



Talk Story



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Annual Bishop's visit was well attended

On July 1st, The Right Reverend Robert L. Fitzpatrick, Bishop of the Episcopal Diocese of Hawai'i came to St. Jude's for his annual visit. About 30 people from the parish attended, offering their perspective on the different questions posed by Bishop Bob. A potluck buffet dinner was served with plenty of time to chat before Bishop Bob began to inquire about the many activities and ministries of our church.

It wasn't long before the discussion

went from members reporting back to Bishop Bob, to Bishop Bob asking questions about why our outreach programs are successful. "What is it that you do, to reach out to others?" he asked.

The answers popped up from around the room, "Wifi, showers, soup, meals, AA, hula..."

**See "Bishop's Meeting"
continued on page 17**

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Beach Mass - August 28th

Rain or shine the St. Jude's annual Beach Mass will be August 28th at Whittington Beach Park, just east of Na'alehu on Highway 11. This is a tradition of St. Jude's, which brings a semi-traditional worship service to the rocky shores of the Pacific Ocean.

The service begins at 9:30 a.m. Please bring a chair, since there is no seating provided. If you have extra beach chairs, please bring them for those who forget. The Aloha Hour will be a pot luck barbeque immediately after the service. Everyone is welcome.

Ocean View water supply station to remain open during repairs

In early July, the Department of Water Supply advised the community that the Ocean View water station would be closed during August and September for repairs.

But after hearing a loud public outcry, the maintenance plan has been amended to keep the makai spigot station at the site open for residential water.

Residents are asked to limit their water intake to 55 gallons or less per day until the repairs are completed. The mauka standpipes for water hauling trucks will be closed for repairs during the maintenance and repair.

County Councilmember Maile David was instrumental in leading the drive to keep the station open for residents during repairs.

The Ocean View water station is located at mauka corner of Leihua and Hwy 11.



Stalking the pantry

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



Ka'u Food Pantry, Inc.: next distribution is Tuesday, August 30, at St. Jude's Episcopal Church on Paradise Circle-Mauka from 11:30 a.m. to 1 p.m. We ask all of our participants to respect the grounds where this will be held. Volunteers are always needed and welcomed, beginning at 9 a.m. on that Tuesday. The Pantry tries to hold a fund raising event every month at the Swap Meet in Ocean View down by Malama Market. Please come down and support us and pick up some yummy home baked goods this month on August 20th.

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. There are also donation "change" cans at businesses in Ocean View for your convenience. Your monetary and food 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

Spaghetti Dinner: **St. Jude's had its First-Annual Spaghetti Dinner** in July and it was a big success. I counted around 60 people there, but since people were arriving and leaving all evening, I may have missed a few.

The Last Fling Band provided live music for the event. That helped round out the event.

Several people told me the food was the best **we've ever served at any of our fund raisers.** For the menu we served spaghetti and spaghetti squash with your choice of sauce which included marinara (vegan), meat, and Alfredo sauces. We also had Italian meatballs, and for a vegetable we had some delicious ragout.

The ragout was so good people were coming back **for seconds.** I'm not sure what all was in it, but I think I detected onions, carrots, bell peppers, zucchini squash, and tomatoes.

For dessert we had ice cream with pineapple sauce for a topping.

I made the meat balls and the recipe I used is **posted in this month's newsletter.**

As usual, we had a problem plugging all of the electrical appliances in to make coffee and keep everything warm while being served.

Having a new range in our kitchen was a blessing **because we didn't have to cook everything at home** and then bring it to church and attempt to keep it warm. We could cook things like pasta as we needed it.

However, remember the old adage about "Every Silver Lining Having a Cloud?"

The kitchen area is fairly small and with three of us **servicing we were crowded, but that's nothing new.**

What is new is that cooking while serving really heats up the kitchen and since there are no fans in the kitchen area, we had to take turns going outside to cool off.

I was supposed to take pictures of the event, but I **didn't remember until I was driving home after the event.**

St. Jude's web site: We've had our web site online for around two years and we have grown **accustomed to using it to let people know what's happening/happened around St. Jude's.**

We include things like who our current visiting priest is (flavor of the month), and recording of the last couple months sermons. We also advertise upcoming events and post pictures of prior events. We also publish copies of all of our newsletters. If **you haven't looked it over, you should.** It's located at <http://www.stjudeshawaii.org/>

A few weeks back we had a new person to the area come to our service and when asked how he **heard about St. Jude's, he said, "I found your web site when I searched the web."**

When I logged onto our web site today, to do a **little updating, I noticed that we've had 163 unique hits on our web site in the last week.** That's a surprisingly high number for our little country church. Maybe part of that use is because several of our priests told me that they like to look over our **web site to keep track of what's happening around St. Jude's.**

Ka'u Food Pantry served 133 families last month with a total of 324 people. The 324 total was made up of 60 seniors, 150 adults, and 114 minors. This was a higher than anticipated

See "Church Yard" continued on page 24

Drive defensively ~ the life you save may be your own

Traffic safety reminders

By Cindy Cutts & Don Hatch



The keiki will be returning to school August 1st, and it's a good time to remind everyone about school bus traffic safety. Basically the law is clear – if you see a big screaming yellow bus with red lights flashing, you must stop and wait until the lights are turned off. This

law applies regardless which way you are going, unless you are driving the opposite way on a boulevard and there is a median strip.

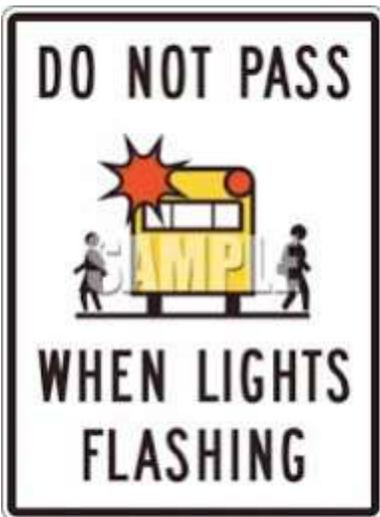
Traffic laws are often disregarded on this end of the island, and accidents and near-miss crashes are regular events when driving. An unofficial count of how many drivers run stop signs in Ocean View turned up nearly 10% of community drivers failing to stop. Many in this count didn't even slow down, which is a good reminder never to assume a

driver is going to stop despite owning the right of way.

Contributing editor Don Hatch has included a traffic warning in his "Things to Do in Ocean View" travel guide. Don's advice is,

"Especially be careful and take a second look at 4-way stops and even if you're stopped and think the other driver sees you, wait until he stops. Even if he starts to slow down, that doesn't mean he plans on stopping. Slowing down may mean they are getting ready to make a turn at the intersection and if you're in the lane to his left he will probably cut across your lane."

(See 'Traffic safety' continued on page 6)



ISLAND FOOD REVIEWS BY K & A



Groovin' with the Grazing Girls

Rim Restaurant at Volcano House

We took one of our mainland visitors to the Volcanos National Park. We had heard the dining experience had been updated with new owners. I must share that I was there around 23 years ago and that time, my friend and I had the worse service I have ever encountered, besting the rude jerk at Algonquin Hotel in NYC. The food was good, quite expensive at the time but our waiter walked off in the middle of our meal and never returned to our table. So, needless to say, I was very apprehensive.

First off, lunch is not served in the dining room but in the bar lounge. Well, everything changes, and thankfully, this place has and for the better. Not only is the food good, fairly reasonable but our young server stayed the course with us. The bar lounge offers an expansive, unobstructed view of the crater. The lounge, while fairly busy, was not particularly noisy.

They have Kona Brew Lavaman Red Ale on tap and the bar drink prices were not wallet exploding. The bartender we had that day was a lot of fun too.

We had fish and chips [\$14], a cheese burger [\$14] and one of the Taste of Hawai'i options of mahi-mahi [\$19]. We all enjoyed our repasts. The fish and chips were delicious, crunchy and generous portions. Anna's burger was cooked to her liking [med rare] and with a Punalu'u Bakery bun, what could go wrong?

The Tastes was presented in a Bento style box. It included a few bites of ahi poke [good], poi [very runny but otherwise, you know, poi], local greens salad with goat cheese and liliko'i dressing, rice, mac sal-

ad and haupia. We all tasted each other's meals so we could decide who got the best. Me, of course. The mahi-mahi was coconut-mac encrusted and deep fried. The crust was merely a light dusting but enough to give the fish that added umph. The freshness of the fish came through beautifully. The fish was not greasy tasting nor feeling. The fresh catch was...wait for it...ono. Items ranged from \$8 to about \$20. Salads, pork, chicken, fish, burger, pizza, poke are all part of their offerings.

Vegans and vegetarians should be able to dine nicely. We had the opportunity to see the dinner menu. Most expensive item that I saw is \$35 and that is what I paid for my meal 23 years ago [of course then that included drinks, pu-pus and dessert]. Anna and I are planning an overnight there soon and we will update y'all about the dinner experience. It appears that they cut the old dining room in half and made the interior part another gift shop. The remaining area while not large maybe 25 tables-it is very open with views of the crater. ***In the meantime, the girls say go graze!***

RIM RESTAURANT @ VOLCANO HOUSE. Located in the Volcano National Park across from the visitor's center. Breakfast 7am-10am. Lunch if you want the Taste menu is 11am-4 pm in the bar lounge, all other bar menu items are available from 11a to 10p. Dinner 5:30p-9pm. Menus are posted on line but I already noted times and food options have already changed. All major credit cards accepted. Reservations are recommended for dinner. 808-756-9625. The House does offer Kamai'ana discounts too on its rooms.

Traffic Safety

(Continued from page 4)

Traffic fatalities happen regularly on our local highways. Despite there being no freeway on the entire island, we still have people trying to drive Highway 11 as if it is a freeway. Frequently drivers pass on yellow lines, curves or blind hills. Don includes a warning about this in his travel guide.

“The one area you should watch is when you are driving between here and Kona, because there is usually at least one wreck each week on that road. The biggest problem here is that some drivers don't like to slow down on the curves and to keep their speed up they cut corners. That means when they are in a curve going to their left and they cut a corner, they are in your lane. Most of the time they are only part way into your lane, but I have seen some all the way over into my lane.”

According to www.hawaiipolice.com which posts Big Island traffic statistics, “there have been 538 major accidents on Hawaii Island so far this year compared with 574 during the same period last year, a decrease of 6.3 percent.

There have been 13 traffic fatalities on Hawai'i Island this year. It's important to note that alcohol or other distracted driving is associated with most of the highway related deaths. This is not only a reminder to never drink and drive, never text and drive or practice other distracting habits, but also to assume that other drivers are.

Right here in Ocean View, just In the past year we've had two traffic fatalities. Sadly, because Ocean View is a private subdivision, these deaths are not included in the official island totals. We've also had a school bus crash less than a mile from the church – the result of a driver running a stop sign. The disregard for traffic laws, safe driving practice and common sense is

staggering, which means defensive driving is a critical practice on the Big Island.

In response to the November five-fatality crash in Volcano Park, Hawaii 50 has implemented a new special task force of officers which is a group primarily responsible for cracking down on drivers who speed. That's good news for Ka'u residents who travel to Kona or Hilo on a regular basis. It's also a reasonable incentive to slow down and obey speed limits.



Food Update

Effective July 16 the Thai Grindz food truck will no longer be at the Saturday Swap Meet. It will however remain on Hwy 11 just south of the Miloli'i turnoff.





Flavor of the Month

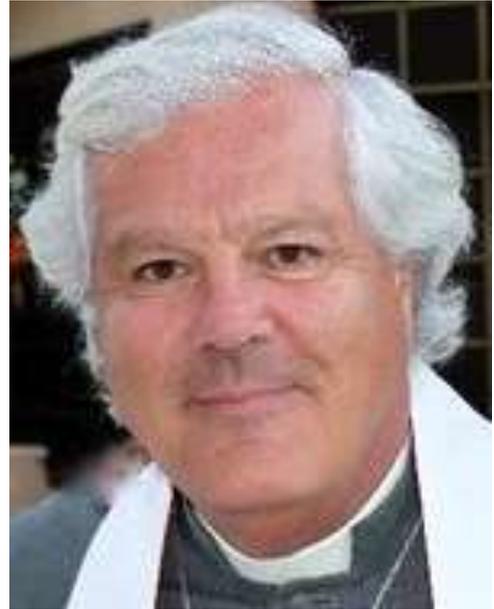
Reverend Doctor Dennis R. Maynard

Dr. Dennis Maynard and his wife Nancy, will serve at St. Jude's through mid September.

Welcome back, Dennis & Nancy!

Father Dennis is a well respected author.
You can find his books at:

<http://www.episkopols.com/>



Thank you Ka'u Water Delivery!

Ka'u Water is the official water delivery service of St. Jude's. Ka'u Water supports our Shower Ministry and provides all the water at St. Jude's for free.



Bless you, Ka'u Water Delivery

	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							Hula Practice		NA		AA	
Tuesday			Women's Bible Study @ Bev's 10:00 am			Food Bank Monthly Last Tues.								
Wednesday		Senior Nutritional Program							Brownie Meeting				NA	
Thursday		Hula Practice									Al-Anon		AA	
Friday		Senior Nutritional Program							St. Jude's Events					
		Men's Bible Study @ McKinney Place						Band Practice						
Saturday		Free Hot Shower									AA		NA	
		Free Hot Lunch With Shower												
Sunday		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



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

The culinary art of St. Jude's soup

By Don Hatch

Every Saturday St. Jude's provides a free hot shower and we have a hot meal to share with our friends in Ocean View.

When we started our Free Hot Shower program in Sept. of 2013 we hadn't planned on providing a hot meal, but a member of our congregation had food left from another Ocean View program; so, we shared it with the folks taking a shower. Each week someone provided food until it became part of our weekly contribution to the community. The hot meals are usually soup and bread.

At first one pot of soup was enough, but the program has grown and we now need three pots of soup and we usually make a fourth pot to make sure we don't run out.

A few weeks ago I had soup duty and I used 5 pounds of dried split peas and 2 pounds of long grain rice to make the basic soup. I also added a several pounds of ham, onions, carrots, and celery. It made around 5 ½ to 6 gallons of very thick hardy soup, and most of it was served that day.

A few of the soups I remember making for St. Jude's includes Chicken and Dumplings, Split Peas, Lentil, Navy Bean, Red Bean, Black Bean, Pinto Bean, and Clam Chowder. Many

of these recipes have been published in our monthly newsletter.

Feeding the hungry should be more than simply filling their stomach; it should also nourish their bodies. So, when I make soup I have two goals. First, it must taste very good and second it must be very nutritious.

Taste Good: The first ingredient for lots of flavor is to use fresh ingredients and start the soup with a heady stock as the base. For the split pea soup I mentioned above I started with around 3 1/2 gallons of homemade chicken stock.

When we have hams, standing rib roast, rotisserie chicken, or turkey I save the bones to make broth. When I get 3-4 chicken skeletons saved up I put them in a crock pot with carrots, celery, bay leaf, salt and pepper and cook them for 6-8 hours. Then I strain the stock off and freeze it until I need it to make soup. If you have a pressure cooker it only takes an hour to cook and 30 minutes to cool down.

When making Chicken and Dumplings I use the chicken stock, instead of water, to make the dough and I season the dough with the same spices that I use in the soup. That way the dumplings don't have to soak up the flavor from the soup, they start out with lots of flavor.

Nutritious: The first two ingredients for making a nutritious soup is the same as for

See "Soup" continued on page 13

Summer Memories

By Thom White



As the kids wonder where their summer break went, Mom and Dad are busy shopping for school supplies and clothes as they hum "It's the most wonderful time of the year." Days spent at the beach catching waves, swimming with dolphins and sea turtles and building sand castle become memories. Catching the school bus, home work and studying for the tomorrow's big test are the focus now. Oh and don't forget what to take for lunch.

One of my favorite memories of summer break was going to summer camp. Growing up in the big city of Detroit I was lucky enough to be sponsored for two weeks of camp, north of the city on a lake.

How I loved it!

I learned to swim and dive and row a boat and fish. As we hiked in the woods I imagined Indians behind

the trees. Were they friend or foe? I preferred friend. The dance of fire flies at night was magical. We would catch the fire flies in jars and bring them into the tents and try to read our books by their glow. Boat races, volleyball, camp fires and sing-alongs, roasting marshmallows and playing camp games made for full days. We would fall into our beds exhausted and happy. All too soon it was time to return home and back to the city.

Now that we're retired here in Hawaii, it's a permanent summer break, every kid's fantasy. As the crowds are gone from Ho'okena Beach and we settle into a more laid back time, I just might be humming, "It's the most wonderful time of the year."

Blessings, Thom



Dates to Remember

August 5	First day of Stocking Construction 1 p.m.
August 6	Lemonade Party - Church Clean up 9 a.m.
August 7	Bishop's Committee Meeting (After worship service)
August 28	Beach Mass Whittington Beach 9:30 a.m.

In our prayers this month

Pray for healing, Austin, Evangeline, Sharon, Peggy, Phyl, Hannah, Rev. Anne, Nancy, Brian

Pray for peace and comfort, for the Yocum family and for the family of Bishop Browning

Pray for protection and safety: All protective service personnel, law enforcement, firefighters, military personnel, health care providers, clergy and teachers.



Celebrating this month

August Birthdays

- 4 Rev. Elaine Barber
- 8 Anna Towner
- 9 Ben Houghton
- 10 Clifton Hopper
- 12 Paul Chew
- 13 Candy Zengri
- 14 Stella Kiberu
- 18 Ann Houghton
- 19 Jerry Wegweiser
- 22 Carolyn Coil

August Anniversaries

- 4 Carolyn & Lee Sampson
- 25 Gary & Deborah Johnson
- 26 Jeffrey Silva & Josephine Ibarra



HAWAIIAN GARDENERS

HOW DOES YOUR GARDEN GROW?

“Take two aspirins and get some rest.”

Don Hatch

I’m sure your doctor has told you to do that, but for the home gardener it’s more like “take two aspirins and give them to your plants.”

After Jerry Cutts mentioned spraying his plants with a weak aspirin solution as a way to fight mildew I did a little research to learn more.

Most of the older articles I found were focused on treating mildew on tomato plants. The theory, at that time, was that it was only effective when used on plants from the nightshade family (tomatoes and potatoes) because it mimics a hormone in those plants that controlled the plants self-defensive mechanism. When they sprayed the plant with a weak aspirin solution it “kicked” the plants own self-defense mechanism into high-gear.

More recent articles have expanded the scope of its use. The current theory is that it works on most plants and it does more than fight mildew.

Recent studies show that it fights plant diseases by increasing its self-defense mechanism and metabolism of the plant. It doesn’t seem to increase plant size, but it does help create a healthier plant which may increase the number of blooms, fruit quantity, fruit size, and fruit quality.

There is even is a name for how it works, which is “Systemic Acquired Resistance (SAR).”

After reading all of the endorsements for using aspirin sprays for many problems on different



plants I started wondering if some of the commercial fertilizers or sprays used it in their products.

I didn’t think they would buy bottles of aspirins to add to their commercial sprays; so, instead of searching on the internet for “aspirin”, I entered “acetyl salicylic acid” (the active ingredients in an aspirin) and found a lot of testimonials and many research projects on the subject. It looks like commercial fertilizer companies and commercial farmers are using it.

I also found several articles where they spray their plants several days before transplanting to get the plants self-defense mechanism working before it goes through the shock of being transplanted.

Most articles say they you need to spray your plants every week to be effective.

See “Aspirin” continued on page 15

A new mantra

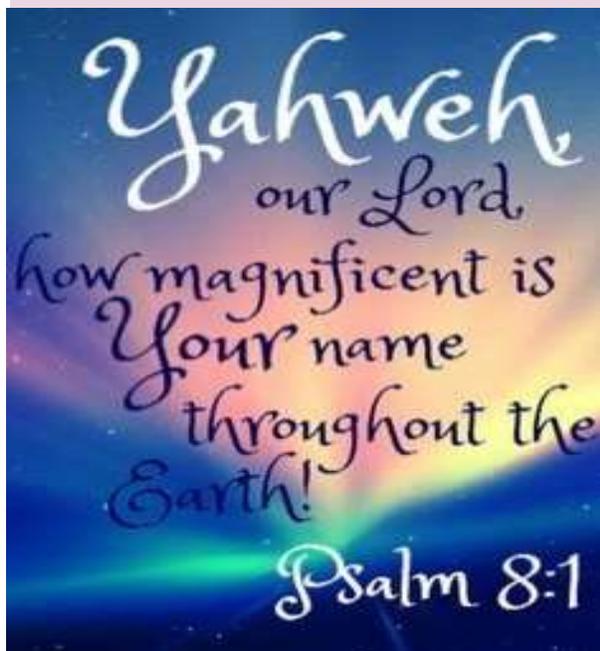
By Phyl Laymon

This morning I was given this beautiful gift. For years I have searched for that perfect word that would lead me right to my serene place. A mantra if you will.

As I was doing my early morning readings, there appeared these words: God's name sounds like breathing: Breathe in ... Yah. Breath out ... weh. Yahweh ...

Can you feel that perfect rhythm? Yah-weh, Yahweh, Yahweh ... as simple as breathing in and out. Never again will I struggle to find my way through this chaotic world to find my God. He is as close as breathing in and out. Yahweh

Phyl



Soup

Continued from page 9

making a soup that “Tastes Good”, which is to use fresh ingredients and start with a hardy broth/stock.

As you cook the bones to make a broth, the gelatin and other nutrition in the bones are dissolved and extracted into the broth. If you refrigerate the broth, it will thicken into a Jell-O like consistency.

One of the most common ingredients used to make our soups is some type of bean. If you look at how beans are served around the world, you'll notice that they are often served with rice. That's because both beans and rice are missing some of the basic amino acids/proteins needed by our bodies, but when the two are combined they have all of the necessary proteins to be a complete nutritious food.

When making a bean based soup, I usually add around 1/2 cup of long grain white rice for each pound of dried beans. I add the rice to the stock and cook it before adding the beans and other ingredients. By the time the soup is cooked, the rice is usually cooked enough so it is falling apart and you can't tell it is there. Sometimes I use an emersion blender to blend the cooked rice before I add the other ingredients.

I don't like watery soups so I usually thicken my soups. The most common way to thicken anything is to add a little flour or flour based roux, and while I do use this as a thickener, I only use this to adjust the thickness as I'm finishing the soup. I prefer baking a russet potato) in the microwave and then scooping out the flesh of the potato and combine it with broth from the soup to make thin mashed potatoes and then I mix that with the soup to thicken it.

The addition of rice and potatoes adds a lot of nutrition, but they also soak up a lot of the spice flavors. The last step is to do a taste test and it's usually necessary to add a little more seasoning.



In the News

By Contributing Editor, Don Hatch

IT AIN'T OVER YET!

Ocean View Ranchos solar battle gains consumer advocate ally

The Ocean View battle against the unpopular solar farm project recently gained an important ally - the Consumer Advocate, Jeffrey Ono, who has stated his position - and it is as squarely against the project. The solar farm has been a hot topic in Ocean View. Two developers purchased 32 residential lots in the Ocean View area and obtained permits to install mid-sized commercial solar projects on each of those lots. Their intent is to combine those small projects to create an industrial scale 6.5 megawatt project. Eleven of those lots are adjacent to lots with homes on them and six of them block the ocean view those houses now have. In one case the developers purchased two lots with a house wedged between so they not only block their ocean view, they wedged a home between two installations which will have tall chain link fences and flood lights.

When they applied for the permits, the developers agreed to have the project completed by Sept. 15, 2012, but to date no site work has been done. They are out of compliance with the permit agreement. It appears that extensions to the permit are granted without reservation or investigation.

The next twist to this project is that Ocean View can't use the all the power the farm will generate and HELCO doesn't have a way to collect it nor the transmission lines to get it to Kona or Hilo, where it can be used. The contractor has agreed to pay for the facilities to collect and transport the electricity to a place it can be used. They have agreed to pay for the installation,

and maintenance of the necessary facilities.

That sounds like a nice deal for everyone involved, but a closer look at the plan, reveals that the total cost of the project will be paid by the consumer. HELCO has agreed to pay a premium price for the power which they will pass along to consumer. And, while technology is bringing down the cost of generating power, HELCO has agreed to keep paying this high price for the next 20 years.

Where we are now is that HELCO has applied for permits to build the new power collection station near the entry to the Ranchos Subdivision with overhead transmission lines. This is a residential community where people live, but HELCO and SPI Solar are trying to turn it into a city of commerce. And our little community is fighting back.

Recently, Consumer Advocate Jeffrey Ono wrote a 24-page Statement of Position to the Public Utility Commission listing concerns, and recommendations. The Consumer Advocate routinely offers advice to the PUC. His Statement of Position is in agreement with those opposing the solar farm. Ocean View has found a friend in Jeffrey Ono, who raises several concerns about the project and makes a number of suggestions to help protect our community.

In his statement Ono points out that this project is not in the best interest of the

See "Solar Battle" continued on page 27

Aspirin

Continued from page 12

I use two mixtures for my sprays. The basic spray works on all plants, including citrus trees.

The other mixture is for plants in the nightshade family include tomatoes, peppers, eggplants, and potatoes. I added some of Epson Salt to the spray for nightshade plants because they need more magnesium than most plants and this can give them a little energy boost.

Basic Mixture

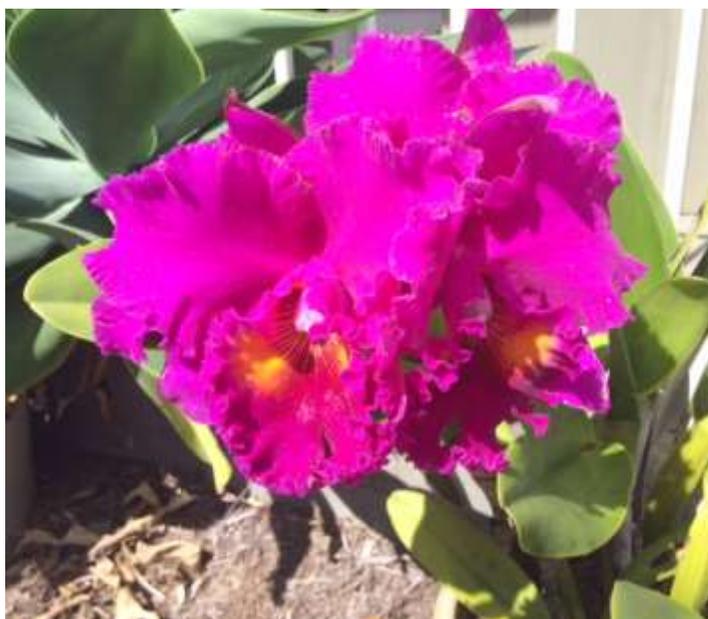
- 4 Regular 325 mg aspirins – non-coated
- 1 Gallon Water

Tomato Mixture

- 4 Regular 325 mg aspirins – non-coated
- 2 Tablespoons of Epson Salt
- 1 Gallon Water



Fight mold on tomatoes with aspirin.



Don's orchids

Don said his secret to growing beautiful, healthy orchids is to put them in a pot, away from the house and forget about them for about a year.

Most Reverend Edmond L. Browning

St. Jude's was sad to hear the news of the death of the Most Reverend Edmond L. Browning, 24th Presiding Bishop of the Episcopal Church and 2nd Bishop of the Diocese of Hawai'i.

A Requiem Eucharist (with the service of Committal) will be celebrated on Saturday, August 13, 2016, at 11:00 AM, in the Cathedral of St. Andrew, in Honolulu.

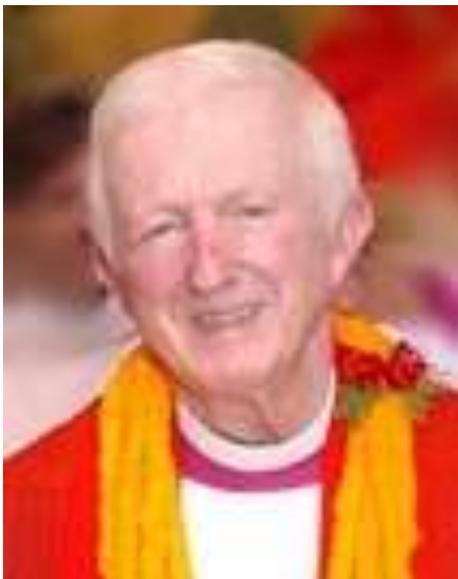
Please remember Bishop Browning in your prayers.

Lord Jesus Christ, we commend to you our brother Edmond, who was reborn by water and the Spirit in Holy Baptism.

Grant that his death may recall to us your victory over death, and be an occasion for us to renew our trust in your Father's love.

Give us, we pray, the faith to follow where you have led the way; and where you live and reign with the Father and the Holy Spirit, to the ages of ages. Amen.

May his soul, and the souls of all the departed, through the mercy of God, rest in peace. Amen.



Please remember Mrs. Browning (Patti) and the Browning family in your prayers, as well.

Ka'u Food Pantry Distribution

August 30, 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.

Bishop's Meeting Continued from page 1

Members who serve at the shower ministry explained that the shower clients are considered part of our church family. Whether they attend services or not, they are encouraged to "belong" at St. Jude's. Father Moki explained the anger of dependency and how by providing opportunities for our shower clients to choose their



Marie spoke about the shower ministry.

shower items, such as shampoo, razors and tooth brushes, it eliminates some of their misgivings. Marie told us that when she encourages clients to select the shower items they need or want, it seems to make them feel more relaxed. Around the room, the group agreed that we all wanted our shower family to be comfortable and feel included.

We discussed our own anger when our shower water heater was vandalized. And Bishop Bob commended us for continuing the ministry despite the setback. We remembered the outrage within the Ocean View community and how it brought the shower ministry to the forefront of local political chatter that week.

Father Moki had advised us to post flyers around town, telling of the vandalism and explaining that our congregation was praying for the vandals. As a result, people all over Ka'u were upset that the showers were disabled, and defending the cause of St. Jude's. Cindy said, "People were asking me if I had heard what happened at St. Jude's and telling me how terrible it was for that sweet church to be vandalized. We couldn't have paid for a better advertising campaign!"

Father Moki asked Bishop Bob to tell us what he thinks about the parish of St. Jude's. Bishop Bob paused and thought for a moment. "When I think about St. Jude's, I smile." Bishop Bob began. "I never worry about St. Jude's. I drive up here, looking forward to hearing what you've been up to, and how I can support it."

**See "More Bishop Meeting"
continued on page 21**



Left to right, Thom White, Bishop Bob Fitzpatrick, Bishop's Warden Cordelia Burt and Father Moki listen to the thoughts of the members of St. Jude's.



RECALLING THE JOURNEY

BY PHYL LAYMON

July 1, 2016. At our recent annual meeting with Bishop Bob, he stated, "As I drove out here to Ocean View today, I realized I had been making this journey for 18 years. St. Jude's was in the survival mode in those early days," he said. He slowly looked around the room at each of us, and then he smiled. A genuine smile!

What a long and interesting journey it has been! We were so wary of each other in those early days. The Bishop had the power to shut us down if in deed we were a dying church. But, we so desperately wanted to live. We may have been down, but no way were we out.

Our meetings began to stir and grow. Before we knew it they became bustling think tanks as we wrestled with who we were and who we wanted to become.

Our wariness became determination. Our words became plans and our plans became actions. Miracles began to happen. Mrs. McKinney remembered us in her will. Who knew an old house high up on the mountain would become the pot of gold we needed to kick start our dreams.

Land was bought, a house was built. With the guidance of Joe and Sandy McDaniel, we all added our own blood, sweat and tears and even a little paint. And so, our McKinney Place was born.

After a period of fine tuning, a real plan was in place. We began our Priest of the Month program. Much to our doubters surprise, It turned out to be a great success – with the both the priests and with us. Last I heard, visiting priests are booked into 2018 and beyond.

Oh, the great sermons we have heard! Each priest has brought his/her unique gifts to us. We have been exposed to a Spiritual smorgasbord of guidance we could never have purchased. We truly love each and every "Flavor of the Month!"

Phyl Laymon

We basically knew who we wanted to be – but we had no idea how we would get to our destination.

A thriving church has evolved. An outdoor shower was built, with fluffy towels and toiletries for all. Nice clean used clothing appeared. One pot of soup for the Saturday free lunch evolved into four or more. There is talk of building another shower.

The people who took advantage of the free showers started to help with the yard work while waiting their turn. When some sorry soul vandalized our hot water tank, the shower folks took up a collection to help replace it so showers could go on. Remember the widow's mite? I can assure you for some that was their last mite!

In the fall, our shower family sat down

See "Journey" continued on page 19

Journey

(Continued from page 18)

with us and decorated Christmas stockings for the community keiki Christmas party. When we tied prayer blankets for those in crisis, they were there. They supported our special events and started volunteering for shower duty. They made soup from available supplies, served friends and neighbors and helped clean up after. Cleaning up after means they are really truly family!

Over time the line blurred. The shower clients were no longer “them” and “us.” We all became just St. Jude’s family.

Miracles continue to happen. Bishop Bob gave us Moki, the best gift ever! He is our Priest of Oversight. Father Moki has encouraged us in every endeavor – and even pushed us to dream bigger than we ever dared to go.

Moki also added Dixie to our lives. I

have been watching the phone booths closely, thinking I might just see her slipping into her Fairy Godmother costume. I think her last name is “Grant.” At least, whenever she is near, grants just seem to come our way! I think our latest is all the new kitchen appliances in St. Jude’s kitchen. Rumors are there may be a kitchen cupboard or two appearing soon.

When we began this journey, searching for who we were, we basically knew who we wanted to be – but we had no idea how we would get to our destination. We aren’t there yet, but we know where we are heading. We always have Jesus’ words to guide us. “Love your neighbor as yourself.” “Feed my sheep.” The St. Jude’s ministries grow as the needs arise.

Cindy Cutts summed up our journey best at that meeting with Bishop Bob. She said, “We just need to focus on what is in our face. That is where our work can be done and where our priorities lie.”

Santa's Workshop begins August 5th

Fridays from now until Christmas, we will be making hundreds of Christmas stockings for the keiki party in early December. We'll begin at 1 p.m. and wrap up about 3:30 p.m.

This is a great way to get involved in something fun and meaningful for the children of Ocean View.

All are invited to help. Don't be shy, drop by!



A special thank you to the “Hickman kids” who live off island, but continue to support this project by providing the supplies and doing the cutting of the felt. It’s an enormous project and we could not do it without you. ***Bless you, Hickman kids!***



St. Jude's Beach Mass



Please Join us

**August 28th at 9:30 a.m.
At Whittington Park Beach**

**After the service we will have a potluck social
With Grilled Hotdogs and Hamburger
to go with the potluck dishes**

Everyone is Welcome

No seating is available; so, Bring chairs for yourself and extras if you can

Directions: from St. Jude's, drive toward Hilo on the Belt Road, approximately 13 miles. Between mile markers 61 and 60 turn right onto Whittington Beach Park road. Drive about 1 mile to the park. We're on your right as you enter the park - third pavilion closest to the water

Volunteers are needed to help set up and take down the barbeque

Contact Thom White, Elaine Meier, or Cordelia Burt or call 808-939-7555 (leave a message)



The Bishop's visit was well attended. We shared many thoughts with our Bishop.

More Bishop Meeting Continued from page 17

Cordelia was seated to the right of Bishop Bob. As he began to talk about St. Jude's, Cordelia began to smile, humbly enjoying the moment. And just then there was a glow developing behind her. It was a warm, golden color and hovered there for about a minute, and then it was gone. Was it a holy apparition or just the late afternoon sun filtering through the window? It doesn't matter – it was the perfect accent to a wonderful visit with our Bishop.

The group chatted collectively for awhile on how to solve the homeless problems in Hawaii, on how to best serve the hungry and the lost. The members of St. Jude's were sympathetic to the big picture, but said they found their efforts are best fo-

cused on our own community. The shower ministry, the Saturday Soup Kitchen, the Food Pantry distribution, the Senior Nutrition Program, plus all the other self help or service groups that use the facility, make our church a place of multiple nourishment nearly every day of the week. Best of all there is a place in there for every single person in the congregation to offer time, talent or prayers and to be part of the St. Jude's ministry.

The Bishop's annual visit is something akin to an annual employee evaluation or maybe even a visit to the principal's office. But the recent St. Jude's visit with Bishop Bob was a pleasant, affirmation that we are on the right path, that we are following the teachings of Jesus and that we have the Bishop's blessing.

Thank you Bishop Bob for coming to see us. Please come back again, soon.

Back the Blue with prayer

With all the police shootings going on I thought I would share what my family (at least 3 generations of it) does. When ever we see a police car, fire truck, or ambulance we say a simple prayer.

*Bless those who serve and those they serve, oh Lord.
Amen*

Elaine Meier



Free Hot Shower

Saturdays

9:00 am until 2:00 pm

You must be signed up by 1:30 pm to take a shower

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

Meat Balls - My Favorite ✓

Ingredients

1	lb.	lean	Ground Beef (chuck)
1	cup		Bread Crumbs (unseasoned) or Panko
1/2	cup		Beef Broth
1/2	tsp.		Garlic Powder
1	Tbsp.	dried	Parsley
1/2	Tbsp.	dried	Basal
1/4	cup	grated	Parmesan or Romano Cheese
1		large	Egg
1/2	tsp.		Salt
1/2	tsp.	ground	Black Pepper
1	8 oz can		Tomato Paste



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



2) Mix Ingredients together until well blended



3) Using 1/4 cup of mixture, roll into a ball with your hands and place on an oiled broiler pan.



4) Bake for 25 minutes at 450° F or until the meatballs are cooked through. Turn them half way through cooking. Reserve the liquid left in the pan for the sauce.

5) Add the meat balls to the Marinara Sauce and cook for another 30 minutes.

Meat Sauce: If you want to make a meat sauce instead of Meat Balls, you should season the meat similar to above, but leave out the Bread Crumbs and Egg. Pinch off small pieces of the meat, sauté until caramelized on the outside, and add to the sauce to finish cooking.

Variations: The original recipe called for all beef, but I prefer to use 1/2 Beef and 1/2 Italian Sausage. I've cooked these on the barbeque, in the oven, and in the smoker – Each cooking method gives the meatballs a different texture and taste.



They were all good; so, you have to experiment to see which way you prefer.

Note: I usually bake them, but instead of placing them directly on the cookie sheet I put a wire rack in the cookie sheet and cook them on that. This raises them off of the pan and they cook all the way around; so, you don't need to turn them half way through cooking.

Church Yard (continued from page 3)
and they ran out of food and had to turn away about ten people.

I haven't been by St. Jude's on Food Pantry day for several months. Last month I dropped by to post flyers advertising the upcoming Spaghetti Dinner.

The previous times I've been there everyone was lined up waiting to get their sacks) of food and some of them were grumbling and seemed unhappy (I assumed they were hungry).

As I drove up to the church this time I didn't see people lined up waiting for food. People were setting on the tailgates of their pickups and in their cars with the doors open, and as I walked up to the church yard I saw that all of the benches and tables in the courtyard were occupied with people eating. I saw one woman with four small children and all of them had a plate of hot food and they were all smiling. **Karen Pucci, president of the Ka'u Food Pantry,** told me that a couple months back, one of the volunteers, "Auntie Hazel", started the "Line Feeding Program".

Now the folks are served a hot meal while they are waiting to receive their monthly food package.

Everyone appeared to be happy while waiting because no one was hungry. What a clever and loving way to make people more comfortable while waiting in line.

This makes one more meal available at St. Jude's each month to feed the hungry. It's also one more group of people that get the benefit of the new cooking range in our kitchen.

Mehe's Ka'u Bar & Grill: One year ago this column contained a story about their grand opening.

I guess you wouldn't expect to find stories about new restaurants opening in church newsletters, but **prior to their opening we didn't have any restaurant** in the neighborhood where you could have a nice family type meal.

When they first opened they started with a limited menu and wanted to establish themselves as the best place to get the best hamburger and Fish and Chips in the area.

From the first day they were open they were the best place in the area for a hamburger or fish and chips. Actually, I thought they were as good as any I have had on the island.

Last week we dropped by for dinner and after one year they have expanded their menu. There were quite a few new items, but the two I remember are a beef steak and teriyaki chicken.

Beach Mass: Each year we have at least one of our services at the Whittington Park Beach. This year it's scheduled for August 28th at 9:30 a.m.

If you haven't been to one of our beach masses you should come – **I think you will enjoy it. If you've attended** before, I hope to see you there.

This year Reverend Dennis Maynard will be leading **the service and I'm anxiously waiting to see how he** adds his personal touch to the mass.

After the service we have a potluck social with freshly grilled hotdogs and hamburger to go with all of the potluck dishes provided by the congregation. Everyone is welcome and the folks camping on the beach usually join us.

No seating is available; so, bring chairs for yourself and extras if you can.

See you there.....



If I want better—then I need to make it better.



MAKE A BETTER PLACE

By Cindy Cutts, editor

It's been a rough summer, if you follow national news. Senseless, brutal murders light up the news screens, social media and local conversations. People who identify with those who died hurt and become fearful wondering, what's next. Others become angry, lashing out at the violence in ways that continue the cycle of hurt. Others just become sorrowful and worry.

But then there are people like Candace Payne, a young mother in Grand Prairie, Texas, about 30 miles from Dallas. She became an overnight celebrity a few weeks ago, when she posted a video of

herself wearing a Star Wars Wookiee mask. Candace has an infectious laugh, and when she saw herself in the mask, her laughter at the silliness of it all caught fire on social media. It turns out, Candace is a talented musician and serves as a music leader at her church. A few days after the mass murder of Dallas police officers, Candace posted a video of herself singing Michael Jackson's, "Heal the World," which touched my heart. The theme of the song, is, "Make a better place."

Candace will probably become a vocal sensation. She has a lovely voice and her simple rendition of Jackson's song was sweet. But more importantly, her heartfelt song was a challenge to me. If I want a

better place, then I need to make it a better place.

I really don't like what's happening to our world. But if I take my anger, sorrow and fear and channel that energy into making things better, I take charge of my own destiny. If I want better – then I need to make it better. If I want the world to show love,

not hate – then I must start at home, in the simplest ways. It is impossible for me to change the entire world, but completely possible for me

If I take my anger, sorrow and fear and channel that energy into making things better, I take charge of my own destiny.

Cindy Cutts

to shape my little piece of it.

I don't need a lot of money to make my world better. It can be as easy as picking up a discarded soda can in a parking lot, taking a handful of freshly baked cookies to a neighbor, driving a friend to a medical appointment or loaning a favorite book to a friend. For less than a dollar I can send a card to a shut-in or a birthday card to a child. For nothing I can hold open a heavy door at a restaurant or say, "good morning," to a total stranger at the market. My friends are used to me stopping to help tourists take group photos, by offering to take the photo, so the entire group is in the

See "Better place," continued on page 26

Better Place

(Continued from page 25)

picture. I already have the skill and technology to add a photo to our church website or edit 20,000 words each month, for this news magazine, so I want to step up with enthusiasm to do these things to make my world a better place.

These are simple things that I can get out of my chair and make a conscious effort to do. My goal is simple - to make my sphere of influence a little kinder, a little happier and maybe even reflect the love of Jesus.

I admit that I'm a bit selfish in my motives. I want joy in my life. I don't like angst, hate, fear and sorrow. I will always have compassion for those who are sad, fearful or rightfully angry. But personally, I want to celebrate the ordinary moments in life with joy. I want to share kindness with those around me by using my time, talents and compassion. And I want to make my little world a better place.

Sounds kind of like St. Jude's doesn't it? We do it collectively through our various missions and ministries all the time. Join us! Make your world a better place.
Blessings, Cindy

Check out Candace Payne, a worship leader at a church about 30 miles from Dallas, singing "Heal the World" at

<https://www.facebook.com/candaceSpayne/videos/10210086042808013/>

Heal the World

There's a place in your heart
And I know that it is love
And this place could be much
Brighter than tomorrow
And if you really try
You'll find there's no need to cry
In this place you'll feel
There's no hurt or sorrow

There are ways to get there
If you care enough for the living
Make a little space
Make a better place

Heal the world
Make it a better place
For you and for me
And the entire human race
There are people dying
If you care enough for the living
Make it a better place
For you and for me

If you want to know why
There's love that cannot lie
Love is strong
It only cares of joyful giving

If we try we shall see
In this bliss we cannot feel
Fear of dread
We stop existing and start living

The it feels that always
Love's enough for us growing
So make a better world
Make a better place

Heal the world
Make it a better place
For you and for me
And the entire human race
There are people dying
If you care enough for the living
Make a better place for you and for me

And the dream we were conceived in
Will reveal a joyful face
And the world we once believed in
Will shine again in grace
Then why do we keep strangling life
Wound this earth, crucify its soul
Though it's plain to see
This world is heavenly
Be god's glow

We could fly so high
Let our spirits never die



Candace Payne, sings Michael Jackson's, "Heal the World."

In my heart I feel you are all my brothers
Create a world with no fear
Together we cry happy tears
See the nations turn their swords into
plowshares

We could really get there
If you cared enough for the living
Make a little space
To make a better place

Heal the world
Make it a better place
For you and for me
And the entire human race
There are people dying
If you care enough for the living
Make a better place for you and for me.

Solar Battle

Continued from page 14

consumer nor the state of Hawaii. He is also concerned that if this project does go ahead, the taxpayer may be left with the cost of clean up after the contract is up or when the contractor takes his profit and walks away from the contract. Ono suggests that the solar farm contractor should guarantee removal of equipment, cleanup, and restoration to the area after all of the equipment is removed. And, that they should guarantee this with some type of a bond or escrow account that is fully paid for before any work starts.

Ono also suggested the substation location be reviewed to **“Ensure that optimal, and not convenient, placement occurs before substation construction work occurs.”** He suggested that the PUC should consider using the **original plan to locate it on the developer’s land, where native trees will hide the substation.** He notes that residents of the Ranchos think it would be an eyesore to have the power station near the entrance to their subdivision.

Ono also recommends that the transmission lines be installed underground instead of overhead.

One of the strangest facets of this project is that HELCO admits they have more power than they can use during daylight hours and they are already curtailing solar installations and wind turbines during those times. Recently they even used this overproduction to justify a reduction and limiting the individual home owner for using their power grid to store the power generated from residential rooftop solar installations.

From the day this project comes online HELCO will be curtailing its power output. It will also be necessary to cut back on electricity being produced by current providers.

Historically, the American way has been to try and develop a better way to do a job and to reduce the cost as much as possible. However, HELCO seems to be working with a different paradigm than most Americans. Hawaiian electric costs are among the highest in the USA and this project helps keep them at those high prices.

With the State’s new energy goals of being 100% renewable energy on the islands by 2045, this project sounds like it’s good for our state, but at closer review, appears to fall short of our state’s overall affordable energy goals.

St. Jude’s is not taking an official position on this issue. But our congregation encourages everyone in our region to educate themselves on contemporary issues and to become part of the democratic process.

What can you do?

If you have an opinion about the proposed solar farm, **Jeffrey Ono’s recommendations, or anything related to the solar farm issues,** you can send an email to puc.comments@hawaii.gov and reference the docket number 2015-0229 in the subject line.

If you wish to mail or phone in your thoughts with our Public Utility Commission you will find them at:

PUC Hawaiian District Office 688 Kinoole St. #106-A
Hilo, Hawaii 96720 808-974-4553 | 808-974-4534 (fax).

Your voice can be heard, as is evidenced by the response of Jeffrey Ono. Since the PUC will make a **decision on this project soon, it’s important to send your response today.**

It’s a battle reminiscent of David & Goliath and we know how that turned out!

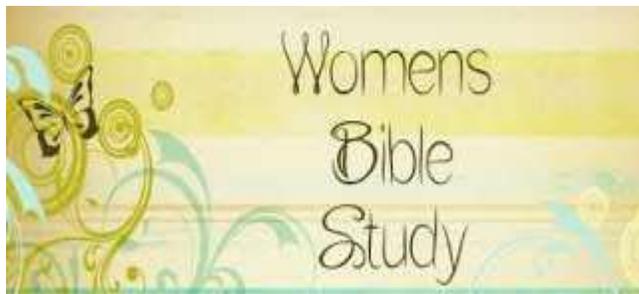


For more information visit the Ka’u Calendar Blog at http://kaunewsbriefs.blogspot.com/2016_07_02_archive.html

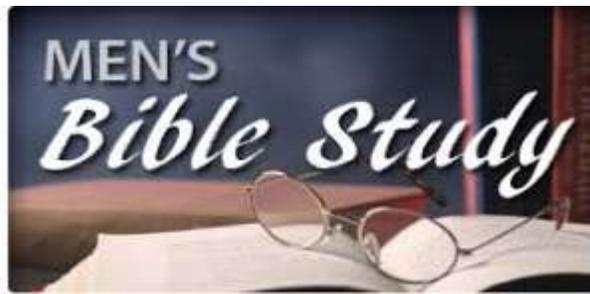
Here is the link to the PUC’s web and instructions about how to find the CA SOP documents . Go to: <http://dms.puchawaii.gov/dms/>

Select “Docket Advanced Search”
Enter “2015-0229” in “Docket Quick Link” and click on the “GO” button
Select the “Documents” tab

The Consumer Advocate document is near the bottom. It was filed on June 29th and is 25 pages long
The HELCO reply to that document was filed on July 13th and is 15 pages long.



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



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



Lemonade Party

August 6, 9 a.m. to 11 a.m.

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

Talk Story

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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

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

Submit via email to: cindycutts00@yahoo.com

Deadline for newsletter submissions is the 20th of each month.