



# Talk Story



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

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## Steve Stigall is new St. Jude's Treasurer

**Editor's note:** *St. Jude's new treasurer is Steve Stigall. Steve assumed the treasurer's office, when Richard Burt retired in June. As a member of the Bishop's Committee, Steve has been involved in leadership at St. Jude's for some time. Serving as Treasurer requires Steve to take over the business areas of the church, and he is very well qualified. You can often find Steve behind the cash register at Ace Hardware, solving a wide variety of problems for his customers with his quick smile and positive energy. He seems to know everything there, and cheerfully shares his knowledge, while still being extremely humble about it. However, getting information out of Steve about himself, for this article was next to impossible!*

### By Dan Garrett

When Cindy Cutts asked me to write a brief bio of Steve Stigall, St. Jude's new treasurer, it didn't surprise me to know he had told Cindy he wasn't anxious to write about himself. Serving God in whatever way he can, and doing so with quiet humility reflects exactly who he is.

Steve was born in Somerset, Kentucky, on beautiful Lake Cumberland, and was raised there, and in Buffalo, New York. A lifelong member of the AME Church before he joined St. Jude's, Steve had spent several years be-



Steve Stigall, St. Jude's Treasurer

fore relocating to Ocean View serving as a Trustee at St. John AME in Columbus, Ohio. He worked as a retail manager for many years, and was a partner in an event planning and decorating business. Steve studied music education at Morehead State University, and also spent time working with Headstart.

Steve spent many years performing, and then teaching, drum and bugle corps and color guard. He joined St. Jude's in the fall of 2015 and also serves on the Bishop's Committee.

# Computer lab update

## St. Jude's computer lab open to community

By Don Hatch, Contributing Editor

The computer lab serves the St. Jude's congregation, but is also open to the Ocean View community. Starting last month, Jasmine Arguello is training to become the manager of the Computer Lab.

St. Jude's is a convenient location in that we are just across the street from the park, and less than one mile from the Post Office and the Ocean View Market. Visitors to the lab are allowed timed access to laptop computers and can print documents for free. The lab has six Notebook Computers and an Inkjet Printer/Scanner.

Currently it is open every Saturday from 9:00 am until 1:00 pm. We also plan on having it open one day each week for the Seniors as they are having their Nutritional Program at St. Jude's.

The Ka'u High School is building a computer lab at the HOVE community center. We offered them access to our Computer Lab and are in early stages of discussions with them. When the schools are using the labs, they will be extensions of their schools, the users will be registered in their schools, and will get school credit for what they do in the lab.

Our Computer Lab has been open for fifteen weeks and it is an enormous success. We have been averaging 12 people in our open lab time. One Saturday, when it was time to close the lab, there were 16 people in the lab and 4 more wanting to come in.

On the first Saturday Reverend Constance Garrett arrived, she was helping in the lab. Reverend Constance told me that one of her friends plans on donating enough money to purchase bible-based programs for our computers. Constance gave Jasmine a document showing the web site where the programs are located and asked her to look them over and make a list of which programs she suggested we purchase.

**See "Computer Lab" continued on page 16**



## Around the church yard

By Contributing Editor Don Hatch

**Free Hot Shower and Hot Meal:** The first day we opened our Free Hot Shower was Sept. 21<sup>st</sup> 2013, and we had one person take a shower. As of this publication, almost five years later, we have provided around 5,700 showers.

We had a steady increase in the number of people taking showers, but we were limited by having only one shower stall.

In late March 2018 we opened our second shower stall, but we didn't see the surge in people getting a hot shower that we expected, because we had the coldest and wettest February through April that we have ever experienced here.

Our shower stalls are outside and there are no roofs. So, when the temperature is 50 degrees F and it is raining, there is no HOT in the hot shower. However, on one of our Saturdays in April we had nice weather and we hosted a record of 51 people taking a hot shower.

Then when the weather started warming up the volcano started acting up and the air quality got so bad many people are staying at home.

With the second shower there is very little waiting and everyone wanting a shower was through by a little after 12:00 noon; so, we started closing the showers at 1:00 pm.

Last month St. Jude's was blessed with a generous gift from Rev. John Mark Beam's congregation, in South Carolina. They have donated a \$500 gift to the Shower Ministry. Rev John Mark is the husband of Rev. Constance Garret, who is serving us for July and the first Sunday of August.

**Computer Lab:** Our Computer Lab has been open for 15 weeks and it is an

enormous success. We have been averaging 12 people during open lab time. One Saturday there were 16 people in the lab and 4 more wanting to come in.

One of the rules is that if you want to listen to the computer you must use earphones or earbuds. When I talked to our students about that I learned that most of them didn't have either. So, we decided to provide each of them with a set of earbuds and a Ziploc bag, they write their name on the bag and when leave the lab they put the earbuds in the Ziploc and put it in a box. The next time they come to the lab they get their earbuds back. So far, we have given out 35 earbuds and have another 10 packaged ready to give out.

I tell people flying on a trip to save their airline earbuds and give them to the computer lab.

In our May newsletter I wrote about my brother Rick and sister-in-law Pattie wanting to work in our soup kitchen and computer lab on their last day in Hawaii. Last week I received a package from them with four earbuds in it.

Last month I was advised that Rev. John Mark Beam's congregation had also sent a second \$500 gift to the St. Jude's computer lab. When asked what I would like to do with the money, I suggested that we use it to contract with Jasmine Arguello to be our computer lab intern. She had been volunteering in the lab for several weeks and doing an excellent job. With a little training, I believe Jasmine can manage the computer lab for us. The Bishops Committee voted unanimously in favor of the proposal.

See "Church yard" continued on page 26

## Groovin' with the Grazing Girls

By Karen Pucci

BLUE ROOM at Mauna Lani. Three of us made the trek up into “very frou-frou land” for a concert. Afterwards, we tried Tommy Bahamas but it was a Saturday night and we would probably be still waiting for a table. So we wandered back down and walked right by this indoor/outdoor spot and took a chance.

Blue Room is a self styled “French Brassiere”. The food was good, a wee different take on some French classics and they serve a hot, crusty, house made French bread while you're waiting which immediately puts them into my orbit. We were in the outdoor seating area and it was quite an enjoyable ambiance.

We agreed to sample each other's fares so I could get a better experience of their menu. Thank God, none of my dining companions were named Anna because there were fresh oysters (\$4/per oyster) on their pupu menu and she loves those. One diner had a beef teriyaki sandwich with truffle oil fries (\$18 with regular fries, \$20 with the truffle fries). There seemed to be a nice amount of thinly sliced beef with a very subtle teriyaki infusion which I found quite tasty. Some places can overwhelm the meats or dishes with the teriyaki but they seem to have struck the right balance here.

The other diner ordered the catch of the day (swordfish) sandwich with the truffle

fries (\$22). The fish was fresh tasting, firm, slightly blackened to give it a light crust. We did not believe it was seasoned with much if anything but they provided a nice aoli to accompany the sandwich. All sandwiches come on a brioche bun, baked by the restaurant. The big disappointment were the fries-and we all agreed with that. They were flavored nicely but they were soggy to the point of mush and unimpressive.

For my meal, I had a new one: a pumpkin and onion “gratinee” which is their take on the classic French onion soup (\$10). O da bomb! It came with about an inch high slab of a lovely, rich, gooey Gruyere baked on top which made for some hilarious moments with us struggling to get the cheese into our mouths without pulling in the whole slab. Just the cheese alone was worth it but there was a wonderful treat underneath. The broth was beef based but they infused it with pumpkin-and pumpkin pieces. The result: an unexpected delight of yum. It was not overly salty which we all could appreciate nor did it have a strong beef flavor. The “crouton” was another piece of their French bread.

I vastly enjoyed the experience and my companions seemed equally pleased with their tastes of the soup. The other item I ordered was shrimp “spring rolls” (\$12).

**See “Blue Room” continued on page 27**



# A BOOK REVIEW

BY PHYL LAYMON

My muse is on vacation this month, so I've decided to offer a book review.

## River Trap

Western Oregon

1984

Carver family life on a 200 acre farming ranch is never boring! The dad, Jim, is an amazing farmer, running a very successful truck farming business. The mom, Crystal, raises American Quarter Horses and also trains horses for other ranchers in the area. Together, they make a good living for themselves and their two sons.

The boys, Justin, 12, and Corbett, 6, are immersed in all facets of Silver Oaks Ranch. They are perfectly normal boys, full of mischief and a curiosity that can lead them astray.

The author moves the page turning story along with great finesse; grabbing you on page 2 with a rifle shot whizzing by the 12 year old's ear; then carries you on through a twisting trail of bizarre and even scary events – that just won't add up! The kids learn some life lessons along the way, and so do mom and dad. One of those lessons saves the day in the last chapter.

This book is full of good humor, great adventure, an appreciation of the land and its

creatures, and a healthy picture of family life.

There is a scary mystery, bringing forth a wide range of emotions; the sad realization that children are often not believed, and that all adults are not truthful.

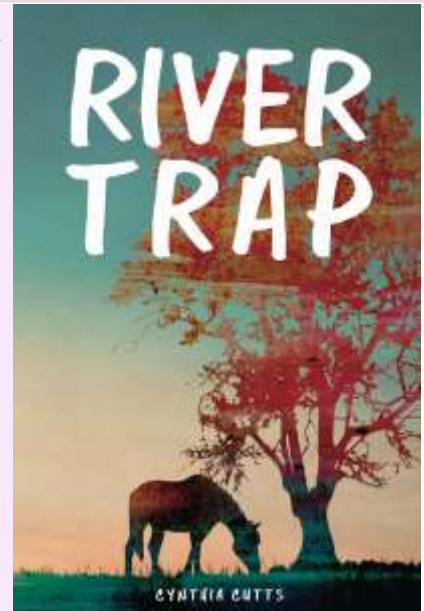
There is puzzlement, anger, fear, determination, and finally resolution. The back story shows there is a strong community standing together throughout the story. That is such an asset when raising well rounded children.

I do love happy endings. All is well at Silver Oaks. My very favorite scene was 12 year old Justin flying off into the sunset, just like a real hero. Can't say more! Spoiler!

Who wrote this GEM? Our very own Cindy Cutts, Editor in Chief of "Talk Story."

"River Trap" is well worth a read!

Available in paperback or kindle version at [River Trap on Amazon](#) Kindle Unlimited Members FREE.



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



Hey y'all here's a sweet poem I found somewhere; not sure where. I looked it up to credit the author, with help from Google. There are many different versions so I put together the one I liked best. The author is Claudia Minden Weisz.

## God Said No

I asked God to take away my habit/pride.

God said, "No." He said it is not for Him to take away but for me to give it up.

I asked God to make my handicapped child whole.

God said, "No," He said, "His spirit is whole, his body only temporary."

I asked God to grant me patience.

God said, "No. Patience is a by-product of tribulations; it is granted; it is learned."

I asked God to give me happiness.

God said, "No." He gives blessings; Happiness is up to me.

I asked God to spare me pain.

God said, "No," He said, "Suffering draws you apart from the worldly cares and brings you closer to Me."

I asked God to make my spirit grow.

God said, "No." He said "You must grow on your own, but I will prune you and make you fruitful."

I asked God for all things that I might enjoy life.

God said, "No." He said, "I will give you life so that you may enjoy all things."

I asked God to help me LOVE others as He loves me.

And God said, "Ahh finally you have the idea."

*I hope you enjoyed it. I'm glad I got to share it.*



*Buff*y



## ***GENERAL CONVENTION***

By Cordelia Burt  
Bishop's Warden

**General Convention:** The official governing body of the Episcopal Church. General Convention meets every three years for a period of ten days to two weeks. The General Convention just concluded this triennium meeting and will convene again in 2021. Delegates to the convention sit in two legislative bodies, the House of Bishops (chaired by the Presiding Bishop) and the House of deputies (chaired by the president of the deputies). All bishops of the church, whether they are retired, diocesan, coadjutors, or suffragans, sit in the House of Bishops. Delegates to the House of Deputies (four clergy and four lay from each diocese) are elected at the Diocesan Conventions. The General Convention requires the approval of both houses for any action to be passed; measures may originate in either house, except that the House of Bishops elects the Presiding Bishop with the concurrence of the House of Deputies. The agenda of General Convention varies from



matters of program and policy to decisions about the Prayer Book and church policy on questions of theology and ethics. While most issues can be dealt with at a single convention, basic questions such as the form of the Prayer Book or the Hymnal or changes in the Constitution of the Church take the vote of two consecutive conventions. Between conventions, the business of the church is carried out by the Executive Council. The Prayer Book revisions will be addressed again at the convention in 2021.

# Greyson Sneed places in National BMX Bike Race

Greyson Sneed, great-grandson to Beverly Nelson and Don Hatch, placed fourth in the BMX National Race in Las Vegas recently. Greyson began racing in May, when he turned 5 years old. This young competitor had a rowdy band of followers from California and Hawaii cheering him on both days of the July event.

Besides the title, and a whole lotta bragging rights for his family, Greyson won a trophy that is nearly as big as he is!

The young racing contender is serious about his new hobby and he has good advice for anyone who might want to enter BMX racing.

“Pedal fast and finish the race,” is Greyson’s advice to anyone who wants to win.

**Fourth place and a life-sized trophy goes to Greyson Sneed ~ burning rubber at the BMX national race.**



**Greyson Sneed tears up the track at the BMX race in Las Vegas.**



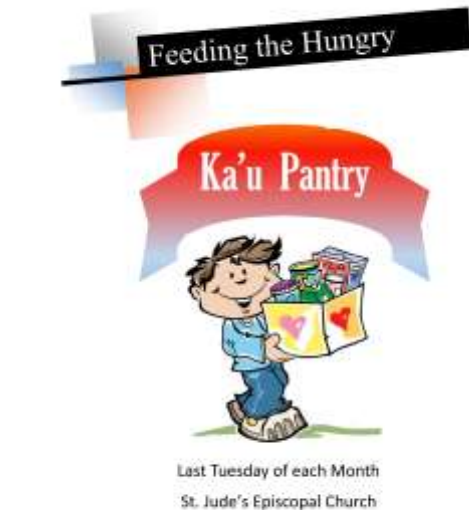


## Ka'u Food Pantry Distribution August 28

Ka'u Food Pantry, Inc. next distribution is Tuesday, August 28 at St. Jude's Episcopal Church on Paradise Circle-Mauka, from 11:30a-1:00p or until the food runs out, whichever comes first. 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 Pan-



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try 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.

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.



### Food Handler's Certification

#### From Department Of Health

**Date:** Tuesday September 4    **Time:** 10:30am - 2pm

**Where:** Ocean View Community Center    **Cost:** Free

**To register** call Ocean View Community Center **939-7033.**

Give your name and phone number. Voicemail is fine.

**Register by August 17**

# TURNING PAGES

BY ANNA TOWNER

Some of you might know that I enjoy cooking and eating, so this month's focus is on food and Mysteries. One of our favorite recipes, Sonora Casserole, came out of Davidson's books. I lost or misplaced it in the move. All but 2 are cozies, relatively light reading. No dictionary needed or notes to take on plot or who's who.

Lucy Burdette - Key West Food Critic Mystery (8)

Lee Hollis - Haley Powell Food and Cocktails Mystery (10)

Debra Sennefolder - Food Blogger Mystery (2)

Edith Maxwell - Local Food Mysteries (5)

Joanne Pence - Angie & Friends Food & Spirits Mystery (5)

Christine Wenger - Comfort Food Mystery (5)

A L Herbert - Mahalia Watkins Soul Food Mystery (3)

Chloe Kendrick - Forwarded Truck Mysteries (12)

Katherine Hatton Food Bowl Mysteries (4)

Jaime Lee Scott - Willa Friday Food & Wine Mystery (4)

Penny Pie - Food Festival Mystery (3)

Joanne Fluke - Hannah Swenson (24) also has 11 novels and one cookbook from her series

Dianne Mott Davidson - Goldie Schultz the Caterer (17) plus Gold's Kitchen

Jessica Beck - Donut Shop Mystery (1)

Laura Childs - Tea Shop Mysteries (20) Cackleberry Club Mystery (8) The Cozy Cookbook plus other cookbooks

Susan Wittig Albert - China Bayles (26) tearoom/ cafe

Julie Hyzy - White House Chef Mystery (3)

Dianne Mott Davidson's protagonist, Goody is a caterer in Colorado. She loves her son, her business and knows that divorcing her husband who was becoming abusive was the best right thing to do for herself and her son.

The 5 or 6 recipes I tried have all been good to great. We really like the Sonora Casserole and while doing research for this article I believe I have identified the book with the lost recipe, The Whole Enchilada. (1.99 e-book at Barnes & Noble) Do I really need another cookbook?

It is helpful to read the series in order as there is some character development and the topic of abuse is carried through the series. Some might consider this a cozy, but has stronger character development and better plotting. Warning - this series could contribute to your waistline.

Susan Wittig Albert's China Bayles is definitely a real mystery. China decides she does not want to be a lawyer anymore, packs up and moves. China becomes a tea room/cafe manager and becomes involved in solving problems, murders, in her new community. You can learn a lot about herbs and how to use them.

Fluke and Pence are definitely not good for anyone trying to manage his or her weight. Cookies, cupcakes and, oh my goodness, the frosting!!

I am not that fond of Laura Childs, but a close friend loves all 3 of her series. I am only familiar with the tea room series. I must give her credit though for describing the teas. She does make me feel compelled to make tea: Russian Caravan, Canadian Maple, Apricot or even Constant Comment. They are all good. (The first 3 teas are available through Murchison in Victoria - they ship.)



# What are we doing here?

**By Dan Garrett**

When Steve Stigall and I relocated to the Big Island, we knew we would be trying to find a church. Church life and service had been a central part of both of our lives, and of our life together.

Steve was a lifelong AME who came from a family filled with ministers, stewards and trustees. His great grandmother was an evangelist, and in the extended family, were Baptists, Pentecostals, Holiness, and Jehovah's Witnesses. I was a Lutheran preacher's kid, with some time in a Jesuit school who had sung and worshiped, and served on the music staff of Anglican, Missionary Baptist, Roman Catholic, Apostolic and United Church of Christ congregations before I met Steve and joined the AME Church.

We had a long history of being truthful about ourselves with the folks with whom we worshipped, with sometimes mixed results. Some folks embraced us, and our marriage. Others acknowledged that they understood who we were, but preferred not to address it. Often, folks were supportive. Sometimes not so much. Some folks we worshipped with honored who we are to each other. Some may have just felt relieved to not talk about it.

Probably most disconcerting were folks who openly expressed or covertly implied

that we should somehow be grateful to them for being willing to have us among them.

What we found at St. Jude was a community of folks trying to follow Jesus. They were very busy trying to do what Jesus said we should be doing; welcoming strangers, comforting folk, feeding and clothing folk. They welcomed us, saw us

as children of God, and related to us and respected us as a married couple. They didn't act like they were doing us a favor by "accepting" us. They appeared to believe it was how

God's children were supposed to act, and we came to know that it was much more than appearance, and we are very thankful to call St. Jude home.

*What we found at St. Jude was a community of folks trying to follow Jesus.*

Dan Garrett



**Dan and Steve**

# Amateur Radio News in Ocean View

By WH7NDY (Cindy Cutts, Editor in chief)

I grew up thinking I could do anything. Well almost anything. I did have to concede that there were a few things that I had to be a bit creative to do, but I was born with an extra portion of confidence and plowed through life, solving problems and making things happen.

Until I decided to enroll in a ham radio licensing class.

My motive for becoming a ham radio operator was to assist in emergencies. PERIOD. Ever since my phone chirped a false message that a nuclear attack was approaching Hawaii, I've had a keen awareness that technology fails – a lot here in Hawaii. My interest in ham radio was to have a backup plan in a real emergency. And since I'm a problem-solver at heart, this seemed like a pretty good way to solve communication problems.

But there was a flaw in my plan... I really wanted to learn all about ham radio, but I didn't really want to actually do it. When I signed myself up for the class, I thought I'd be able to stand on the sidelines, learn the rules, take the test and be done. Ha! Not if the ham radio world had anything to say about it!

The class was a 40 hour course, crammed into five nights of two hour lectures. And it was a solid two hours too, no restroom break or coffee time built into the schedule. If you really wanted in-depth information, you could show up two hours earlier for a radio seminar. There was homework, on-line study required and none of it was wimpy – this was real FCC curriculum!

The instructors, Rick Ward and Greg Guithues were full of knowledge and eager to share it. These are the kindest, most patient teachers, who are passionate about ham radio. Power points flashed with math formulas and science equations flying across the screen. Ham radio equipment was displayed and the culture of amateur radio was explained. Some people in the class were already licensed operators, and were taking the course to advance their license level. It was a mixed group of ages, but

all were serious about the class. And excited about talking on the radio. Except me.

After the first class I went home discouraged; I didn't know if I could learn that stuff. Math and science are not my

strengths, but my husband, Jerry and my friend, Joan were both quite certain that I could learn it. So I followed Rick and Greg's instruction and began studying a stack of material handed out at the class, the Amateur Radio Technician Licensing book and taking practice tests online. I was so "out of my league," but I went back to my old studying tricks and created songs, stories, poems and all sorts of goofy mnemonic devices to get that stuff to stick in my head.

And it worked!

I passed the ham radio test on my first try. So did Marty and Brian and Sandy and a whole bunch of other Ocean View folks. I ordered a radio on Amazon, which arrived in two days and Greg programmed it almost immediately. Now I had no excuses.

It was fascinating! As I learned about the ham radio community, it was clear that my attitude about being a licensed technician had to change. I was going to have to actually learn to talk on the radio, not just own one. Everyone associated with the ham radio class was going out of their way to make me into an operator, without me even asking for help.

I wish I could say I was excited about that, but truthfully it was terrifying. Which is ridiculous because the ham radio folks are extremely friendly, encouraging and excited to include new people. But even though I have given well over 1000 live presentations in my lifetime, to some very large audiences, just making random chatter on the radio had me speechless.

Each Sunday night, the group that sponsored my ham radio classes, tunes in together for a  
**See "Ham radio" continued on page 13**



# Ham Radio

Continued from page 12

chat. There are a lot of letters and numbers being said, as each person checks into the "net" and then waits for a turn to talk. I checked in to the "net" okay, but when it was time for me to speak, all I could think of was, "Nothing to report." I mean really – I don't know who those letters and numbers were, and I wasn't going to bore anyone talking about my mundane Sunday.

But I stayed tuned in, listening to the net chatter and the words of congratulations and encouragement so many faceless voices poured over the radio waves. It's a type of social media, but certainly a kinder version of what I find on my computer screen. One of the basic rules of ham radio is common courtesy. This means no mean-spirited jabs or foul language. It's also amateur only – meaning no one can use ham radio to sell me something. It's a relaxing setting, not a stressful one and I have to figure out how to enjoy this time, the way all the others do.

I'm still not a very chatty ham radio operator. I'm so afraid I'm going to say my call sign incorrectly or forget the proper FCC protocol.



When it's time for my turn to talk in the Sunday night "net," it's not butterflies I feel – it's full-on stage fright. But believing that I can do anything, I'm going to stick with it and master the talking part of being a ham radio operator too. I owe it to Rick, Greg, Joan, Larry, Tim, Corrie and a lot of other local hams who have helped me get this far.

Even though I've come to respect and admire the ham radio world, I'm still focused on my original reason for earning my FCC license. I need to be prepared for a real emergency - when I actually do have something important to say. I can do it; I can do anything! I have an FCC license to prove it.

This is...  
Whiskey Hotel 7 November Delta Yankee,

*out.*

**WH7NDY CINDY**

## August Birthdays

- 4 Elaine Barber
- 6 Angie Fischer
- 8 Anna Towner
- 9 Ben Houghton
- 14 Stella Kiberu
- 18 Ann Houghton
- 19 Jerry Wegweiser
- 22 Carolyn Coil



## August Anniversaries

- 2 Ray & Lodema Hatch
- 20 Anna towner & Karen Pucci
- 21 Edward & Marvelle Rau





## *USING OUR GIFTS*

### *HOW CAN I KEEP FROM SINGING?*

BY DAN GARRETT

“If Christ is Lord of Heaven and Earth, How can I keep from singing?” This beautiful old song has been a beacon for me throughout a life of making music of all kinds, beginning by standing on the piano bench to sing with Mother as she played. Our mother was a phenomenal musician, a pianist who could transpose as she sight read, and sang, in the words of many, “like an angel”. Raised in a family of Methodist ministers, she was encouraged to remember that all good gifts came from God, but also to be exceedingly humble about the gifts one had been given to avoid being proud or haughty. She had no idea when she married Pop that he would enter ministry, and sometimes joked that it was good she didn’t know at the time she said she’d marry him.

As kids our life was constantly filled with music of all sorts, not just Church music. We sang at home, and always in the car. I was still a very young child when people began to ask me to sing, and I was singing to large church groups, theater and concert audiences before my voice had changed. By adolescence I was singing in choirs, folk and jazz groups, and musical theatre.

Singing was a lifeline for me as I came to understand that I was “different.” When I sang, I understood that God had called me for a purpose, and that He had made me, knew me and loved me. He blessed me to

sing all sorts of music in all kinds of places. Sometimes the singing helped pay the bills. Sometimes, it simply saved my soul. Sometimes, I was blessed to know that it blessed or comforted others. Regardless of what or where I sang, I sang with a voice God had given me, and with a message that He would and could use anyone for His purpose, even me.

And as long as I have breath, I’ll praise Him. How can I keep from singing?



**Dan and Constance Garrett, a few years ago.**



## Flavor of the Month

### The Reverend Jim Bornzin

Serving St. Jude's for three weeks in August is The Reverend Jim Bornzin and his wife, Carmen.

Jim and Carmen come to us from Silverton, Oregon. Reverend Jim holds a science engineering degree from Northwestern University, but decided to try a year at the Lutheran Seminary in Chicago, where he answered a divine call to ministry.

He has served congregations in Spokane, Washington, Coos Bay and Hillsboro, Oregon and Rockford, Illinois. He has also served as a volunteer hospital chaplain in Silverton. Jim retired officially in 2003, but has remained active as a supply pastor for churches in and around Salem, Oregon.



**The Reverend James K. Bornzin  
and his wife Carmen**

Pastor Jim has many hobbies and is also the author of two novels: Terror at Trinity and Tales from Trinity. You can learn more about Pastor Jim from his website: [www.jimbornzin.com](http://www.jimbornzin.com)

Carmen is a retired Registered Nurse, and has worked in hospitals, clinics, home health care, and as a school nurse. She and Jim have two sons who live in the Portland area, Keith and Joel. Joel will join them at the end of August to celebrate their 52<sup>nd</sup> anniversary coming up on August 27<sup>th</sup>.



**Pastor Jim & Carmen!**



Jasmine: Our Computer Lab Intern in training to be our Lab Manager



Rev Constance Garrett.  
It was a light day in the lab; so, she started working on the presentation about St. Jude's she will give when she gets home.



Three girls sharing one computer



Typical open lab. Six computers eleven students.



Rick Hatch helping manage the computer lab



The Desktop on St. Jude's computers



Two of our students sharing an earbud and playing a numbers game,



First training session. Daden teaches his younger brother Darius.



St. Jude's work area





## 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*

### Texas Sheet Cake

#### Ingredients

- 2 cups flour
- 2 cups granulated sugar
- ¼ teaspoon salt
- 1 cup butter (2 sticks)
- 1 cup water
- 3 tablespoons unsweetened baking cocoa
- ½ cup sour cream
- 1 teaspoon baking soda
- 1 teaspoon vanilla
- 2 eggs, slightly beaten

#### Frosting

- ½ cup butter (one stick)
- 3 tablespoons unsweetened baking cocoa
- 6 tablespoons milk
- 2 ½ cups powdered sugar
- 1 teaspoon vanilla



#### Directions

Heat oven to 325°F. Spray 15x10x1-inch baking pan with cooking spray.

In large bowl, stir together flour, granulated sugar and salt; set aside.

In 2-quart saucepan, heat 1 cup butter, the water and 3 tablespoons baking cocoa to boiling. Remove from heat. Pour over flour mixture in bowl; stir until well mixed. Add buttermilk, baking soda, 1 teaspoon vanilla and the eggs; stir until well blended. Pour into pan, spreading evenly.

Bake 22 to 25 minutes or until toothpick inserted in center comes out clean.

Meanwhile, in another 2-quart saucepan, heat ½ cup butter, 3 tablespoons baking cocoa and the milk to simmering. Remove from heat. Beat in powdered sugar and 1 teaspoon vanilla with whisk until smooth.

Pour frosting over hot cake. Cool completely before cutting, about 1 hour.

## Italian Meat Balls – Air Fryer \*

Servings: Around 20 meat balls per pound of meat – This recipe makes around 40 meatballs

### Ingredients

1	pound	lean		Ground Beef (chuck)
1	pound	bulk		Italian Sausage
2	cup			Bread Crumbs (unseasoned) or Panko
1	cup			Broth – Beef is best - chicken or vegetable ok
1	tsp.			Garlic Powder
2	Tbsp.	dried		Parsley
1	Tbsp.	dried		Basal
1/2	cup	grated		Parmesan or Romano Cheese
2		large		Egg
1	tsp.			Salt
1	tsp.	ground		Black Pepper
2	8 oz can			Tomato Paste



1) Put all the ingredients in a large mixing bowl.

2) Mix Ingredients together until well blended

3) Using a little less than 1/4 cup of mixture, roll into a ball with your hands and place them on the oiled cooking trays.



4) Cook for 30 minutes at 400° F or until the meatballs are cooked through.

Half way through cooking, swap the top and bottom trays.

If you're using only one tray, place it in the top position and reduce the cooking time by 8 minutes. For two trays, reduce the time by 5 minutes.

Note: Each make of Air Fryer is a little different in how it cooks; so, you may need to adjust the cooking time or temperature for your Air Fryer.

I have a set of three cookie scoops.

I use the middle size scoop to make meat balls, and that makes between 20 and 23 meatballs per pound of meat.

The average meatball weighs around 1.55 ounces.

I put 16 meatballs on each cooking tray and you can cook three trays at a time. I currently have 5 cooking trays; so, I cook a batch of 48 meatballs and then a batch of 32.





## A Note from Reverend Constance 19

### Pastor Constance offers a smile to all.

Walking through the doors of St. Jude's always makes me feel like I'm home. So, it makes sense that when I looked out at the congregation on the 8th Sunday after Pentecost, I noticed familiar faces and some new faces

looking back at me. Delightful!

But, I have to say I missed some familiar faces that I expect to see and look forward to seeing whenever I travel from the eastern seaboard of the mainland. I know there are many reasons for folks to be absent from worship. Illness, exhaustion, travels, relocation, dissatisfaction, bitter feelings are but a few of the obstacles to worship and community participation.

Being a "flavor of the month" gives me a narrow timeline and a limited window of insight into reasons for noticeably absent worshippers. I do want you to

know that you are missed by this here-again-gone-again pastor, no matter what your reasons may be.

In the lessons for "Good Shepherd" Sunday, the apostle Paul writes this to the congregation in Ephesus, "But now in Christ Jesus you who once were far off have been brought near by the blood of Christ. For Christ is our peace;"

If those of you whom I missed my first Sunday back need a listening ear or a loving nudge to encourage your return to worship, please know that I am at the ready to hear from you, to "bring you near by the blood of Christ."

One way to contact me is via my email account <goldhillpastor@gmail.com >. The best way to contact me is to come for worship!

Blessings to all the sheep out there in God's amazing pasture. God loves you and so do I!

Pastor Constance Garrett



## Don's favorite meatballs (continued from page 18)

### Meat Balls – Baked in the Oven

In the Meat Ball recipe shown above, I used an Air Fryer to cook the meat balls.

An Air Fryer is something like a small convection oven but it has a more powerful fan than most convection ovens.

The powerful fan blows lots of hot air over the food, cooking it faster than a convection oven.

Most Air Fryer recipes use little or no oil, which makes the meal lower in calories and healthier.

Before getting the Air Fryer, I cooked the meat balls in a standard convection oven. I baked them at 450°F for 25-30 minutes or until the meatballs are cooked through.

I place the meat balls on foil wrapped cookie sheets with an oiled raised metal rack.

The wire rack lets the heat cook all sides of the meat balls at the same time.

If you don't use the wire rack you should turn each meat ball over half way through cooking.



Power 8-quart Air Fryer Oven



## In our prayers...

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

### This month we pray for:

**Kindness, tender-hearted forgiveness and love** in our relationships.

**Healing:** Isabelle, Levi, Faye, Buffy, Marie, Zach, Mark, Ann, Margy, Keith, Carrie, Max, JYM, Marvelle, Kathy, Larry, Stella, Nancy, Mike, Lee, Jim, 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 watch the volcano activity in Puna.

**Safety, wisdom and courage** for 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.





## TO YOUR GOOD HEALTH

### CHANGE YOUR DIET, CHANGE YOUR LIFE

## BY RAY HATCH

### **INSANITY: DOING THE SAME THING OVER AND OVER AGAIN AND EXPECTING DIFFERENT RESULTS.**

**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, St. Jude's and Ray Hatch strongly encourage everyone to speak with your health care professional before beginning anything new that is health related.*

By Ray Hatch

I think we have all seen this definition of insanity before. In some cases, Einstein is given credit and in other cases it's author is listed as unknown.

How does this relate to your health? Well, we have abundant data in the form of peer reviewed, scientific studies and lots of antidotal reports that show that the standard American diet is bad for our health, but as a nation, we are not willing to change the way we eat to get healthier. We are dying younger than we should be all for the mighty hamburger or steak.

Research shows that insulin resistance is caused by the fat we eat and particularly the animal based fat. But we still eat ham-

burgers, hot dogs, drink milk, and eat cheese. Insulin Resistance is the precursor to type 2 diabetes.

We know that veggies are good for us, but for many, the only vegetables we get is the lettuce on our hamburger. Here's a video that summaries this <https://nutritionfacts.org/video/what-causes-insulin-resistance/> .

Heart disease is the number 1 killer in America. There are many research studies that show that heart disease can be stopped and even reversed with a proper plant based diet. Dr. Caldwell Esselstyn has been curing heart disease with diet for over 20 years and he says "Heart Disease: A Toothless Paper Tiger That Need Never Exist." His book is "*Prevent and Reverse Heart Disease*". His website is <http://www.dresselstyn.com/site/>.

Dr. Dean Ornish also treats heart disease with a mainly plant based diet. You can find a description of his program at his website, <https://www.ornish.com/>. Check it out. His program is covered by many insurance companies including Medicare.

IN July there were published reports that the USA was either the most obese

**See "Diet" 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
<b>Monday</b>		<b>Senior Nutritional Program</b>												
			<b>Women's Bible Study @ Bev's 10:00 am</b>											
								<b>Hula Practice</b>			<b>NA</b>		<b>AA</b>	
<b>Tuesday</b>		<b>Food Bank</b> <small>(setup &amp; Divide food)</small>												
<b>Wednesday</b>		<b>Senior Nutritional Program</b>												
<b>Thursday</b>		<b>Hula Practice</b>												
<b>Friday</b>		<b>Senior Nutritional Program</b>												
<b>Saturday</b>														
<b>Sunday</b>														

Indicates this is a St. Jude's Function

AA = Alcoholics Anonymous  
NA = Narcotics Anonymous

# St. Jude's Weekly Schedule

## Megan Lamson, Hawaii Wildlife Fund Marine debris topic at Kahuku Unit Hawaii National Park

On June 29, 2018, Megan Lamson, marine biologist and Hawai'i Wildlife Fund's President and Program Director, presented during the monthly "Coffee Talk" event at the Kahuku unit of Hawai'i National Park. Lamson shared her experiences working with thousands of volunteers to remove marine debris from our oceans and shorelines and restore coastal ecosystems to protect native wildlife on Hawai'i Island.

According to Lamson, HWF has removed over 240 tons of marine debris on Hawai'i Island in the past 15 years and has educated keiki and adults about the dangers of marine debris to our native marine wildlife and our environment. She shared a power point presentation with scientific results of the total number of cleanups and what's been collected (mostly plastic!), as well as pictures of animals endangered by marine debris. HWF has also collaborated with many different community agencies in their mission to conserve native wildlife through research, education, and advocacy.

In addition to beach cleanup activities, HWF has also supported legislation to protect the environment including the state ban on sunscreen with chemicals that harm the reefs, as well as county bans on foam food containers, and plastic bags. Lamson encouraged each of those attending to do their part by making small changes in their daily lives, such as not buying single-use plastic



**Megan Lamson at Kahuku National Park**

items with viable re-usable alternatives (such as plastic water bottles); refusing plastic straws and utensils at restaurants and instead opting to bring-your-own; selecting reef friendly sunscreen (non-nano zinc oxide or titanium dioxide only); volunteering at beach cleanups or sponsoring your own; and educating family and friends to the dangers of plastics to our native wildlife and coastal communities.

Lamson also showed a picture of a life-size humpback whale sculpture created by a dedicated artist, that was made primarily out of blue plastic marine debris collected by HWF volunteers on Hawai'i Island. The plastic debris was shipped to New York and whale was installed this May in a canal in Brugges, Belgium.

The sculpture was created to educate people about debris in our oceans and will be on display until September 2018, when it is moved to it's next location.

For more information about how you can help protect native wildlife, check out the Hawai'i Wildlife Fund website ([www.wildhawaii.org](http://www.wildhawaii.org)), Facebook page or Instagram accounts or send an email to [kahakai.cleanups@gmail.com](mailto:kahakai.cleanups@gmail.com).

Join the HWF e-newsletter @ <http://eepurl.com/boAxyj>



**St. Jude's needs YOU**  
Talk to anyone on the  
Bishop's Committee to get involved.

Altar Guild, Shower Ministry, Towel Laundry  
Saturday Soup Kitchen  
Computer Lab

**Things we need**  
Bingo Prizes, Ear Buds, Paper Towels  
Shampoo, Shower Gel, Shaving Cream, Tooth Brushes

## Diet continued from page 21

country in the world or the second most obese. Neither record is anything to be proud of. But what are we doing to stop this obesity increase? As a county nothing.

AMERICAN DIABETES ASSOCIATION STANDARDS OF MEDICAL CARE IN DIABETES—2017 say among lots of other things (it is 142 pages long) that “As for all Americans, individuals with diabetes should be encouraged to replace refined carbohydrates and added sugars with whole grains, legumes, vegetables, and fruits.

The consumption of sugar sweetened beverages and processed “low-fat” or “nonfat” food products with high amounts of refined grains and added sugars should be strongly discouraged (64).”

Earlier in 2017 several reports named the USA as the most obese country in the world and one said we were the second. While I want us to be a great country, obesity was not the area I hope we would ex-

cel in. The US Center for Disease Control and Prevention publishes annual obesity data, and this is not surprising. In the last 30 or 40 years our daily calorie consumption has gone up by over 500 calories per day with about half of the increase being added oils! This is USDA government data, not some blue-sky data just made up to make a point.

Now to be fair, most of us just don't know this information because it is not shared with you by your doctor, your newspaper and you tv news.

The pharmaceutical companies make money by selling pills, not broccoli, so they are not going to tell us that we can solve a lot of our health problems by changing our eating habits.

The fast food chains are not going to change their ways because they are making money and satisfying customers by providing the food their customers like. And your doctor was not given more than a few hours of nutrition training in medical school and most do not stay up with the latest research.



# Shower Day



The last Saturday of the Month

The next Bingo Day is August 25  
9 a.m. to 11:30 am.

***See you there!***



## 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!**

## August Dates To Remember

- 4 Lemonade Party
- 5 Bishop's Committee Meeting
- 25 Shower Bingo
- 28 Ka'u Food Pantry



## Church yard continued from page 3

**Spaghetti Dinner** was a huge success. Prices were \$8 for a single, \$15 for two, and \$20 for a family. One couple with four children joined us and as they left they told us that this was one of the best meals they have had in the area, and also the cheapest at \$3.00 per person – they also assured us that they would be back for our other fund raisers.

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 \$3.33 each. You can't even make your family baloney sandwiches for that price.

The money we received from this event was split between Episcopal Relief and Development for Puna volcano emergency needs and the Na'alehu Senior Citizens' housing project.

**Fund Raisers:** St. Jude's usually has six fund raisers each year.

In January we have a Spaghetti Dinner

In February we have Mardi Gras

In May we have Cinco de Mayo

In July we have a second Spaghetti Dinner

In October we have Oktoberfest (**our next fundraiser**)

In November we have a Jumble and Plant Sale with all you can eat pancakes

**Other Special Days at St. Jude's:** Throughout the year St. Jude's is very busy.

**Holy Week** starts with Palm Sunday Services followed by a huge potluck lunch after the service, then on Thursday we have Seder Dinner, Friday is Stations of the Cross, and then Easter Sunday with a huge potluck Aloha Hour after the service.

**Beach Mass: (This is our Next Special Day)** Each year we have a Beach Mass at Whittington Beach Park and it's usually in August. When Cordelia tried to reserve one of the Pavilions for the mass, she learned that because of the volcano activity and potential for poor quality air days, the county is not taking reservations at the park. We will wait to book our Beach Mass when this policy changes.

**Thanksgiving Dinner for our Shower Family:** Dan and Steve started a tradition a few years ago, to donate a special Thanksgiving lunch for our shower family. I haven't seen this year's menu, but it will probably include roast turkey, dressing, turkey gravy, mashed potatoes, sweet potatoes, salad, drinks, and dessert. If you want to help out with this more information will be available as it gets closer to that date.

See "More yard" continued on page 27

## More yard continued from page 26

**Keiki (Children) Christmas Party:** is on Saturday Dec. 15<sup>th</sup>. This year it is on the same day the community is having their Keiki Christmas in the park, across the road from St. Jude's lower parking lot – where we are having our party.

There will be four stations at our party. The first station the Keiki's will receive a book of tickets. The second station is Rudolph's Reading Room where they choose books as a gift, then on to the North Pole where they visit with Santa and receive a Christmas Stocking stuffed with goodies, from there they go to Mrs. Claus' Kitchen where they get a cookie and a drink.

While this is going on in the lower parking lot, the church will be having Hot Shower, Hot Soup, and Computer Lab in full operation. Last year we had around 25 volunteers working these events and with the Computer Lab open this year we will need even more volunteers.

**Christmas Eve Service:** This is the busiest service each year and also our biggest and most varied meal. Since members of our congregation come from many backgrounds, places, and ethnic origin they share have their favorite Christmas food. We usually have roast turkey, dressing, enchiladas, tamales, various salads, and a really big pot of New England clam chowder. Last Christmas this delicious dish included 20 pounds of red potatoes and two 52 ounce cans of clams, and while there was some left over, not much.

**Mobile Spay and Neuter Clinic:** Have you seen the news about the Mobil Spay and Neuter Clinic that is coming to the Big Island? St. Jude's has offered the use of our lower parking lot where the Medical Van parked. They said they are interested.

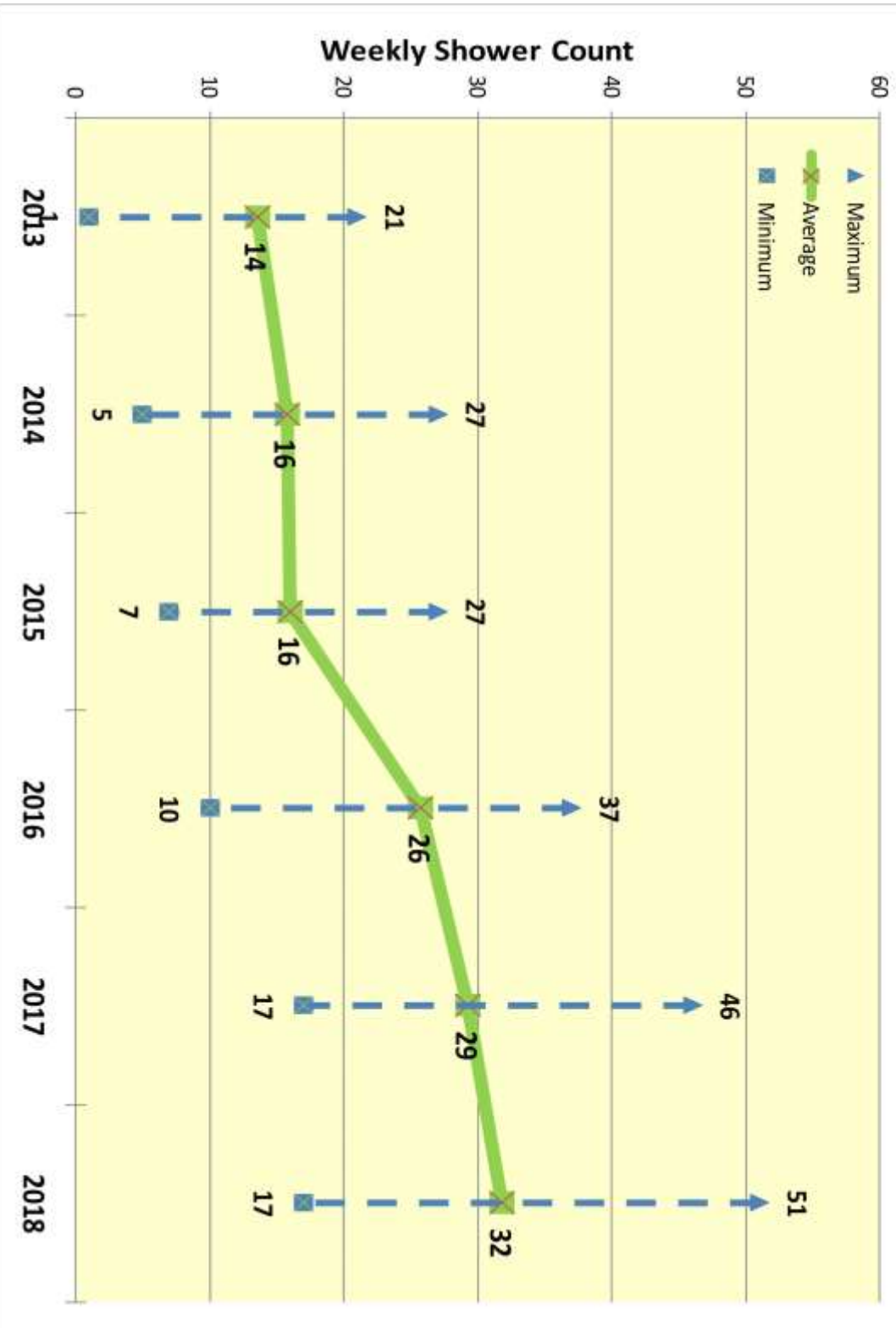
## Blue Room continued from page 4

These were not the spring rolls any of us were expecting. They were deep fried spears of shrimp with a panko coating. No other items inside. They were fine but those were not spring rolls. A 10 oz. beer and a very generous mug of coffee were consumed as well. Pre tip bill was \$76.

Obviously, we did lighter side meals. This place offers a very nice selection of pu-pus, soups, salads, sandwiches, full dinners of fish, shell fish, curries, chicken, beef and pork. Prices range from \$9 to \$45. Most full dinners are in the \$25 and up range. None the less, the prices are not wallet exploding for this area. Food is decent to very good but there are some inconsistencies. Inside dining is limited with only a few tables with air conditioning if it is needed and very nice long bar. While it became fairly busy, it never got noisy which is a big plus. Service was friendly and fine. Vegetarians and gluten free folks can find lots to eat here. They have their menu coded as what is available in those categories. **Girls say go graze!**

BLUE ROOM at the shops at Mauna Lani. Open every day 11:30a-10:00p. Credit cards accepted. We got in on a Saturday night without reservations but it's always better to have them. (808) 887-0999.

### St. Jude's - Weekly Shower Count by Year (Weekly Minimum, Weekly Average, Weekly Maximum)



## St. Jude's Word Find

Words May Be Found: Forward, Backwards, & Diagonally

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

### Word List

<input type="checkbox"/> GENERIC	<input type="checkbox"/> SUNSHINE	<input type="checkbox"/> DOUBLE	<input type="checkbox"/> SUAVE
<input type="checkbox"/> PLAIN	<input type="checkbox"/> CLOSEUP	<input type="checkbox"/> RUGS	<input type="checkbox"/> RAIN
<input type="checkbox"/> REGULAR	<input type="checkbox"/> MEDITATE	<input type="checkbox"/> COMFORTABLE	<input type="checkbox"/> LEVEL
<input type="checkbox"/> BLENDS	<input type="checkbox"/> VIVID	<input type="checkbox"/> REMIND	<input type="checkbox"/> PELE
<input type="checkbox"/> STIRS	<input type="checkbox"/> ESTER	<input type="checkbox"/> ENCHANTING	<input type="checkbox"/> BLINDLY
<input type="checkbox"/> UNDWIND	<input type="checkbox"/> SEPTIC	<input type="checkbox"/> RELIEVE	<input type="checkbox"/> YELLOW
<input type="checkbox"/> DELIGHTFUL	<input type="checkbox"/> RADAR	<input type="checkbox"/> HOVE	<input type="checkbox"/> UPWARD
<input type="checkbox"/> BUSINESS	<input type="checkbox"/> BLESS	<input type="checkbox"/> WARMTH	<input type="checkbox"/> ABOVE
<input type="checkbox"/> SMOOTH	<input type="checkbox"/> BELOW	<input type="checkbox"/> ASKEW	<input type="checkbox"/> FAIL
<input type="checkbox"/> FLUX	<input type="checkbox"/> BELATED	<input type="checkbox"/> SNAGS	<input type="checkbox"/> EVEILER
<input type="checkbox"/> BLUES	<input type="checkbox"/> SPECTACULAR	<input type="checkbox"/> RELAXED	<input type="checkbox"/> ELEGANT
<input type="checkbox"/> BALANCE	<input type="checkbox"/> TWINE	<input type="checkbox"/> MOVES	
<input type="checkbox"/> SKYWAY	<input type="checkbox"/> BELIEF	<input type="checkbox"/> STRESS	

**Word Find created by Buffy Hites**

**Formatted by Don Hatch**

**Answers on page 30**

# Word Find Answers from puzzle on page 29

Word Find Answers																								
Words May Be Found: Forward, Backwards, & Diagonally																								
C	U	B	V	C	T	B	S	E	R	R	Q	H	H	H	O	I	N	C	I	R	E	N	E	G
C	L	D	X	E	L	F	U	N	T	E	T	I	R	O	E	K	P	L	E	M	X	E	L	F
W	M	O	V	E	S	T	I	R	S	M	M	C	L	D	V	B	J	G	C	I	T	P	E	S
A	C	B	S	L	T	A	S	E	R	I	Q	G	P	H	O	E	U	J	M	K	V	C	G	D
S	O	S	N	E	L	V	K	A	J	N	I	Y	H	Z	B	L	E	N	D	S	N	A	A	V
W	M	X	R	P	U	P	W	A	R	D	M	S	S	D	A	I	J	F	U	G	N	Y	N	Z
W	F	P	J	Q	S	P	E	L	E	T	E	S	S	R	M	E	B	N	A	S	J	Q	T	R
O	O	R	L	K	J	A	I	U	L	V	G	E	E	X	E	F	S	M	O	O	T	H	J	S
L	R	L	Y	M	D	S	C	R	A	D	A	R	R	R	D	H	X	U	W	U	F	M	E	S
L	T	W	P	W	R	K	M	Y	X	Z	K	T	B	I	C	H	D	A	E	P	W	V	E	
E	A	H	B	E	Z	E	Y	K	E	L	W	S	N	T	B	V	I	V	I	D	E	N		
Y	B	Z	T	U	N	W	I	N	D	D	O	E	F	A	D	L	W	O	L	E	B	I	I	
S	L	S	N	I	L	V	K	W	J	X	I	Y	L	Z	T	A	O	I	E	C	N	A	L	S
O	E	P	W	Q	H	L	G	S	D	E	T	A	L	V	E	W	B	U	N	Y	R	Q	E	U
K	E	T	G	N	I	T	N	A	H	C	N	E	Z	R	V	S	X	T	B	D	F	U	R	B
G	A	H	R	A	L	U	C	A	T	C	E	P	S	N	U	E	T	P	S	L	L	I	G	J
X	U	L	F	C	T	D	S	D	E	L	I	G	H	T	F	U	L	J	M	B	E	Y	T	S



## *CREATIVITY IN EDUCATION*

BY CINDY CUTTS, EDITOR IN CHIEF

I had the privilege recently, to observe a group of about a dozen educators from Ka'u High School for a two-day staff workshop. The goal for the workshop was to design a student support program that would help students succeed on a variety of levels. It warmed my heart to see this band of individuals give up two days of summer break to find a way to make more meaningful connections with kids.

The group developed the framework for a weekly program that goes beyond curriculum to include soft skill development, supporting academic and social growth, character building and making meaningful connections with students. These resourceful thinkers were earnest in their goal, striving not only to implement a program that would receive student interest, but also compel staff and parents to make the advisory program a priority in the school week.

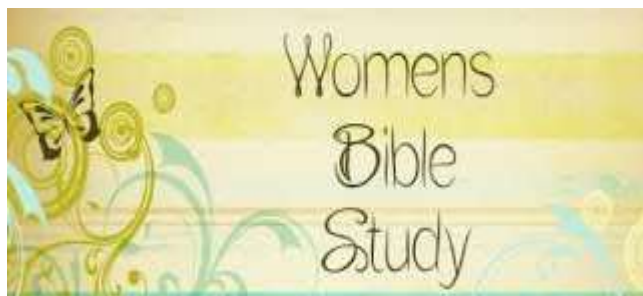
I felt honored to be sharing ideas with dedicated professionals who love their jobs and are willing to get out of their chairs and make things happen at Ka'u High School. The staff members I met are kind, caring professionals who want only the best for teens and are willing to work extra hard to make it happen.

Principal Sharon Beck is clever and creative in her approach to supporting students

in Ocean View. Beginning in the fall, not only will an advisory program be introduced, but a Ka'u High School satellite campus will open in the Ocean View Community Center. A classroom will be staffed with a teacher, computer lab and software to allow students to tele-commute to school. This is a bold, insightful tactic to meet the needs of Ocean View high school students, who are challenged to travel over 50 miles round trip, to Ka'u High School.

But Beck's brilliance didn't stop there. When data showed that student absence was affected by the distance from their bus stop, Beck found a way to extend more bus stops in Ocean View, to the higher elevation neighborhoods. Recognizing that safe, reliable transportation from Ocean View to Pahala each day is a critical piece for local kids to participate in after school activities, Ka'u High provides extra buses that accommodate the activity and sports schedules.

The students in Ka'u are fortunate to have passionate people like Sharon Beck leading the decisions about their education. She and her devoted, savvy staff are in tune with the realities of being a teenager in this region and they are using an inspired problem-solving approach to meeting the needs of students.



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



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



## Lemonade Party

August 4, 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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Uplifting, informational and reflective stories, news,  
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**For more guideline details visit** [www.stjudeshawaii.org](http://www.stjudeshawaii.org)

Photos must be submitted as jpgs & emailed as attachments.

Submit via email to: [cynthiaanncutts@gmail.com](mailto:cynthiaanncutts@gmail.com)

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