

# Talk Story

St. Jude's Episcopal Church  
News Magazine

March 1, 2016

Edition 3 – Volume 2

## Mardi Gras night

By Thom White

A fun evening of celebrating Mardi Gras happened February 12th at St Jude's. We had a good turn out.

The umbrella dance was led by a Geisha in a beautiful kimono creating a parade of twirling umbrellas. Folks came wearing festive masks and colorful beads.

Zac's Band "The Last Fling" provided the music. They sound better each year.

We rocked down to old favorites like "When the Saint Go Marching In".

Guests enjoyed a dinner of jambalaya, red beans and rice, coleslaw, corn bread and bread pudding.

Like they say in New Orleans "Let the good times Roll".

(For Mardi Gras photos see pages 2, 24 & 25)



Cordelia Burt  
**Bishop's Warden**



Jerry Fine  
Junior Warden

## New Leadership Team

There are new faces now serving in leadership roles at St. Jude's. Cordelia Burt has been appointed Bishop's Warden.

After our annual church meeting last month, an election was held for three spaces on the Bishop's Committee. Recently elected Jerry Fine, Phyl Laymon and Kepi Davis will serve on the Bishop's Committee, with Cynn timer Salley and Karen Pucci. Jerry Fine will also serve as Junior Warden and Richard Burt will continue to serve as Treasurer. Karen Pucci will serve as Bishop's Committee Clerk.

The members of St. Jude's are grateful for the commitment and dedication of our new leadership team. Please keep them in your prayers.

### In this edition

Around the church yard	Page 3
Pushing myself for Lent	Page 4
Food Review	Page 7
Holy Week Schedule	Page 8
Flavor of the Month	Page 14
Cookie Time	Page 20
Get Involved!	Page 21
AND MUCH MUCH MORE!!!	

# Mardi Gras Highlights



**Good food! Good fun! Good music!**



# Stalking the pantry



By Karen Pucci,  
Ka'u Food Pantry Board of  
Directors, President

Ka'u Food Pantry, Inc.: next distribution is Tuesday, March 29 at St. Jude's Episcopal Church on Paradise Circle-Mauka from 11 a.m.-1p.m. [new time]. 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. There will be no fund raising event at the Swap Meet in March.

We would like to take this opportunity to thank 'O Ka'ū Kakou for allowing us to be the recipients of this year's canned food drive at their annual Keiki Fishing Tournament. It made a HUGE difference in the distribution. We had so much food that many people were struggling out the doors with their bags and boxes. God most definitely smiled down upon us at the January distribution.

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 150 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.

Donations of non perishable food items and funding are welcomed. 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 case of food to help your community.

Your cash donations may be deductible pursuant to I.R.S. Code §501 (c) (3).

Mahalo nui loa for all your support.





## Around the church yard

By Contributing Editor Don Hatch

### Free Hot Shower & Soup

We set a new record last month when 30 people took hot showers and then a week later the count was 32. We also served over 75 bowls of soup on those days. When we started this program we thought 15 minutes per shower was a reasonable target and now we are averaging around 8 minutes per shower. Because of the increased demand, we started opening the shower an hour earlier.

I remember when we started the program in Sept 2013 and on the first Saturday the shower was open, only one person took a shower. 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. Beverly was worried that the water was too hot and it had burned her. She said she was ok, but this was the first time she has had warm water running over her head in over six months, and it just felt so wonderful.

**When we first started the Shower Program we hadn't** planned on providing hot meals with the shower, but one of our congregation had food left over from another community support program; so, we served it to the person who took a shower and others that came by to see what was going on. The next week someone else brought some food and after a few weeks it became part of our weekly effort.

Around six months after the program started I was writing a story on the shower and hot meal program and a member of our congregation asked if I was expanding the scope of the Hot Shower program by including food. I said I was only documenting what we have been doing for the last six months. After that, our Saturday outreach program officially includes both a free hot shower and a free hot meal.

Recently I heard of someone in Ocean View suggesting that **St. Jude's makes money on the Free Hot Shower and the Free Meal by charging the Hawaiian Government for the service.**

*This is absolutely NOT true! I'm not sure where people get those crazy ideas or even how we could make any money on it. I do know that the St. Jude's congregation paid for building the shower and each Saturday they provide the hot water, soap, shampoo, hair rinse, and towels at no cost to the recipients. Since I'm one of the people that makes and serves the soup, I know firsthand that the person making the soup chooses the type of soup to make, pays for the ingredients, makes the soup, and serves it.*

**Although this is a St. Jude's program and even though we don't get any government support, we do get some help.**

**Since we started the program Ka'u Water Delivery has provided free water for the shower.**

**Also, St. Jude's has been broken into twice, and they tried to steal the on-demand water heater used for the shower. They couldn't steal it; but they were able to destroy it at a cost to St. Jude's of over \$2,000 each time.** The Episcopal diocese of Hawaiian provided grants to help pay for the repair and replacement. The rest of the cost was paid by St. Jude's congregation.

When we started our Saturday soup kitchen one pot of soup was enough to feed everyone, but over the last two+ years the need has increased so now 2-3 pots of soup is needed each Saturday. The cost and effort for making the soup has always been the responsibility of the volunteers, but in late 2015 the Episcopal Diocese of Hawaii gave St. Jude's a grant to help offset the increased cost of the ingredients. In addition to offsetting the cost for the people making the soup, it also enables **people who would like to help, but don't have the means to buy the ingredients.**

We really appreciate all the help we receive on this project from our congregation, St. Jude's Friends, St.

**(See "Church Yard" continued on page 4)**

## Church Yard (continued from page 3)

**Jude's Expended Family, and from the Hawaiian Diocese, because without their help we wouldn't have the resources to expand the project like we have in the last 2 1/2 years.**

### St. Jude's 2016 Directory

**Each year St. Jude's updates their directory to include current contact information for members of the congregation. This year we have made several changes and expansions to our directory.**

The biggest change we made to include individual pictures of the congregation. We thought this would make it easier for our new visiting priests and new congregation members to get-to-know the other members.

In the past we have only posted the mailing address, but this year we included the physical address, if the member wanted us to.

The visiting priest program has been in progress for two years and we found that the priests and their family continue to be part of our church, even after they leave. We keep in touch with them, and they have become part of our lives; so, this year we included them in the directory.

We added another new section to the directory called **"St. Jude's Friends and Extended Family"**. This section includes people who aren't members of the congregation, but helps St. Jude's or are active in one of our community support programs. For example, Ka'u Water Delivery is in the directory as a "Friend of St. Jude's" because since the program started, they have provided water for the "Free Hot Showers".

In the 2 1/2 years since we started the Free Hot Shower program there are people that joins us each Saturday for a shower and/or to share a bowl of soup with us. They often pitch-in and help when we are cleaning up around the church yard. **And, although they haven't become part of our congregation, they have become part of St. Jude's Extended Family.**

## Mardi Gras

We had our annual Mardi Gras dinner last month and it was a big success. The Last Fling Band provided the music and entertainment and somehow they get better each year.

For dinner we stayed with New Orleans classics including Jambalaya, Red Beans & Rice, Coleslaw, Corn Bread, and Bread Pudding.

As usual, we made far too much food, but we would rather have too much instead of running out before everyone was fed. The leftover food was used the next day with our hot shower and food program, and there was enough for folks to take some home. We also had some left for our Aloha Social after the Sunday services.

Since so many people have allergies to shellfish, none of our dishes included shellfish; however, Thom White sautéed shrimp in butter as we were serving the food and we served shrimp to anyone who wanted it.

Since I made the Red Beans and Rice for the dinner, I included the recipe I used in this issued of the newsletter **and I will post it on St. Jude's web site. Thom White** made the Jambalaya and he included the recipe he used in this newsletter.

## Mosquito Traps

Two months back we started showing people how to build mosquito traps for their homes and yard, and we provided them with the mosquito bait. We also provided **written instructions showing how to build them. I don't** know how many we helped build, but I printed 150 copies of the instructions and they have all been given out.

**After reading the instructions, most people said "This is so simple; I can build it at home".**

**I stopped going by St. Jude's on Saturdays to help build** mosquito traps, but as I was writing this article I got a call **telling me someone was at St. Jude's for a hot shower** and wanted to know how to build mosquito traps.

**See "Yard," continued on page 21**



*What are you giving up this season?*

## LENT REFLECTION

By Phyl Lamon

And so Lent begins – again. Another 40 days with no chocolate?

harder to stop myself in mid thought and refuse to let my mind go there - - at all.

My focus of Lent has moved away from giving up something for the 40 day season.

*Lent is pushing myself to give just a little more of myself -- just that little extra bit -- past my comfort zone -- every single day.*

Phyl Lamon

That is where the real growth comes in. Sometimes, it is just listening to some one's

It's more about stretching myself; delving the depths of my being; of asking, "What does God really want from me? What would Jesus really do if he were walking around in my flip-flops?"

soap opera -- again!! That is especially hard when drama queens are my least favorite people on earth! Sometimes, it's bigger -- like signing up for an extra task that is cutting into my precious "me" time. That is a biggie for me!

I think HE wants me to be less self-focused and more tuned into what little thing I can do to make this particular day better in some small way. Sometimes, it is as little as being civil to someone who just got on my very last nerve. Sometimes, it is giving others the benefit of the doubt when I really want to jump on them in full judgmental regalia. It is hard when I refrain from landing on them with both feet -- but it is even

I think basically Lent is pushing myself to give just a little more of myself -- just that little extra bit -- past my comfort zone -- every single day.

That boils down to giving from my real core self, not my surface self. I always know -- deep down inside -- which self my sacrifice is coming from -- and so does God!



# Help Fight Dengue Fever



## Build Your Own Mosquito Traps

When: **Saturdays 10:00 am to 2:00 pm**

**Concurrent with Free Hot Shower and Hot Meal**

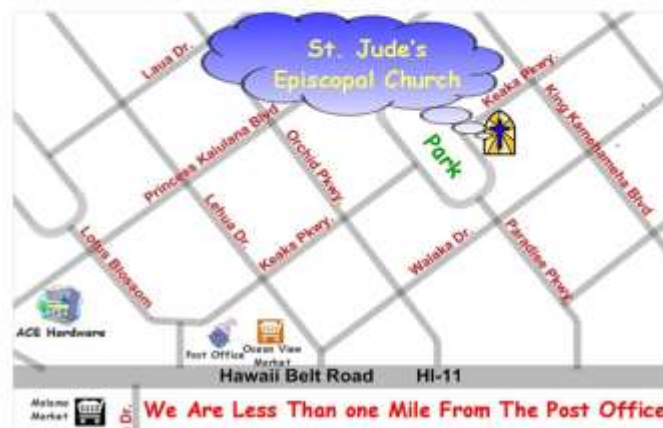
**Bring Empty 2 Liter coke bottles & we will help you build your Mosquito Trap. We will supply the Mosquito Bait and Instructions**

**Takes place at**



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

The southeast Corner of Keaka  
Pkwy and Paradise Circle



## ISLAND FOOD REVIEWS BY K & A

### *Groovin' with the Grazing Girls* Chickenholic, the real bird



**Chickenholic.** This is a Korean influenced, well, chicken house. It is part of a national chain which we did not know going in. Thighs are my personal fave but they are not on the menu...yet. It's wings and breast pieces for now. They use small pieces of real chicken breast-no processed, no reformed mystery meat here. This is the real bird.

The pieces are usually worth 3-5 bites and the piece contain a small bone. We both love fried chicken and this place delivers. We chose to sample 2 versions. The original fried chicken is very good. I mean forget Kentucky Fried chicken very good. Crunchy, crispy, subtly seasoned batter that was thoroughly cooked-and a lot of it-that surrounded a succulent, moist piece of chicken breast.

We also sampled the garlic shoyou and it also was cause for a swoon. The soy flavor was not overwhelming and again the battering was very heavy. But surprise neither version of the chicken tasted or felt particularly greasy. And the chicken remained crispy even over night in the fridge.

On our next visit, we tried their French fries which came salted! but were otherwise unremarkable. The potato twist is a small potato, spiral cut on a stick. It's a nice treat, crispy with a hint of onion and tasted better than the fries. Our sample

of 6 pieces original and 6 pieces garlic shoyou was just shy of \$20. If you buy 12 pieces of the same flavor, it is considerably less.

The menu posted on line has been pared down and some items are no longer available. None the less, there are Korean traditional foods, non chicken offerings [including fish and shrimp], fries, onion rings, salads and soups but mostly this is about the bird.

There are several incarnations of the battered bird including a hot [as in spicy] and crispy one that I'd like to try...with a beer. This would be great addition to any picnic.

**Chickenholic. 74-5540 Kawai Street, in Kona,** just south of the Toyota Dealership. They usually have a sandwich board out; otherwise it can be tricky to find. Open 10a-8pm. Closed on Sundays. No table service but there is a covered lanai. Order staff is friendly and will explain any mysteries to you. M/C, VISA accepted. Veggie crowd tread carefully here.

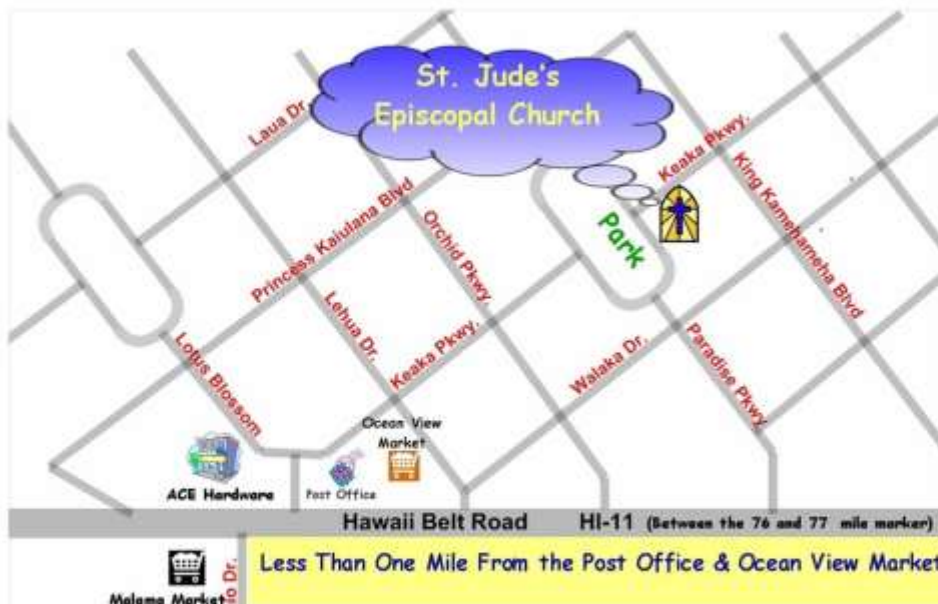




## Schedule

### St. Jude's Episcopal Church – Ocean View, Hawaii

Sunday March 20 <sup>th</sup>	<b>Palm Sunday Services</b>	<b>9:30 am</b>	Potluck After services
Wed. March 23 <sup>th</sup>	<b>Tenabrae Services</b>	<b>7:00 pm</b>	
Thurs. March 24 <sup>th</sup>	<b>Seder Dinner</b>	<b>5:00 pm</b>	<b>Reservations Needed 939-7555</b>
Friday March 25 <sup>th</sup>	<b>Stations of the Cross</b>	<b>3:00 pm</b>	
Sunday March 27 <sup>th</sup>	<b>Easter Sunday Services</b>	<b>9:30 am</b>	Potluck After services



The southeast Corner of Keaka Pkwy  
and Paradise Circle

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



	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>		Senior Nutritional Program				Chime Choir Practice			Hula Practice		NA		AA	
<b>Tuesday</b>			Women's Bible Study @ Bev's 10:00 am		Food Bank Monthly Last Tues.			Veterans Affairs (Heimburger Hall)						
<b>Wednesday</b>		Senior Nutritional Program							Brownie Meeting				NA	
<b>Thursday</b>		Hula Practice			Veterans Affairs (Heimburger Hall)						Al-Anon		AA	
<b>Friday</b>		Senior Nutritional Program						St. Jude's Events						
		Men's Bible Study @ McKinney Place						Band Practice						
<b>Saturday</b>		Free Hot Shower								AA		NA		
		Free Hot Lunch With Shower												
<b>Sunday</b>		St. Jude's Eucharist Services & Aloha Poluck Social After Services						Marshallese Full Gospel Church			Marshallese First Assembly of God			
		Indicates this is a St. Jude's Function				AA = Alcoholics Anonymous NA = Narcotics Anonymous								

# St. Jude's Weekly Schedule

# In our prayers this month

**For healing** for Brian, Ginger, Richard, Cordelia, Phyl, Elaine, Christine, Cindi S., Rose, Becky, Teri, Carl, Rob

**For peace** for Jerry W and his mom

**For travel mercies** for those leaving their island home or coming back to their island home

**For thanksgiving and welcome** to Baby Haven, Baby Kyra and our newest St. Jude's member, Baby LunaLani.

## For protection and safety

Law enforcement, firefighters, military personnel, health care providers, teachers, and new mothers



# Celebrating this month

## March Birthdays

3 Erma Hendricks  
 3 Teri Martindale  
 7 Charlotte Schaupp  
 13 Karen Pucci  
 15 James Hopper  
 17 Sandy Shelton  
 30 Kristen Mayzlik

## March Anniversaries

March 20 Jerry &  
 Cindy Cutts





## Dates in March to Remember

- Feb. 28th Farewell to Fr. Jim Caldwell (he'll be back in 2018)
- March 5 Lemonade Party Cleaning the church for Easter 9 - 11 am
- March 6 First Sunday for Rev. Anne Scheible
- March 6 Rev. Anne Scheible (here through April 10th)
- March 6 Bishop's Committee Meeting
- March 19th 10 am decorate church for Palm Sunday

### HOLY WEEK

- March 20 Palm Sunday
- March 23 Tenebrae Service 7 pm
- March 24th Seder Supper 5 pm (Reservations to Cordelia by 20th)
- March 25 Good Friday 3 pm Chimes will play
- March 27th SUNDAY 9:30 am

## Financial aid workshop well supported

On January 26<sup>th</sup>, St. Jude's hosted a college financial aid workshop, for anyone in the community seeking funding for college.

Six members from St. Jude's brought laptop computers to make filing the on-line application simple for students.

We were blessed to have four additional community volunteers join us. Representatives from King Kamehameha Schools, the Queens Trust and McKee Scholarship Foundation were available to help and to network with our efforts.

While we were somewhat disappointed in the low number of students and parents who attended the workshop, we were very happy with the enthusiasm and initiative shown by the two who came for information, especially when they learned that their college expenses will be nearly fully funded.

Special thanks to Cordelia and Richard Burt, Elaine Meier, Ginger Stewart, Paulette Zupancic and Cindy Cutts who helped out and loaned computers for our event.

# From the St. Jude's Kitchen

From Don Hatch

## Red Beans and Rice ✓

### Ingredients

	2	lb.	dried	Red Beans
	10	cups		Chicken Broth
	2	14 oz cans	whole	Tomatoes or Ro-Tel Tomatoes
Vegetables	2	large	chopped	Onions
	2-4	cloves	chopped	Garlic
	1	cup	chopped	Celery & Carrots (1 cup each)
	1	cup	chopped	Bell, Poblano, or Anaheim Pepper
	1-2		chopped	Serrano Pepper (optional – very hot)
	2	Tbsp.		Bacon Fat or oil
Meat	1	lb.	cubed	Ham
	1	lb.	sliced	Sausage – use several types
	1/2	lb.		Bacon
Seasoning	3-5		dried	Bay Leaves
	2	Tbsp.	dried	Parsley
	1-2	tsp.	dried	Thyme & Oregano
	1	tsp.	each	Salt & Black Pepper
	1/2	Tbsp.		Brown Sugar
	1	tsp.		Cayenne Pepper
	2	Tbsp.		Crushed Red Peppers
	2	tsp.		Cumin
	2	tsp.		Chili Powder
	1	Tbsp.		Worcester Sauce



Pick the dried beans over to remove pebbles or bad beans. Rinse and put in a large pot and cover with cold water. Remove floaters.

Soak overnight, or bring to a boil for 2-3 minutes, remove from heat, cover, and let them soak for 2 hours. Drain the beans.

Add the chicken broth and cook on a slow simmer for 1 hour, then remove a cup or two of the beans, crush them and add them back into the pot. This thickens the broth and adds lots of flavor.

Add the seasoning. Cook the bacon and sauté the vegetables in the bacon grease and add them to the beans. Then sauté the ham and sausage until it's caramelized and add it to the beans. Use some of the broth from the beans to deglaze the pan. **Taste the soup and adjust seasoning as necessary.** Continue to simmer for another hour – 2+ hours total cooking time.

Traditionally, this is served over rice, but it's also great by itself as a bean soup. It is much better if you let it rest in the refrigerator overnight to blend the flavors.

Variations: One pound of meat for each pound of dried beans is my normal, but sometimes I use more meat. I usually substitute New Mexico or Poblano Peppers for the bell pepper. You can replace some of the broth with beer. You can use a commercial Cajun seasoning instead of measuring each spice.



## From the St. Jude's Kitchen

From Thom White

### Easy Jambalaya

Sauté some diced onions, celery and green peppers.  
This is called the "Holy Trinity"

Add some chopped garlic, salt n Cajun seasoning.  
Add a can of tomato sauce n a can of diced tomato.  
Add 2 or 3 cups of cooked chicken cut up bite size.  
Add 2 or 3 cut up kielbasa or hot links.  
Add 2 or 3 cups of cooked rice.

Stir n heat through.

Add seasoning to taste.  
Tabasco Sauce on the side.



## Aloha Father Jim

*St. Jude's bids Father Jim Caldwell a fond farewell as he leaves us.*



*We have enjoyed your wonderful wisdom and how you have shared your faith with us. Your healing ministry has truly touched our hearts; and your sense of humor has kept us chuckling long after your sermons are over.*





## Flavor of the Month



**The Reverend Anne Scheible**

Reverend Anne Scheible will serve St. Jude's from March 1 through April 11. She and her husband Jim are eager to meet the members of St. Jude's and to explore our beautiful island. Anne, as she prefers to be called was raised in North Dakota and was ordained in 1997. She retired in 2002, but continues serve as a lay minister, some supply and pastoral care.

Here's what Anne had to share about her upcoming visit as our priest:

### **My life as I live it**

Jim and I recently celebrated our 50th anniversary

**See "Rev. Anne" continued on page 15)**

## Ka'u Food Pantry Distribution

March 29, 2016

11 a.m. —1 p.m.

St. Jude's Episcopal  
Church



For more information  
contact Karen

510 778 5500

The Ka'u Food Pantry's goal is to provide 2-3 days' worth of food at the end of the month when most benefits (Food Stamps, SSI, etc.) have been exhausted. The Pantry is a full no-profit operation and it depends solely on tax deductible donations to meet our monthly goals.

Monetary donations to the Ka'u Food Pantry enable the organization to buy food for 18 cents a pound at the Food Basket in Kona. They cheerfully accept monetary donations, food donations and volunteers are always welcomed.

## Rev. Anne

(continued from page 14)

and did we celebrate. It began with the Rose Parade on Jan. 1, 2015 and was supposed to last the calendar year. St. Jude's schedule was full till March, 2016. Therefore we are about to complete our 15 months of celebrating.



Anne & Jim with their children and grandchil-

Jim wants you to know he's game to go fishing with anyone who is willing to let him tag along. I spend my spare time reading, doing needlework, walking and most anything else that my knees and back can handle. I am eager to get to know the St. Jude's congregation, Ocean View and the surrounding area.

Jim and I both love to travel and play the role of tourist. So far I've read three travel books about Hawaii Island. Yet I am still looking for advice on what to see and do while in your midst. (*Editor's note – we will be sure to direct Anne & Jim to our website to find the "What to do in Ocean View" travel guide.*)

My paternal grandfather was an Episcopal priest, serving mostly in North Dakota. When he retired he and grandma moved to Jamestown, ND and lived three houses from us. While I spent a lot of time with them and was active in the church and Sunday school, sang off-key in the choir, went to Bible school in the summer, belonged to the youth group, helped with Bible and Sunday school as I got older and went to church camp, my interest was in medicine.

After high school I attended Hamline University in St. Paul, MN and became a medical technologist. Married Jim, moved to MA, had a daughter, Trish and a son, Mark. Moved back to MN and

lived in Chatfield 25 years. During that time our tiny congregation was in need of a priest and no funds to pay one. We chose the Canon 9, Total Ministry model and I was one of two chosen to prepare for priesthood. In February, 1997 I was ordained.

After retiring we sold our home, moved into our summer lake cabin and began traveling winters in a motorhome. We have continued summers in MN and winters in AZ for the last 10 years. I serve as supply for two congregations in MN as needed and one in AZ where I am also licensed.

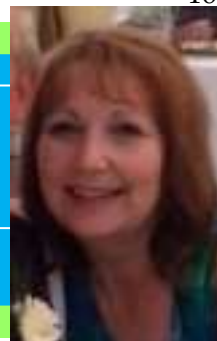
Our daughter is married and has two daughters. Our son and wife have one son. They all live fairly close to us in MN so we see them there and we go home for Christmas.

Life is good. When someone tells us they don't want to disturb us while on vacation we reply, "This is our life as we live it, every day is a vacation."

**Aloha**  
**Anne & Jim!**

## THE 10 HORSE CHALLENGE

BY CINDY CUTTS, EDITOR



Recently, my cousin nominated me to participate in Facebook's 10 Horse Challenge. The rules were to post a picture of a horse from my past and briefly tell its story for 10 days in a row on social media.

I didn't know if I had 10 horses, but I started digging through some old photo albums and suddenly a window to my past exploded, with horses prancing all around me.

On Super Bowl Sunday I posted a mid-1950's photo of a pony I brought into our living room for my dad to saddle for me, because he was too busy watching the football game on TV to come outside.

The next day I posted a picture of my first pony, who arrived on our farm during the worst Wisconsin blizzard on record, making me certain that Santa brought him. From there the challenge brought memories back of riding in a parade, racing on a race track and working during hay season as the refreshment express.

At the request of a few Talk Story subscribers, I'm sharing one of my 10 Horse Challenge stories here. I'll admit right off, these memories are rather sappy – but they drip with fond memories that are sweet and true.

They explain a lot about how I developed some of my personality traits – like being a creative problem solver, or tackling tasks with purpose. When you grow up on the back of a horse, you learn some life lessons early that stick like burdocks.



### 10 Horse Challenge Day 1

This is a photo of Darby, one of many ponies I rode as a child. He was a dappled gray, Shetland pony with typical temperament – sweet one day and bucking me off the next. He would follow me anywhere, mostly because I gave him sugar cubes and carrots.

I was five. It was winter in Wisconsin, when my cousins and I decided it was warm enough to ride my new pony, Darby.

But there was an NFL Green Bay Packer playoff game on TV, and my dad wouldn't leave the game to saddle him for us. "You'll have to wait for halftime," he told me. By my five year old clock, that would be tomorrow or at least dark.

"Please?" I begged.

See "Horse Challenge" continued on page 19)



# HAWAIIAN GARDENERS

## HOW DOES YOUR GARDEN GROW?

### Growing flowers in pots



By Cindy Cutts

I love being surrounded by flowers. For years I've been growing annual plants in large pots with great success. Like all successful plantings,

it starts with good soil and plenty of space for the roots to spread out. I like a 25 gallon size pot, but usually settle for about a 20 gallon one, simply because they are easier to find and less expensive. Bigger ones are too heavy for me to move around.

Before planting I have to decide where the pot will be placed around the house or lanai. Avoiding blustery wind is important. Sunlight is critical for all plants, and **some flowers need more sun than others. Once I've secured a place for the pot, I'm ready to get started.**

**First of all, if the pot doesn't have a hole in the bottom,** you must drill one. If the pot will sit on the lanai, you will need a saucer beneath it to catch the overflow water. But if the pot will sit on the ground, you can skip the saucer. The saucer serves only to protect your lanai.

You can fill the lower one third of the pot with local cinder soil, but the top two thirds must be potting soil. My **favorite is Miracle Grow, but Ace Hardware's house brand works too.** Fill the pot to within one inch of the top of the pot. Moisten the soil a little with water to help the roots anchor in.

I use a simple formula for the architecture of my flower pots. I call it "Thriller, Filler and Spiller." **Remembering the sunlight the pot will receive I choose plants appropriately, looking for three different types.**

**Thriller** – This is a taller plant to start out, with hopes that it will grow taller. Sometimes I choose a flower (maybe a Geranium) but other times this can be a non-flowering plant such as a Philodendron, Palm or Ficus.

**Filler** – This plant will grow to medium height and fill in around the Thriller. I love to use Petunias for this. But Marigolds work well, as do smaller Geraniums, Pansies, Heather., Ferns, or Dahlias—Anything green and fluffy.

**Spiller** – This plant will cascade down over the edge of my pot. I often use ivy or other viney type greens, but

( See **Flowers**” continued on page 18)



The spiller plants can be encouraged to spill over the edge of the pot to enhance the floral design.



er may need to be staked to keep thriving you.

**Once it's all in place, water the entire pot, gently and thoroughly, but don't overwater. A half cup of water per plant is plenty. Use a sprinkling can, not a power nozzle!**

To give your pot a contemporary professional look, consider adding a piece of yard art to your pot.

Remember to water your pot regularly (at least three times a week), fertilize once a month

(just sprinkle a bit of time release fertilizer on the soil before you water that day) and monitor the sun exposure as the seasons change.

If your saucer is collecting too much water, you can

**(See "More Flowers" continued on page 19)**

## Flowers (continued from page 17)

my favorite is Verbena, Alyssum, Million Bells or Fuchsias. Petunias are great for pots because they can be both Filler and Spiller. Impatiens are also hearty and colorful options.

Before you start un-potting your new plants, place them on the top of the soil in their pots, to see if they are pleasing to your eye. Try to blend your colors, putting reds together, or pinks together with purple, with a splash of white in the mix. I pay attention to the different textures as well, mixing fluffy ferns with scalloped Geranium leaves, etc.

Place the Thriller in the center, but push it to the back side edge of the pot. Then put the Fillers around the middle and place the Spillers right next to the edge of the lip toward the front side of the pot. I prefer to start with enough plants to fill up the pot, knowing that I will have to thin them out as they grow.

Once you are satisfied with your design, remove the plants and dig holes about 6 to 8 inches deep in the pot, add a sprinkle of time release fertilizer (I prefer Osmocote) to the hole and pour about a cup of water into the hole. Then carefully remove the plant from its pot and place it into the hole, gently pushing the soil around the roots.

Follow this procedure with the other plants, remembering to add the fertilizer and water before placing each plant in the soil. Plants that are blooming can be encouraged to spill over the edge of the pot and the Thrill-



An inexpensive ceramic initial serves as an art accent for the design. It also serves as a stake for the Geranium.

## Horse Challenge (continued from page 16)

Dad frowned, "I'm not leaving the game. You'd have to bring that horse to me, if you want him saddled before half time."

Dad went back to the game and I trudged outside to the barn. I snapped a lead rope onto Darby's halter. "Where are you going?" my cousin asked.

"To get my horse saddled." I grumped as I lead Darby out of the barn, across the yard, and right up the six steps to the porch. I opened the back door and lead my pony through the kitchen, then into the dining room and finally into the living room, where my dad, mom, aunt and uncle were watching the football game.

"Now will you saddle him?" I asked a very startled Dad. My cousins walked in, one carrying the saddle, one the blanket and one the bridle.

Dad saddled Darby, then put the bridle on him and I lead my sweet pony back outside for the four of us to take turns riding. The next day my mom taught me how to saddle Darby by myself.

There is a second part of the 10 Horse Challenge, which is to nominate 10 more people to participate. I don't have 10 Facebook Friends that grew up with horses, but I did nominate Cynn timer Salley, who is digging through old photos as I write this. But I suspect there are other *Talk Story* readers who have great horse stories to tell as well. So I will take the Facebook 10 Horse Challenge one step further and offer it out to our *Talk Story* readers, to send in an electronic photo (if it's old, this means scanning it first) and briefly (in 250 words or less) tell your horse story. If I have space, I'll run it in our spring and summer editions. Ride on,

Cindy



## More Flowers (continued from page 18)

reduce your watering, but be sure to remove the stagnant water in the saucer to avoid mosquito breeding. If you don't want to remove that water, put a drop of dish washing liquid in the saucer, to kill the mosquito larva but not hurt your plants.

Potted flowers need maintenance, such as dead heading and weeding. Annuals, such as Petunias, have an annual life expectancy, even in Hawaii. There's no frost here to kill them, but they will stop blooming after a year or so. That's when it's time to spend 88 cents to replace them, using the same procedures above. If your plants stop blooming, and you are fertilizing them regularly, they are probably ready to be replaced.



A picnic table transformed into a fragrant colorful outdoor space.

Potted flowers can bring an elegant balance to your lanai, garden or any outdoor space. The fragrance of blooms, the glamor of vivid color, the cacophony blended textures, along with the oxygen the plant produces are the hallmark of a healthy, peaceful, relaxing Hawaiian lifestyle. Surround yourself with flowers — fill up a pot today!



## Girl Scout Cookie Champion returns to St. Jude's

By Don Hatch

Last year Ava Rogers was at St. Jude's selling Girl Scout Cookies, Ava found St. Jude's to be a "Target Rich" environment and she came back several times to give us the opportunity to buy more cookies.

When the cookie season was over last year Ava had sold 2,217 boxes of cookies. That was enough to make her one of the top two Girl Scout Cookie sales scouts in Hawaii.

### Well, She's Back!

My freezer is still packed with Girl Scout Cookies from last year and several other people said they have the same problem. Karen Pucci of the Ka'u Food Pantry is willing to help you if you have the same problem I do.

You can buy the cookies from Ava and give them to the Ka'u Food Pantry; Karen said she will even help you find a home for those old frozen boxes of cookies. It's really nice of Karen to help us with this problem. **Way to go Karen!**



**Girl Scout, Ava Rogers is back!**







March is a busy month at St. Jude's and we will need help with all the extra services. Readers are needed for the Tenebrae service, help setting up for the extra services, help getting the grounds and buildings extra clean and just being available when something is needed.

Cordelia knows that she doesn't always ask for help and she also knows that she needs to, so please offer to help if you can. The more you are involved with the services leading up to Easter Sunday the more you will REJOICE!!

We always need both men and women to monitor the showers on Saturdays. And we also need help with the soup and/or hotdogs we provide for lunch. St. Jude's has so many programs going on that extra cleaning is always welcome, when we can get in to do it.

Cordelia has requested extra hands on the altar duty, set up, take down and washing the linens. She will gladly train any willing, dependable volunteers.

St. Jude's is not an exclusive club - it's your church. Get involved! You will be blessed for everything you do.

Yard (Continued from page 4)

So, I took the instructions and bait over to St. Jude's and found that two people wanted to build traps. I figure that every trap they put out around their home will help reduce the mosquito population and may prevent someone from getting dengue fever.

### **Ka'u Food Pantry**

Last month they provided food for 110 families with a total of 259 people. That number is made up of 97 minors under the age of 18, 42 seniors, and 120 adults.

During the month they had a fishing tournament and the entry fee was canned food. This was a big boon for the Ka'u food pantry be-

cause most of the food they received from this was good quality food.

On the last Tuesday of each month they give enough food to feed a family for 2-3 days. This is near the end of the month, when most benefits (Food Stamps, SSI, etc.) have been exhausted and the need for food is the highest.

This month the head count was down a little and the food quantity and quality was up. By the end of the day all of the food was given out, and they saw a lot of happy people leave with enough food to feed their families for 4-6 days.

The volunteers were happy and said this was another great day for the Ka'u Food Pantry.

# Free Hot Shower

## Saturdays

9:00 am until 2:00 pm

Come and enjoy the free Hot Shower at St. Jude's Episcopal Church in Ocean View. We have a private shower booth for you to use and we provide hot water, soap, shampoo, hair conditioner, and clean towels.

We also have a Free Hot Meal we would like to share with you.

Come by yourself, bring your family, or come with your friends.



Private Enclosed Shower Stall

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

-----  
The Southeast Corner of Keaka  
Pkwy and Paradise Circle



St. Jude's Episcopal Church





# Easter Services

## 9:30 am Sunday March 27th



St. Jude's Church

Join us for an Aloha Potluck Lunch after Sunday services

The southeast Corner of Keaka Pkwy and Paradise Circle

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



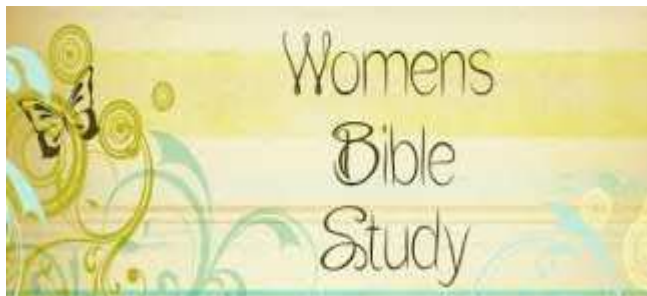


**Lookin' good  
At St. Jude's**









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

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



**Lemonade Party**  
March 5th 9 a.m. to 11 a.m.  
Monthly Church Clean up  
Followed by lemonade & hot dogs.  
*Many hands make light work.*

## *Talk Story at St. Jude's*

A monthly news magazine published by St. Jude's Episcopal Church in Ocean View, Hawaii.  
Previous editions available on our website at [www.stjudeshawaii.org](http://www.stjudeshawaii.org)

**Editor:** Cindy Cutts

**Contributing Editor** Don Hatch

**Photographer:** Don Hatch

**Columnists:** Don Hatch, Phyl Laymon, Cindy Cutts

**Proofreaders:** Beverly Nelson & Cordelia Burt

### ***We welcome submissions!***

**Submission Guidelines:** 500 words maximum. Uplifting, informational and reflective stories poems, recipes, memories. Submit as a Microsoft Word doc attachment, or as the text of your email.



*For more guideline details visit our website.*

Photos must be submitted as jpgs & emailed as attachments.

Please email only one photo per message.