

CHAPTER NEWS:

PLEASE CHECK WITH EVENT ORGANIZERS PRIOR TO ATTENDING EVENTS. ACTIVITIES MAY BE CANCELLED OR RESCHEDULED WITHOUT NOTICE.

KAUAI CHAPTER:

- Tuesday, February 21, 2023 – Movie Day at 10 AM
- Monday, March 13, 2023 – General Membership Meeting at 10 AM. Election of officers and board as well as selection of convention delegates. If interested in serving, please contact Roy Nishida, Nomination Chair at 808-635-6676 by February 17, 2023.

MAUI CHAPTER:

- Friday, January 13, 2023 – Outreach: Mayor Hannibal Tavares Community Center at 10 AM
- Tuesday, January 17, 2023 – Movie Day at 9:30 AM in the HGEA Conference Room
- Tuesday, March 14, 2023 – General Membership Meeting at 9:30 AM in UPW Hall. Election of officers and board as well as selection of convention delegates. Please contact Steve Criss at stpls69@yahoo.com or 808-280-1526 to RSVP by February 28, 2023.

HAWAII CHAPTER:

- Wednesday, March 15, 2023 – Chapter New Year Celebration and General Membership Meeting at 9:30 AM. Election of officers and board as well as selection of convention delegates.

OAHU CHAPTER:

- Tuesdays: January 3, 17, & 31 – Tai Chi
- Wednesdays: January 4 & 18 – Ukulele
- Tuesdays: January 10 & 24 and Thursdays: January 5 & 19 – Mah Jong
- Monday, January 9 – Bingo
- Wednesdays: January 11 & 25 – Line Dancing
- Friday, January 13 – Movie Day
- Thursday, January 26 – Crafts

- Wednesdays: February 1 & 15 – Ukulele
- Monday, February 6 – Bingo
- Tuesdays: February 7 & 21 – Tai Chi
- Wednesdays: February 8 & 22 – Line Dancing
- Tuesdays: February 14 & 28 and Thursdays: February 9 & 23 – Mah Jong

- Thursday, March 16 – General Membership Meeting at 9 AM. Election of officers and board as well as selection of convention delegates.



Hawaii Government Employees Association
AFSCME Local 152, AFL-CIO
P.O. Box 2930
Honolulu, HI 96802-2930

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Wishing you a wonderful holiday season! May it be filled with family, friends, laughter, and love.

WORDFIND

Words associated with the holiday season.

- | | |
|-----------------|----------------|
| Black Friday | Poinsettias |
| Bows | Presents |
| Christmas Trees | Reindeers |
| Decorations | Ribbons |
| Eggnog | Santa |
| Family | Shopping |
| Fireworks | Sleigh |
| Friends | Snowflakes |
| Gifts | Stockings |
| Holiday | Surprises |
| Lights | Tinsel |
| Music | Traffic |
| Ornaments | Winter Coats |
| Parties | Wrapping Paper |

D Y R R M S T L S U D S H G I E L S S S
J M L U I R U H E E S A Q B S X H V K E
N K S I A B O R C S G I W Q C T P K R K
V I C F M P B O P T R T L H A N K M O A
C J F R P A R O C R W T N S D U Q D W L
I I Y I L A F C N O I E C W E I X I E F
C T N K T U O V E S S S I K C I X M R W
Z G C I G O N G G E A N E U H T T Z I O
P V O G I F T S A I N I X S R I M R F N
U N X H X I S F K S T O C K I N G S A S
S L M R O D I T B Y A P L Z S S V L W P
K C A Y N L V J X O R M L X T E V D R G
E V N E N H I S L C W Z I O M L V Y H E
S E I S Q H T D Y D I S G D A O X H N H
S R X S T N E M A N R O H E S L X I T Z
F P U R E F X P Q Y V N T D T J T T M W
T H F S R E I N D E E R S C R V U L F T
X A E Q D X S Q S T A O C R E T N I W Z
W R A P P I N G P A P E R D E C S A G P
P E R B L A C K F R I D A Y S F I Y G G

HO`OLAHA

PUBLICATION OF THE RETIRED PEOPLE

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11 | 12.22
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P.O. Box 2930
Honolulu, HI 96802-2930
(808) 543-0054
www.hgea.org

HO'OLAHA

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Volume 45 No 5

Mahie Trask
Retirees Unit Administrator

Tammy Tanouye
Secretary

Kristina Lum
Communications Specialist

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HAWAII DIVISION

495 Manono Street
Hilo, HI 96720
808-935-6841
hawaiidiv@hgea.org

MAUI DIVISION

2145 Kaohu Street, Ste. 206
Wailuku, HI 96793
808-244-5508
mauidiv@hgea.org

OAHU DIVISION

888 Mililani Street, Ste. 401
Honolulu, HI 96813
808-543-0000
service@hgea.org

KAUAI DIVISION

3213 Akahi Street
Lihue, HI 96766
808-245-6751
kauaidiv@hgea.org

A MESSAGE FROM YOUR ADMINISTRATOR



On behalf of Executive Director Randy Perreira and Retirees Unit President Ethel Fleming, I sincerely thank you for your support, belief and trust in the HGEA political action process that led to a favorable outcome for many of our endorsed candidates. Our Congressional wins with Ed Case and Jill Tokuda along with Senator Brian Schatz will help the AFSCME Washington D.C. staff who work closely with the Democratic team. Governor and Lieutenant Governor candidates Josh Green and Sylvia Luke, mayoral candidates Rick Bissen and

Derek Kawakami, and all the legislative and council races were won thanks to your support. Our work does not end here. HGEA will focus on working with these elected officials to protect the rights and benefits of our members.

As we close out the year, Tammy and I would like to thank the Board of Directors, Chapter Officers, and Committee Leaders - especially the Chapter Presidents who made their chapters a place of learning and fun. We would also like to acknowledge and thank President Ethel Fleming who has been a constant supporter and contributor to the Retirees Unit and its programs.

The success of each chapter is achieved with participation from members. I encourage you to contact your Chapter President to see how you can participate or make event suggestions. You can get in touch by calling the chapter office of your respective island. I look forward to hearing your ideas and suggestions as we plan for 2023.

As you may know, Board of Director terms will end in June 2023. Chapter elections will take place at your March 2023 General Membership Meetings. Get involved and run for one of many open chapter seats or cast your vote for officers and board members! Your participation at the General Membership Meetings is important and greatly appreciated.

June 2023 will be the Retirees Unit Biennial Convention and planning has already begun. The Board of Directors decided to host the Convention on Hawaii Island. Each chapter has certain requirements for delegate selection according to its chapter bylaws. The selections will take place at the March General Membership Meetings in addition to chapter elections. The official Convention announcement will be in the next issue.

Tammy and I would like to thank everyone who participated in chapter activities and supported the Retirees Unit. On behalf of President Fleming and the HGEA staff on each island, we wish you a happy holiday season and good health for 2023. Stay safe!

Mahie

ADMINISTRATOR EVENT HIGHLIGHTS:

ALZHEIMER & DEMENTIA INFORMATIONAL SESSIONS

Come and learn what services and programs are available to caregivers. Please RSVP to your island division office otherwise sessions may be cancelled.

Oahu: January 5, 2023
Maui: January 12, 2023
Hawaii Island: January 19, 2023
Kauai: January 26, 2023

CHERRY BLOSSOM HERITAGE FESTIVAL Waimea, Hawaii February 4, 2023, 9 AM to 3 PM

If you're interested in traveling to Hawaii Island for this event, please contact Tammy at 808-543-0054 no later than December 30, 2022. Transportation from the Hilo Airport to Waimea and back will be included in the cost. Airline and bus costs will be provided once we know how many people are traveling. You must be an HGEA member to participate.

THE RETIREES 25th BIENNIAL CONVENTION

The Convention will convene in June 2023 on Hawaii Island. The deadline to submit any charter or bylaw amendments is February 1, 2023. General resolutions will be accepted until April 1, 2023. The official Convention announcement will be in the next newsletter. Article IV, Section 4 states that the Vice President shall be Chair of the Committee on Bylaws and Resolutions. Evelyn Togashi is the Chair and members include Roy Nishida from Kauai Chapter, Jean Arakaki from Oahu Chapter, Steve Criss from Maui Chapter, and Newton Inouye from Hawaii Chapter.

CUT & RETURN THE BELOW



HAWAII ISLAND CHAPTER LUNCHEON REGISTRATION FORM

Name: _____

Member: Y or N Phone #: _____

Name: _____

Member: Y or N Phone #: _____

Mailing address: _____

of Retiree Unit Members: ___ x \$10 each = \$ ___

of Guests: ___ x \$16 each = \$ ___

Total = \$ ___

Wednesday, March 15, 2023 from 9:30 AM to 1:30 PM
AJA Veterans Center
361 Haihai Street, Hilo, HI 96720

In lieu of a gift exchange, please bring a canned good donation.

Please make checks payable to "HGEA" and mail completed registration form with payment by Thursday, February 16, 2023 to HGEA, 495 Manono Street, Hilo, HI 96720. No refunds after February 16, 2023.



ELF'S CORNER BY PRESIDENT ETHEL L. FLEMING

Chocolates and cinnamon, pumpkins, and peppermint. Turkey and stuffing, laulau and poi. These all remind us of the months in the last quarter of a calendar year!

Retirees Unit members gave back to others by participating in political action activities and supporting C.R. Kendall Scholarship fundraising efforts. I'm pleased to see that these members found themselves more willing to participate in group activities that brought happy times after receiving their COVID and flu shots. We offer much mahalo for their valuable time.

Participation in a variety of HGEA activities brought social connections and better physical and mental health, rather than isolation. The upcoming football and holiday parties can be enjoyed masked, too, for your personal protection.

Someone who played a quarterback position recently shared this thought with me: "Our lives can be likened to the quarters in a football game. Most of us are likely living in the fourth quarter of our lives. We can hope that we can experience an 'overtime' period."

Associated with this analogy are 10 rules on how to live a long and happy life, summarized from a study of Okinawans, by Hector Garcia and Frances Miralles. In Okinawa, most men live to 84 and women to 90 on average. There is also a high concentration of those who live to reach 100 years old with the emotional, physical, and intellectual capacity to live independently. Here are the rules:

1. **STAY ACTIVE.** Do things of value. Make progress. Help out.
2. **TAKE IT SLOW.** Being in a hurry is inversely proportional to quality of life. Walk slowly, and you'll go far.
3. **DON'T FILL YOUR STOMACH.** Eat a little less than hunger (80% rule).
4. **SURROUND YOURSELF WITH GOOD FRIENDS.** Friends are the best medicine for living.
5. **GET IN SHAPE.** Exercise releases hormones that make us feel happy.
6. **SMILE.** Remember what a privilege it is to be here.
7. **RECONNECT WITH NATURE.** Return to nature to recharge your batteries.
8. **GIVE THANKS.** Be thankful and watch your happiness grow.
9. **LIVE IN THE MOMENT.** Stop regretting the past and fearing the future - today is all you have.
10. **THERE'S PASSION INSIDE YOU** - a unique talent that gives you meaning. Discover and live it.

HGEA activities can help you follow these rules so please join us! As the Year of the Rabbit is about to hop into our lives, we wish all of you happy times this holiday season and a joyous new year in 2023!