



# Talk Story



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Edition 5, Volume 4  
May 1, 2017

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## Why am I here?



By Cynn timer Salley

It's a little scary to now be one of the "old timers" at St. Jude! Although I do remember when it was built, I wasn't a member until much later.

And yet, even in the time I have been coming here, I've seen a huge transformation, from a small mission church ( the most southern Episcopal presence in the U. S. A.), struggling to stay afloat, to a vibrant Christian Community focused on outreach to its neighbors in an area that is so very economically depressed.

St. Jude's has found a niche in the realm of "churchdom," that fits and has allowed it to flourish. It has grown to a place that is so full of love and caring that it

See "Why am I here?" continued on page 16

## *Shower ministry flourishes in April with record numbers*

By Contributing Editor, Don Hatch

Saturdays are lively at St. Jude's with the Shower Ministry open from 9 a.m. to 2 p.m. Shower clients begin arriving before we open the doors, eager to be first on the sign up list. While the showers are going, the kitchen is bustling with soup preparation. People gather inside and out, to wait their turn for a shower, enjoy a bowl of hot soup and socialize. It wasn't always like this.

When I first came to St. Jude's in December 2011, I heard people discussing the need for a Free Hot Shower, or a Shower Ministry. At that time, I didn't realize that a Free Hot Shower had been planned and agreed to at St. Jude's. However, after they built a building it was commandeered to store the musical instruments for the Ka'u Band. Plans for a shower were sidelined and the shower building became a musical instrument storage room.

Undaunted, Cynn timer Salley became the main supporter for a shower ministry. She brought up the need for a shower ministry at most monthly board meetings. When Fr.

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# Shower Ministry

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Tom Buechele was our priest for all of 2012 he agreed with Cynn timer, but he added another perspective. Fr. Tom had spent much of his ministry in small towns in Mexico and while most people saw the need for showers as a comfort issue, Fr. Tom helped us understand that it was more importantly a health issue. At this same time, one of our members was ill and didn't have hot running water. The need for a hot shower, by one of our own in the midst of a health crisis, helped to spur support for the project.

With Fr. Tom's help, the support of the Diocese of Hawaii and anonymous donors, St. Jude's Shower Ministry became a reality. On Saturday, Sept. 12<sup>th</sup> 2013 St. Jude's opened the Free Hot Shower program. Since then it has been open every Saturday.

That first day we only had one person take a shower, the next week it was up to 7, and the week after that it was 11.

Across the next couple of months, it settled to between 15 to 18 people getting a hot shower each Saturday. When we first started the Shower Ministry program, we thought we should limit the shower time to 10-15 minutes per shower. At first, we were open four hours; so, that meant each person was allowed between 16 and 24 minutes to shower.

Recently we have had several Saturdays where we have had 42-43 people taking showers. We have expanded the open time to 5 hours, but the average shower time is now around seven minutes per shower. That number of people taking showers would be even higher, but some people left because they just couldn't wait for their turn. One of St. Jude's current high priority goals is to build a second shower stall next to the one we already have, to meet the growing need.

Observations of those First Days: The second week the showers were open, my wife Beverly and I were working the shower when a woman came out of the shower crying. We thought the water was too hot and might have burned her. She said she was ok, but this was the first time she had felt warm water running over her head in over six months – it was just too wonderful.

The next week two young ladies (11 and 12 years old) ran up and said, "Mr. Don, we were told we have to pay for the towels, how much are they?" I told them, "We provide free towels, soap, shampoo, and hair conditioner." At that time, we had a large collection of the small hotel size soaps and shampoos and over the next couple weeks I helped the 12 year old go through all of the body soaps, shampoo and hair conditioner. She smelled every one of them and picked out all of her favorites, which were mostly ones with sweet fruity smells – she kept her personal stash of favorites in the church office and every week before her shower, she picked out the one she wanted to use that day.

Free Hot Meal: Although it wasn't in our original plans, providing a free hot meal with the shower became part of our ministry.

The first day the showers were open, one of our congregation had food left from a Habitat Build and shared it with the people taking the showers. The next week someone else provided food and by the third week, it had become part of our program. The Free Hot Shower and Free Hot Meal have become a combination for us; however, you don't have to take a shower to get a free meal, but we encourage it. Anyone who is hungry can always get a meal at St. Jude's.

At first, one pot of soup was enough to feed everyone, but now it takes 3 to 4 pots of soup every week. A member of See "More Showers" continued on page 10



# Around the church yard

By Contributing Editor Don Hatch

**Holy Week** was beautiful around St. Jude's with all of the flowers decorating the church.

Holy week is one of the occasions at St. Jude's where the congregation purchases memorial flowers to decorate the church, then when the Easter service is over you can take your flower home and plant it in the yard. We do memorial flowers at St. Jude's for Easter and Christmas.

The way this works is that, you contribute \$10 to purchase the plant and specify whom to dedicate it to. For example, Beverly and I always buy two and dedicate them to our prior spouses.

Then someone has the job of buying the flowers and our decorating team uses them to decorate the church. The centerpiece for the alter decorations was the angel from our nativity set which was given to St. Jude's last year.

For the Aloha hour after Easter Sunday service the congregation were ask to bring some type of breakfast casserole, egg dish, or fruit salad.

After the service was over the congregation went out into the courtyard until the tables were set up and decorated. This went very fast because as the tables were being set up, someone else started covering them with a table cloth, and right behind that someone else placed center pieces on the tables. I'm not sure who all helped prepare for this, but I saw Steve Stigall, Dan Garrett, Sandy Shelton, and

Fay Miller carrying decorations in and decorating the tables.

Easter Decorations at St. Jude's has never looked so good.

**Water Tanks:** St. Jude's has three water tanks. One tank is located by and serves McKinney Place (our vicarage). The other two tanks are located behind the church. One supplies water to our kitchen, while the other supplies water to our bathrooms, courtyard and Free Hot Shower program.

*Easter Decorations at St. Jude's have never looked so good.*  
Don Hatch

One tank is an old leaky redwood tank that we have to replace.

This is another high priority project for us, but since an outside contractor will do the design and work, this project is slowly moving along.

During the last Bishops Committee Meeting someone suggested that we move the location for the new tank up-hill from the church so we could free up the space directly behind the church building. This would create space near the shower and provide needed room if it becomes necessary to expand our church building.

**Free Hot Shower and Free Hot Meal:** Every Saturday St. Jude's provides a Free Hot Shower and hot meal to our friends in Ocean View.

Over the last few months, we have had several days where over 40 people took

See "Church Yard" continued on page 12



# Stalking the Pantry

## Stalking the pantry

By Karen Pucci

Ka'u Food Pantry, Inc., next distribution is Tuesday, May 30, 2017 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 0900 on that Tuesday.

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. We are holding a monthly fund raising event at the Swap Meet featuring clothing and baked goods available on 2nd Saturday in Ocean View.

The Ka'u Food Pantry, Inc., is staffed en-

tirely 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.



*Are you missing that ringing in your ears?*



## Community hand bell choir is on hiatus

Do you enjoy music? Do you like to laugh? Do you like to challenge yourself? Think about joining the Ocean View handbill choir!

Our group has just finished its second season of playing together. Each Monday afternoon we rehearsed at St. Jude's Episcopal Church from 1:00 until about 2:00. We learned to play some familiar tunes, classical selections as well as music written especially for handbills. This year we learned some new ringing techniques, too! Our group has a mix of experienced musicians and novices who are learning the basics of music notation.

Performing gives purpose to our rehearsing. At Christmas we shared some seasonal favorites with the Ocean View Seniors and Nutrition group. Later on we played at two memorial services and hosted an afternoon concert.

As we look forward to the fall we hope that others will consider joining our group. We will welcome anyone who would like to ring the bells! Our rehearsals will resume in late November. Watch for announcements about the exact dates and times.

*/ sabelle*

For more information contact [Williams.isabelle01@gmail.com](mailto:Williams.isabelle01@gmail.com)

## ISLAND FOOD REVIEWS BY K & A

### *Groovin' with the Grazing Girls*

## EL MAGUEY



We had been told about this place from several others that the Mexican food served here is pretty good. We went and we could not agree more. This is what we have been looking for: A California style Mexican restaurant with good, decent food that will not require ransoming your first born.

This is a store front restaurant located in that little strip mall by the 4 way stop at Kuikini Highway and Kaiwi. We popped in on a Monday at lunch time. Place was packed and it is not a huge space to begin with. Service was a bit on the honu side but the food was worth the wait. Their prices are very reasonable and their product is good.

The menu is quite extensive. I had 3 shrimp tacos (\$14.00) which were those little tappas sized tortillas everyone is into these days. It was good and filling. The large shrimp are grilled and served with a generous portion of homemade guacamole on each tortilla that was more like a salsa than true "guac." It was a good meld of flavors.

Anna had a very nice shredded beef taco that she enjoyed. She said the seasoning was good, the beef tender. She also had

her fave, her holy grail, the chili relleno. She was not disappointed. They do not deep fry their finished product. It was more like an egg omelet with the chili and cheese inside. She loved it and will order it again and again and again. (\$11.00 for the combo meal) The beans are very tasty and creamy. Rice is rice.

We have yet to find a Spanish style rice that we can truly embrace. This is fine just not tongue numbing delicious. Prices are very reasonable-ala carte tacos start at \$3.00. First basket of chips and [rather spicy] salsa are on the house. After that, \$1.50 which seems to be the norm here. Other than the hot salsa, our food was not hotly spiced up at all. It just tasted good.

No outside seating. Inside has a/c but if it is crowded, it's hard to keep up with the hot air. Noisy with Mexicana style music constantly playing and crowded tables. Some vegetarian and vegan things might be had. Take out is available too. Girls say Go Graze!

**EL MAGUEY:** 4-5563 Kaiwi St, Kailua-Kona, Open Monday thru Saturday: Lunch 11AM-3:30PM, Dinner 5-8PM, CLOSED SUNDAYS; Phone: (808) 329-0636. Major credit cards accepted.

*A California style Mexican restaurant with good, decent food that will not require ransoming your first born.*



## Flavor of the Month



Returning to us in May is  
The Reverend  
Constance Garrett.  
*Welcome back Connie!*

## Devoted Volunteers

Dan Garrett below and Cynnle Salley right, serve as Lay Eucharist Ministers at St. Jude's. Gabriel Morales Jr. below on the right, serves as Acolyte.





## TO YOUR GOOD HEALTH

BY RAY HATCH

### How to read a food label

I recently received a query from my grandson, Brandon, on whether a particular energy bar was a healthy choice. He is away at college and finds that sometimes he does not have enough time or desire to go to the cafeteria for breakfast. His quick answer to nutrition is an energy bar. Here is the bar he asked about:

Brandon knows that I study nutrition and thus the question. My short answer was that the bar was essentially five teaspoons of sugar and some oats and soy beans, so no, I do not consider this to be a healthy snack bar.

My reasoning is based on the information provided on the label.



Nutrition Facts			
Serving Size 1 Bar (68g)			
Servings per Container 6			
Amount/Serving			
Calories 250		Calories from Fat 45	
	% DV*		% DV*
Total Fat 3g	8%	Potassium 270mg	8%
Sat. Fat 1.5g	8%	Total Carb. 43g	14%
Trans Fat 0g		Dietary Fiber 5g	20%
Polysat. Fat 2g		Soluble Fiber 4g	
Monosat. Fat 1.5g		Sugars 22g	
Cholesterol 0mg	0%	Other Carbs 16g	
Sodium 180mg	8%	Protein 9g	18%
<small>Vitamin A 32% • Vitamin C 11% • Calcium 20% • Iron 13% • Vitamin D 15%            Vitamin E 11% • Vitamin B1 10% • Riboflavin 83 1/2% • Nickel 83 1/2%            Vitamin B6 12% • Vitamin B12 10% • Phosphorus 25% • Magnesium 22%</small>			
*Percent Daily Values (DV) are based on a diet of 2,000 calories per day.			
<b>INGREDIENTS:</b> Organic Brown Rice Syrup, Organic Rolled Oats, Organic Cane Syrup, Organic Roasted Soybeans, Soy Protein Isolate, Rice Flour, Alkalinized Cocoa, Organic Soy Flour, Organic Fig Paste, Organic Oat Fiber, Organic Oat Flour, Organic Dried Cane Syrup, Organic Soybean Oil, Natural Flavors, Cocoa Butter, Sunflower Oil, Salt, Barley Malt Extract, Soy Flour, Green Tea Extract (Contains Caffeine), Unsweetened Chocolate, Soy Lecithin, Baking Soda, Organic Vanilla Extract.			
<b>VITAMINS &amp; MINERALS:</b> Dicalcium Phosphate, Magnesium Oxide, Ascorbic Acid (Vit. C), Di-Alpha-Tocopherol Acetate (Vit. E), Beta-Carotene (Vit. A), Nicotinamide (Vit. B3), Ergocalciferol (Vit. D2), Thiamine Mononitrate (Vit. B1), Pyridoxine Hydrochloride (Vit. B6), Riboflavin (Vit. B2), Cyanocobalamin (Vit. B12).			
<b>ALLERGEN STATEMENT: CONTAINS SOY. MAY CONTAIN TRACES OF MILK, PEANUTS, WHEAT, AND TREE NUTS.</b>			

Here are some constants I use to analyze a label.

1 gram of fat = 9 calories

1 gram of protein = 4 calories

1 gram of carbohydrate = 4 calories

1 teaspoon sugar = 4 grams

The only two parts of the label that I trust are the nutrition facts and the list of ingredients listed with the Nutrition Facts.

What do these tell me?

See "Label" continued on page 13

## In our prayers...

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



### This month we pray for:

**Healing:** Bill, Ray & Cynn timer, Beverly, Austin, Thom, Peggy, Phyl, Elaine, Rev. Anne, Lee, Rev. Doug, Greg, Norma, Donna Teri, Jeff, Peggy, Ted, Austin, Thom, Darlene, Stella, Dana, Baby Bella, Baby Bailey, Richard, Lodema, Kepi, Brian.

**Strength and comfort** for all caregivers, mourners and those who face daunting life challenges;

**Hope, help, peace and contrition** to those responsible for the break-in's and thievery that is going on in our area;

**Safety** for all who are traveling;

**Safety and courage** for all those in protective service (law enforcement, fire fighters, emergency responders, military personnel);

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

## Celebrating This month

### May Birthdays

- 4 Jerry Fine
- 8 Nancy Bondurant
- 17 JYM Duncan
- 19 Buffy Tuitjer
- 21 Bill Russo
- 25 Ava Rogers
- 28 Rev Judy Hoover

### May Anniversaries

- 30 Ray & Cynn timer Salley

## May Dates to Remember

- 5 Cinco de Mayo Party
- 6 Lemonade Day
- 7 Bishop's Committee Meeting
- 14 Mother's Day
- 30 Ka'u Food Pantry Distribution

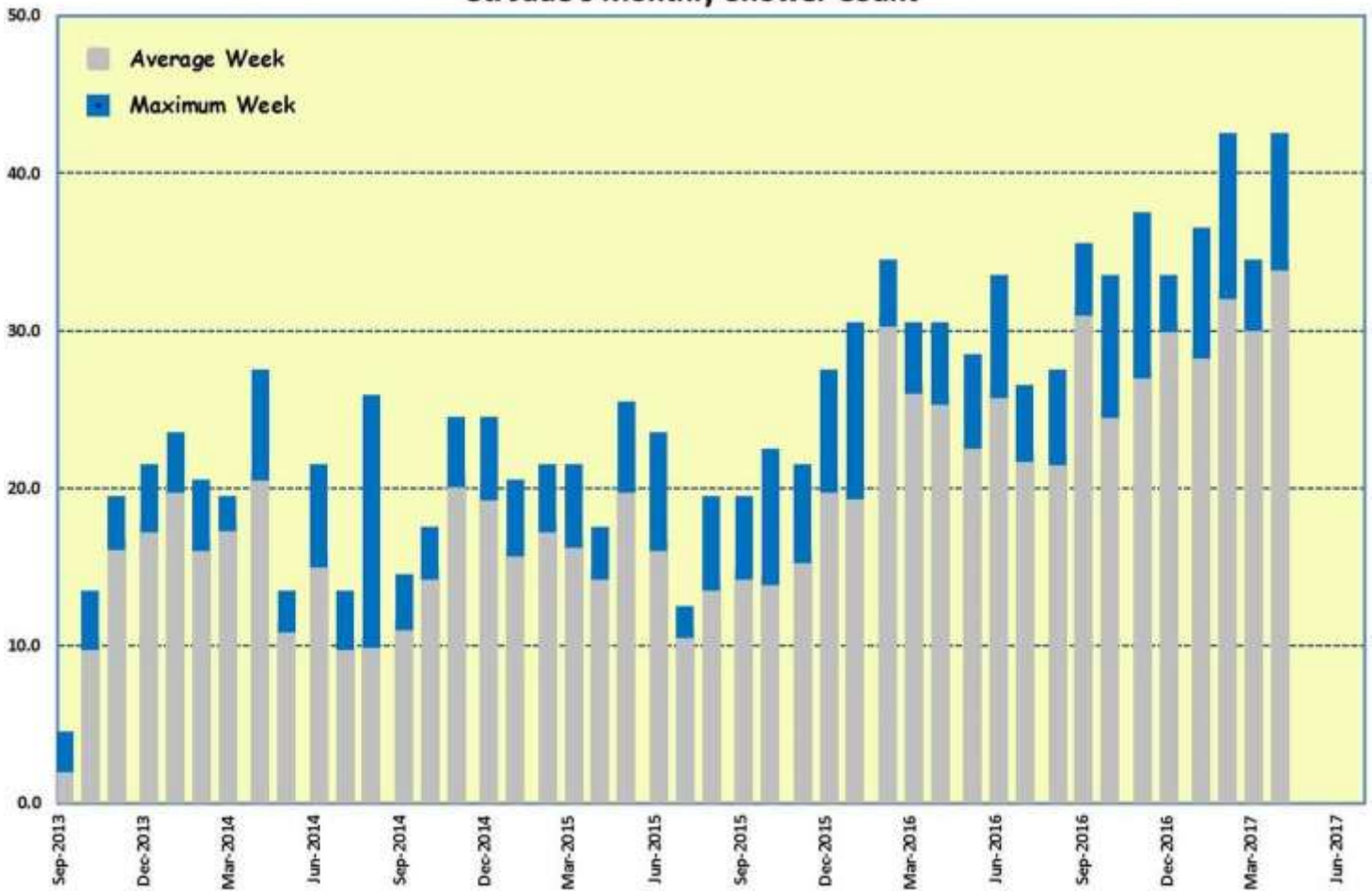
Your  
Volunteer  
Opportunities  
for May!





Tim, Kepi and Jerry set up the supply table for Saturday showers. Shampoo, shaving cream, tooth brushes and much more are available for all our shower clients. Since the shower opened in 2013, we have seen a steady increase in shower clients.

St. Jude's Monthly Shower Count



## More Showers

### Continued from page 2

our congregation contributes the soup each week. The “soup maker” chooses which type of soup, they purchase the ingredients, make the soup, and they usually serve it.

Since the program started in Sept. 2013 we have provided **over 4,000 showers** and served around **500 gallons of soup**.

In March 2017 we set a new record when we had **42 people take showers** and we served 80 bowls of soup. Another first is that we ran out of towels; so, we have asked our congregation to contribute used bath towels. **In April we had two days with 43 people taking showers.**

Volunteers in the congregation take turns with the job of washing, sanitizing and drying the towels each month. Although this may seem like a minor effort, this now takes 6-7 washer and dryer loads of towels. It takes a whole day to wash, dry and fold all of those towels. There is also the cost of detergent, bleach, water and the electricity or gas to dry that many loads of laundry. This is another job that we may have to split between two or more people each week as the Ministry grows.



**Shower ministry related photos and graph on page 9**



### Want to help?

The Shower Ministry exists only because of dedicated volunteers. You can help! Sign up to monitor the shower line up, make the soup, serve the soup or wash the towels.

### We need you!

For more information drop by the church on Saturday between 9 a.m. and 1:30 p.m. You can also contact anyone on the Bishop's Committee, or look for the sign up registry, located at the back of the church sanctuary.

### Want to contribute?

Donate your time: One Saturday a season will help!

Donate used bath towels: Used bath-size towels are needed

Donate new bath towels: If purchasing please choose white bath towels (we bleach them)

Donate shampoo, conditioner, shower gel, razors, shave cream, tooth brushes etc.

Donate soup or soup supplies

Pray for our Shower Ministry, our volunteers and our shower clients.

## Blessed by young faces at St. Jude's



**Brooklyn Breslin visiting from Taft, California sang a lovely arrangement of Amazing Grace on Palm Sunday. Brooklyn is the granddaughter of Ray and Lodema Hatch and niece to Don Hatch & Beverly Nelson.**

**Sisters Carli and Jasmine showcase their floral headbands for Easter Sunday.**



**Lunalani was having great fun with her Easter hat.**



## Church Yard

Continued from page 3

showers. The shower is open for 5 hours each Saturday; so, that averages out to around 7 minutes per shower. More people would be using the shower, but some of them couldn't wait for their turn.

While this increase in shower patrons is a blessing, it does present a few challenges.

Every week someone volunteers to take the towels home, wash, dry, and fold them before delivering them back to St. Jude's for the next Saturday shower day. It now takes around five loads of washing and drying to get them ready for the next week, which takes most of a day.

The other problem is that we are starting to run out of towels before we run out of people taking a shower, and this is one place where drip-dry doesn't seem to work very well. For a short-term solution to the problem we've ask our congregation to look over their old towels and if they have any that are still serviceable and no longer needed, to please contribute them to help with our shower program.

One of our top priority projects is to add a second shower stall next to the one we already have. That would double the number of people able to take a shower each Saturday without needing an increase in volunteers to operate and support this program.

During the last Bishops Committee meeting I was told that we will start grading for the new shower when we start work on the new water tank. This job will take some grading to level out the area and then we will need to lay a cement slab for

the floor. Putting in the new water tank will require the same type of effort and since some of that work will be next to where the shower stall will go, the two projects will be done at the same time.

For the water tank installation, we will need a Bobcat to grade the area and it can be used to grade for the shower area. Also, we will need a truckload of cement for the tank foundation and less than a yard will be needed to finish the cement floor for the shower.

If we hadn't tied these two projects together we would probably grade the shower area by hand and mix the cement by hand. This plan saves our congregation a lot of back breaking physical labor.

**Cinco de Mayo** is our next fundraiser; so, please join us for our annual Ocean View Cinco de Mayo dinner party.

It is on Friday May 5<sup>th</sup>. Doors open at 5:30 pm and we will start serving dinner at 6:00 pm. The kitchen will stay open until 8:30 pm.

Dinner includes Cerdo Verde Enchiladas (pork with green chili sauce), Salad, Frijoles Refritos (refried beans), Drinks, and Dessert

Tickets are \$8 per person, \$15 for two, and \$20 for a family. Tickets will be available at St. Jude's before and after our Sunday Service, or you can buy them at the door at the event.

The money earned from this fundraiser will be used to help support for our Free Hot Shower and Free Hot Meal program, which happens every Saturday.



## Label continued from page 7

First, I learn that the serving size is one bar that weighs 68 grams and that the total calories is 250.

Second, I learn that the calories from fat are 45 calories. Fat calories are, therefore, 18% of the total calories ( $45/250 \times 100$ ). I want them under 20% of the total calories.

Thirdly I see that there is no cholesterol in this bar. Since plants don't have cholesterol, the cholesterol level should be 0.

Next on the label is sodium and as a rule of thumb as long as the sodium level (in mg) is no more than the total calories, the sodium level is ok. Here the total calories of a serving are 250 calories and the sodium level is 180 mg. The sodium level is ok in this bar.

Next I look at the carbohydrates (carbs). The label shows the total carbs as 43 g. This is made up of dietary fiber 5g, sugar 22g, and other carbs 16g. Dietary fiber is the non-digestible fiber and it is good for gut health. Sugars at 22 grams are equal to over 5 teaspoons of sugar. Ideally I want the sugar content to be as low as possible. Fewer than 5 grams are best. In this bar, over half the carbs are from added sugar. These sugars digest rapidly and will give Brandon a blood sugar spike that can be used quickly as energy, but are very short lived.

The last carb listed is other carb at 16g. These are the slower digesting complex carbs that will keep energy up for a longer period of time. I want most of my carbs to be this kind, but only 37% of the carbs are slower digesting in this bar.

Using my analysis of this energy bar, there is too much sugar and not enough dietary fiber or other carbs for me to consider it a healthy choice.

Now, let's turn to the Ingredients List to see what it tells us. The Ingredients named in the ingredients list are in order of most abundance in the food. The first ingredient is organic brown /rice syrup which is another name for sugar in water and the third ingredient, organic cane syrup is also sugar in water. These may be organic, but they are still sugar and not good for Brandon in this large an amount! As I go down the list there is one more ingredients that is just sugar: organic dried cane syrup.

There are some good things in the bar: organic rolled oats and organic roasted soybeans are the second and forth ingredient listed. These are healthy, whole foods.

How can you choose a healthy energy bar? Check the ingredients. To be truly nutritious, there should be mainly whole foods like rolled oats or peanuts or soybeans. There should not be much added sugar or oil in the bar. To find this out, look at the ingredient list and the nutrition facts. The calories from fat should be less than 20% of the total fat and preferably less than 10% of the total fat. There should be little or no added sugar.

There is a better solution! Make your own energy bars. They are healthier, cost less and taste better too. You can find my recipe on page 14.



## WHAT'S COOKIN' AT ST. JUDES?

*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*

### Ray's Oatmeal Bars – Really Good

3 mashed bananas (ripe-the riper the sweeter)

1/3 cup unsweetened apple sauce

2 cups oats  
(Old Fashion or rolled – not cooked)

¼ cup almond milk

½ cup raisins or other dried fruit  
(chop larger fruit pieces)

1 tsp vanilla

1 tsp cinnamon

¼ cup or more chopped walnuts (optional)

¼ cup or more shredded coconut (optional)

Mix all ingredients together and

Spread the mix on parchment paper on a cookie sheet.

Bake for 15-25 minutes at 350 degrees.

Cool and cut into squares or bar-sized pieces.

Refrigerate or freeze to store them.



For more whole food recipes visit Taft Healthy Eaters on Facebook

## SPI Solar Farm Update

# Proposal to give back to the community through Habitat for Humanity

By Don Hatch

The Solar farm issue was defeated last fall and the community thought the project was inactive and becoming a thing of the past. Then last month a representative from SPI Solar (Chinese Solar Company) asked for a meeting to discuss how they could gain community support by **“Giving Back to the Community” with something** the region needed.

The meeting had around 50 people attending and it was quite lively. The SPI Solar representative, Kevin White, addressed the audience to get their input on how SPI Solar, could help Ocean View to get their support. He said if he lived in Ocean View he would probably be in agreement with us, and that he hoped we could come up with a mutual agreement where both sides would get some benefit from the project.

Someone suggested that there was no way they could compensate the people who would be living next to a solar farm because with SPI Solar coming in **they couldn't even sell their property** because the value of their homes would be almost worthless.

Some of the audience kept yelling that SPI Solar and their project **wasn't needed or wanted in**

Ocean View and the only thing they could do to help Ocean View is to leave and never come back. Ron Gall, the chairperson at the meeting, had to stop the meeting several times to ask the people to wait until it was their turn to talk.

Near the end of the meeting, Kevin was given a written proposal that they, SPI Solar, contribute their properties in Ocean View Rancho Estates to The Habitat for Humanity, take the tax write-off and forget this project. There seemed to be support for that idea, but concerns were raised about having recipients of charity housing living next door. Comments were fearful and it was clear that the concerns were based on misinformation about Habitat clients and not reality.

Since this was a meeting on the Ocean View Solar project, I thought this was the wrong venue to explain why someone qualifying for a Habitat house is exactly the type of person I want for a neighbor and why we chose Habitat for Humanity for this proposal.

As the meeting adjourned, Kevin indicated his support for the donation of land to Habitat For Humanity and said he would present the proposal and comments from the meeting to the president of SPI Solar, located in China.

### Why We Chose Habitat For Humanity:

n a previous meeting, Rep. Richard Creagan mentioned that **Ocean View doesn't need more** electricity, what we really need are more good homes.

Habitat for Humanity only builds homes that exceed all building codes. Also, they don't give handouts to poor people, they give a hand up for hard working people striving to get ahead in the community. While the process and requirements are slightly different for each location, here is an example.

To apply for a Habitat home the applicant must have a job and be able to make mortgage payments for the loan to purchase the home. The application process includes a credit check, sex offender check, an office interview, a home interview, and fourteen (14) hours of volunteer work (sweat equity), just to submit an application.

If they are accepted, the applicant must complete at least 400 hours of sweat equity towards the building of Habitat homes. The

**See “Habitat”**  
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## Why am I here?

Continued from page 1

exudes a sense of nurture and ministry. This is my spiritual family, that I love and that I know loves me. This is where I come to get recharged; where the breath of new life wafts around me. This is where I come to look for and find Jesus and I find him in the faces and hearts of everyone who walks through the door.

THE LORD HAS RISEN INDEED,  
ALLELUIA, ALLELUIA!

It has been suggested that we try to capture who we are and how we got here and put it in writing, along with the details about how it runs on a daily basis. If you will, a "how-to" book.

This project is far more difficult than it seems on the surface. How do you write about the formation of a **true** Christian Community: how do you explain love and caring?

We thought it would be helpful, if during Lent, different people would talk about why they came to, and like St. Jude. It was helpful and thanks to all who joined in.

Now we are hoping to get people to write their reasons for being part of the St. Jude family: what attracted you and why? We would like publish it in *Talk Story* and then incorporate what we learn from you into the booklet.

So, please, send Cindy Cutts your story. [Cindycutts00@yahoo.com](mailto:Cindycutts00@yahoo.com) Don't make it too long, (under 500 words is good) and know that she edits everything that goes in this publication...so if it is too long, it'll be shortened! This should be lots of fun and a wonderful way of getting to know each other a bit better; one of the bricks in building community!

## Habitat

Continued from page 15

enormous success of Habitat for Humanity homes is largely due to the character, financial stability and work ethic requirements to be a Habitat client. These qualities spill over into their neighborhoods, building stronger and safer communities.

For more information on Habitat for Humanity housing projects visit [www.habitat.org](http://www.habitat.org)

For more information on the original Solar Farm issue, see the August 2016 issue of *Talk Story*, on our church website. <http://www.stjudeshawaii.org/events--news.html>



**Bishop's Warden Cordelia Burt, survives another Holy Week at St. Jude's.**



# TURNING PAGES

BOOK REVIEWS BY ANNA TOWNER

## From books to film

Well, Charlie Harris may not be writing any more True Blood books with Sookie Stackhouse, but she has now introduced us to Midnight Crossroad, #1 Texas trilogy. Midnight is a Texas hamlet that makes Sookie's Bonus Temps look metropolitan. Midnight is at the crossroad of Witch Light Road and Davy Road. In the middle of absolutely nowhere to most people. Midnight (M) is a small village where "no one asks the obvious questions" and that is how the new arrival knows he belongs.

Usually you make an effort to meet neighbors, make new friends, but M is "the spot in Texas populated with secrets." The newcomer doesn't yet know he lives with a with a vampire or angels in disguise, just to list a few of M's inhabitants.

In the third book, Night Shift, some old friends from True Blood reappear or are mentioned, so maybe we will see Harris meld the worlds of Midnight and Bonus Temps. WATCH MIDNIGHT ON NBC JULY 25, 2017.

Another book to TV is Philip K. Dick's Electric Dreams. Amazon contracted for the entire anthology, ten stories based on his short stories, but as of yet only four are showing on IMBd. Bryan Cranston is the executive producer Dick is an amazing sci-fi author and his novels/short stories are not new to TV or the movies. Possibly not as eloquent as Bradbury can be and not as curt as the language in Orwell's Animal Farm, Dick takes you into his worlds. Each episode is one self-contained story. I did not see a start date or thru what medium. However, listed as season 1 and only four episodes makes me believe is for TV. No start time or station as of today.

You might remember how perturbed I was with George Martin taking so long to get the fifth Game of Thrones out. Well it finally arrived and we were promised one more, for sure well...still waiting. Unfortunately this is not uncommon for an author whose book/s serialize on TV; they become series consultants, perhaps even writing or rewriting scripts. More profitable for less time and possibly less effort than writing a 500 page novel.

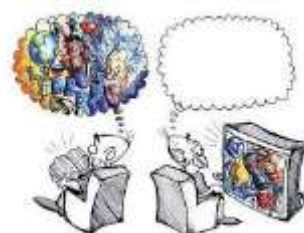
I discovered Justin Cronin when his first book of the trilogy, The Passage, came out. His second novel, The Twelve, appeared in timely fashion. Then NOTHING. I wait, look, wait some more. Then I read in Variety the Cronin's first book is being made into a movie. I checked IMBD and The Passage is listed, but no release date and no indication whether made into a big screen or TV movie/series.

The Barnes & Noble book description sums it up briefly and accurately. The Passage "is a government experiment turned apocalyptic." Like King's The Stand, something happened that threatened the world as we now know it. Some actions and characters are similar, but the story line is different enough to be refreshing and enjoyable.

No release date yet. On the other hand, Neil Gaiman who wrote Coraline, then movie while still writing. His Likely Stories was serialized, 4 short stories, and he kept on writing in timely fashion. He wrote the script for Beowulf (2009). Still the novels come. I absolutely loved his American Gods. A TV write up of this fantastic novel goes as follows: "A recently released ex-convict named Shadow meets a mysterious man who calls himself 'Wednesday' and who knows more than he seems to about Shadow's life and past. My write up is more interesting; God's from the Old World have migrated to American with the humans who believe in them and they (all the gods who migrated) are attending a summit to discuss their future. Do they have one or are they to fade away and disappear forever? After all, like Tinkerbell, gods need to be believed in.

STARZ STARTING SUNDAY, 30 APRIL.

A belated addendum: Douglas Adams who wrote The Hitchhiker's Guide to the Galaxy also wrote Dirk Gently a best-selling comic series which stars Sam Barnett and Elijah Wood. The unique detective series is currently on BBC America and NETFLIX.



# Palm Sunday Splendor



# Easter Celebration

## *Alleluia!*



Easter was  
Spectacular  
At  
St. Jude's





## MOTHER'S DAY MUSICAL MEMORIES

BY CINDY CUTTS, EDITOR

My early memories of my mom are steeped in the entertainment world. My mom was a local celebrity, who at age 18 had her own radio show on station WATK in Antigo, Wisconsin. Mom played her guitar and sang songs by request two or three times a week for nearly 12 years. She was also a popular soloist and sang the National Anthem for rodeos, baseball games or civic ceremonies. Mom sang like an angel and was in high demand for weddings, funerals, reunions and just about **anywhere someone needed a song. I don't think music** was dissected into genres back then, because Mom sang everything from Bing Crosby tunes to Jim Reeves ballads to Elvis rock and roll hits. I remember sitting with the sound engineer at the radio station, playing with his controls, watching mom record her show through a big sound-proof window. He was always nice to me and gave me pennies for the gumball machine in the lobby. **It was 1950's baby boomer daycare.**

At age 4 I strapped a suitcase around my neck and pretended I was playing an accordion, just like Lawrence Welk. I wanted to learn to play the accordion so desperately that my father finally surrendered. Mom found Mrs. Mattis, who broke her age requirement rule and admitted a 5 year old to her prestigious music studio. I read notes before I read words and I could play that accordion loud and long with gusto.

I was in the second grade when I first learned to sing **harmony with Mom to the old hymn "Beautiful Savior."** **It was such a statement of Mom's unflinching faith.** Church was an integral part of our family culture, and if Mom **wasn't singing special music for church service, chances were she'd signed me up to sing instead.** When traveling in the car, we were always singing.

Mom and I sang together for many events when I was a **teenager.** **There's a unique blend of harmony when you sing with someone who shares your DNA and people often commented on it.** But I also learned to love to perform solo. I won prize money in plenty of talent shows around our region when Mom was my accompanist. Sometimes my younger sister joined us, and we sang three part harmony. By then folk music was replacing **the old cowboy country style I'd grown up with, and**



**Cindy and her Mom, Angeline Fischer.**

Mom embraced it with enthusiasm. She taught me to play the guitar and soon we were singing harmony together to songs by Peter, Paul and Mary or Bob Dylan. We brought the Chicago Folk Service to our church and **introduced songs like "Lord of the Dance" and "They'll Know we are Christians by Our Love."** **What a rebel my mom was!**

I married, went to college as a music major, had a family and shared my music when it fit into my schedule. I taught guitar and music theory at the local college for 11 years. I served as choir director at church and earned extra money singing for weddings and funerals. I have some wonderful memories of singing in the glorious rotunda at the Oregon State Capital and on stage at the **Oregon State Fair.** **But my music career didn't come close to the tenacity or texture of Mom and her music.**

**Mom is 88 years old and she's still playing her guitar and singing her songs.** I call her everyday and I love to hear her tell me about her day, especially when it includes taking her guitar to the nursing home and entertaining the residents. I feel so blessed to hear the music in her laughter and to share the light of faith she holds in heart.

*Happy Mother's Day, Mom!*

	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>Hula Practice</b>		<b>NA</b>		<b>AA</b>	
<b>Tuesday</b>			<b>Women's Bible Study @ Bev's 10:00 am</b>											
		<b>Food Bank (setup &amp; Divide food)</b>		<b>Food Bank Monthly Last Tue.</b>										
<b>Wednesday</b>		<b>Senior Nutritional Program</b>							<b>Brownie Meeting</b>				<b>NA</b>	
<b>Thursday</b>		<b>Hula Practice</b>									<b>Al-Anon</b>		<b>AA</b>	
<b>Friday</b>		<b>Senior Nutritional Program</b>						<b>St. Jude's Events</b>						
		<b>Men's Bible Study @ McKinney Place</b>						<b>Band Practice</b>						
<b>Saturday</b>		<b>Free Hot Shower</b>									<b>AA</b>		<b>NA</b>	
		<b>Free Hot Lunch With Shower</b>												
<b>Sunday</b>		<b>St. Jude's Eucharist Services &amp; Aloha Poluick Social After Services</b>						<b>Marshallse Full Gospel Church</b>			<b>Marshallse First Assembly of God</b>			

Indicates this is a St. Jude's Function

AA = Alcoholics Anonymous  
 NA = Narcotics Anonymous

# St. Jude's Weekly Schedule



**Friday May 5<sup>th</sup> 2017**

**Please join us for our annual Ocean View  
Cinco de Mayo party**

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

Dinner includes Cerdo Verde Enchiladas (pork with green chili sauce), Salad, Frijoles Refritos (refried beans), Drinks, and Dessert

Event Tickets are available at the door for \$8 per-person, \$15 for-two, or \$20 per-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 from Thom White, Beverly Nelson, or Cordelia Burt.

Tickets will also be available at the door.

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**

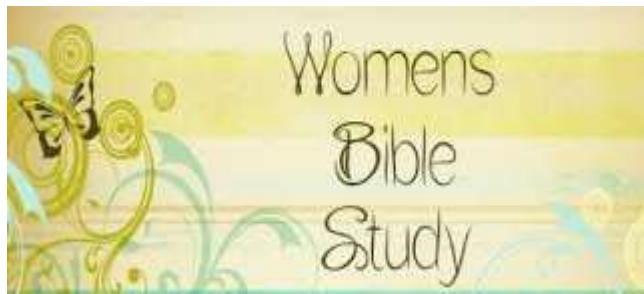
Proceeds from this event helps pay operating expenses for our community service programs of Free Hot Showers and Free Hot Lunch each Saturday

Want to help the hungry? Share this flyer around town.

**ALOHA FOOD DELIVERY**

Know someone in need of food?  
**THE FOOD AND DELIVERY IS FREE**

CALL OCEAN VIEW COMMUNITY CENTER  
at 939-7033 or Email to  
[ovcahawaii@gmail.com](mailto:ovcahawaii@gmail.com)



**Tuesdays at 10 a.m.  
At Beverly Nelson's Home**



**Fridays at 9:30 a.m.  
McKinney Place**



## Lemonade Party

May 6, 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.

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Previous *Talk Story* editions available on our website at [www.stjudeshawaii.org](http://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

**Columnists:** Don Hatch, Karen Pucci, Anna Towner,  
Cynn timer Salley, Ray Hatch

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

***We welcome submissions!***



**Submission Guidelines:** 500 words maximum.

Uplifting, informational and reflective stories poems, recipes, memories, etc.  
Submit as a Microsoft Word doc attachment, or as the text of your email.

For more guideline details visit [www.stjudeshawaii.org](http://www.stjudeshawaii.org)

Photos must be submitted as jpgs & emailed as attachments. Photographs will not be returned.

Submit via email to: [cindycutts00@yahoo.com](mailto:cindycutts00@yahoo.com)

**Deadline for newsletter submissions is the 20<sup>th</sup> of each month.**