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 19 – 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.

WORDFIND
Words associated with the holiday season.

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

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

On behalf of Executive Director Randy Ferreira 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 wing with Sen. Case and J.Takito alongside with Sen. Brian Schatz will help the ASCE’s Washington D.C. staff who work closely with the Democratic team. Governor and Lieutenant Governor candidates Josh Green and Sylvia Luke, mayoral candidates Rob Beamer and Mahie Kauwailani, 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 thank 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. Here are the rules:

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 TELL YOUR STOMACH to eat less, but hunger is an exactitude.
4. SURROUND YOURSELF WITH GOOD FRIENDS. Friends are the best medicine for living.
5. GET IN SHAPE. Exercise releases hormones that make you feel happy.
6. SMILE. Remember what a good name it is to be happy.
7. RECONNECT WITH NATURE. Return to nature to recharge your batteries.
8. GIVE IT A HOOLIO 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!

ADMINSITER EVENT HIGHLIGHTS:

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: ______________________ Phone #: ______________________

Member: Y or N Phone #: ______________________

Mailing address: ______________________ " $10 each = $10 $15 each = $15 Total = $

The 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 thanks for their valuable time.

Participation in a variety of HGEA activities helped 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 us: “Our lives can be likened to the quarterback’s job of planning his game. Most of us are likely living in the fourth quarter of our lives. We can hope that we can experience an ‘overtime’ period.”

Cherries, chocolate, and pumpkin, and peppermint. Turkey and stuffing, kola and pina colada. Please remain at home in the last quarter of a calendar year! Retiree 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 thanks for their valuable time.

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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 Moore. In Okinawa, most men live to be 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:

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