washington. I'm positive that we do not want our pension and health benefits changed, unless it is to enhance them.

As I have requested in the past, please keep yourself available to help us at the state and national level by keeping abreast of the news. There will probably be times when HSTA-R or NEA/NEA-R will ask for your help with talking to our state and Congressional legislators because of legislation that could disrupt our retirees' lives.

Finally, another heartfelt thank-you to the many dedicated people who serve in the State, District, and Community Clubs and the HSTA-R Standing and Special Committees. Without their tireless service, HSTA-R would not be able to do its job of representing you, our wonderful retirees.

*Vaughn Tokashiki, HSTA-R President*

## HSTA-R Dues Over Collection Rebate

I reported previously in the Winter Messenger about the HSTA-R dues over collection by the ERS (Employee Retirement Service) during the 2012-2016 fiscal years and the proposed remediation for the over collected funds.

The Executive Committee, with the HSTA-R BOD (Board of Directors) will continue to honor a request from a member who wants to be reimbursed for the over collection of their dues. However, there has to be an end date for requesting a reimbursement. Therefore, the last day to ask for reimbursement will be set as Friday, April 28, 2017.

Therefore, if you would like a one-time reimbursement for the over collected dues money (up to 12 cents, 24 cents, 36 cents, or 48 cents depending on how long you have been a member of HSTA-R), please call the HSTA-R phone number, (800) 840-2258.

Thank you for your understanding. *Vaughn Tokashiki*

## Bylaws & Resolutions Committee Report

The Bylaws and Resolutions Co-chairs worked on and completed a draft of the Guidelines for Bylaws and Resolutions (BR) Committee for the HSTA-R Governance Manual. The draft was submitted to the Executive Committee and accepted by the HSTA-R Board of Directors at its February 23rd meeting.

BR are reviewing final revisions of all the District and Community Club Bylaws to be sure that they are in compliance with the HSTA-R Bylaws.

### 2017 HSTA Convention

The 2017 HSTA Convention will be held at the Convention Center on April 1-2. HSTA-R co-chairs will be attending the convention as well as attending pre- and post-convention HSTA CBR Committee meetings on March 31st and April 3, 2017. The CBR committee is presently reviewing proposed items which will be addressed by the Convention.

### 2017 HSTA-R Convention

Four proposed amendments to the Bylaws have been submitted.

- Proposed Amendment 17-1 brings the names of three HSTA-R committees up to date and updates our bylaws since HSTA has increased the number of committee chairs from one to two in Membership and Government Relations.
- Proposed Amendment 17-2 correctly describes the Treasurer's responsibility regarding the preparation of reports for the accountant of all the HSTA-R accounts.
- Proposed Amendment 17-3 intends to remove two of the Secretary's duties and move them to the President in the HSTA-R Governance Manual currently being compiled.
- Proposed Amendment 17-4 adds an Appendix to HSTA-R's Bylaws to list the six purposes of HSTA-R for easy reference.

No proposed resolutions or new business items have been submitted.

*Sheila Black & Roberta Mangca*

## Hawaii State Teachers Association-Retired 2017-2018 Proposed Budget

### INCOME

Dues - NEA-R/HSTA-R (1,250 x \$78)	\$ 97,500.00
Dues - HSTA-R Life time members (4,450 x \$48)*	\$213,600.00
NEA-Grant	

**TOTAL INCOME: \$311,100.00**

### EXPENSES

NEA-R DUES	\$ 80,000.00
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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	\$ 700.00
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	\$ 8,350.00
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

HSTA MOA \$ 10,000.00

**TOTAL \$311,100.00**

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

## HSTA-Retired Proposed 2017-18 Budget

Your Budget and Finance Committee presents for adoption at the 2018 Delegate Assembly the proposed 2017-18 Budget based on 1,250 members who pay \$78.00 a year and 4,450 members who pay \$48.00 a year. We have based activities based on a budget of \$311,100.00.

This is a slight decrease from last year but we believe it is a doable budget. We have taken into account the funds for outside services, which includes doing the clerical work that has been done by the Administrator. They will continue to assist the State Treasurer with reconciliation of accounts and assist with the payment of vouchers. This is all being done to be more efficient with our manpower.

The Budget and Finance Committee reviewed the expenditures from the 2015-16 year to come up with this proposal. We are confident that you will find the proposed budget to your approval.

Should you have any questions there are Committee members on each of our Districts. Budget and Finance Committee members are; Twylla-Dawn Steer, Joanne Ing, Lorraine Hora, Lois Shimizu, Marilyn Ueno, Bonnie Kakinami and Beverly Gotelli.

We ask for those who are attending the 2018 Delegate Assembly and ask questions at your District Meetings. We ask for a yes vote when this comes up.

Thank you for all you do for HSTA-Retired.

*Beverly Gotelli, State Treasurer*

## News You Can Use

Here's a secret to help you transform your life. Eating cherries mimics the effects of NSAIDs like Advil, without the side effects. Patients with Osteoarthritis who drank cherry juice twice a day for three weeks experienced a 50% drop in inflammation. If you don't like cherries, try eating about an ounce (18 halves) of walnuts a day.

People who did experienced a lower blood pressure response to a high-stress situation than people who didn't eat the nuts. Walnuts are rich in inflammation-fighting omega-3 fatty acids. The good news is that you can drink your cherry juice while eating your walnuts.

Your Dues Deduction for the year 2016 (January to December) is as follows:

HSTA-R/NEA-R Life Time Member (RT 7-0) is \$46

HSTA-R Member only (no NEA-R) is \$46

HSTA-R Associate Member (No NEA-R) is \$46

HSTA-R/NEA-R Annual Member (RT 8-0) \$76

If NEA-R Life Dues were paid in 2016 add \$250

Now for some Good News! Hawaii has the longest life expectancy in the United States. We live about two years longer according to national statistics. Having Health coverage is one of the most important factors that leads to longer lives. If you're happy and you know it...thank the EUTF and ERS!

I know you all have Good Memories, but Short! If you are enrolled in Medicare Part B, please submit a copy of your letter from Social Security showing your monthly Medicare Part B premium for 2017. This is so that EUTF will reimburse the amount stated on your letter. If we're going to live longer, we're going to need that reimbursement.

Just for your information: My idea of a Super Bowl is a toilet that cleans itself! *Linda Tavares*

# District News From Around The State

## Oahu District

Oahu district members were greeted in 2017 by the “Guardian” (district newsletter) with information on the upcoming district election and General and Membership semi annual meeting. For this issue, two additional pages were added which contained member benefits information and articles on completed activities.

This year with a grant from HSTA-R, we planned two new interest activity meetings. These meetings are designed to attract members who do not normally attend our general membership meetings, but have expressed interest in other areas such as crafts, travel, traveling and cooking.

Our craft meeting began with a presentation on financial retirement planning, followed by the crafting session, when the participants artistically covered ninety-four composition books. These books were then donated to the children at the Institute for Human Services. All forty participants seemed to enjoy themselves as evidenced in their evaluation of the activity and the high volume of cheerful chatter.

Our next interest activity will be on March 10, 2017 and will present travel tips, different travel options and information on travel clubs. Planned and organized by Arlene, one of our council members, this meeting promises to be a good one for those interested in getting the most out of their travel.

Another activity which has involved our members is our state elections preparation and counting sessions. Through the systematic efforts of our treasurer, Clarice Roby, we have involved many more members who come out to help with the state elections. I suspect it's the tempting snacks, delicious lunch and “good fun” together that keeps these members coming.

Despite the holiday schedule and the Great Aloha Run, our February General Membership Meeting at Waialae Country Club was well attended. We elected 35 delegates to the upcoming April Delegate Assembly, collected over nine hundred and forty-six dollars for the “Linus Project-Hawaii”, enjoyed a delicious buffet lunch and practiced exercises to keep healthy.

Ending the year will be our participation in the Arthritis Foundation Walk. This walk has been successful in raising money for the Foundation as well as providing our members with a healthy health option. *Joanne Ing*

## Maui District

Our Maui members celebrated the holiday season at our Christmas luncheon on December 8 at the Kahili Restaurant. It was well-attended and, in addition to the fun and food, we were entertained by member George Kahumoku fresh off a mainland tour.

In January President Sharmen Graydon attended the President' Meeting, the annual presentation of gau to legislators, and the following Board of Directors meeting. She also met with Glenda Anderson who agreed to assist with up-dating our District by-laws. Glenda and Marilyn Ueno are working on the meet-and-greet event to be held in March.

At our general membership meeting in February elections were held for officers and Delegate Assembly delegates. We have a full slate of delegates. Following the business meeting the para-legal Stacy Casco, from Legal Aid of Maui, presented information on legal documents of importance to seniors and took

questions from the attendees. Lunch was provided courtesy of the District.

We continue our association with Maui Economic Opportunity. Sharmen and Debby attend monthly meetings of the Planning and Coordinating Committee, our Lanai Community Club President, Nora Kawasaki, serves as vice-president of that committee. A very lovely volunteer appreciation luncheon was held to honor the efforts of the volunteers in the community, Sharmen attended.

Our district participated at HSTA Institute Day by assisting with the elections. Our members manned the sign-in tables and monitored the ballot boxes. Lanai Chapter joined Maui and Nora helped us with elections. Sharmen and Debby presented a workshop on pre-retirement as a break-out session.

*Sharmen Graydon*

## Kauai District

January was a month to meet our Legislators and offer them our support and good luck for the coming Legislative Session. We also held elections and new members joined the Board. At that time, David Arikaki spoke with us about options with our IRA's when we hit 70.

In February we were able to help HSTA on their institute day.

Our Meet and Greet was held in March, a time to get together with the new retirees and those who have enjoyed retirement for a while. *Sandra Gage*

## Hawaii District

HSTA-R Hawaii Island Council has been busy with various community service projects, and thanks to Director Lorraine Hora, who constantly updates our mailing list, our email recipient list continues to grow.

Presently, about 300 members of the Hawaii Island Council receive their HI-Lites via snail mail. The rest of our members receive it via email, which is a good thing, as it saves us money, and is a green alternative to printed matter. If possible, we could like more members to receive communication via email.

A Meet & Greet was held in September, and although attendance was limited, all present enjoyed themselves. Our speaker spoke about activities available to retirees.

We provided help to HOSPICE for their annual fundraiser. At Onizuka Day, and at the VEX tournament retirees provided much need assistance to workshop presenters. Organizers Art and Rene Kimura, retired educators, said that having retired teachers on hand to help was wonderful, as they instinctively knew what to do.

The West Hawaii Community Club busied themselves with a visit to Palamanui in the Fall and attended a card making class in December.

Our annual meetings were held in Kona as well as Hilo. The Kona speaker was a yoga instructor, and took us through some chair yoga exercises. Our community police officer was the speaker in Hilo and spoke about being safe - how to secure our homes, and how safeguard against scammers.

It's been a huge learning curve for me, and I am grateful for all the help from my Council members. *Kim Springer*

## 2017 HSTA-R BOD ELECTIONS

**WANTED: 2 At-Large Directors  
(HSTA-R Board of Directors)**

On April 28, 2017 at HSTA-R Delegate Assembly, delegates will elect two At-large Directors to the HSTA-R Board of Directors. There are four At-large Directors. Two are elected in even numbered years, and two are elected in odd numbered years. At-large Directors serve two-year terms and may serve up to three (3) consecutive terms. Candidates for At-large Director must be members of HSTA-R and NEA-R.

### Elections Timeline

March, 2017	Notification of elections
April 28, 2017	Nominations deadline
	Delegates vote
	Ballots counted
	Delegate Assembly certifies election results

For more information concerning this election, contact Haunani Kauahi, (808) 536-7831, Clarice Roby (808) 551-0164, or Sandra Low (808) 255-7291

## 2017 HSTA/NEA Delegate Election Report

The HSTA-R State Elections committee completed another successful elections cycle with certification of the election results by the HSTA-R Board of Directors on February 24, 2017.

After ballot preparations on January 19, 2017, the ballots were mailed to over 5600 HSTA-R / NEA retirees. The Elections period was from January 25 to February 15, 2017.

Delegates to HSTA State Convention for one year term: Roger Takabayashi, Justin Wong, Jean Dobashi, Vaughn Tokashiki, Yvonne Tavares, Stephen Ono, Joanne Ing, Jeanne Fukuoka, Lorraine Hora, Susan Hagiwara, Carol Nitta and Beverly Gotelli.

Delegates to NEA Representative Assembly (RA): Roger Takabayashi, Jean Dobashi, Vaughn Tokashiki, Justin Wong, Yvonne Tavares and Stephen Ono.

We would like to give a humongous "Mahalo Nui Loa" to the volunteers who helped with Ballot Prep on January 19, and Vote counting on February 16, 2017: Volunteers: Tom Aitken, Joanne Amaki, Wyllyn Auna, Elaine, Myra Orges, Lanny, Marianne Bush-er, Sandy Cruze, Phyllis Durant, Jeanne Fukuoka, Sandy Goya, Susan Hagiwara, Robin Hermance, Chisae Hiraoka, Phyllis Ida, Joanne Ing, Beverly Matsuo, Hitoshi Matsuo, Carlene Murata, Carol Nitta, Darlene Pang, Carmen Pita, Joy Suzuki, Karen Tam, Kathy Tanaka, Christine Taylor and Pauline Wagnon.

*HSTA-R State Elections Committee*

**2017 Nomination Form  
At-Large Director (HSTA-R Board)**

Nominee: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

E-mail: \_\_\_\_\_

Nominator: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

E-mail: \_\_\_\_\_

I have the nominee's permission.

\_\_\_\_\_  
Signature Date

Mail this form to:  
HSTA-Retired Elections Committee  
1200 Ala Kapuna Street  
Honolulu, HI 96819

Nominations forms must be received at the HSTA-R office via mail or fax (808) 839-7106 prior to the 2017 HSTA-R Delegate Assembly, April 28, 2017.

### **Hawaii State Teachers Association - Retired**

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

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