Kaua'i Chatter

November 2026 Editor: Kathy Carveiro 4628 Ehako St. Kalaheo, Hi. 96741 katcarveiro@gmail.com Issue #01

President's Message:

Aloha once again from my dining table to yours. The fall months are upon us and ours have been filled with recent storms and hurricane force winds. Many on our island are still dealing with the aftermath of Hurricane Lowell, be it losing a house, a roof, a job, or island life as we know it. Through it all, neighbors, family, and friends checked up on each other and community organizations bonded together to help us in the healing process. We are so blessed to live on Kaua'i!

Here is a recap of HSTA-Retired Kaua'i District events since our last Chatter Newsletter in late August.

The General Membership Meet & Greet on September 23 that was held at Duke's included Council introductions, games, and guest speaker, Anna Velasco. It was a fun gathering to get to reconnect and to know each other a little more. We played two games, "Find Someone Who Matches Me "and a silly team game of "Animal Charades." Think about how you would act out these charades' prompts: a penguin eating a banana, an elephant drinking tea, and a cat playing pickleball. You can imagine how hilarious it was to watch teams try to figure it out and use their group animal sound to signal a win.

The guest speaker, Anna Velasco, is the fitness instructor from Ho'ola Fitness Center located in Lihue. She led us through a chair stretch class by teaching us three "BAM" strengthening exercises our body needs every week. "BAM" stands for balance, aerobic, and muscle strength. This was a great way to learn movements to stay steady, to maintain a healthy heart and brain, and to stay strong. Ho'ola offers all three of these in their twenty-two weekly fitness classes. Prices range from free to $5 per class.

After the chair stretch, games, and prizes, we enjoyed a delicious lunch and conversation. Members then filled out a survey regarding their satisfaction, engagement, and needs related to HSTA-Retired Kaua'i District. Gift cards were given out to each member who completed a survey.

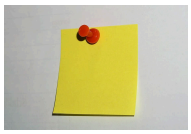
During October some of our members joined Joshua Fukino in the Taro Patch at Kaua'i Community College to learn about taro and the importance of island agriculture in modern society.

One of our organization's goals is to support HSTA. We have participated in their RA zoom meetings and have shared information about HSTA-Retired. Another way we support students and teachers is by volunteering for Kumu's Cupboard, the free teacher supply store in Kukui Grove. Let us know if you want to sign up for a Book Fair, Charity Walk, or other event that supports Kumu's Cupboard.

You are always welcome to bring a fellow retiree and join us at meetings, community service, and outreach events that are listed in The Chatter. If you have any questions or ideas to share, please feel free to reach out to me at lorisasan@gmail.com

Aloha,
Lori Sasan, President
HSTA-Retired, Kaua'i District

Save The Date!



***Gaylord's Holiday Gathering**
December 9, 2026 (3:00 PM)
Foster Care Gift Cards Presented

***Culinary Arts Luncheon**
Kaua'i Community College
November 18, 2026 (11:30 AM)

***General Membership Meeting**
Elections/Speaker/Lunch HGEA Bldg.
January 26, 2027 (9:00 AM)

Christmas Gift Cards

On December 9, 2026, during our Gaylord's Holiday Gathering, we will again ask members to donate gift cards for foster children through the Department of Human Services, Welfare Department.

You may either send your cards to:

1. **Beverly Gotelli - 6286 Opa'eka'a Road Kapa'a, HI 96746**
2. **Crucita Todd - P.O. Box 3003 Lihu'e, HI. 96766**
3. **Joyce Silva - 3069 Lauoho Road Kalaheo, HI. 96741**
4. **Marge Nakashima - P.O. Box 612 Kalaheo, HI. 96741**

You may also bring them to the Gaylord's Holiday Gathering on December 9, 2026, at 3:00 p.m.

Your gifts will be given to a representative who will be at the gathering to receive these wonderful gift cards in time for Christmas, which will be a delightful surprise for the children!

Thank you,

Marge Nakashima

Contact Information:

You may wonder who cares if I change my email address? We do at HSTA-Retired why; this is the way we can stay in touch with you. Some of you receive the Email Blast that we started a few years ago. Since then, members have changed their email addresses.
I no longer call to ask for the new email address as there are too many to call. This is only for those who receive the blast. We want to make sure that everyone is informed.

Kokua and let me know if you've updated your email address.

Contact Beverly Gotelli; bgotelli@msn.com

Lets Meet for Lunch

We have been given the opportunity to eat at Kauai Community College and experience their Culinary Arts Program.
The students are the cooks and the servers.
We have limited seating for Japanese Cuisine on Wednesday, November 18 at 11:30 in the cafeteria.
There are designated tables of 4 or 6 diners
Each table chooses a menu and pays in one bill.
Cost is $30-32 per person. Drinks are extra. It is suggested to bring cash to avoid confusion.
Call or text Barbara Natland at (808)651-5827 to reserve a spot !

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ELECTIONS! ELECTIONS! ELECTIONS!



BECOME A PART OF YOUR LEADERSHIP TEAM

Elections for HSTA-Retired Kauai County District will be held on Tuesday, January 26, 2027 at the General Membership Meeting at H.G.E.A. [3213 Akahi Street, Lihue]

The terms for District Officers and Council each run for two year terms running from July 16, 20xx to July 15, 20xx with terms staggered so that only half of the officers and council at any one time will need to run for office. The following positions will be up for election in 2027:

- Secretary
- Treasurer
- Council Members [4] Community Service, Elections, Membership, Pre-retirement – two year terms
- Council Members [2] Outreach, Publications – one year term
- Delegates for Delegate Assembly [3 – for two year terms]

The Delegate Assembly, which is held each year in Honolulu, is scheduled for April 21, 2027. Kauai is eligible for five delegates. Carryover delegates for 2026 serving one more year are Barbara Natland and Joyce Silva, leaving three delegate positions to be elected for two year terms. The terms of Office for Delegates are two years from March 1, 2027- Feb 28, 2029, while Successor delegates serve 1-year terms. Successor delegates serve in the event that an elected delegate is unable to attend the Delegate Assembly. Elections for these positions will also be held on January 26, 2027.

Please give serious consideration to serving on the Kauai Council or at the Delegate Assembly

Please contact Elections Committee Chair, Bonnie Lake, if you are interested in running or would like to nominate a member [with the member's permission].
bonniemickey@hawaiiantel.net 808-245-2764

A nomination form is included here for your convenience (or you may contact Bonnie Lake for a copy of the form). Nominations will also be taken from the floor on Election Day [1/26/2027]

2027 HSTA-RETIRED KAUAI DISTRICT NOMINATION FORM

NOMINEE FOR HSTA-RETIRED KAUAI DISTRICT OFFICE/DELEGATE

Name_____

- Email_____ Mailing Address_____
- Phone_____ _____

MEMBER MAKING NOMINATION

Name_____

- Email_____
- Phone_____

I certify that the nominee has agreed to run for office.

_____ _____
Signature Date

Mark with an "x" to note below the office this candidate is running for:

HSTA-RETIRED KAUAI DISTRICT COUNCIL OFFICE [7/16/2027 – 7/15/2029]

_____ Treasurer _____ Secretary _____Council Representative

HSTA-RETIRED KAUAI DISTRICT DELEGATE [2027-2029]

[2027] for Successor Delegate

_____Kauai Delegate _____Kauai Delegate _____Kauai Delegate

Printed nominations must be received by the Election Committee by January 13, 2027.
Nominations will also be taken from the floor on Election Day [1/27/2027]

CHAIRPERSON: Bonnie Lake 2756 Nokekula Circle, Lihue, HI 96766 bonniemickey@hawaiiantel.net 808-245-2764

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Duties of the Secretary:

a. Keep the minutes of all meetings and assist in their implementation
b. Perform such other duties assigned by the President or District Council

Duties of the Treasurer:

a. Shall follow the HSTA-Retired Finance Policies and Treasurer's Handbook
b. Record receipts and deposit all income of the District
c. Process vouchers and deposit all income of the District
d. Perform such other duties assigned by the President, District Council, of the HSTA-Retired treasurer
e. Attend several meetings on Oahu as scheduled

Duties of the Council Member Positions - up for reelection:

Community Service – Reaches out to help and to provide volunteers for service groups and organizations selected by the HSTA-Retired Kauai Council

Elections – Provides information about HSTA-Retired Kauai Officers and Council positions. Organizes and oversees annual elections for these various positions as well as for the annual State Delegate Assembly held each year in Honolulu.

Membership – Conducts surveys and research to improve membership recruitment and retention

Outreach – Reaches out to our retired teachers to socially engage them in community activities with the purpose of having fun while they learn more about their island

Pre-Retirement – Encourages teachers to plan well in advance of retirement and to direct them to the resource menu on the HSTA website or to attend a retirement workshop so they will be able to make informed decisions.

Publications – Formats and publishes the Kauai Chatter four times a year.



Taro Patch at Kaua'i Community College to learn about taro and the importance of island agriculture in modern society.



On the "Taropy Tour!



Duke's Meet & Greet with guest speaker, Anna Velasco from Ho'ola Fitness Center teaching us strategies for staying healthy.



We were led through an energetic chair stretch class that made us feel great and got us ready for lunch!



HSTA-Retired joins HSTA for a pau hana gathering at Hawaii Standard Time.



HSTA-Retired volunteers for Kumu's Cupboard Book Sale on Halloween at Kukui Grove.

HAWAI'I STATE TEACHERS ASSOCIATION

KAUA'I

Aloha HSTA-Retired
Kaua'i District Members!

The HSTA Kaua'i Chapter appreciates all your support! This year will be a busy one for us, as we negotiate our next contract. We fight for higher pay, more protections regarding student discipline, and manageable workloads. We truly value our connection with you folks, who have walked in our shoes and understand the challenges of being a teacher. You are an inspiration to us! Please come and join us for our upcoming events! We love connecting with you all!

Sarah Tochiki
HSTA Kaua'i Chapter President
kauaihsta@gmail.com

Teacher Appreciation Pau Hana

Date: January 8, 2027
Time: 3:30-6:00 pm
Location: Napali Brewing Company, in Wailua
Pupus & Gifts for Members
No-Host Beverages
Networking and fun!

NAPALI Brewing Co.

Martin Luther King, Jr. Day Community Service Project

Date: January 16, 2027
Time: 8:00 am-12:00 pm
Location: Mālama Hulē'ia
For members and their guests

Mālama Hulē'ia

https://bit.ly/HSTAKauaiServiceProject2027

Teacher Appreciation Pau Hana

Date: April 2, 2027
Time: 3:30-6:00 pm
Location: Kaua'i Island Brewing Co., in Port Allen
Pupus & Gifts for Members
No-Host Beverages
Networking and fun!

KAUA'I ISLAND BREWING CO.
PORT ALLEN, HAWAII

3rd Annual Educator Celebration Luncheon

Date: April 24, 2027
Time: 11:00 am to 2:30 pm
Location: Kaua'i Beach Resort



https://bit.ly/EducatorCelebration2026

Kaua'i Pride Parade

Date: June 5, 2027
Time: 10:00 am
Location: Rice Street



https://bit.ly/HSTAKauaiPride27

4628 Ehako St.
Kalaheo, Hi. 96741