



Talk Story



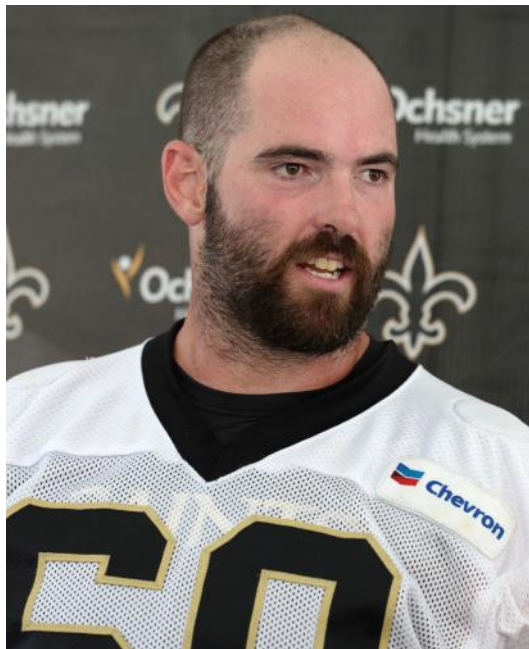
St. Jude's Episcopal Church—Where Jesus talk is a daily walk.

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Ocean View, Hawaii 96737

(808) 939-7000
www.stjudeshawaii.org

Volume 6 ~ Edition 6
June/July, 2019

Max Unger's Retirement Party



Sunday, June 9th

Aloha Hour

St. Jude's will celebrate Max Unger's retirement from the NFL.

You may bring something for Max to autograph

June 9th

Pentecost



THE SAME SPIRIT

*Who raised Jesus
From the grave*

Lives in You

Romans 8:11





PENTECOST

BY CORDELIA BURT, BISHOP'S WARDEN

The Day of Pentecost

The Sunday fifty days after Easter on which the church remembers the bestowal of the gift of the Holy Spirit on the apostles (Acts 2:1). The name derives from the Greek name of the Jewish Festival of Weeks fifty days after Passover, when the event originally occurred. Because this event signaled the beginning of the apostles' public proclamation of Jesus as the Christ, it is often called the birthday of the Christian church. Because it is also a traditional day for Baptisms, and because people at one time uniformly wore white garments in which to be baptized, the day also became known as Whitsunday (White Sunday). Now the color of the day is red, followed by white for Trinity Sunday; the rest of the season is green, except that in some places the Last Sunday after Pentecost is red or white.

The Season of Pentecost:

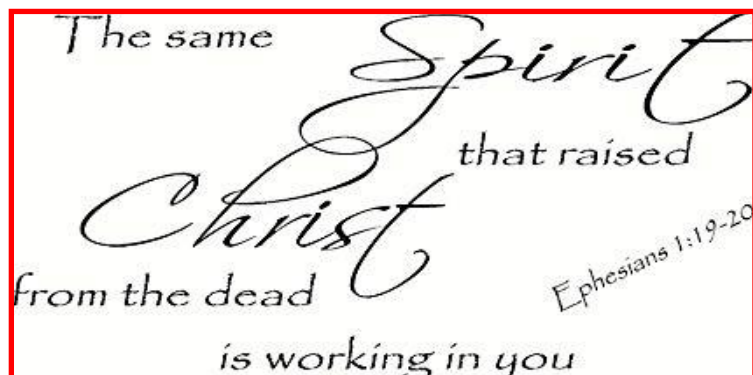
The season of the church year which runs from the Sunday of Pentecost until the First Sunday of Advent; in this season, Sundays are numbered after Pentecost.



The cycle of the liturgical year from Advent through Easter recalls Jesus' earthly ministry, culminating in the remembrance of his death, resurrection, and post resurrection appearances.

The Pentecost season calls us to explore the significance of the church itself as the sign of Christ's continued presence and on going activity in the world. The liturgical color is green.

From New Dictionary for Episcopalians





Around the church yard

3

By Contributing Editor Don Hatch

Computer Lab: Our Computer Lab has been open since April 14th 2018, so it has been open for over a year, and it is an enormous success. Jasmine Arguello has been working in the computer lab since June 2018.

In the past I have mentioned that Jasmine was our Computer Lab Intern; however, for the last several months she has been working as the Computer Lab Manager.

In addition to managing our computer lab for our Saturday church family, she also manages the computer lab three days each week for the Ka'u High School. In our lab, students can telecommute to school, catch up on homework and work toward graduation requirements.

Giving Tree: On Saturday, May 18th the "Giving Tree" set up tents and tables in our lower parking lot and gave out lots of clothing and various other items like toothbrushes and razors. This time they had a lot of new clothing to give away as well as some used. They also had some shoes and coats.

Many of the people visiting them came on up to the church to have a bowl of soup and some took showers. There were a lot of people around church that I had never seen before.

Their next visit is scheduled for Saturday, July 20th. Come on by to see what they have and while you are there, come on up to the church building to share a bowl of soup, take a free hot shower, and use our community computer lab.

Mobile Spay and Neuter Wagin': The Hawaiian Humane Society had their state-of-the-art Mobile Spay & Neuter Clinic at St. Jude's on Tuesday, April 14th.



Their next scheduled time at St. Jude's is on Tuesday, June 24th from 7:30 am until 4:00 pm.

Hawaii I Humane Society strives to make spay and neuter accessible and affordable for the Big Island, Hawaii residents. Low-income pet parents and those with limited transportation qualify for their free spay neuter service.

Services they provide are Spay or neuter surgery, Nail trim for an additional \$5 per animal with spay/neuter surgery, Microchip for an additional \$10 per animal with spay/neuter surgery, Hawaii County dog license, available for \$10 per animal with spay/neuter surgery.

Surgery is done by Appointment Only. You can find out their next scheduled visit to St. Jude's and make an appointment by going to HIHS.ORG on the internet, but the best way is to Phone 808-796-0107, which is the direct phone to the Mobile Spay and Neuter Wagin' appointments.

See "Church yard," continued on page 12

Groovin' with the Grazing Girls

By Karen Pucci

Since we are swinging into summer and visitors, we thought it would be good to give our updates on some tried and true places you are likely to frequent with your visitors.

The beloved COFFEE SHACK was recently sold. We went to see if it was still a good recommendation. We can safely answer YES. Many of the stand-bys are still on the menu. The ono eggs benedict is now a regular item instead of a special. Their baked goods and bread are still terrific. Prices remain moderate. The geckos seem to be the only thing missing. No more jams on the rails to entice the little fellows. Girls say GO GRAZE.

KONA BREW: we had not been in well over a year. We went at opening a bit ago. Good time to go. The a/c actually works on the inside and you can hear yourself think. This place can be extremely noisy but in a fun way as a rule. Food is still da bomb. We had the very popular spinach/strawberry salad with a strawberry vinaigrette and it is as every bit as good as the first time we tried it. We love their baked garlic. They serve it now with a firmer cracker but is otherwise just fine if you love garlic. The pizza is still good. We had a ½ and ½ -the everything meat combo and a Greek with feta and green olives. As you all know, no red sauce. Great crust. Still moderately priced and we can still say Go Graze!

KONA BREWERY 11:00a-10:00p, 74-5612 Pawai Place in the Brewery Block, Kona. 808-334-BREW (2739). Full bar. Inside/outside seating. Oh and you can purchase growlers of your favorite brews at the Growler Shack outside.

BIANELLI'S. We could not remember the last time we went. It's hard to frequent this place because it opens at 4:30p now and we seldom stay in town that late. This is a Chicago style pizzeria and it is still one of the best pizza plac-

es on island. We went at the opening and in 20 minutes this place was hopping. We ordered a Caesar salad (with the optional anchovies). They do a great Caesar there. Chopped up into small pieces and lightly dressed. Not drowned. The pizza was again a ½ and ½ the meat and the Margherita. No red sauce for us. The dough here is wonderful. It is light, chewy and slightly sweet. pizza dough can be the traditional hand tossed or the deep dished. Prices are still quite reasonable. Full bar. Inside and outside dining. And yes, it can get noisy. Girls say Go Graze!

BIANELLI'S 78-6831 Alii Dr, Keahou in the Keahou shopping center by KTA. 4:30p-9:00. CLOSED SUNDAYS. (808) 322-0377 (get to go!)

SAM CHOY'S. We stopped for lunch there recently. This is an upscale restaurant with a fabulous ocean view. We still had money left on a gift card we earned a while back so we decided to finish off the card. Choy's is constantly tinkering with its menu. We ordered something new to us on their menu, poké bowls. And a Caesar salad. The poké was fresh ahi, soft and tender. It was quite tasty. We both ordered the spicy version and it is mildly heated. The poké comes in bowl over rice with seaweed, Kimchee and mac salad in the bowl. We both could do without the Kim-chee. Let me just say we both enjoy some Kimchee but it was too jarring with the spicy sauce. Lunch is not as wallet strangling as dinner. The food, regardless, has been generally very good. Full bar, nice drinks and of course, the killer view. Girls say Go Graze!

SAM CHOY'S: 78-6831 Alii Drive, Suite 1000, Keahou ABOVE the Keahou shopping center. (808) 333-3434 reservations recommended for dinners and brunch. 11:30a-9:00 daily. No a/c, outside/covered lanai seating only. Not so noisy there



TURNING PAGES

BY ANNA TOWNER

Maybe because so much is going on in our lives we need to read, or in some cases re-read, books and authors that give us comfort and relief from daily travails be they personal, political, economical or even religious. So, let's begin with the last category.

I am lucky to have a variety of spiritual book friends that I turn to regularly. Sermon on the Mount. Swami Prabhavananda takes the gospel and talks about Christ's message to us. I have never found anything in any of Swami P's writings that denigrate anything we read in the Bible or any Christian writings. The Cloud of Unknowing is a very old anonymous writing of Christian mysticism. In fact this piece reminds me of "neti neti," God is not this, God is not that. Many believe that St. John of the Cross and Teilhard de Cardin were influenced by this book.

I almost forgot! The Dali Lama's My Spiritual Journey is a lovely, uplifting read. No complaints of mistreatment. He focuses on the joy of finding and knowing God and Brother Lawrence's Practice of the Presence of God.

You might already know that I am not a student of economics, but am interested in what "makes the world go round." Mark Kurlansky's books, The History of Salt and The History of Cod show how important salt is to us - can't live without it. Also in Africa gold and salt were once of equal value. However, in daily use it enhances food when used sparingly, but perhaps its use as a food preservative allowed the Old World to travel longer and farther distances. Preserving cod meant you could pack a food that wouldn't go bad. You could also fish on voyages and preserve part or all of your catch.

Believe it or not, I put cookbooks in economics too. Restaurants, Bed and Breakfasts, and households. We all make shopping lists and buy the called for ingredients. Those cookbooks and meals add up to a pretty penny each year. I know this is true, cause I cleared out 58 cookbooks and still have plenty left.

Oh, the politics, some come in the form of autobiographies such as Michelle Obama's and Kamala Harris's. For biography, Abigail & John: Portrait of a Marriage, seems to be the story of a couple who love and respect each other deeply. They also talked about politics to each other in their letters. Due to the political situation starting in 2015, books on politics, republicans, democrats, presidential hopefuls, political pundits and talk show hosts, and of course the reporters are in copious abundance.

Okay, now down to personal choices of "comfort books", some just because they are a good escape, some to re/read when sick and some are just good reads. So here goes.

Good reads/escapes: The Hobbit and Lord of the Rings, True Blood (much less dark than the TV series), Discovery of Witches, all Tony and Anne Hillerman, Faye Kellerman, Gaiman, Rev. Maynard's Magnolia series.

For good reads that are also literature, here I go again. Anything by Edward Rutherford, Brunonia Barry, Anthony Bourdain, and Follett's Pillars of the Earth series, The Handmaid's Tale, Shirley Jackson. I have these and at least 20 others that I return to regularly. To Kill a Mocking Bird - I read the book one year and the watch the movie the next year. I am addicted to them. In fact, one year I received 3 copies of the movie.

By the way, I definitely do not have enough time for reading. Harry Potter and I are only on vol. 5, Order of the Phoenix. And no, I won't tell you how many times I have read the books or seen the movies!!





REMINISCING MCDONALD'S

ABOUT

BY PHYL LAYMON



My husband, Frank, loved McDonald's! We jokingly claimed his truck was pre-programmed to turn at every Golden Arch. And, yet, he maintained his slim 145 pounds with no effort. Go figure!

Recently, Father Jim jogged old memories at St. Jude's, with his young family's McDonald's story.

After doing all three Services on Sunday, he was wiped out and more than ready to go straight home. His kids, who had been cooped up in Sunday School those very same long hours, had very different plans. Everyone got into the vehicle, presumably filled with The Holy Spirit, but the minute the doors were shut a big fight broke out. McDonald's versus Dad! Apparently, all those words of "love" heard that morning went straight out the window when the rubber hit the road. Though Father Jim didn't say so, I have a feeling he lost the war and drove his kids straight to McDonald's.

Father Jim's point on Sunday was, "love" is an action word, not just a nice thought in passing--or a pretty plaque on the wall. You have to "DO" Love --or it is just another empty gong.

Our family's tradition was similar. Frank and I and any kids and grandkids living nearby would meet up at Church and then go on to the McDonald's with the BIG Playland. The grandkids were over the moon – and the adults unwound and caught up on the week's events. It was an hour or so of peaceful family chat time. Several other families were regulars, too, so they became extended family.

Frank never missed church, even during that long 6 ½ months he battled pancreatic cancer. Nor the gathering with family and friends each Sunday at McDonald's, either. He was an amazing man! His goal was to make this most challenging transition in our lives as smooth as possible. Going to McDonald's with his family was as normal as it gets.

That first Sunday without him was so hard. We all gathered at church, numb to the core. Grief consumed us. No one mentioned McDonald's!

The following Sunday might have been a repeat—but there were the little ones who just didn't comprehend the events of the

See "McDonald's" continued on page 17



June

Rev. Rob Gieselmann



Rob Gieselmann is an Episcopal priest and writer, also educated in law and economics. Now retired, Rob has served five parishes in Tennessee, California and Maryland, and published two books: *The Episcopal Call to Love*, and *A Walk through the Churchyard*, and is finalizing a third, *The Ironic Stories of Jesus*. The widowed father of two grown children, Rob experiences God most when he finds his bare hands digging in black soil.

Flavors of the Month

Look who's coming!!

July

Rev. Constance Garrett



**Needs no introduction.
We just plain love her.**

August

Rev. Doug Coil



A St. Jude's favorite, returning for the 25th time, we can't wait to see him again. (And his lovely wife, Carolyn.)

Birthdays

- June** 3 Darius Mello
- 12 Dashon Mello
- 21 Jasmine Arguello
- 22 Cordelia Burt
- 22 Marty Marsh
- 27 Lodema Hatch

- July** 5 Jim Bornzin
- 7 Conny Santana
- 15 Diane Nelson
- 19 Susan Fine
- 20 Jerry Cutts
- 21 Lee Sampson
- 24 Zachary Debernardi
- 25 Cindy Cutts
- 28 Bud Sherfield
- 30 Linda Laws



Anniversaries

- June** 6 Linda Laws & Mark Shattuck
- 12 Brian & Ginger Stewart

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





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

Loaded Cauliflower "Mash" Twice Baked

Creamy mashed cauliflower made with a touch of whipped butter, buttermilk, garlic and herbs and topped with cheese and bacon – you'll swear it's a twice baked potato loaded with fat!

If you want it to be more authentic, save your potato skins and re-stuff them with this mixture.

Ingredients:

- 4 slices center cut bacon
- 6 cups (about 24 oz) cauliflower florets
- 3 cloves crushed garlic
- 1/3 cup 1% buttermilk
- 1 tablespoon whipped butter
- 3/4 tsp kosher salt
- fresh black pepper, to taste
- 2 tablespoons minced fresh chives, divided
- 1/4 cup shredded reduced fat shredded cheddar



Directions:

Cook the bacon in a skillet until crisp; set aside on a paper towel then crumble.

Fill a large pot with water, bring to a boil and add cauliflower and garlic. Boil until the cauliflower is soft, about 15-20 minutes. Drain, and return to the pot.

Preheat the oven to 350°F.

Add the buttermilk, butter, salt and pepper to the cauliflower and purée with a hand blender. If you don't own a hand blender, a regular blender would work fine as well.

Mix in 1 tbsp. of the chives and transfer to 4 individual casseroles (3/4 cups each) or one 8 x 8 casserole dish and top with cheddar and crumbled bacon. Bake in the oven until the cheese melts, about 5 minutes then top with remaining chives.

Makes four 3/4 cup servings –

Calories: 112, Fat: 5.5 g, Carb: 10 g, Fiber: 4 g, Protein: 1.5 g. Sugar: 0 g Sodium: 107 g



Prescription medication delivery to Ocean View

There's good news for patients who use prescription drugs in Ocean View. Longs Drugs in Pahala is now delivering prescriptions to the Ocean View Community Center (OVCC) on Tuesdays between 8am and Noon.

When patients receive alerts that their prescriptions are ready, they are to call Longs at (808) 928-6252 to request delivery to OVCC. No controlled substances are included in this program.

If payment is required, patients must have a payment card on file at Longs in Pahala.

Note: Ka'u Wellness patients' prescriptions will be delivered to Ka'u Wellness (92-8691 Lotus Blossom Lane, Ocean View) for pick up.

Questions? Call Longs at 928-6252 and ask for Leisha.

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: Faye, Dan, Thom, Rev. Jeanne, Cordelia, Sigi, Steve, Phyl, Tammie, Carrie, Kym, Frankie, Max, Austin, Thom, Brian, Stella, Richard, Pastor Constance, Doug, Britney, Labra, Chuck, Naomi, Ray, Cynn timer, Amy, Michael, Sam .

Strength and comfort for all who suffer loss.

Healing and restoration of broken hearts, families and relationships;

Safety for all who are traveling.

Safety, wisdom and courage for all those in protective or public service (law enforcement, firefighters, emergency responders, military personnel, teachers, administrators, clergy, physicians, nurses, medical team members, civil leaders);

For protection from natural disasters, violence and tragedy and restoration of lives forever impacted.

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

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

	8:00 AM	9:00 AM	10:00 AM	11:00 AM	Noon	1:00 PM	2:00 PM	3:00 PM	4:00 PM	5:00 PM	6:00 PM	7:00 PM	8:00 PM	9:00 PM
Monday				Senior Nutritional Program					Women's Bible Study (@ Bev's 10:00 am)					
									Ka'u School District Computer Lab					
Tuesday														
Wednesday														
Thursday														
Friday														
Saturday														
Sunday														

Indicates this is a St. Jude's Function

AA = Alcoholics Anonymous
 NA = Narcotics Anonymous

St. Jude's Weekly Schedule

www.stjudeshawaii.org

Shower Day



We need Bingo Prizes!

Anything from trinkets, candy & toys for the kids, to socks, toiletries, & other items for adults.

The last
Saturday of the Month
The next Bingo Days
June 29 & July 27
9 a.m. to 11:00 am.

Dates To Remember

June	1	Lemonade Party Church clean up 9 a.m. to 11 a.m.
	2	Bishop's Committee meeting
	4	Those Episkopols study begins
	9	The Day of Pentecost
	9	Max Unger's Retirement Party (Aloha Hour)
	16	Father's Day
	24	Pets Mobile Spay & Neuter Clinic
	25	Food Pantry distribution
	29	Bingo Saturday
July	4	Independence Day
	6	Lemonade Party
	7	Bishop's Committee
	20	Giving Tree
	20	Free Haircuts
	27	Bingo Saturday
	30	Food Pantry distribution

Those Episkopols returns

A new session of "Those Episkopols" begins June 4th at 10 a.m. Cynn timer Salley will lead this five week study on the basic tenets of the Episcopal Church.

The study will explore Dr. Dennis Maynard's book, Those Episkopols, a popular resource for those new to the Episcopal denomination and for those who have been life-long members.

The Episcopal Church is known as the "thinking person's religion" to those of us that love her. It is a Church solidly grounded in scripture, tradition, and reason. In this best selling book Dr. Maynard explains why it is also a Church that will not accept simplistic answers to complex questions.

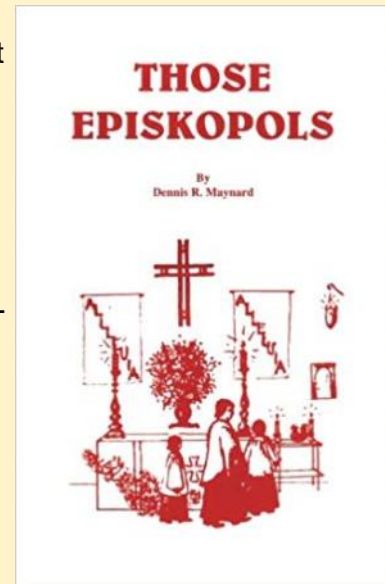
With humor and insight Dr. Maynard answers some of the following questions:

Why do Episcopalians read their prayers?

Does God like all that ritual?

Can you believe anything you want and be an Episcopalian?

Why do Episcopalians reject Biblical Fundamentalism?



[Available on Amazon](#)

The author gently reminds all readers that *if you don't feel good enough to go to any other church, The Episcopal Church welcomes you!*

The study is designed to offer a better understanding of The Episcopal Church for those new to the church. Those that are already members, will have the reasons they became Episcopalians. The class is timed for those who plan to be confirmed in August, when The Rt. Rev. Robert Fitzpatrick will be visiting St. Jude's. ***But anyone who is interested in learning more about the Episcopal Church is welcome.***

If you'd like to join the study, please see Cynn timer Salley or Cordelia Burt to sign up now, so a book can be ordered for you.

Church Yard

Continued from page 3

Free Haircuts: On Saturday, May 18th Kady and Drew Foster provided haircuts for our Saturday family. There was a sign-up-sheet hanging on the church bulletin. There was room for 12 people to sign up, and while only 10 people signed up, there were several drop-ins; so they probably did around 14 haircuts.

They will be back again on Saturday, July 20th. We will be another sign-up sheet posted on the church bulletin board.

This service integrates with our Free Hot Shower and soup kitchen program. First the recipients will finish their shower, and then come for their haircut.

Cinco de Mayo at St. Jude's was on Friday, May 3rd which actually makes it Tres de Mayo.

There was a lot of great food including Enchiladas, [Charro Borracho Beans](#) (Mexican Cowboy Drunken Beans), Drinks, and Dessert. We even had vegan Enchiladas available for our vegan friends.

The turnout was fairly low because there was another event in Ocean View going on at the same time, and also the Ka'u Coffee Festival was going on.

We fed our Saturday church family with the leftovers and even had some left for our Aloha Social Hour after church service on Sunday.

Deborah (Kepi) Davis has been Called Up For Active Duty

From the time Kepi Davis first joined St. Jude's she has been one of our hardest workers and has volunteered for almost every job at St. Jude's.

Kepi routinely volunteers for shower duty, kitchen duty, has made soup, and served soup.

When we first made up our Operational Support Duties document, to define all of the jobs required to successfully run St. Jude's, Kepi volunteered to be in charge of the kitchen.

As the lead on the kitchen duty, Kepi doesn't have to do everything in the kitchen by herself, but she does have to make sure there are enough volunteers to cook, set up, serve, take down, clean, and put everything away after they are finished.

Each Sunday Kepi is at the church 1 to 1-1/2 hours before service starts to get the coffee ready and set up for the Aloha Social Potluck after the service.

During the Aloha hour Kepi usually helps serves the food, and after potluck is over she does clean-up duty.

She doesn't have to do all of the work by herself because she also coordinates volunteers to help with the jobs.

Her two biggest supporters in the kitchen, are Steven Soren (shown in the picture with her), and Shannon Simpson, both dedicated task masters, who make Kepi's load lighter.

Recently Kepi increased her commitments by volunteering to manage the food for St. Jude's Special Events and Fund Raisers. In this job she plans the meals and gets volunteers to prepare and serve the food.

She also gets volunteers to help with the clean-up after the event is over.

As part of this job, Kepi is also putting together a book containing all of the recipes used in our various events. This is in case the regular cook can't prepare their regular dish, someone else can make it.

When Kepi can't get enough volunteers, she spends the extra time to do the job herself. For example, for our Cinco de Mayo dinner she spent most of the day cooking for the event. She had a volunteers help with the cooking, but even with that help, it took all day.

Thank you Kepi, for managing the kitchen hospitality at St. Jude's. Just like the kitchen is the heart of a home, the St. Jude's kitchen is the heart of our fellowship and outreach. We appreciate your dedication to service, the loving way you include others in your projects and the delicious meals you put on our plates.



What!
St. Jude's has called you up for Active Duty,
What does that mean?

Ka'u Food Pantry Distribution

June 25th & July 30

By Karen Pucci

Ka'u Food Pantry, Inc., next distribution is TUESDAY, June 25, 2019 at St. Jude's Episcopal Church on Paradise Circle-Mauka, from 11:30 a.m. to 1 p.m. or until the food runs out, whichever comes first. We ask all of our participants to respect the grounds where this will be held. All dogs, including service dogs, must be on leash and out of the way of foot traffic. Volunteers are always needed and welcomed, beginning at 8:30 a.m. on that Tuesday.

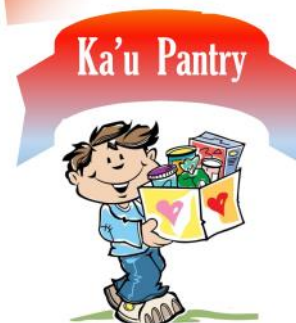
The Board of the Ka'u Food Pantry is changing. At this writing, a new President has not been installed. Allan Humble, who also runs the Ka'u Chamber of Commerce, is the VP. He can be reached at 253-486-3917 for emergency food. I will continue to be peripherally involved.

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.

Feeding the Hungry

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Last Tuesday of each Month
St. Jude's Episcopal Church

Ka'u Food Pantry, Inc., July distribution is TUESDAY, July 30, 2019 at St. Jude's Episcopal Church on Paradise Circle-Mauka, from 11:30 a.m. to 1 p.m. or until the food runs out, whichever comes first. We ask all of our participants to respect the grounds where this will be held. All dogs, including service dogs, must be on leash and out of the way of foot traffic. Volunteers are always needed and welcomed, beginning at 8:30 a.m. on that Tuesday.

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Hurricane season approaches

Emergency preparedness essential

Yes, folks, it is that time of year again. Hurricane season has started and the age-old question is: ***are you ready?***

Check list

WATER. You need potable (drinking) water that is accessible. If the power gets knocked down for days on end, while you may have water in your catchment, how you going to access it? The suggestion is a gallon a day per person but don't forget your pets. That adds anywhere from a cup to a gallon of water more per day depending on what you have and how many.

BATTERIES for flashlights, portable radios.

PORTABLE PHONE CHARGERS. Yes they are here. We have "sarcophagus" type where you charge them ahead of time and then you can charge up to 4 phones. Or 4 different times. But they have to be charged electrically 1st. There are also charging stations on many home generators now too.

Non perishable foods-canned foods, dry pasta, beans, etc. Make sure have a **HAND OPERATED CAN OPENER** as well.

PROPANE for the BBQ and/or briquets. You may be doing a lot of camp cooking.

POWER TOOLS. If you have battery operated tools, make sure the batteries are charged and ready. You never know what you will need or when you will need it.

EXTRA GASOLINE. You should keep your vehicle tanks at least half full. Never know when we are going to have bug out. You will need gas to run your generators if you have any.

BUG OUT BAG. Keep a bag packed and easy to grab. Pack food, medications, some clothes, flash lights, small hand tools (screw driver, hammer, crow bar, pliers). I have used a red one for my own personal one. EZ to find.

MEDICATIONS. If you can do it, ask for

an ad-



ditional 30 days of whatever it is that can keep you going. It could be that we could be cut off from the rest of the island for a time and you do not want to be without your inhalers, your insulin, your cardio care pills, etc.

PET FOOD. We have 8 cats. We as a rule have at least 2-22 lb. bags of dry cat food on hand. They will not likely starve but we might!

I am sure I left something out but it's a good start.

REMINDER: if you have not done so already, change the cabin filter in your vehicle(s). The crummy air quality years prior to the last eruption and all the stuff in the air during the eruption, have settled there and it is disgusting. There are You Tube videos to help you locate and change out the filters. It's pretty easy. If you are not up to it, ask your mechanic to do it. You will be amazed at the difference.



A CONTRACT WITH HISTORY

Cynthia Cutts, Editor in Chief

In April, I was contracted to open a College & Career Center for Ka'u High School. I am very excited to design a classroom dedicated to helping students explore their options for future careers. This center will provide a hub for college and career exploration for students in all grade levels at Ka'u High School. As a college and career education consultant, I have enjoyed developing several career centers on the mainland; but this project is especially nice, because I don't have to board an airplane to get there!

The drive to Pahala two or three days a week, has been enjoyable. The sunrise over Honuapo Bay is stunning, and I usually pull over at the lookout point and enjoy the view each morning. The staff at Ka'u High is made up of some of the kindest educators I've ever known. They have made me feel welcome and valued.

Most of my career has been spent within affluent communities, with brand new facilities and hi-tech everything. Ka'u High is the antithesis of my previous schools. It's the oldest high school in the state of Hawaii, and some of my students are fourth and fifth generations to attend the school.

Originally called Pahala High, the school was built in 1881 and two of the original buildings are still in use! In 1909, the gymnasium and both elementary school buildings were constructed. A year later the main high school/administration building was completed. That's where my current office is located.

I love walking around the campus. The landscape is lush, mature and fragrant. You can see the bright cobalt blue Pacific from the campus and there's a definite sense of permanence on the site; as if the school, like the ocean, has been there forever, and always will be. When the kids are in class, it's quiet outside and if I stop and listen to the silence, I can almost hear voices of the past, whispering words of encouragement as I make my way across the school grounds. It's a hallowed place, historic and anchors the spirit of the community.

There is a lot to appreciate at Ka'u High School. But it's the kids that I'm enjoying the most. As I research, organize and do all the ground work for actually setting up the Career Center, I've been meeting with students and learning what's on their minds. They are bright, curious, funny and offering me their trust and friendship. They have dreams and goals, and they are gathering the courage to go after them. It's an evolutionary process that takes thought, planning and bravery; and nothing brings me more joy, than when students become excited about pursuing their passions.

Friday is graduation at Ka'u High School, and I'm so proud to watch my students take this giant step into adulthood. And as I look toward the next school year, I'm humbled to be part of something way bigger than a new Career Center – I'm part of students' history that goes back nearly 140 years. What an awesome place to be!



Free, stylish haircuts were offered at our Saturday shower.

McDonald's

Continued from page 6

past 8 days. So, of course, they expected to go to McDonald's!

What to do? More important, what would Frank-Dad-Grandpa do? Yep! You guessed it!

The drive up that oh-so-familiar street, turning into that same old parking lot, walking up to the door with leaden feet; so hard, but so necessary to begin the healing journey ahead, for all of us.

I don't remember who actually opened the door, but I do remember the great out-pouring of love from our adopted McDonald's family! Our little ones ran off to play with their McDonald's friends! We laid

down our burden of grief for a little while as we reminisced about Frank-Dad-Grandpa and his twinkly blue eyes full of mischief. He was one in a million. I mostly remember his heart full of quiet love for whoever needed it at that moment. He was always there!

I think, just being there when needed is the best expression of "love." That Sunday, our McDonald's family was there for us. I will always love McDonald's. Thanks for the memories!



COMFORT ZONE RISING

BY PAULETTE ZUPANCIC



Ocean View Seniors' comfort zone is rising

Time is not negotiable, so to our kupuna, learning is a life-long adventure.

Getting forms or filing taxes on -line and making copies kept the computer lab busy in March and April.

Computer times are used with research on senior housing and other services to seniors. To those within a certain income level, seniors may be eligible for free farm produce, reductions in electrical and phone bills and others to help with living expenses. Android and Smart phone usage are always on the agenda during Ocean View Senior meeting days.

Mahalo to St. Jude's Church for giving me an opportunity to be a small part of your volunteer mission within the Ocean View Community.

Paulette Zupancic

Editor's note: *Paulette is a volunteer in the St. Jude's computer lab on Monday mornings, to help the Seniors who visit St. Jude's for the Senior Nutrition Program. Thank you, Paulette, for the generous donation of your time and talent to our community.*

**Sign Up
Those Episkopols
Begins June 4th
at 10 a.m.
A 5 week study
On the
basic tenets
Of the Episcopal Church**

Editor's note: There will be no July Edition of Talk Story.

The Talk Story editorial staff will be on vacation the entire month of June. This is a June/July edition and there will not be a July newsletter. Your next Talk Story will be the August 2019 edition.

Talk Story is currently publishing volume 6, which means that this is the 78th issue of Talk Story. This is the first time we have taken a break!

Enjoy your month off, writers.
Your next deadline is July 20th.

Cindy

Writing a grant can be a daunting task, but those who attended the Grant Writing Workshop on May 4th, learned insider strategies to finding a grant and completing a grant application. Father John Tomoso, who recently retired from a career of grant writing and Cindy Cutts, a successful grant writer (who thought she was retired), worked together to create a three-part program, breaking down the various pieces of grant writing.

The workshop began with an outline of the many steps in grant writing; forming a grant writing team, assembling data, identifying goals and objectives, planning for outreach, creating a budget, etc. A second presentation was dedicated to the actual writing of the grant, and how to make each word of a grant meaningful. A final session examined the different sections common on most grants, such as understanding the difference between goals and objectives, how to design a budget sheet, showcase sustainability or secure a strong letter of support.

The workshop was attended by a mix of seasoned grant writers and beginners, who asked questions and shared their experiences in grant writing. Cindy lead the presentations, with Reverend Canon Sandy Graham hosting the event and leading the final discussion. Hal Barnes, experienced in writing federal grants, offered his wisdom throughout the day. Unfortunately, Father Tomoso was unable to attend, due to a medical conflict.

Throughout the presentations, Cindy used St. Jude's as an example, to showcase various steps of grant writing. One of the most critical pieces of successful grant writing, is organizing a grant writing team. Several of the grants St. Jude's has received, were written by Cindy, but she was quick to point out that collecting and organizing data, developing reports, budgets and line items, securing letters of support, and many other facets of a grant, are a team effort.

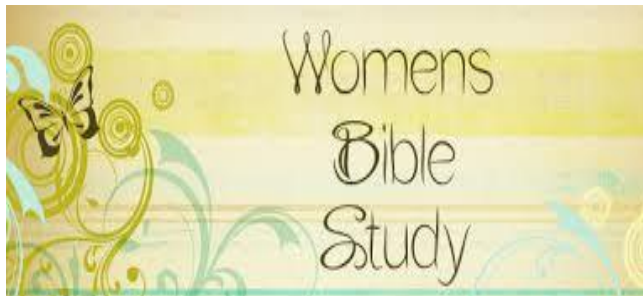


The grant writing team at St. Jude's includes many members; Richard Burt, who served as church treasurer for many years, has been an extremely valuable grant writing team member. Steve Stigall has stepped in to lend his support as Treasurer, in the same way. Cordelia Burt is a walking encyclopedia about church history and protocol, her data collection and organization has provided excellent vision for the grant writing. Don Hatch, Jerry Cutts and Gary Johnson have developed detailed and accurate budgets for our grants. The writing of the grants has been a collaborative effort of Don, Cordelia and Cindy. Beverly Nelson has been a faithful proofreader of grants whenever asked. The grants have been finalized and polished by Cindy, who grabs anyone within reach to pray when the grant is ready to be submitted.

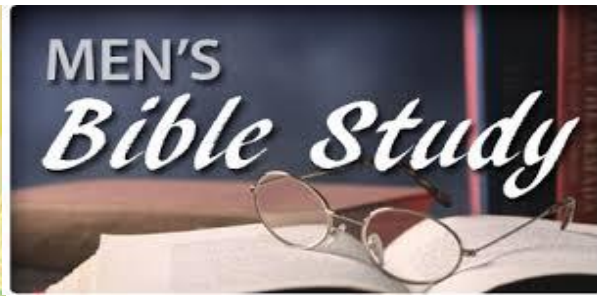
It appears that the strategy works. Over the past six years, St. Jude's has received thousands of dollars in grant funding, from various sources.

Tips from the workshop included confirming the math on the budget sheet, meeting deadlines, answering each question succinctly and putting together a strong team to help write a grant.

"Grants are a viable possibility for many congregations," Cindy explained. "But it can't be done by one writer. It takes a team to assemble all the data, information and different pieces to build a strong grant. If your team works together, plays by the rules of a grant, follows directions and meets the deadline, you will be competitive in the grant world."



Mondays at 10 a.m.
Back at Beverly Nelson's home



Fridays at 9:00 a.m.
McKinney Place



Lemonade Party

June 1 & July 6, 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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Previous *Talk Story* editions available on our website at www.stjudeshawaii.org

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

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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.

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