



Talk Story



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

92-8606 Paradise Circle
P.O. Box 6026
Ocean View, Hawaii 96737

(808) 939-7000
www.stjudeshawaii.org

Volume 5 ~ Edition 6
June 1, 2018

Beloved church treasurer retires

Richard Burt has served as St. Jude's treasurer for nearly 10 years. At the May Bishop's Committee meeting, Richard announced his retirement. Reluctantly, the Committee accepted Richard's resignation, and acknowledged his exemplary work as financial business manager for the church. Steve Stigall has assumed the Treasurer's post.

Richard and his wife, Cordelia, moved to Ocean View full time in August of 2010. Richard was appointed to the position of Treasurer in March, 2011. Since that time Richard has managed the business side of the parish, paying bills, processing financial paperwork and keeping records up to date for the various National and Diocesan reports.

But Richard's service has not been limited to finance at the church. His many other responsibilities include recording the digital sermon each Sunday, and posting it on the church website in a timely manner. He is involved with communication, technology, purchasing, maintenance and church repairs.

Richard is involved in planning Sunday services and troubleshooting problems as they arise on Sunday mornings. Each week Richard designs the church bulletin. This is a complex job that includes outlining the service, copying the scripture lessons and music, and then printing, collating and stapling the bulletins. Richard also delivers the lessons, prayers and music to the readers and musicians, sometimes digitally – sometimes by car.

For many years, Richard served as Facilities Manager for St. Jude's. He managed the repair work for everything at the church and managed things like ordering the water, setting up for services, meetings or whatever might be scheduled at the church.

See "Richard retires" continued on page 10



**Richard Burt, retires
as St. Jude's treasurer**

Emergency Preparedness Presentation

ST. JUDE'S
TUESDAY, JUNE 12
2:30 PM

Are we ready?

Children's lights shine in computer lab

Something mystical is happening in St. Jude's computer lab. The children are showing us what happens when they feel welcome, valuable, comfortable, safe and part owners of this small spot on the St. Jude's campus.

We opened the lab a month ago, and within an hour, the kids knew the lab rules, and embraced them. They loved signing up, logging on and asking Mr. Don if the game they wanted to play was too violent. Most of them were playing math games! They loved receiving their very own, brand-new earbuds, complete with a plastic bag to seal it in, and file it for next time. They jumped in to the lab enthusiastically, revealing their characters, following the rules, creatively sharing and policing their peers.

The smiles on the kids' faces and their eagerness to please are evidence that there is much more happening in the lab, than little people using computers. The children are assuming ownership of the lab, proud to be part of St. Jude's and willing to lend a hand when needed. When they started showing up for Sunday services, knowing the lab was not open on Sunday, it was clear that the computer lab had become an important outreach for God.

If you enjoy children, please volunteer to help in the lab one day a month. Don Hatch is doing a remarkable job keeping things running, but he deserves some help. You don't need to be a "techie." The computers work beautifully and the kids know how to use them. All you need to do is smile, welcome the kids (other guests too) and just be emotionally present. The kids are precious and God is at work.



We plan on providing some training sessions in the computer lab, but we haven't started the training yet.

On the fourth day the lab was open I noticed the first training session in our lab when Daden was showing his younger brother Darius how to use a computer.



Our Computer lab has six notebook computers and normally you would expect a full house of six students. But we noticed that the two children shown here were playing a number game and each of them were using one Ear Bud; so, there were seven students using the lab. Since then we have noticed several of our students sharing ear buds.



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 get to shut down early. Since the second shower stall opened it's common for us to start cleaning up around 12:30 pm and to shut down by 1:00 pm.

The other thing we have observed with the second shower stall open is that we are serving more food. The day Beverly and Pattie worked in the soup kitchen they served four large crock pots of soup and two large bags of Costco bread rolls. In the past, three pots of soup were enough, and sometimes we have had some soup left over for our Aloha potluck after the Sunday service.

With the second shower stall and the Computer Lab open we are also seeing more youngsters around the church on Saturdays and they are staying longer. Some have even started coming to our Sunday services.

Computer Lab: Our Computer Lab has been open for six 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.

The first day we were open we didn't enforce the ear bud rule because the folks using the lab didn't know they needed them. On that first day we had nine people use the lab and part of the time all nine of them were in the lab at the same time. It was very noisy. During that first lab day we let everyone know about

the ear bud rule and learned that many of them didn't have them.

We considered giving ear buds to anyone who didn't have any, but we thought some would leave their ear buds home and want a new pair each week. What we decided to do was to give a set of ear buds and a Ziploc bag to anyone who needed an ear bud. They wrote their name on the bag and when they left 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 25 sets of ear buds given to us and 24 of them have been assigned to students. If you have any unused ear buds, we can use them. The next time you go on a flight, please give your ear buds to us.

Another of our rules is that they can only watch appropriate programs or play appropriate games. One day a youngster kept playing war games and after the second warning we made him leave the computer lab for 30 minutes. A little later his father showed up wanting to know who made his son cry. We explained what happened and he said, "He didn't tell me about that." After that incident, some of the youngsters started asking if the game or movie was appropriate and I would have to tell them, "I don't know; so, start it and I'll let you know." So far that's working great.

My youngest brother, Rick and sister-in-law, Pattie visited for a week. They were leaving Saturday evening and when I ask if they wanted to rest on their last day here Pattie said, "No, Ray and Lodema have told us so much about everything St. Jude's does to help the community and I want to spend Saturday helping in your Soup Kitchen." So, Beverly and Pattie served soup while Rick and I managed the computer lab. They also contributed the ear buds they had from their flight to Kona.

The day Rick helped in the lab, I observed our first training session in the lab when Daden

See "Church yard" continued on page 17

*Groovin' with the Grazing Girls***Tommy Bahama's**

By Karen Pucci

We recently did our annual pilgrimage to the chocolate festival which is held in Puako at the Hapuna Beach Prince Hotel. More on that below.

TOMMY BAHAMA'S: Ok. We know. High falutin' food and part of a national chain to boot. We have eaten at the one on Maui in Wailua with friends a few times and I was not particularly impressed, considering the prices.

On our way up, we did our annual run to Foodland Farms for my "roots" fix-Molinari dry salami and Parma prosciutto. Anna found some cheeses she likes not normally available at our usual haunts. Since we were there, we decided to eat lunch at **Tommy Bahamas**. I must say: this one is a winner. We each ordered one of their specialty cocktails. I had the coconut cloud and she had a key lime martini. Both were stunningly delicious but watch out, the booze is in there even if it does not taste that strong. Apparently the menu is fairly fluid every day. Some mainstays are always on it but there are lots of "just for today" items. We ordered off the pu-pu menu this time out. We shared the small order of a crab bisque. It was a rich, absolute delight with chunks of blue crab. We also shared a divinely smooth mac encrusted goat cheese and flat bread. The cheese was a generous portion of a very creamy goat cheese that did not have that pungency some goat cheeses can emit. Oh my was that tasty. And the mainstay, an order of their "world famous" coconut shrimp. At this location, they are truly wonderful. Very large shrimp encrusted with a crispy yummy coconut batter. And you can really taste the shrimp. That whole bill was \$76 without tip. It runs on the slightly obscene side but we think the food was worth it. The service was friendly and prompt without hovering.

We struck up a chat with a woman who works

in their store downstairs. She has provided us with a whole new list of munchie places to explore up in the area. We will be returning as time, weather and the bank account permits.

CHOCOLATE FESTIVAL: As indicated, this is an annual event held at the Hapuna Beach Prince Hotel. The great thing is, it is announced months in advance so you can plan for the splurge. If you love chocolate and are not on insulin, it sure is fun. The event is a fund raiser for all sorts of local causes and is well attended. It is a great excuse for the ladies to dress up...or not, as in our case. An on-line auction runs several days before the event for stays at the Fairmont hotels, dinners out, wine tours, blah, blah, blah- items they think we cannot live without. They had inside and outside booths with non chocolate food, beer, wine and tequila samplings. And chocolate! Lots of incarnations of chocolate- everything from a running chocolate fountain to delightful pieces of rich, dark chocolate. Several culinary schools were present with their young chefs in training along side commercial chocolatiers from all over. The worse we can say is some tastings were no big deal; most were delights fit for the pearly gates. We ate too much though no matter how you cut it. We were moaning for awhile. None the less, if this is in your interest and budget, do this. We recommend that you order the tickets if nothing else, when they come out. This event sells out well in advance every year -no tickets are available at the door.

HAUPUNA BEACH PRINCE HOTEL: On the weekends, the room prices are daunting but during the week, right now, rooms are less than \$200/night and for a hotel of this caliber, that IS a bargain. Be aware though there is that daily "resort fee" nonsense that you can

See "Grazin'" continued on page 18



PIPI HOLO KA'AO

Sprinkled stories travel

By Marie Burns

When a person chooses to attend a certain church, people will ask, "Why do you choose that church?"

I have been avoiding answering this question, because it is a very personal question. However, having been actively pursued and encouraged greatly to share my story, I humbly give you the following:

I was born and raised in a Christian home and at the age of ten, my family traveled through Mexico to Belize, where my parents did their DTS (Discipleship Training School) with YWAM (Youth With A Mission) and we went into Guatemala to two remote villages for the outreach. This being another story, but the concept of going into the world and serving others while sharing God's love was the foundation in my life.

When I graduated from Konawaena High School, I went to the University of Hawaii, Manoa and while furthering my education, I asked myself, "What is life really all about?" Sure, I was enrolled in the school of Architecture at the university. Yeah, I was riding big waves at Pipeline in the Women's Bodyboarding Championship and so on...

But there was still a small voice, deep within my heart that said, "Here am I, Lord. Send me."

How do I do that?

If I can wake up in the morning and be a ray of sunshine to someone else, then I've done my job. Sounds easy enough! Not always so, but I try.

As I began life as a young adult, I had two

struggles – my own ego and not socializing with God's family. I got lost along the way.

My own ego had me thinking I was doing all these wonderful things and it was God's will. Not so. Sure they were good deeds, but was it really God's will? I had good intentions and was promoting myself.

Secondly, because other people are also human, I would socialize with church groups or attend a service and not come back, because I thought they were wrong.

About five years or so ago, I realized I needed to bring God back into my life. I always talked to God, but I felt there was static on the line. I just wasn't hearing. I needed clarity.

I began reading the Bible again. This time, if I didn't understand I kept reading. I went to several churches in Ka'u. I socialized with God's family, remembering we are all human.

Over time, the shoe fit at St. Jude's. I found opportunity to serve others and lots of it. I feel comfortable and accepted as I am. I was also able to be scholastic and learned much from Those Episkopols" lessons St. Jude's offered in March.

I enjoy the social functions that the church offers, dancing hula, singing, helping, showering, cleaning the yard and talking story with others. My phone gets re-charged, there is always food to fill my stomach and most importantly, something

See "Marie" continued on page 21

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 Hawaii'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.

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 June 30th 9 to 11:30 am

See you there!

ATTENTION VETERANS



The Kona Vet Center will be at the Ocean View Community Center providing benefits services to Veterans and their families

The 4th Thursday of the month

10:00 AM – 2:00 PM

Contact the Kona Vet Center for more information @: (808) 329-0574

TURNING PAGES

BY ANNA TOWNER

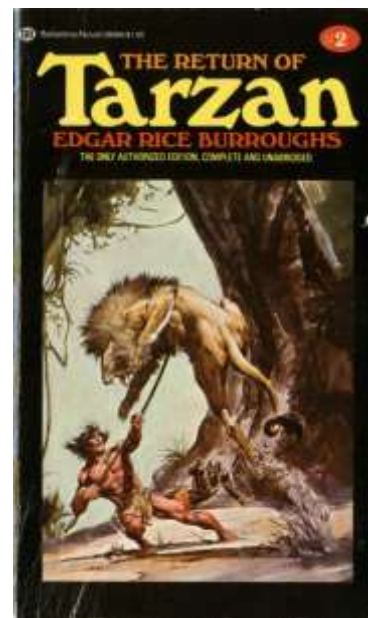
I was talking with a friend about cheap and free books, and mentioned that if free, and not very good, just delete the inferior text. She rather sharply responded, "You get what you pay for!" Well, let me tell you, I have paid money for a number of books that I thought were poorly written, or had no character development, or perhaps poorly edited. Worst offense? Limited and repetitive vocabulary and often incorrect word use...or is it abuse?

Freebies is an app I particularly enjoy since it seems to specialize in the first novel in a series. You can read the book and see if you like the plot, style, theme or word choice. I read numerous young adult novels not just for my pleasure, but so I can recommend novels to younger readers or, as has happened at the community center library, to emerging but less able readers. Reading is like any other activity, it takes knowing where to start and it takes practice to improve.

Toby Neal writes mysteries set on various Hawaiian Islands, all free. Fun, some character growth and lovely settings, but not a mystery that I would buy to read more than once. Tricia O'Malley's One Tequila (two follows), fun, but not a keeper. A.C. Fuller's thrillers, free from Kindle, worth the read, but glad they are free since I probably won't read them. Same goes for Rick Mofina,, Estelle Ryan, Julie Smith and Jinx Schwartz. All good for the airplane or rainy days, just read and dump when done.

Couple of more things before signing off and starting vacation. While working at the community library I came across something called The Soho Crime Series. Have no idea if the list is complete, but has a variety of authors from various countries such as South Korea, Denmark, Australia, Spain etc. You get the idea. I also remind you to go to fantastic fiction at fiction.com where you will have a wide variety of ways to find what you want.

Lastly, Karen and I just watched the first four Tarzan movies and thoroughly enjoyed them. So much so that I bought Edgar Rice Burroughs Tarzan, the first four or five, for 99 cents.



Plane ride starts tomorrow.

P.S. Finished 5:59 on the 20th, long before deadline.



Ham radio technicians' class update

As of press time our amateur radio technicians' class is about half finished. A few St Jude's folks are among a total of about twenty students who have been attending review/lectures Tuesdays evenings at the community center. Though we have several students who already have their Technicians license, I expect most of the others will test in June.

Thanks to Hawaii County Civil Defense for providing the projector and printing the handouts, and Ocean View Community Association for providing the facility.



By the way, we do have an exam scheduled for 6 pm Tuesday, June 12th. Though the class was free, there is a \$15 fee for the FCC exam. Please let us know if you are planning to test to help us prepare.

-73 (That's ham for best regards)-

Greg Guithues wh6eph

June dates to remember

- 2 Lemonade Party
- 3 Bishop's Committee
- 12 Emergency Prep Presentation
- 17 Father's Day
- 26 Kau Food Pantry Distribution



Dear Episcopalian friends,

We are so sad watching the devastating lava flows from Kilauea.

I know this is some distance from Ocean View, yet I'm sure you all know people who are evacuating or have been affected. Our prayers are with you.

Pastor Jim and Carmen Bornzin
Silverton, Oregon

Editor's note: *Pastor Jim will be serving St. Jude's in August*

Supporting our neighbors in the Puna District

Our hearts and prayers have been with our neighbors in the Puna District, who are suffering from the recent volcano activity. Many families have been evacuated from the area, homes have been destroyed and molten lava, ash and gas have filled their air. Being displaced in the midst of tragedy and loss is most challenging, particularly when the world's leading volcanologists do not know how long this event will continue.

Here in Ocean View, we have experienced minor affects with ash dusting, vog, hazy horizons and occasional sulfur smells. It's been business as usual at the church, with regular activities, groups, meetings, etc. all according to their schedules.

Donations have flooded into the church for those in need in the Puna District. We continue to accept clean clothing, household goods, food, paper products, sleeping bags, tents, or anything you want to donate. Cash donations are also accepted and 100% of cash donations sent to St. Jude's will go directly to those in need in Puna.

St. Jude's donated \$450 (the proceeds from the Cinco de Mayo dinner) to the Puna evacuees. Kepi and Steven have delivered a huge van of clothing and household donations to the Hilo headquarters. Community members continue to drop off donations at the church, to be added to the collection.

Those who wish to donate with a check, can simply write "Puna Relief" on the memo line, and this will route 100% of the donation toward this cause.

Donations can be mailed directly to the church at:

**St Jude's Episcopal Church, PO Box 6026,
Ocean View, HI 96737.**

If you wish to donate cash, please put it in an envelope, write "Puna Relief" on it and place it in the offering on Sunday. Please do not leave cash donations at the church during the week.



June Birthdays

10 Annie Schaupp

21 Jasmine Arguello

22 Cordelia Burt

22 Marty Marsh

27 Lodema Hatch



June Anniversaries:

12 Brian & Ginger Stewart



Sign up for Soup!



Taking a break from their fun, Phyl, Shannon and Marvel pause for a photo at the Saturday Soup event. Volunteers are needed to make or serve soup & to help with showers. Don't miss out on all the fun!

Mark your calendars.

The retired firefighter who preps and sells medical and other types of emergency preparedness kits will be at

**ST. JUDE'S
TUESDAY, JUNE 12
AT 2:30 PM**

along with our new best friend, Jessica, to do a show and tell on self sufficiency and survival.

Bring your neighbors and friends. This will be of interest to all even if you are a "que sera, sera" type.

We are battling
a very active volcano,
and hurricane season
is barreling down upon us.

Are we ready?

Richard retires

Continued from page 1

Richard also helps parishioners in many ways. Whether it's picking up a package at the post office or a prescription at the pharmacy, Richard will volunteer his help within the community.

Once Richard was asked what his title was at St. Jude's. He flashed that dead-pan grin and said, "Slave to Episcopal Church Women." His hard work ethic and attention to detail have provided countless success stories for St. Jude's.

Richard moved to Ocean View to retire, and assumed a major role at St. Jude's. His accomplishments are many. And what many don't know is that while Richard was doing all this work at St. Jude's, he also built a lovely home.

Cynn timer Salley spoke of Richard's commitment to St. Jude's on Mother's Day during Sunday morning announcements.

"As Cordelia is our Mother, Richard is our Father." Cynn timer said. "He's a jack of all trades, fixer of all problems and breakdowns and "put-it-together" and printer of our fabulous Sunday bulletin. As treasurer, Richard has modified, strengthened and professionalized our bookkeeping system, bringing us up into the 21st century! And this is only part of what he does!! He is...Our Father who art on earth!!"

Thank you Richard, for your fine service to St. Jude's; and welcome to your new (second time) retirement position.



Flavor of the Month

The Rev. Peg Williams Will serve June 1 ~ July 8th

Serving St. Jude's from June through July 9th is The Reverend Peg Williams. Peg and her husband David Williams and her sister Patricia Shafer will arrive on May 31st. Peg and David come to us from Rock Falls, Illinois.



Peg is a Mid-West girl - raised in Wichita, Kansas, by parents who she says were delightful, smart people. Her father owned a small grocery and meat market, and her mother worked with him. Peg enjoyed a lengthy career in education and was ordained as an Episcopal priest in January 2013. She retired at the beginning of 2018, but Peg will continue to work as a supply priest and is excited about the possibilities within retirement.

“I have a passion for ministering to small parishes/missions that might be falling into a desperate place where finances, diminishing congregation size and falling potential membership might make closure seem most logical,” Peg explained. “I believe the church has a responsibility to provide quality ministry to the members that might be left behind.”

Peg enjoys outdoor sports, traveling, cooking, reading and mentoring kids. She volunteers as a chaplain at her local hospital.

“My ordination as a priest has been the most transformative event in my life,” Peg shared with us. “I love serving and loving people with whom I have a pastoral relationship.”

Welcome Reverend Peg, David and Patricia!



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

Charro Borracho Beans

This recipe is a combination of two bean recipes I like, (1) Charro Beans (Mexican Cowboy Beans) and (2) Borracho Beans (Mexican Drunken Beans). You can make a vegan version by simply leaving the bacon out and use vegetable broth.

Ingredients

sauté	3	slices	Bacon – cooked and crumbled
	1-2	cups	chopped Onions
	1	large	chopped Poblano Peppers (cleaned & chopped)
	2-3	tsp	Garlic
beans	1	lb.	dried Pinto Beans
Liquids	1	cans	Ro*Tel Tomatoes
	1	cans	Beer (I used Coors Light)
	1	quart	Chicken Broth
seasoning	1	tsp	Chili Powder
	1	tsp	Taco Seasoning
	1	tsp	Tony Chachere's Creole Seasoning
	3	tsp	Garlic Salt
	2	tsp	ground Cumin
	2	Tbsp.	dried Cilantro
	2	tsp	Sugar

Sauté: Chop the raw bacon into small pieces and sauté until it is crisp.

Add the chopped onions and poblano peppers and sauté until the onions are translucent (4-5 minutes). Add the garlic and sauté for another minute. Let cool and refrigerate until needed. I usually do this the day before I cook the beans.

Beans: Pick over beans to make sure there is no gravel or bad beans.

Rinse thoroughly and put in a large Stew Pot and add enough water so the water level is twice the height of the beans.

Let the beans soak overnight. Check several times to make sure there is still enough water to cover the beans. The beans will double in size as they adsorbed the water.

The next day, pour the liquid off of the beans.

Add the broth and water to cover the beans and an inch above the beans. Add the sautéed ingredients. Simmer on the lowest heat possible until the beans are done. This could be 6-10 hours in a Crock Pot or 4-6 hours on the Stove Top.

Add all of the remaining Ingredients (liquids and seasoning). Simmer for 5-10 minutes, then taste and adjust the seasoning using the Taco Seasoning and Creole Seasoning.

After the beans are tender, take a few cups out of the pot, smash them up, and add back to the pot. This makes the broth thicker and more flavorful.

Note: Use 6 cups total liquid per pound of beans.



Cinco de Mayo fun



In our prayers...

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

Healing: Zach, Mark, Ann, Margy, Glenn, Keith, Carrie, Faye, 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, Arthur, Ruth, Big Peg, Cordelia, Kepi, Mark, Ed, Fr. Coil, Pastor Constance, Stella, Susan, Max, Travis, Duran, Levi, Jerry.

Extra prayers for: Glenn, Buffy, Austin, Dianna, Phyl, Max, Brian, Mariah, Ann, Natalie, Ruby, Phil, Eden. All those suffering from another school shooting.

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.



TO YOUR GOOD HEALTH WATCH OUT FOR EMPTY CALORIES

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, 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 recently saw an article about empty calories. When I saw the title, I thought that could be exactly what we all need to lose weight. If you can get something that has calories that you can't use, you can eat lots and lose weight. I jumped to the conclusion that the food was missing calories.

I was wrong. The term empty calories means just the opposite.

Technically, a calorie is the amount of energy that it takes to raise the temperature of one gram of water 1 degree Celsius. When we use the term "calorie" with regards to food, it is technically a kilocalorie which is the amount of heat energy to raise the temperature of 1,000 gram of water 1 degree Celsius.

So, the term "empty calories" is used to

describe foods that have calories, but little else that our body can use. In other words, the foods with "empty calories" have little nutritional value. For our body to work efficiently, it needs the energy in the form of calories, but it also need the nutrients that are necessary for all the biochemical processes carried out by our body. If you eat "empty calories", you get the energy but not the nutrients that you need.

Remember, for your health, the most important decision you make each day is what you choose to eat. Ray Hatch

"Empty Calories" are typically divided into four groups: sugar, fats and oils, processed carbohydrates and alcohol.

The sugar, oil, and processed carbohydrates are highly processed and still have their calories but little nutrition. The best example of processed carbohydrates is white flour and things made from it. The most common source of these "empty calories are in processed foods.

Sugar is considered one of the most common types of empty calories. It is found in soft drinks, fruit drinks, baked goods, condiments, dairy products and processed foods.

See "Health" continued on page 19



Joan & Greg Guithues were part of the Community Emergency Response Team (CERT) who helped distribute ash masks in Na'alehu. Thousands of masks have been distributed in the Ka'u District.

Mark your calendars.

The retired firefighter who preps and sells medical and other types of emergency preparedness kits will be at

**ST. JUDE'S
TUESDAY, JUNE 12
AT 2:30 PM**

along with our new best friend, Jessica, to do a show and tell on self sufficiency and survival.

Bring your neighbors and friends. This will be of interest to all even if you are a "que sera, sera" type.

We are battling a very active volcano, and hurricane season is barreling down upon us.

Church yard continued from page 3

had his younger brother, Darius sitting in his lap and Daden was showing his little brother how to use the computer. We only have six computers, but it is routine to have 9-10 students using the computers.

The same day Daden was training Darius I observed a young lady playing a numbers game, take one of her ear buds out and put it into the ear of a young boy standing next to her, so he could play the game with her.

Since then I've noticed other students doing the same thing. I guess I need to get some earphone splitters so two sets of ear buds can be used on the same computer.

I've noticed some of our youngsters tell anyone entering the lab with food or drink that it wasn't allowed. They also explain the rule about only watching appropriate material on the computer. They've started policing themselves and they are taking ownership of their new computer lab seriously.

Last week I needed to leave the computer lab for a couple minutes as I was the only person managing the lab; so, I told Daden (the one teaching his younger brother) that he was in charge of the lab while I was gone. He gave



Beverly Nelson, official event greeter.



Anna serves dessert at Cinco de Mayo with style.

me a big smile; however, his mother had an even bigger smile when I told her what I had done.

Cinco de Mayo: Everyone had a wonderful time and we had a great turnout with around 70 people attending and quite a few to-go meals.

We served enchiladas, tamales, vegetables, beans, drinks, dessert. As usual, we made a lot of food thinking that anything left over would go to our Saturday shower and soup family.

By the time dinner was over most of the food was gone. I believe we had some of the vegetables and dessert left.

I cooked six pounds of pinto beans in a large counter top electric oven. By the time everything was added, and the beans were cooked, the stovetop oven was full, and I had to move some of the beans to a second pot.

All of the beans were gone before the dinner was over. When I cooked the red beans for Mardi Gras I used six pounds of red beans and we had around 1/3 of them left. If you're interested, the recipe I used is on page 12.

See "More church yard" continued on page 23



Joan Guithues to lead Ocean View Community Center Board of Directors

Congratulations to Joan Guithues, the new Board President of the Ocean View Community Center. Joan will assume her new responsibilities beginning June 1st. At St. Jude's, Joan is affectionately referred to as St. Joan, the Patron Saint of Bingo, because she plays Bingo with the kids at Saturday showers. Joan brings a wealth of creative leadership qualities to the OVCC and we wish her the very best as Board President.



Celebrity Bishop

When Bishop Michael Curry presented the homily for the recent Royal Wedding, he became an international celebrity. His message of love has landed him on many TV talk shows. The links are on our Facebook page.

Grazin' continued from page 4

not prepay until you check in. Right now that is \$30/day. This is a lovely 4 star hotel with none of the snobbery usually associated with such a place. The staff is friendly and very helpful. I believe all the rooms are ocean facing and the hotel has direct access to the Hapuna Beach State Park. Alas the weather was not conducive to a stroll on the beach for us. Maybe next time.

Marriot Corporation has recently taken over this property. Starwood Properties, one of its many subsidiaries, now manages the hotel. There has been some serious remodeling going on. The beds are held to the Westin's standards which means they are an absolute dream to sleep on. There is a small 'fridge in each room, along with coffee and tea makers. It's a great stay and a really nice get away.



Holy Baptism

*Steven Houston was baptized on May 20th
at St. Jude's.*

*The Reverend Jeanne Rasmussen
officiated
and Jerry Wegweiser served as
Steven's sponsor.*

Welcome Steven!

Health continued from page 14

Fats and Oils

Many oils are considered empty calories, as they provide few nutrients to the body.

Empty calorie fats are typically fats and oils and are the most calorie dense foods. They include butter, margarine, vegetable shortening, lard, and all vegetable oils (even olive oil).

Fats are found in or added to cakes and pies, cookies, muffins, and biscuits, chips and crackers, fast food and take out pizza, whole milk and dairy products such as cheese, processed meat products, such as hot dogs, bacon, and hamburgers, salad dressings, solid fats and liquid oils.

Processed Carbohydrates are empty calories because most of the nutrition is lost in the processing. White bread, cakes and pies, cookies, muffins, and biscuits, crackers, fast food and take out, pizza and all white flour products.

If you stick with a whole food plant-based diet, you will minimize empty calories and



maximize your nutrients. This gives your body the nutrients it needs to perform at its peak.

Remember, for your health, the most important decision you make each day is what you choose to eat.

Eliminate as many of the empty calories as you can from what you eat every day.



JYM Duncan, enjoys her roles for St. Jude's services.



Notes from JYM

By JYM Duncan

I love being the lector on Sunday mornings, even more than playing music. Why? Because it is the Word of the Lord, recorded by ancient prophets and apostles, and read-- aloud or silently--countless times by saints through past ages, across the lands and seas of Earth. Reading the Word of the Lord is an awesome task, and a responsibility not to be taken lightly. I encourage those who read Sunday morning lessons, to respect the Scriptures enough to prepare and practice and pray ahead of time, so the Word comes clear from the mind and mouth of the reader, into the ears and hearts of listeners.

Did you know that I wrote my graduate thesis on the history of sacred music in America? It was complete with tapes of selected music that we recorded at UH-Hilo, I had an idea of a Sacred Music Seminar, open to come and share the old hymns and sacred songs.

Life moved on in other directions. I taught music to students at Naalehu Elementary School and played at St. Jude's Church years ago. Now, at age 82, I'm back at St. Jude's piano again.

Mark your calendars.

The retired firefighter who preps and sells medical and other types of emergency preparedness kits will be at

**ST. JUDE'S
TUESDAY, JUNE 12
AT 2:30 PM**

along with our new best friend, Jessica, to do a show and tell on self sufficiency and survival.

Bring your neighbors and friends. This will be of interest to all even if you are a "que sera, sera" type.

We are battling a very active volcano, and hurricane season is barreling down upon us. Are we ready?



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!**



Marie continued from page 5

to soothe my savage soul. I believe it's God's love re-igniting my light to shine once again. St. Jude's is a venue for me to share God's love, shine my light and I haven't gotten thrown out yet.

As I continue to learn to let go of my ego, I listen to God's voice and accept others, free of judgement. I feel God's grace in my life. I feel grace toward others, knowing how gracious God has been with me. Oh, what a fool I have been! But that's another story, or two.

In a spirit of gratitude, I thank God for the little church on the hill we call St. Jude's here in Ocean View. It's a place that is always open for everyone. All day, every day, the benches are there. A Pu'uhonua (Hawaiian place of refuge), a place that is safe. A place for all to rest and relax, free from harm.

I hope you enjoy this, as much as I enjoyed writing it.

Marie



**Emergency
Preparedness
Presentation**

**ST. JUDE'S
TUESDAY, JUNE 12
2:30 PM**

Are we ready?

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



More church yard

Continued from page 17

When the dinner was over we had earned \$450, and although we had already targeted these funds to pay for work needed around the church, we decided the folks in Puna, who are being driven from their homes by the volcano, had a much bigger need and the entire amount was given to the Puna Relief Fund.

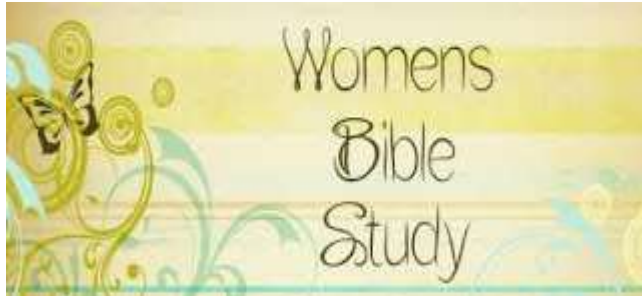
Spaghetti Dinner is our next fundraiser. It will be on Friday, July 6th, 2018.

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 sandwiches for that price. Dinner includes Spaghetti, Spaghetti Squash, your choice of Sauce, Meatballs, Salad, Drinks, and Dessert.

See you there!





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



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



Lemonade Party

June 2, 9 a.m. to 11 a.m.

**Monthly Church Clean up
Followed by lemonade & hot dogs.
*Many hands make light work.***

Talk Story

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

P.O. Box 6026 ~ 92-8606 Paradise Circle ~ Ocean View, Hawai'i 96737 ~ (808) 939-7555

Email : StJudeHawaii@bak.rr.com or cynthiaanncutts@gmail.com

Previous *Talk Story* editions available on our website at www.stjudeshawaii.org

Publisher: St. Jude's Episcopal Church **Production Manager:** Richard Burt

Editor-in-chief: Cindy Cutts ~ **Contributing Editor** Don Hatch

Photographer: Don Hatch, Cindy Cutts, Marvel

Columnists & Contributors: Don Hatch, Ana Towner

Marie Burns, Karen Pucci, Greg Guithues

Proofreader & Fact Checker: Beverly Nelson, Cordelia Burt, Cynn timer Salley

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.

Authors retain copyrights to their submissions

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