



Talk Story



St. Jude's Episcopal Church—Where Jesus talk is a daily walk.

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Masks donated in volcanic ash areas

As the volcanic activity continues in Puna, air quality has become an issue on some days in Ocean View. In response to this, on May 17th the Hawaii County Civil Defense Agency activated our local CERT (Community Emergency Response Team) to distribute N95 masks to the public for protection from ash fall as result of the volcanic eruptions from Kilauea Summit.

The masks were donated to the community by the 3M corporation.

Distribution stations were set up within the communities of Volcano, Pahala and Naalehu on May 17th and on May 23rd, 24th, 25th and on May 26th Ocean View CERT set up a distribution station at the Ocean View Community Center. The mask distributions were all done under the supervision of the Hawaii State Department of Health.



Father Moki Hino snapped the photo above in the Puna District. Some people can see Pele in the smoke.

A total of 9,189 masks were distributed to 863 family units (approximately 10.6 per family) during the last four days in Ocean View alone.

Along with the 3M donation of masks, 32 CERT volunteers donated over 1000 man hours to this project and the Ocean View Pizzeria, donated pizza to feed the volunteers.

There are still a limited number of masks available. Contact Cordelia or visit the Ocean View Community Center for information.

Computer lab update By Don Hatch

Our Computer Lab first opened on April 10th. Since then we have had ten open lab sessions. We've been open for 47-1/2 hours and have had an average of 10-1/2 people in the lab each week. For a total of around 500 hours of hands on computer time.

The first day we were open, it was quite noisy in the lab because we hadn't advertised the lab rule about using ear phones or ear buds if you are going to use the computer speaker. Since they didn't know about that rule and couldn't prepare for it, we didn't enforce it. When I talked to them about that rule I learned that most of them didn't have ear phones or ear buds.

By the next session we had a supply of ear buds that we could give them to use. We also had a supply of Ziploc bags. We gave each person a set of ear buds and a Ziploc bag. They wrote their name on the bag, and at the end of the session, they put their earbuds into the Ziploc bag and left it in the lab. The next week they got their Ziploc bag with their earbuds. So far, we have given out 34 sets of ear buds and have an inventory of one more to give out. When anyone goes on a flight, I tell them to get the airline earbuds and give them to the Computer Lab.

Over the last 2-1/2 months we have also seen a big change in the students using the lab.

We installed video cameras inside and outside of the Lab. During the open lab sessions, I have the surveillance playback hooked up to the monitor we have for



Cooperative learning in the computer lab.

training sessions. Anyone in the lab can see the monitor. I've seen several students working on their computer and then realize their picture is on the monitor. I have had several ask me why I have the lab monitored and I have explained that if we lose any of the equipment we probably can't afford to replace it; so, I have the video recordings so we can see who took it. I also told them that we needed their eyes and ears to make sure nothing is lost or stolen.

We have a rule about no food or drink in the Computer Lab.

The first change in our students is when they started telling newcomers to the lab about the rule of no food or drinks in the lab.

After a couple sessions I had students waiting for me when I arrived and they helped me carry the computers into the lab and set them up. Two weeks ago the Computer Lab was completely full when it

See "Computer lab" continued on page 32



Around the church yard

By Contributing Editor Don Hatch

Free Hot Shower and Hot Meal: Since we opened our second shower stall we have routinely provided 40-50 showers each week and often everyone has showered and had their hot meal by a little after Noon. When we run out of customers, we shut down early. Recently we start cleaning up around 12:30 pm and shut down by 1:00 pm.

Last month we formally changed our open time from 9:00 am until 1:00 pm. If you're going to take a shower you must be signed up by 12:30 pm.

We also Published the Shower Rules and posted them on the check in table and inside the shower. The first and most important rule is: The Golden Rule Applies Here: DO UNTO OTHERS AS YOU WOULD HAVE THEM DO UNTO YOU. See them on page 28.

Computer Lab: Our Computer Lab has been open for ten weeks and it is an enormous success. Before we opened the first time we developed a set of rules and posted them around the room.

Some of the rules are to protect the equipment, such as no food or drinks in the computer lab.

We also wanted to make a computer lab a place where you can concentrate on what you are doing without being distracted. To make this happen, you must use ear phones or ear buds if you are listening to something on the computer.

Since most of our students didn't have earbuds, we decided to do was to give a set of ear buds and a Ziploc bag anyone who needed an ear bud. They write their name on the bag and when they leave the lab they put their ear buds into their Ziploc bag and left them in the lab. The

next Saturday they retrieved the bag with the ear bud. We have had 35 sets of ear buds given to us and 34 of them have been assigned to our students. If you have any unused ear buds, we can use them. The next time you fly on an air-plane, please save your ear buds for us.

For additional information, look at the article about the Computer Lab on page 2.

This month Cindy had an open lab for the seniors who participate in the Senior Nutrition Program. Paulette Zupancic also helped and plans are being made for Cindy and Paulette to open the lab regularly on Mondays for the seniors or anyone who wants to drop by on Mondays. We are also in the early stages of discussion with the principal of Ka'u High School and the principal of Na'alehu Elementary School, and their plans to provide satellite classrooms in Ocean View.

Water System: Last month we upgraded the water system in our kitchen to include two levels of filtration followed by an Ultra Violet (UV) sterilizer. This will provide the congregation and other users of our facilities with a better quality and safer water than is available from most residential water systems.

Men's restroom: Last month the Bishops Committee approved upgrading the Men's Bathroom into a handicapped bathroom and converting it to a unisex bathroom. We wanted to also upgrade the women's bathroom, but it is impossible to do with the location of that bathroom and it would require moving load bearing walls.

Father's Day: Everyone had a great time on Father's Day Sunday.

See "Church yard" continued on page 30

Groovin' with the Grazing Girls

By Karen Pucci

BUCKET LIST TRIP (Alaska, Seattle and Canada). We took a cruise to Alaska which has been on my bucket list for some time. Holy man is that place gorgeous! We lucked out weather wise with moderate weather and the only day it rained was in Victoria, B.C. We ate fresh fish up and down the Inside Passage and then some. I am pretty sure we are starting to sprout gills.

The highlight of the trip was not the food nor the bears, although it was stunning to see the wildlife live and up close, it was being able to meet up with our pal Lynne Reynolds and her daughter Kathleen. They flew down to Sitka from their homes in Anchorage, spent a night at the Sitka hotel, rented a car and picked us up on our tour stop day. We brought her mac nuts and Kona Chips. She brought us chocolate dipped potato chips! Oh...very bad discovery.

It was beyond grand to see Lynne. She seems to be doing quite well in her new old hometown. And her daughter sounds and acts a lot like what we would expect from a Lynne Reynolds daughter. Very nice woman and she was our chauffeur for the day. Turns out they had not been to Sitka either. So we ate at the restaurant by their lodgings and it was not only good but surprisingly reasonable. Nothing fancy but quite tasty. They then took us to the bear sanctuary located at an old water treatment plant and then to the raptor rehab and sanctuary.

We could not meet the wounded eagle Kathleen had adopted for her son as he



Anna, Lynne and Karen in Sitka, Alaska.

was out "working" that day. While at the bird place, there was trail through the heavily wooded area. We were going to take a stroll until we saw the beware of bears signs so we strolled right back to the car. We went back into town to explore the now rebuilt Lutheran church.

Anna was interested to learn that there had been a thriving Finnish population there once upon a time. Russians liked to trap and trade, Fins provided the muscle for housing and infrastructure. Across the street was a really cool Russian Orthodox church. It is in the middle of a major rehab. Inside the Russian Orthodox church is stunning with icons and gold ornamentations. After that, of course, we went shopping. In fact when you hear how much tourism spending is up in Alaska and Canada, you can point at us. Our day together ended much too quickly. Lynne sends her love to us all.

See "Grazin'" continued on page 23



GOD'S HOUSE

BY PHYL LAYMON

St. Jude's wears so many different "hats" as it serves our community – every single day of the week! ...but...On SUNDAY...At 9:30 am...ST. JUDE'S becomes...GOD'S HOUSE!

For approximately 60 minutes we become His holy community.

Buddy rings the church bell; a traditional call to prayer. We stop our chatter, quietly take our seats and prepare to fully participate in the mass.

Buddy blows the conch shell, a Hawaiian tradition to begin any important ceremony. If we are not quietly seated by now, we should be!

The priest processes to the altar with the LEM (Lay Eucharist Minister). The priest will guide us through the next hour, from the opening hymn to the final blessing. It is easy to follow along with our bulletin created each week by Richard Burt. Mahalo, Richard -- especially from those of us who remember balancing three thick heavy books on our lap each Sunday.

We, the congregation, are here on Sunday morning to have a group conversation with our Lord. "Where there are three or more...there am also!" Each step of the mass is a part of that conversation!

In the early days of Christianity, the people who were studying to become Christians only stayed for the first part, the catechism or teaching part. They were excused right after the homily (sermon). They weren't allowed to stay for the entire service until they were baptized. Usually on Easter eve.

The second part of the mass begins with the Nicene Creed. It is a profound statement of our Christian beliefs. This ancient creed is used by

most liturgical Christian churches. FYI: a few have trouble with the word, catholic, in the last paragraph. It is not referring to the Roman Catholic Church. When spelled with a small "c" the original meaning is "universal." So if it bothers you, just say, "universal."

Prayers of the People follow. They are meaningful to the events going on in today's world. We may add our own prayers, aloud or silently.

We return to our seats in silence. This is each person's private time to commune with our Lord. We will never be closer to Him than we are at this moment!

Phyl Laymon

We sing "The Queen's Prayer" to honor Liliuokalani's memory. She was the last great monarch. Read the translation to understand what a compassionate and caring queen she

was.

Next, we confess our sins. This is our chance to reflect on our own failings and to say "Sorry" to our Lord. The priest then forgives our sins – as instructed by Jesus at the Last Supper.

PEACE! The priest blesses us with peace -- and we in turn "pass the peace" on to each other. At St Jude's we try to hug every single person during the Peace, which takes a while. That is why Cordelia starts singing "Amazing Grace" to lure us back to our seats.

Birthdays, anniversaries, and announcements come next. And on special occasions, a Christian hula! We sometimes get a little carried away so this can run on a little long!

Next, we stand to sing the Doxology while our offerings are presented and placed on the altar

In the early Christian church this was rather messy; as the offerings were alive, cooking or

See "God's House" continued on page 22

If man on earth could live in harmony, how many dreams could become reality?



FEELIN' GROOVY

BY BUFFY HITES

It wasn't long after I got to Hawaii that I met this lady. I'm pretty sure I met her at St. Jude's, as she was a frequent visitor at the Saturday showers. She was quite pleasant to me, with a positive vibe.

She loved to talk! She was funny and she made me laugh. I liked her although others I know did not. I've not been one to go by hearsay or to judge on the feelings of others. For some reason, I was drawn to her. I accepted who she was – as she was; just like Jesus did. I was interested in getting to know her, regardless of what others thought.

Fortunately for me, I got to do just that. I still remember the first time I heard her play the guitar. She was so gifted, as well as knowledgeable of her instrument. In fact she had been teaching others how to play, encouraging them and helping them develop their talent.

It didn't take me long to find out that this woman had many challenges health wise and she had addictions to illegal substances, which was a definite front-runner to her health issues. She was homeless and at odds with her family. She definitely was not everyone's cup of tea.

I could see that she didn't always play by the rules. I witnessed how she liked to shoot her mouth off. I seemed to hear way more about how messed up she was, as well as her less than desirable ways of getting what she wanted without regard of any consequences. I did my best to help her to look at things from other perspectives.

"Hey, you know you're not the only one who could use those clothes." Or "Hey, stop cussin' like a sailor girl, there are kids around!" She wasn't easily convinced and eventually she crossed the line one too many times. Her need for attention was all that mattered and it didn't matter if the attention was positive or negative.

I prayed for her to find sobriety, to reconnect with her family and to get off the addiction-go-round.

She had shown me many times her musical talents. It was inspiring and I wanted others to see. I knew that she loved her children and spoke of them often. It was also apparent that she loved her dad to the moon. Although she had her issues and she liked to test folks, I learned that all she really wanted was to have friends. The way she figured it – friends should be impressed and she did her darnedest to do just that.

She spent a lot of time, at a very young age, by herself. At five years old she had learned to read and she had taught herself to play the Ukulele. Wow! Her father taught her to play the guitar, but he insisted that she taught herself to play the Ukulele. Her dad said he remembers how one day she came to him with her ukulele and started playing. How could he not be thrilled with her tenacity at such a young age? Whoa! He was!

She had a voice somewhat similar to Janice Joplin and a catalog of songs from all kind of genres, some I didn't even know existed.

See "Friend" continued on page 30



BELLS OF WORSHIP

By Cordelia Burt
Bishop's Warden

Bells

Hand bells, sleigh bells, jingle bells, funeral bells, wedding bells... why do we ring bells at church?

Many churches have bells to call parishioners to worship. In fact, in rural England traditional parish boundaries were marked by how far away a church's bells could be heard.

Some parishes also have smaller sets of bells that are rung during the prayer of consecration or Great Thanksgiving to call the parishioners' attention to special moments; these are called sanctus bells or sacring bells.

At St. Jude's we ring our bells to gain the attention of all who



Buddy rings the church bell each Sunday morning before worship begins.

can hear them. It's an announcement, an invitation, a celebration, a call to order... and a means of communication to all of Ocean View that St. Jude's is open and you are invited.





PIPI HOLO

Sprinkled stories travel

By Marie Burns

The blessings of a father

To all the good fathers out there – we love you so much. It is with love for my father, a good father he is, that I write this as a way of thanking all fathers.

This is for the fathers who work tirelessly to feed their families. For the fathers who can barely walk through that door at the end of a long day, making it possible for the Mrs. to stay home, the daughters to become princesses and the boys to be warriors, learning to protect and keep them safe.

I was blessed to have a father who did all of the above. I had all my needs met, lived in a safe environment and was taught many life skills. I learned to work hard, to be honest and to always practice non-violent communication, and live in peace with my neighbors.

My dad was an adventurer and a little kid at heart. He is still a rascal and I miss him dearly. Happy Father's Day Dad!

Wherever you are, I should have emailed you. Are you in Australia or Fiji? Wherever you are, I hope you go fishing today and catch a big one.

I give so much credit to you, Dad, for making me who I am. Thank you for lis-

tening to me sing when I was three. Thank you for letting me follow you around everywhere you went; always being Daddy's Little Girl.

Well, Daddy's Little Girl grew up. I watched everything you did, Dad, and I have become you. I farm, surf, work hard, became a successful business owner and I'm getting married!

I can't get married without you to give me away. We are going to have a huge party and you, "Bozo the Clown" have to be there to give it life.

But please, don't wear a rainbow afro wig when you walk me down the aisle.

Actually, you can wear whatever you want, just please bring Ruby Lani, so I can meet her. My little half-sister, who is already 16; she must be in my entourage. She looks just like me, from the baby pictures I have.

I love you Dad. Happy Father's Day! Thanks for being the best dad a little girl could ever have. I can't wait to see you again. It's been 12 years, since we've been together. Twelve long years.

Oh, how I miss you! XOXXO

Ka'u Food Pantry Distribution

Ka'u Food Pantry, Inc., next distribution is **Tuesday, June 26** at St. Jude's Episcopal Church on Paradise Circle-Mauka, from 11:30a-1:00p. We ask all of our participants to respect the grounds where this will be held. Volunteers are always needed and welcomed, beginning at 8:30 a.m. on that Tuesday. For more information or for emergency food, please call Dave Breskin at 808 319 8333

We are expanding our services to include [based on availability] free clothing provided by a non-profit, Big Island Giving Tree, pet food provided by the Hawai'i Humane Society. These items are donated to the Food Pantry, free of charge.

The Ka'u Food Pantry, Inc., is staffed entirely by volunteers and is a non-profit agency whose mission is to feed the hungry of Ocean View. We are currently feeding up to 120 families. Our program is designed to provide 1-3 days worth of nutritious food to help people who run short of money, benefits and/or food by the month's end. As a non profit, the Pantry is able to purchase food from the Hawaii Food Basket at 18¢ per pound. One dollar can buy a half of a case of food to help your community.



9

Donations of non-perishable food items and funding are welcomed. You may donate funds via St. Jude's-just write Food Pantry in the memo area of your check. Checks maybe written directly to the Food Pantry as well. Make the checks payable to the Ka'u Food Pantry, Inc., P.O. Box 6184, Ocean View, HI 96737. Your monetary and food donations may be deductible pursuant to I.R.S. Code §501 (c) (3). Mahalo nui loa for all your support.

Shower Day



Bingo!

The last Saturday of the month.

Next Bingo will be July 28th 9 to 11:30 am

See you there!

ATTENTION VETERANS

VA Telehealth at Ocean View Community Center every Thursday 8-11:30am by appt.

Veterans interested in this service please call Kona CBOC (Community Outpatient Clinic) at 331-4526.

Re VA Benefits:

Kona Vet Center visits to Ocean View Community Center are suspended until further notice.

Veterans may call 329-0574 for VA benefit information.



CELEBRATING FATHERS

By Thom White

We celebrated Father's Day Mass at St. Jude's with the praise hula, "How Great Thou Art" in honor of our Heavenly Father and all our fathers. After mass at our Aloha hour we had ice cream sundaes. Like kids in a candy store it was amazing to see how excited grownups became as we served them.

"Would you like chocolate or caramel sauce? Whipped cream or not? Make that a banana split?" Everyone was giddy and enjoying a guilty treat.

As a father, I reflect on this special day. I am blessed with three precious daughters. I will always remember their births; how in awe I was, and humbled at the beginning of each life. It was my generation that fathers were allowed to participate and help deliver their babies and witness the miracle and mystery of new life. As it was in the beginning, it is now and shall be. The world is perfect!! Life is pure Joy!!

And then the work began. The real work. My generation was lucky to have disposable diapers. Wonderful!! Mothers breast feeding - no bottle warming. Brilliant!! I dared to think a cocky, "This is going to be a piece of cake." Not really, I discovered.



And now, after 73 years, I reflect on how life teaches lessons; chapters begin and end with each daughter, grandchild and extended family. My pondering stops at faith, hope and most of all love.

Mahalo Lord, for the gift of fatherhood. Mahalo Lord, for Bud and his love. Mahalo Lord, for grand kids and great-grandkids. AMEN.



TURNING PAGES

BY ANNA TOWNER

I cannot believe that I have a special section on things French, but here goes...some titles are self-explanatory.

My Life in France - Julia Child and Alex Prud'home (Book rags actually has a summary/study guide for \$9.99)

Murder in the South of France - Susan Kierna-Lewis, a cozy mystery

Julie and Julia - Julie Powell. Delightful book and movie. They inspired our dinner group to have a Julia Child dinner night.

Mastering the Art of French Cooking, Vol. 1 - Julia Child, Louise Bertholle, Simone Beck

Dearie - The Remarkable Life of Julia Child, Bob Spitz, biography. Wonderful biography which takes us to Norway and her being appalled at the hors d'oeuvre being served

Provence 1970 - M.F.K. Fisher, Julia Child, James Beard and the Reinvention of American Taste, Luke Barr

PARIS - Edward Rutherford Relates the founding of Paris a la Mitchner, but better and more accurate. Am 1/2 way thru and love it. Loved London, Sarum, Russia too.

Reading New York is next.

The Little Paris Bookshop: A Novel and The Little French Bistro - Nina George. Novels

Mastering the Art of French Eating: From Paris Bistros to Farmhouse Kitchens, and Lessons in Food and Love - Ann Mah

The Missing Italian Girl: A Mystery in Paris - Barbara Corrado Pope, Third "in critically acclaimed Bernard Martin series, young immigrant girls are disappearing into the depths of turn of the century Paris."

Two Towns in Provence - M.F.K. Fisher

M.F.K. Fisher's Provence - M.F.K. Fisher

So here you go. Travel to France in your pajamas without buying a plane ticket! You can go to a Barnes and Noble or Kindle app to obtain more info authors or books.





The mystery of volcanic art

This photo was posted on Facebook recently, by Ikaika Marzo, resident of Leilani Estates. The photo shows a piece of reticulite, from Fissure 8 in Leilani Estates.

Reticulite is a kind of cinder, very light weight and easily carried on the wind. This piece is interesting, because it seems to be shaped like the Hawaiian volcano god, Ai La au, carrying a binding axe in his hand. Legends tell that Ai La au uses the axe to break cracks in the east rift zone. There is an ancient chant, “Kui ke koi, aweaweula,”- the axe with the red binding is striking.

The volcanic activity in Puna has created a mix of devastation of the beauty that was lost and humbling awe of what is newly created; juxtaposed on the open hearted spirituality of Hawaii.

Back to the Mainland

Ray and Lodema Hatch are familiar faces at St. Jude’s. They have mastered the art of vacationing via house sitting in Ocean View. But it was time for them to return home again the end of May.

We hate to see them go! Besides sharing his knowledge about plant based diets, Ray volunteered in the Computer Lab, and Lodema made soup for the Shower Ministry. And they are sweet friends too.

Hurry back!



Amateur Radio News in Ocean View

Our Amateur Radio Technicians exam prep class at OVCC finished up June 5 with exam day June 12.

Here are some stats:

Eleven people passed the FCC Technicians exam, one of those also passed the General level exam.

Two candidates who already held the Technicians class license took and passed the General license exam.

One candidate who already held the General class license took and passed the Amateur Extra exam (the highest level Amateur Radio license).

We had another exam session the following week for a student that could not attend the June 12 session. He passed as well for a total of twelve new hams!

Moving forward:

New hams will be allowed to transmit on their permitted frequencies once their license appears in the FCC database. You can search the FCC database for amateur licensee information with this web search tool:



<http://wireless2.fcc.gov/UlsApp/UlsSearch/searchAmateur.jsp>

(narrow down the search by selecting state and grant date range)

Best of luck to all new hams and we encourage you to keep learning about radio. A good way to learn is to talk with other hams. The South Point Amateur Radio Club meets at Manuka Park on the first Sunday of each month at noon for potluck, and once or twice a year for a field day setting up an off-grid radio shack usually at the beach.

73

Greg Guithues
wh6eph



Ham Radio licensing was taught at the community center in May.

Youthful enthusiasm for Ham Radio

Eleven year old McKenzie Reed has been working hard during the month of May, studying for her Amateur Radio License. Better known as Ham Radio, McKenzie discovered the opportunity when her father, Tim Reed decided to enroll in a class being offered at Ocean View Community Center.

“He kept talking about all the cool things he could do on the radio, if he had a license,” McKenzie explained, “And that got me interested.”

McKenzie is a precocious home school student, and her interest in Ham radio is social. “I’m a social butterfly, and when I moved here from Washington, I left all my friends behind. I think it would be really cool to talk to people all over the world.”

There are about three million Ham Radio operators around the globe. Ham Radio enthusiasts chat over radio waves on a wide variety of topics, carefully following the FCC rules. One of the rules is common courtesy. McKenzie thinks this makes Ham Radio more appealing, than social media.

“I think it’s safer,” McKenzie said comparing Ham Radio to Facebook or Instagram. “And more welcoming. And it’s reliable. If the internet goes down, Ham Radio keeps working.”

Her father enrolled them both in the five-week class and McKenzie began reading the licensing manual, taking the on-line practice tests and using a Ham Test Prep App on her phone. She was the youngest student in the class of 22, and certainly the most enthusiastic. She estimates that she studies about 15 to 20 hours a week, reviewing test questions and studying the manuals and handouts from the class. She’s taken the practice test on the Ham Test Ap over 100 times.



McKenzie Reed

See “Young interest” continued on page 24



An old Episcopal tradition was observed on Father's Day, when Cordelia placed a single pink rose on the altar, to celebrate the birth of her first great-grandchild, Charlotte Elizabeth.

July Birthdays

- 7 Conny Santana
- 19 Susan fine
- 20 Jerry Cutts
- 21 Lee Sampson
- 24 Zachary Debernardi
- 25 Cindy Cutts
- 28 Bud Sherfield
- 29 Mariah Ancona



July Anniversaries

- 3 Ron Wolff & Evelyn Cossich
- 15 John & Stella Kiberu
- 24 Rev. Doug & Carolyn Coil



Robin & Madalyn Lamson's daughter, Megan Lamson
Will be a featured presenter at Kahuku National Park!

Coffee Talk* at Kahuku

National Park Service, U.S. Department of the Interior

Hawai'i Volcanoes

Friday, June 29th 9:30 a.m. to 11 a.m.

Kahuku Unit Visitor Center



HAWAI'I WILDLIFE FUND:

REMOVING TRASH, RESTORING HABITAT

What have we learned and what can we do to prevent and reduce plastic pollution along the Ka'ū coastline?

After 15 years and 240 tons of marine debris removal Hawai'i Wildlife Fund's president and program director, Megan Lamson, has some answers!

Megan will share her experiences working with thousands of volunteers to restore coastal ecosystems and protect native wildlife on Hawai'i Island. She will also talk about some of the lessons learned, partnerships created, legislative successes, and the dedication of the Blue Whale sculpture created from ocean debris.

Join us and learn more about how you can get involved and help innovate solutions for this global problem.

*More info about HWF can be found on their website at
www.wildhawaii.org.*

** Coffee Talk at Kahuku is an opportunity to get to know your Park and your neighbors, and join in on an informal conversation on a wide variety of topics. Ka'ū coffee, tea and pastries will be available for purchase. Entrance located south of the 70.5 mile marker on the mauka side of Hwy. 11.*



Flavor of the Month

The Rev. Constance Garrett

Serving St. Jude's from July through the first week of August is The Reverend Connie Garrett. Reverend Connie is a familiar face at St Jude's and we are excited to welcome her back to our island.





WHAT'S COOKIN' AT ST. JUDE'S?

*For I was hungry, and you fed me. I was thirsty, and you gave me a drink.
I was a stranger, and you invited me into your home. Matthew 25:35*

Summer is here and so are fresh strawberries

Time to think about

Strawberry Pie!

Ingredients

- 1 baked empty pie crust (flour, graham cracker or Oreo)
- 3 quarts washed fresh strawberries
- 6 oz strawberry Jello
- 2 Cups Sugar
- 6 Tablespoons corn starch
- 2 Cups Water



Instructions

Mix sugar, water, and corn starch then cook at medium heat until it reaches a boil. Remove from heat and mix in Jello. Refrigerate for about 15 minutes.

Wash and slice strawberries

Gently add sliced strawberries to the cooled sugar mixture and pour into cooled pie crust.

Refrigerate for at least 2 to 3 hours.

Serve with whipped cream, chocolate drizzle or toasted marshmallows!

In our prayers...

We offer thanksgiving for the many answered prayers we have received at St. Jude's.

Thanksgiving: Baby Charlotte Elizabeth, first great-grandchild to Richard and Cordelia.

This month we pray for:

Healing: Levi, Faye, Buffy, Marie, Zach, Mark, Ann, Margy, Keith, Carrie, Max, JYM, Marvelle, Kathy, Larry, Stella, Nancy, Mike, Lee, Jim, Clifton, Sam, Richard, Brian, Bill, Ray, Cynn timer, Austin, Thom, Doug, Greg, Norma, Donna, Ted, Teri, Austin, Norma, Donna, Ted, Darlene, Richard, Amy, Deanna, Tammy, Arthur, Ruth, Big Peg, Cordelia, Kepi, Mark, Ed, Fr. Coil, Pastor Constance, Stella, Susan, Max, Travis, Duran, Jerry, Linda, Eden.

Strength and comfort for all who suffer loss, especially in the Puna District.

Healing and restoration of broken hearts, families and relationships;

Safety for all who are traveling.

Protection as we wait in the dust and watch the volcano activity in Puna.

Safety, wisdom and courage for Randy, Justin and all those in protective or public service (law enforcement, firefighters, emergency responders, military personnel, teachers, administrators, civic leaders);

Blessings and encouragement for the leaders of St. Jude's and for the many volunteers who keep our church operating.

For more volunteers, willing hearts to support the shower ministry, the Saturday soup kitchen and the computer lab.

Disney
Words to
live by





TO YOUR GOOD HEALTH

THE PREVENTION OF CHRONIC DISEASE

BY RAY HATCH

Editor's note: *This column is focused on the principles of following a plant-based diet. It is written from the opinion of Ray Hatch, a plant-based diet advocate, and not from St. Jude's Episcopal church. As with any health-related life style change, readers are strongly encouraged to speak with your health care professional before beginning anything new that is health related.*

From a medical point of view, there are at least two types of diseases, injuries, or conditions: acute or chronic.

Acute injuries, diseases, or conditions are easy to understand, I think. They include things like broken bones or infections. They are injuries or diseases that are caused by a single event and come on very quickly.

Chronic injuries, diseases, or conditions are ones that come on very slowly and can be caused by repeated injuries by our behaviors. They are the "Leading Causes of Death and Disability in the United States" according to the Center for Disease Control and Prevention.

As the CDC (Center for Disease Control & Prevention) describes them "Chronic diseases and conditions—such as heart disease, stroke, cancer, type 2 diabetes, obesity, and arthritis—are among the most common, costly, and preventable of all health problems."

Their cause is less easy for us to under-

stand. Did you notice that the CDC says "PREVENTABLE"? That means that you can do something to keep it from happening.

The CDC also quoted data that is a little out of date and is probably even worse now:

"As of 2012, about half of all adults—117 million people—had one or more chronic health conditions. One in four adults had two or more chronic health conditions.¹

Seven of the top 10 causes of death in 2014 were chronic diseases. Two of these chronic diseases—heart disease and cancer—together accounted for nearly 46% of all deaths.²

Obesity is a serious health concern. During 2011–2014, more than one-third of adults (36%), or about 84 million people, were obese (defined as body mass index [BMI] ≥ 30 kg/m²). About one in six youths (17%) aged 2 to 19 years was obese (BMI ≥ 95 th percentile).

Arthritis is the most common cause of disability. Of the 54 million adults with doctor-diagnosed arthritis, more than 23 million say they have trouble with their usual activities because of arthritis.

See "Healthy" continued on page 24

	8:00 AM	9:00 AM	10:00 AM	11:00 AM	Noon	1:00 PM	2:00 PM	3:00 PM	4:00 PM	5:00 PM	6:00 PM	7:00 PM	8:00 PM	9:00 PM
Monday	Senior Nutritional Program												Hula Practice	
			Women's Bible Study @ Bev's 10:00 am										NA	
													AA	
Tuesday			Food Bank <small>(setup & Divide food)</small>		Food Bank <small>Monthly Last Tue.</small>									
Wednesday			Senior Nutritional Program							Brownie Meeting			NA	
Thursday			Hula Practice								Al-Anon		AA	
													AA	
Friday		Senior Nutritional Program											St. Jude's Events	
		Men's Bible Study @ McKinney Place											Band Practice	
Saturday			Free Hot Shower										AA	
			Free Hot Lunch With Shower										NA	
			Computer Lab											
Sunday			St. Jude's Eucharist Services & Aloha Poluek Social After Services										Marshallse First Assembly of God	
													Marshallse Full Gospel Church	
	Indicates this is a St. Jude's Function													
	AA = Alcoholics Anonymous													
	NA = Narcotics Anonymous													

St. Jude's Weekly Schedule

God's House

Continued from page 5

bleating! That is why, even to this day, there is a ceremonial washing of hands before starting the Communion service.

During the Great Thanksgiving we give all honor and glory to our Lord through song and prayer. We hear again the story of Jesus' brief life and the details of The Last Supper. The priest holds up the bread and quotes Jesus, "Take, eat: This is my Body, which is given for you. Do this in memory of me."

This is the most meaningful moment of the Mass. We bow our heads in honor of His sacrifice. Some of us say a quiet personal prayer at this moment. "My Lord and my God, have mercy on my soul," were the words I grew up with.

The priest then holds up the wine and again quotes Jesus, "Drink this, all of you. This is my blood of the new covenant, which is shed for you and for many, for the forgiveness of sins. When you drink it, do this for the remembrance of me."

We again bow our heads to honor His sacrifice. Again a private prayer is appropriate – a perfect moment to say, "thank you" to Jesus for shedding His blood so that we may have eternal life.

At St. Jude's we join hands while saying the prayer Jesus taught us. "Our Father who art in Heaven...."

Do you feel the warmth spreading through the many hands of St. Jude's as we unite in prayer? Gives me "chicken skin" every time! These truly are my brothers and sisters.

After the priest "breaks the consecrated bread", a moment of "silence" is kept. "Christ our Passover is sacrificed for us; therefore let us keep the feast!"

The priest then offers this invitation, "The gifts of God for the people of God."

We each may receive the consecrated bread and/or wine – or a personal blessing.

We return to our seats in "silence." This is each person's private time to commune with our Lord. We will never be closer to Him than



Blowing the conch shell is just one of the many traditions of worship at St. Jude's.

we are at this moment! FYI: Please save visiting for Aloha Hour.

After the Communion Service is over and all the elements are carefully put away, the priest and LEM process to the rear of the church for the closing prayers: "Alleluia, Alleluia, Let us go forth in the name of Christ."

Aloha Hour is a joyful time to sit down together for good food and friendly conversation. It reminds me of the Sunday dinners of my childhood. Everyone is welcome! A stranger is just a friend you haven't met yet! St. Jude's is like that! My kind of people!

Jesus said, "Love your neighbor." He also said, "Feed My sheep!" We are really trying! Please join us.

An Episcopal Church protocol tip:

Private conversations anytime during mass are very distracting. People set aside one hour a week from their busy lives to spend in communion with God.

Please be respectful of this special time.

Grazin' continued from page 4

Brief notes on **Seattle**, our fave martini bar moved but is still within walking distance, **Von's 1000**. It is now on 1st street about 2-3 blocks south of Pike's Place on the makai side. It used to tout beers and roasted meat, now it is "spirits" and much lighter fare. It's still good and they still serve up a quite suitable \$5 vodka martini. But let me say this: sourdough pasta. Wow oh wow. They sell it too. In fact, all the sour dough anything in Seattle was divine.

Pike's Place Chowder which is not in Pike's Place but in the mall, provides a very yummy clam chowder in a sourdough bread bowl. Good soup, not overly salted, loaded with clams. **Anthony's Fish House** is a local chain where you can dine well in the café or in the restaurant. We hit Seattle in time for Copper River salmon and it is the bomb. Costco carried it frozen last year and we are hoping for a repeat. If you have not tried it, put this on *your* bucket list.

PS when dining in Seattle, if not Washington State, check your bill for the 20% service charge. If it is there, it's an automatic tip for service. Not all do it but many eateries do and they are not always forthcoming about it.

Vancouver, BC: oh foodie paradise and there were deals to be had. Our best find: **Scoozie's**, a family owned place that at first blush looked like a hole in the wall. It is not. It's a big restaurant on one side and a café like place on the other. The people working there seem quite happy and warm without being obnoxious. It's on Howe at W. Hastings. They do a robust take out business too and are clearly a favorite among locals. Open all day for breakfast, lunch and dinner. **A&W**, yes that A&W root beer, are all over downtown. They are pretty much gone from the landscape at least in CA so we were delighted to see this as we both enjoy the root beer. They have jettisoned the American beef and chicken and now offer only organically raised meats. It makes a difference. Burger was quite fine.

In **Vancouver**, we found our holy grail: good Chinese. We chose **Dynasty Seafood** which had rave reviews on Trip Advisor and they were not lying. This is not the traditional Chinese that most of us have been exposed to. It is different and tasty, primarily a dim sum house. In that area, the other side of the Cambie Bridge, is loaded with Asian places of all kinds and a Whole Foods Market to boot. We could spend a year there and not hit all the restaurants. A place we browsed but did not eat: **Nestle's Toll House Cookies**. It is of course a bake shop but they offered real food that did not involve chocolate, like sandwiches, soups, salads. It was by the courthouse downtown.

UPDATE: THAI GRINDZ truck parked on the dirt hill lot at Kona and Hiway 11 will be open Fridays thru Sunday starting June 29 11a-6p. This food truck has been a consistent winner with us. Thai food and American short order grill.

The girls say GO GRAZE.

Youth interest

Continued from page 14

McKenzie is studying Algebra in her home school curriculum, so she caught on quickly to the math facet of the test. And she is creative in how to remember math formulas or tricky questions from the licensing exam.

“Sometimes I make up songs to remember things,” she explained. “And Dad and I go over questions a lot together, especially in the car.”

Unfortunately, like many Ham Radio operators, McKenzie didn't pass her licensing exam on the first try. But she's not discouraged; she plans to keep studying and test again soon. Her enthusiasm for the hobby remains high and she is determined to earn the right to talk on the radio waves. Her ultimate Ham Radio goal is to chat with someone on the space station.

Healthy continued from page 20

Diabetes is the leading cause of kidney failure, lower-limb amputations other than those caused by injury, and new cases of blindness among adults.”

The CDC also outlined the Health Risk Behaviors That Cause Chronic Disease!

“Health risk behaviors are unhealthy behaviors you can change. Four of these health risk behaviors—lack of exercise or physical activity, poor nutrition, tobacco use, and drinking too much alcohol—cause much of the illness, suffering, and early death related to chronic diseases and conditions. “

Notice they said health risk behaviors are unhealthy behaviors **you can change!!**

These chronic diseases (heart disease, stroke, cancer, type 2 diabetes, obesity, and arthritis) depend very much on what we eat.

A whole-food, plant-based diet is a good way to fight these diseases. A whole-food, plant-based diet is a way of eating that concentrates on eating whole plants and the elimination, as much as possible, all animal products, oils and fats, and processed foods.



CENTERS FOR DISEASE
CONTROL AND PREVENTION

Remember, FOR YOUR HEALTH, THE MOST IMPORTANT CHOICE YOU MAKE EACH DAY IS WHAT YOU CHOOSE TO EAT.

A Whole-foods, Plant-based is one way to prevent or reverse many of these chronic diseases.

Here is the CDC website with this, and much, much more information. Check it out!

<https://www.cdc.gov/chronicdisease/overview/index.htm>

For more information on healthy eating, check out our Facebook page: Taft Healthy Eaters.

Any questions? Email me at ray_h1941@yahoo.com.

Bay Clinic medical van pulls out at St. Jude's

The Bay Clinic Medical Van has suspended their Ocean View service in the St. Jude's parking lot, after less than 10 months of service to the community. We will begin to explore other options to meet this need in our community. Unlike the free medical van St. Jude's hosted in 2014 & 2015, the Bay Clinic van was an extension of their medical office in Na'alehu. We will begin to explore grants and rural health programs to provide free medical services, similar to our first medical van.



Riding Competition Winner

Joan and Greg Guithues' 13-year old granddaughter Calysto Parman, recently placed in the Montgomery County 4H Horse Show, in Lewisburg, Ohio.

Calysto earned English Day ribbons for good grooming, hunt seat, showmanship and two types of walk trot. Congratulations Calysto!

Volcano Activity Resources

The following websites provide updated, accurate information regarding the Kiluea eruption.

Air Quality S02 <http://www.hiso2index.info/>

EPQ Air Now <https://www.airnow.gov>

Hawaii Volcanoes National Park
<https://www.nps.gov/havo/index.htm>

USGS <http://www.hiso2index.info/>

**Please note ~ Facebook
 is NOT on this list!**

July Dates To Remember

- 4 Independence Day
- 6 Spaghetti Dinner
- 7 Lemonade Party
- 7 Shower BINGO
- 8 Bishop's Committee
- 31 Ka'u Food Pantry



Free plant-based diet booklets at St. Jude's

What if a doctor would say to you

Do you want to lose weight?

Do you want to feel better?

Do you want to stabilize or even reverse a chronic condition such as heart disease, high cholesterol, diabetes, or high blood pressure?

Would you like to take fewer medications?

What if the doctor would say "If you answered yes to any of these then a plant based eating plan may be for you."

The largest network of doctors in the United States has said **exactly** that in a booklet they published in 2013 to explain a plant-based diet. That network of doctors is Kaiser Permanente and they published a short booklet that not only says the above, but also describes exactly what a plant-based diet is and describe the changes necessary to eat that way.

They say that "This eating plan includes lots of plant foods in their whole, unprocessed forms, such as vegetables, fruits, beans, lentils, nuts, seeds, and small amounts of healthy fats. It does not include meats, poultry, fish, dairy, and eggs. It also does not include processed foods or sweets."

What does Kaiser Permanente say are the health benefits of a plant-based diet? Here's what they say in the booklet:

"Lower cholesterol, blood pressure, and blood sugar

Reversal or prevention of heart disease

Longer life

Healthier weight

Lower risk of cancer and diabetes

May slow the progression of certain types of cancer

Improved symptoms of rheumatoid arthritis

Fewer medications

Lower food costs

Good for the environment."



The rest of the booklet shows you how to start eating this way and gives you some eating options.

This is the most concise summary of this eating plan and you can see the booklet here:

<http://www.kphealthyme.com/Healthy-Eating-Active-Living-Programs/Education-libraries/Plant-Based-Diet.aspx>

Or pick up a free copy in at St. Jude's, in the bookcase by the door.

The Kona facility does have a 3 session-class to help you adopt and improve your plant-strong diet. It sounds pretty good. One of the instructors is Chef Stephen Rouelle from Under the Bodhi Tree Restaurant. This is our favorite restaurant on the Island!!

For more information on healthy eating, check out our Facebook page: Taft Healthy Eaters. Any questions? Email our plant-based diet specialists, Ray Hatch at ray_h1941@yahoo.com.

Spaghetti Dinner



Friday July 6th 2018

Please join us at St. Jude's Spaghetti Dinner

Doors open at 5:30 pm and dinner will be served from
6:00 pm until 8:30 pm

Dinner includes Spaghetti, Spaghetti Squash, your choice of Sauce, Meatballs, Salad,
Drinks, and Dessert

Event Tickets are available at the door for \$8 per person, \$15 for two, or \$20 for family.

The best way to pre-purchase your tickets is to come to our **Sunday services which start at 9:30 am each Sunday**, join us for an Aloha potluck social after the services, and buy your tickets while you are there. Tickets are available before and after services.

You can also pre-purchase tickets from Thom White, Beverly Nelson, or Cordelia Burt.
The event contact number is 808-939-7555 (leave a message)

The party takes place at ➔

**The southeast Corner of Keaka Pkwy
and Paradise Circle**

**St. Jude's Episcopal Church
92-8606 Paradise Circle
Ocean View, HI 96737**

Proceeds from this event helps pay operating expenses for our community service programs such as Free Hot Showers, Free Hot Lunch, and Free WiFi

Sheila's Shower Rules & Regulations

The Golden Rule Applies Here

**DO UNTO OTHERS AS YOU WOULD
HAVE THEM DO UNTO YOU**

Please use the bathroom before showering. (it's around the back corner of the main building)

Please Conserve Water: Wet Down, turn off the Water while soaping up and shampooing. If the water is on too long, it will turn off, so please don't let that happen

Please take all of your things out of the Shower Room when you leave, including soap bars and shampoo bottles

If you use our towels, please put them in the container marked "TOWELS" outside the shower door

Only One Person in the Shower Room at a time, with the exception of one child under ten with a parent

You must sign up by 12:30 pm to take a shower

If you aren't available when it is your turn, your name will go to the end of the list

Thank you for helping keep the shower room clean,
just as you found it!!

Graffiti vandalism in Ocean View

Vandals tagged the Kau Rubbish Disposal sign at the corner of Aloha Boulevard and Highway 11 recently. Our friends Dominique and Lex, owners of KRD were disappointed to discover the crime but not devastated. A few days before the incident, they had ordered a new sign to correct a small error in the original. The new sign was installed the very next day after the crime. Divine intervention?

The day the new sign was installed, it was the exact day four years ago, when Dominique and Lex received approval for a special permit to begin their rubbish disposal business.

KRD provides affordable garbage service and improves the health and safety of our community. Besides hauling away trash, they also deliver mulch. Dominique and Lex are good stewards of our environment and live in our community. They have been good friends to St. Jude's. For more information about their services, contact them at:



Kau Rubbish Disposal LLC

(808) 747-0717 krdhawaii@gmail.com

Weekly residential rubbish pick up service in Ocean View, Ranchos and Discovery Harbour.
Weekly Rubbish Removal for \$31.99+ tax per month



While graffiti may seem like small mischief, it costs taxpayers and businesses millions of dollars each year.

Local residents are asked to keep watch over all our community resources, including signage.

If you see a crime in action, report it to Ka'u Police Department Dispatch at (808) 935-3311.

Friend, continued from page 7

My friend was there for me in the beginning of my Hawaii life and she built me up when I needed it most. It was a beautiful thing that she did for me. She let me know that I was nothing like I had convinced myself I was. According to her, I was pretty "normal."

I used to say, "What do you know about "normal?"

She'd say, "I know I'm NOT!" and then we'd laugh together.

It's a bummer that I didn't get to see her clean and sober, but ya know, it really did happen. Apparently she went to rehab and had four months of being clean time. Unfortunately, while in rehab she contracted pneumonia and ended up in the hospital. The pneumonia went septic. She was in a coma, unresponsive and put on a ventilator. Her family spent many hours at her bedside but eventually her body just gave up. She passed away February 28, 2018.

She was my friend. She was well aware that Jesus loved her unconditionally. I actually heard her say it. I'm thankful for the opportuni-



ty to have known her and she will always hold a special place in my heart. It gives me peace to know that she doesn't suffer anymore.

My friend's family and her friends have my deepest sympathy. It's my prayer that they all find peace in her passing as well.

I miss you Cheyne B. Bear. But I'm sure that spending your birthday with Jesus is gonna be great. Thanks for sharing love and joy with me. Much aloha,

Buffy

Church yard Continued from page 3

The day started by learning that our pianist, JYM Duncan, was off island and we were going to sing everything acapella. It actually turned out to be quite nice. Luckily, we have several strong singers in the congregation who helped lead the music, especially a big thank-you goes to Dan Garrett.

Then during our Aloha Hour potluck lunch Thom White did his usual Father's Day treat by providing ice cream sundaes for everyone. There is a special thank you to Thom from Karen, Anna, and myself, who are still trying to lose weight.

Spaghetti Dinner is our next fundraiser. It will be on Friday, July 6th, 2018.

Doors will open at 5:30 pm. Prices are \$8 for a single, \$15 for two, and \$20 for a family.

Think about that: If you're a couple, you are getting a wonderful Spaghetti dinner for \$7.50 each and if you are a family of five your family is getting a five-course meal for \$4.00 each. You can't even make your family baloney or spam sandwiches for that price.

Dinner includes Spaghetti, Spaghetti Squash, your choice of Sauce, Meatballs, Salad, Drinks, and Dessert. See you there!

Notes from Peg

Aloha, dear friends!

Quite a long time ago now, I was online preparing all of my paperwork so that I will be able to go serve at the West Kauai Episcopal Churches when time pops up on the schedule. I won't be able to go there until December, 2019, and that seemed a long time away.

Just out of boredom and general interest, I thought I'd check out the other churches in Hawaii that operate with visiting clergy, and I clicked on St. Jude's.

I can't say it was total love at first sight, but you certainly have an appealing way of reaching out to people like me, so I thought it couldn't hurt to inquire. I was stunned when Cordelia answered almost immediately and asked if it would be possible for me to come for June and the first two weeks of July. Obviously someone had to cancel their plans, but since I was retiring May 20th, I could hardly type "yes" fast enough.

Now we are over half way through our stay, and love is in full bloom. Everything is delightful. There are



Rev. Peg Williams and Cordelia .

But, honestly, it's the people of St. Jude's that make it irresistible.

Rev. Peg

wonderful places to go explore, beautiful sights to see, a lovely home to live in, and a charming church in which to worship. But, honestly, it's the people of St. Jude's that make it irresistible.

I've never seen so many smiles and enjoyed so many hugs in such a short time. You all are exactly what church is all about!

When I have told other people about all of the activities you have going on, pretty much around the clock, they are all astonished by what you can do. I pray that God will continue to strengthen you for your ministry and grant you the resources you need to continue serving the people of Ocean View in the energetic and exciting ways you do.

Blessings, Peg Williams+

Computer lab

Continued from page 2

became time to shut everything down and when I told them it was time to start shutting down the lab, they turned their computers off, packed their computer, the mouse, and the charging cable into the carrying case and helped me carry them all to my car. Then they told me, "See you next Saturday."

Last Saturday, June 16th at closing time there were 16 people in the in the computer lab and four more wanting to come in. One of the pictures in the newsletter shows the crowded condition. I especially like the girls at the end of the room hugging each other while they watched a game, (See page 2)

As a general observation they are saying "please" and "thank you" when they never said it before. The people in the soup kitchen have observed the same thing. The kids are taking ownership of the lab and very seriously! When I am the only person managing the lab, I have put one of the students in charge if I have to leave the lab for a couple minutes. And he does a very good job.

Last week we had a young person join our lab for the first time and I asked the same person that I left in charge of the lab to help him. He scooted over next to him and asked, "Do you want to play games or watch movies?" The new boy said, "Both." First, he explained about the no video game violence rule and then demonstrated how to find the games and movies. Several times this young teacher went back to make sure his student was doing okay.

Last Sunday one of the students came to me and asked if we could have the computer lab open on Sundays. I told him that we could if we have anyone to manage the lab.

We opened the lab on a Monday afternoon for a couple hours, with the seniors from the Senior Nutrition Program in mind. Unfortunately, it was a field trip day and many of the seniors were not at St. Jude's on that particular day. Cindy and Paulette plan to open the lab regularly on Mondays, if there is interest.

Help is Needed: Our only problem in the lab is not enough people stepping up to help. Frankly, I'm discouraged. This lab was a gift to St. Jude's and a gift to the community. The children who come to use the lab are a lot of fun to be around. The adults who use the lab are grateful. This is a community support program that is already having a positive effect on our youth and they want more access to it. It is a program that needs to be expanded, but it can't be without volunteers. *Please consider giving it a try.*



Jasmine has been interning as a computer lab tech with Don.

Grizzly bears, moose, sourdoughs? That's not what scares this Alaskan.

Phyl's daughter, Cherie Rains and her husband, James live in Alaska. They visited the Big Island in May, just in time for the volcano eruption. But it wasn't a fiery river of lava or plume of smoky ash that terrorized Cherie. Here is her account of....

The Great Spider Incident

Tonight as we prepared to sit down for dinner, I looked over at James and there he was with my mom's cane reaching for a very large spider on the ceiling. There the chase began. The spider was on the run and so was I - to the back bathroom.

I called to my mom and James, "Hello is anyone out there? Hey can anyone give me an update?"

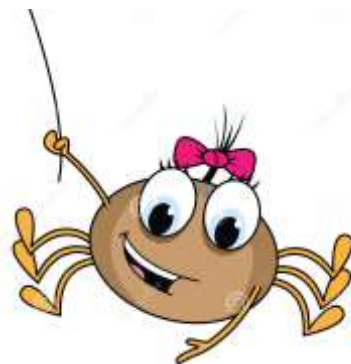


No answer!

Meanwhile in the kitchen, Mom and James were chasing that big, furry critter with the spider spray. Finally they gave me the signal, the battle was over. Whew! That was a close one.

For a minute I thought the spider had won and I would be sleeping in the bathroom!

What a heart racing moment.



Cherie declared war on spiders.





Bits and pieces

You can take your recycled cans and bottles to the Ocean View recycle center, and donate the proceeds to St. Jude's. Just tell them you want to donate to St. Jude's and use code 123.

The low income electric program is happening until June 30th. Monday and Tuesday at the Ocean View Community Center and Wednesday and Thursday in Naalehu. Call 937-3329 for more information.

The church kitchen needs containers to send leftovers home. Please consider recycling your empty plastic containers with air tight lids by bringing them to the church.

The conditions we are living in may be hazardous to your respiratory health. Check out the free Vog Management class being offered. Joy Wu is offering a **Free** Vog Management class at the Wellness Center at [75- 367 Hualalai Rd.](#) next Thursday, June 28th .

Editor's note: It would be helpful to know what city the Wellness Center is located.

If you want an article in the newsletter, please provide complete information, *in writing*, prior to the deadline. Who, what, when, where, why are all required for articles. Remember, we are always a month ahead for calendar items.



BE BEAUTIFUL

BY CINDY CUTTS, EDITOR IN CHIEF

I had a cute conversation with my four year old granddaughter, Lulu the other day. She lives in Kansas City, Missouri and she “Facetimes” me about once a week with stories, silly jokes, songs and dances. It’s a great way to stay close to this precocious chatterbox. As with all my grandchildren, Lulu is brilliant, charming, talented and insightful. Lulu’s most recent tale was about her little sister, Coco and a lesson on inner beauty. It went something like this:

Lulu: “Mimi, did you know that mean people are ugly?”

Me: “You are right, and who wants to be ugly?”

Lulu: “Well, Coco did. Coco was mean to me, and Mommy said, ‘Okay then, just be ugly,’ and so Coco got nice again and then she was just beautiful.”

Me: “Well, your Mommy is very beautiful on the inside and the outside. So she knows. Mean people are not very beautiful, are they?”

Lulu: “Nope. Mommy said you have to be beautiful on the inside if you want to be beautiful on the outside because just plain outside beauty is ugly.”

When she finally handed the phone back to her father, my son confided that Lulu’s story was true, except it was actually Lulu who “got mean” and not her sweet, little sister, Coco. That made me burst into giggles.

Clever kid commentary or not – Lulu’s lesson is spot on. Mean people *are* ugly. Very few people want to be in the company of someone who is mean. Most of us prefer to associate with kind, happy, positive, nice folks.

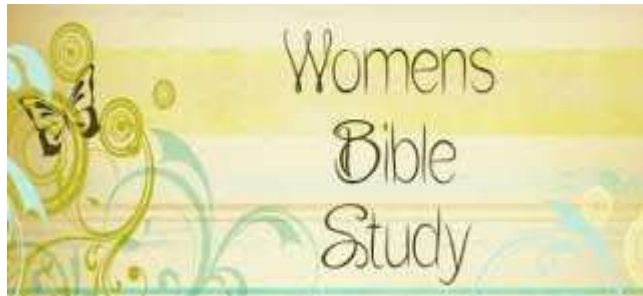


Lulu Cutts, age 4 thinks mean people are ugly.

Being mean is very unattractive. It warmed my heart that my granddaughter was learning to value inner beauty at age 4.

It costs us nothing to be nice to someone, even those who don’t deserve it. At St. Jude’s we think of our membership as family – and families are messy, sometimes with conflict or discord. But strong families give each other grace, forgive one another and move forward. That’s what we do in the St. Jude’s family.

There’s no room for “mean” in our family. Just ask Lulu, before she starts telling her jokes.



**Mondays at 10 a.m.
Beverly Nelson's Home**



**Fridays at 9:00 a.m.
McKinney Place**



Lemonade Party

July 7, 9 a.m. to 11 a.m.

Monthly Church Clean up

Talk Story

A monthly news magazine published by St. Jude's Episcopal Church
in Ocean View, Hawaii.

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We welcome submissions!



Submission Guidelines: 500 words maximum.

Uplifting, informational and reflective stories, news,
recipes, photos, memories, etc.

For more guideline details visit www.stjudeshawaii.org

Photos must be submitted as jpgs & emailed as attachments.

Submit via email to: cynthiaanncutts@gmail.com

Deadline for newsletter submissions is the 20th of each month.

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Mistakes happen ... If you find a typo or tiny error in this publication, please do not report it. *We don't want to know.*