

Talking Story at St. Jude's

St. Jude's Episcopal Church
News Magazine

September 1, 2015

Edition 9 – Volume 1

Rain or shine, the Beach Mass was on!

Story & Photos by Don Hatch

St. Jude's annual Beach Mass was Sunday August 23rd at Whittington Beach in Na'alehu.

As usual, we reserved the third pavilion which is also the one closest to the water, where we could see and hear the waves crashing on the rocks. Right up until it was time to depart the church for the beach, we weren't sure we would be able to have the Beach Mass. The weather



St. Jude's annual Beach Mass was well attended, despite the weather forecast for heavy rain. (No rain fell on the service.)

**See "Beach Mass"
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And a whole lot more!

Grab a cup of

St. Jude's Time coffee & enjoy

Ka'u Food Pantry moves to St. Jude's

As of September, the Ka'u Food Pantry, Inc., food distribution event will be held at St. Jude's.

Entry and registration will be on the upper east {Hilo} side of the church and the exit will be on the lower west {Kona} side of the church.

Volunteers are always needed and welcomed. **More on page 2.**

Stalking the pantry

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



WE'RE MOVING!!! WE'RE MOVING!!!

As of September, the Ka'u Food Pantry, Inc., food distribution event will be held at St. Jude's until further notice. We wish to express our sincere gratitude to Ocean View Community Center for all its support it has given us over the past 23 months.

Food Pantry: The next distribution is Tuesday, September 29 at St. Jude's Episcopal Church on Paradise Circle-Mauka from 12 pm—2 pm.

We ask all of our participants to respect the grounds where this will be held. We believe this move will better serve our clients as we will now be across the street from Kahuku Park where the Senior Veggie and Farmer veggie programs are held on Tuesdays.

We expect to have entry and registration on upper east {Hilo} side of the church and exit on the lower west {Kona} side. Volunteers are always needed and welcomed, beginning at 0900 on that Tuesday.

The Pantry holds a fund raising event every month on the 3rd Saturday -September 19-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.

REMEMBER!!!: THE FOOD PANTRY IS MOVING TO ST. JUDE'S, STARTING SEPTEMBER 29.

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 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.

For more information
contact Karen 510 778 5500



Food Pantry
Donations Needed



Around the church yard

By Contributing Editor Don Hatch

Work continues on painting the outside of the church and we're slowly getting closer to having this job done. The church is used by some organization almost every day of the week (see the schedule posted in this newsletter); so, we have to schedule our work so it doesn't interfere with their activities. Now that it's getting near completion it's really starting to look great.

Newcomers Party: Last month we had our first Newcomers Party to welcome the new members to St. Jude's. We had a great time and had a chance to get to socialize and get to know the new people in the church.

Every Sunday after the services we have a potluck social and starting on the next Sunday after the Newcomers Party we had a much larger crowd stay and socialize after church. I estimate that we had around 50% more people stay and socialize. I guess all they needed was to know they are part of the church.

The month of August was another busy time around St. Jude's.

Beach Mass: Every year we hold one of our Sunday services on the beach. This year it was on Sunday Aug. 23rd. As usual, it was a great time. Look at the complete story of this event later in this newsletter.

Every third year the governing body of The Episcopal Church meets in a General Convention to elect officers and set the bylaws for the church. This year they met in Salt Lake City and St. Jude's was well represented by Bishop Robert Fitzpatrick



Bishop Robert Fitzpatrick

(Fifth Bishop of Hawaii) and Reverend Robert "Moki" Hino (priest with oversight for St. Jude's) and three other clergy and lay persons.

During August, both of these men joined us at St. Jude's to discuss the General Convention and also to discuss what we are doing, what we would like to do.

On Sunday August 9th, The Right Reverend Robert (Bob) Fitzpatrick, Fifth Bishop of Hawai'i, came to St. Jude's and conducted the Eucharist Service.

After the service was over he joined us for our potluck social and we had a chance

See "Church Yard" continued on page 4

Church Yard

(Continued from page 3)

ask some specifics about the General Convention.

We also had the opportunity to personally thank him for the great support we have received from the Diocese, and specifically the grant given to St. Jude's to help pay for our new vehicle which is used by the visiting priests.

He asked us about how some of our programs are going and what we would like to do next.

This was a very relaxed and casual meeting. One of the things we mentioned was the need for a Washer and Dryer at St. Jude's. Some of the people who come for the hot shower have to put their dirty clothes back on after they take a shower. We would like to provide them way to wash some of their clothes while joining us for a shower and hot meal.

As usual, we enjoyed the relaxed one-on-one time we had with Bishop Bob.

On Thursday Aug 13th Rev. Robert "Moki" Hino joined us for the afternoon. Fr. Moki usually comes to St. Jude's each quarter and we have a chance to catch up on his activities and learn about what's happening in the church – outside of St. Jude's.

He led a Contemplative Prayer and then we ate a few snacks and discussed his view of what he saw and heard at the General Convention. Dixie Kaetsu came with him and it's always nice to finally put a face with a voice and a name.

When we started talking about how things were going at St. Jude's he started off by saying, "I understand you want to get a washer and dryer for St. Jude's".



Father Moki

He always seems to be a little ahead of us.

As usual we had a great time with Fr. Moki and learned a lot from him about what's happening outside of our community. We appreciate all of the ideas and help he provides for St. Jude's.

Hot Shower and Hot Meal: One of St. Jude's community support programs is to provide free hot showers to the community each Saturday. We also serve a hot meal to the people who show up for a hot shower and anyone else that is hungry. Each Saturday we have between 12 and 26 people show up for the shower and usually more than that for a hot meal.

I had soup duty (made soup) for one of the shower days. I made a big pot of split pea soup with a couple loaves of whole grain bread to go with it. I've made this

See "More Church Yard" on page 14



Friday October 2nd 2015

Please join us for our annual Ocean View

Oktoberfest party Doors open at 5:30 pm

Live music provided by the **Last Fling Band**.

Along with live music you get Dinner which includes
Bratwurst, Sauerkraut, Boiled Potatoes, Drinks, and Dessert

Event Tickets are available at the door for

\$8 per person or \$15 for two.

The best way to pre-purchase your tickets: Come to our **Sunday services which start at 9:30 am each Sunday**. Join us for an Aloha potluck social after the services, and get your tickets while you 're there.

You can also pre-purchase tickets from Thom White, or Cordelia Burt.

| | |
|--|--|
| <p>The party takes place at The southeast Corner of Keaka Pkwy and Paradise Circle</p> | <p>St. Jude's Episcopal Church 92-8606 Paradise Circle Ocean View, HI 96737</p> |
|--|--|



Baby Cameron Unger is unpacked in New Orleans.

Supporting Education

St. Jude's is supporting

Honaunau Elementary **School's** second grade class as an outreach project.

If you would like to support this classroom, the wish list includes:

Tempera Paint— All colors

Construction Paper—All colors

2nd & 3rd Grade Level Story Books

Colored Pencils

Gel Pens — Purple, Green, Aqua, Orange, Pink, etc.

Treasure Box Trinkets *

Stickers * New Backpacks



AND

Healthy individually wrapped snacks, such as granola bars, fruit snacks or crackers.

(No nuts, please)

Ka'u Food Pantry Distribution

Last Tuesday of every month

Noon—2 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.

ISLAND FOOD REVIEWS BY K & A

Groovin' with the Grazing Girls



Mehe's menu delights

Mehe's Kau Bar & Grill is the LONG awaited Ocean View restaurant which opened in July. What a wonderful asset to this community!

The remodeling is open and airy. There is some outdoor seating. The bar is no longer cut off from the rest of the place but smack dab in the middle of the dining room. The semicircle looks like it can seat about 20 people for cocktails.

We went in on a Friday towards the end of the lunch rush. There were about 10 people at the bar and about as many dining customers. The menu is basically short order. Some interesting pu-pu-coconut calamari, stuffed poppers, hot wings. Several styled burgers, hot dogs, salads with chicken, grilled cheese, fish and chicken sandwiches, loco moco and on Saturday nights, prime rib for about \$24. There are also off menu specials of the day.

I had the cheddar cheese burger and Anna had the Ono fish and chips. They will offer a catch of the day but apparently no one went out to catch anything that day. I want to go back and try that and see how it is prepared. Anna was pleased with the fish even though it was not catch of the day. She said it was an excellent tempura like batter, not greasy to the touch or taste. We both liked that the accompanying fries came piping hot. All the burgers are grass fed beef. I ordered it medium rare and it came medi-

um rare. The meat has no detectable seasonings and that is not necessarily a bad thing. All the burgers come on "cowboy buns". We are in the dark about what they are-a brand or a style? Anyway, it was soft, fresh, seedless. The 6 ounce burger fits it to a "T". The burger comes with lettuce, tomato slice, pickle slices and a little raw onion. I put the sliced pickles, tomato on it and it was quite yummy. The day we were there, Mehe's offered vegetarian burgers but it is not on the regular menu.

This restaurant is a good staple for three reasons. The food is decent, prices are about average or slightly below AND dinner is served until 8:45. (It says 9:00 p.m. but then it says the order has to be placed by 8:45.) Vegetarian and gluten free folks should be able to enjoy a good meal.

Mehe's is located on Hawaii Blvd at Highway 11. Daily 10a-10p. Lunch 11a-3p, Dinner 5-9p. 808 929 7200. Credit cards accepted.

PS I was told by a vegan friend that vegans and vegetarians should be aware that Mehe's items may be prepared on the same grills or areas where the meats are cooked. Vegan and vegetarians should make inquiry if it is of concern.

TURNING PAGES

BOOK REVIEW BY ANNA TOWNER

Books yes, garden not fiction

I know it is difficult to believe, but I do read, and sometimes even apply non-fiction. I can't imagine how I had not discovered this book previous to moving to Ocean View. The title is Carrots Love Tomatoes: Secrets of Companion Planting for Successful Gardening by Louise Riotte. The book came out originally in 1975 and was revised and updated in 1998.

Riotte covers almost everything: vegetables, herbs, wild plants, Fruit as well as garden techniques, soil improvement, garden plans (she believes everyone can garden, even apartment dwellers!) and pest control. Her Sources and Suggested Reading should be mandatory perusing as you will find many titles for further investigation.

She not only tells which plants are "companions", she also warns you what not to plant next to each other and which to plant far away. She writes succinctly and sometimes provides a little history of a plant's development and uses.

And finally, she includes many recipes for managing insects and diseases as well as suggestions for teas and cooking. None of the recipes are complex or demanding of esoteric ingredients. You will either grow them in your garden, know someone who has what you need or rush out to get the seed or plant you now know you must have.

PS - Thus far, 7 kinds of basil, 2 kinds of lavender, 8 different types of tomatoes, chard, 4 types of mint (hope to add more), 2 different papayas. Will report on growth later.

Master Gardeners (MG) of Hawaii

The best thing at the Mango Festival, aside from the Lavender Lemonade I love, was the MG table. They had seed, but not just any seed; they have seed that is right for Hawaii. I bought 2 kind of Solo papaya, Sunrise and Low Bearing: I have high hopes for them both. But the best buy was their 2 Master Gardening books, Not cheap, \$20 each and chock full of very helpful information.

The one I drool over the most is The Master Gardener's Web Guide: THE PESTS, DISEASES & CULTURE OF PLANTS IN HAWAII. It has 6 sections: Basics/Where to Start, Top Crops and Top Diseases, Hawaiian Plant Diseases and the lastly, Other Useful Research Sites. Note the word "other" 'cause in the earlier chapters sites/links are provided as appropriate. This is a real find even if \$20.

The other MG book is How Does Your Hawaiian Garden Grow? MGs of West Hawaii Present practical and Research Based Tips for Your Garden to Your Table. \$20. Chapter 1 is your basic what

See "Book" continued on page 15



By Rebecca Schaupp

TO YOUR GOOD HEALTH

An Investigation into the safety of Ocean View's well

Editor's note: The following is an investigation completed by Rebecca Schaupp regarding the safety of the Ocean View well water.

My inquiry is because, in the last few weeks, I heard from a few people saying that I shouldn't drink the Ocean View well water because it is too salty.

I have been drinking this water since it became available, July 5th, 2012. I take medication for high blood pressure and I'm aware of a correlation between salt intake and high blood pressure. I became concerned.

I made an appointment to have my blood pressure at the Bay Clinic in Na'alehu to refill my prescription for the blood pressure medicine.

I decided to discuss the safety of drinking the OV well water. I saw the Nurse Practitioner, but, unfortunately she didn't know anything about the water from the well.

I said that I knew that there was a report available in OV about the contaminants in the OV well water. She recommended that I take that report to the Health Department.

So, that's what I did the next day, when I was in Hilo (July 30th, 2015). I spoke to a very nice, intelligent, well informed lady named Theresa at the Environmental Health Office. The office is located on Kamehameha Avenue near Coqui's Restaurant.

Theresa brought out a more updated Water Quality Report on the OV water system... this one from

2014. She said the HOVE well water is regulated by the State of Hawaii Department of Water Supply.

Every year the HOVE Facility is analyzed for contaminants and safety and a report is written. Her report indicated that the water from HOVE Facility meets all U.S. Environmental Protection Agency (EPA) and State Drinking Water Health Standards. The Department of Water Supply vigilantly safeguards its water supplies and the system has complied with all drinking water standards.

The water from HOVE Facility meets all U.S. Environmental Protection Agency (EPA) and State Drinking Water Health Standards.

Theresa and I talked about the salt (NA) (sodium) concentration. From the latest report (2014), the HOVE well water has a 119.0 - 120.0 parts per million (ppm) range of detections compared to Wai'ohinu - Na'alehu's at just 6.4 - 18.0 ppm.

The bottom line is, the EPA Drinking Water Advisory recommends that the sodium concentration in drinking water not exceed a range of 30 - 60 ppm. Exceeding this limits could have adverse effects on taste. Persons on a sodium-restricted diet, sodium concentrations greater than 120 ppm could be problematic.

If you are on a sodium-restricted diet, you should consult your physician about the sodium in the Ocean View drinking water.

One ppm corresponds to a single penny in \$10,000 or about one minute in two years.



NFL Saints begin the season September 13th

When those NFL Saints, come marchin' in this season, the Salley' Family will be marching right beside them.

Members of Saint Jude's have conceded that God has a favorite football team, and it's the team that Max Unger plays for. Unger is the grandson of Cynnne and Ray Salley, who grew up playing football on the Big Island, became a First Team All-American center for the University of Oregon Ducks and was drafted by the Seattle Seahawks in the second round of the 2009 draft, where Max became a Super Bowl champion. St. Jude's culture includes regular updates regarding Max and his football success.

Last spring Unger was traded to the New Orleans Saints, which after the shock wore off, was enthusiastically endorsed by the family. After all – changing from a Hawk to a Saint must be pleasing to God.

Cynnne and Ray Salley will be off on their annual football adventure again this fall, cheering on Max, and probably getting some quality time in with their new great-granddaughter Cameron as well. They try to attend as many of Max's games as possible each year, and they have a mapped out route to begin this season.

The Saints first game is on September 13, in Phoenix against the Arizona Cardinals, which will be Max's first official game as a Saint. Cynnne and Ray will be there, geared up in their new Saints attire. Max is expected to start as Center and will wear his same number 60.

Cynnne and Ray will then drive to New Orleans for the next game on the 20th against Tampa Bay, in Florida, followed



**Max Unger , #60, Center
for the New Orleans Saints.**

by another drive to Charlotte, North Carolina for the next game on September 27th against the Panthers. The couple will continue their football motorcade on to the October 4th game back in NOLA, against the Dallas Cowboys.

The football family at St. Jude's is excited for Max to begin his tenure with New Orleans, and we wish him a successful season!

Go Saints!

A BRIEF HISTORY OF ST JUDE'S EPISCOPAL CHURCH OCEAN VIEW, HAWAII

By Thom White

Editor's Note— This is part two of a two part history of St. Jude's Church in Ocean View. Special thanks to those who provided the documents and research for this project.

On April 30, 1968, ground was broken for construction of St Jude's on an acre parcel donated by HOVE developers. Funds were borrowed from the Episcopal Missionary District of Honolulu for building materials. Twenty three members began their journey into the future.

The dedication of St. Jude's Episcopal Church occurred on Saturday, 28, 1970 at a 10:00 a.m. service, which also included the ordination of Arthur Martin to Transitional Deacon. Eventually, he would serve as its next Vicar.

The church bell was given by Mr. March, former President of the Atchison, Topeka and Santa Fe Railroads. The bell was one of the last large locomotive bells and is still rung before each service.

For many years monthly Communion services would be supplied by various Episcopal priests from Hilo or Kealahou. In the fall of 1979, with the assistance of Bishop Ed Browning, the Rev. J Perry Austin became St. Jude's first hired priest. An average of twelve people attended Sunday services. For the next thirty five years a combination of priest, deacon and lay people would serve to keep the mission going.

One person fondly remembered is John Turner who was appointed Bishop's Warden in January in 1994. People still refer to the fun dinners, Halloween party and good times. Membership would grow one person at a time.



St. Jude's building site, 1968.

As Ocean View grew St Jude's opened its doors to serve the community. During the week the church building is used by various organizations and groups. Saturday we offer showers to those who need it and share soup and fellowship.

In 2007 when I started attending St Jude's, Deacon Sandy Honnold was serving as Deacon till she retired. We were doing Morning Prayer on Sunday. One Sunday a month the priest came from Christ Church to do Communion Service. The last priest hired to serve at St Jude's was Rev. Dallas Decker. He nominated me to serve as Bishop's Warden. After Rev. Decker left, Retired Rev. Tom Buechele came from Pahoia to celebrate the Eucharist. Under his leadership attendance grew to 15 to 20 persons, but we could not afford a full time priest

See "History" Continued on page 14

| | 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. | | | | | | Exercise Class | | | | | |
| | | Veterans Affairs (Heimburger Hall) | | | | | | | | | | | | | |
| Wednesday | | Senior Nutritional Program | | | | | | | | Brownie Meeting | | NA | | | |
| Thursday | | | Hula Practice | Head Start (1st & 3rd Thurs. each month) | | | | Exercise Class | Al-Anon | AA | | | | | |
| | | Veterans Affairs (Heimburger Hall) | | | | | | | | | | | | | |
| Friday | | Senior Nutritional Program | | | | | | Reserved For St. Jude's Special Projects | | | | | | | |
| | | | Men's Bible Study @ McKinney Place | | | | | | | | | | | | |
| 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 Church | | | | |

Indicates this is a St. Jude's Function

AA = Alcoholics Anonymous
 NA = Narcotics Anonymous

St. Jude's Weekly Schedule

In Our Prayers

For Healing: Sharon, Kepi, Thom, Don, JYM, Tammie, Ann, Anna, Melissa, Brian

For Thanksgiving: Protection from the storms, the new car.

For Safety: Malarie, Ero, the firefighters across the west coast and all those in protective service.

For a Gentle Rain to help quench the fires across our nation.

For Peace & Comfort: Diane & Dennis, The family of Gene Hartzell, and all those who grieve.

For Strength & Wisdom for bishops, priests, church & community leaders, caregivers and their families.



Celebrating this month

September Birthdays

Sept. 2 – David Rogers

Sept. 27 – Frank Santana



September Anniversaries

Sept. 20 – Anna Towner & Karen Pucci



HULA

Kapuna Festival

September 9 & 10 @ 5 p.m.

Sheraton Hotel in Kona

St. Jude' Group
will be competing.
Tickets are available
from Thom White

Everyone is welcome!



History

Continued from page 11

In 2013 we began a program to bring retired priest to Hawaii for Sunday service. We fondly refer to the priest as "the flavor of the month" or "rent a priest." It has been so successful that we are booked up thru 2017.

Throughout the year we hold various events, Mardi Gras, Easter Brunch, Cinco de Mayo, Mother's Day Brunch, Beach Mass n Bar B Que, Oktoberfest, November Plant and Jumble Sale and Welcome and Fellowship Dinners. Christmas and Easter services are standing-room only. Sunday attendance has now grown to 47 to 52 worshippers each Sunday.

The church is occupied with various social services, community interests and activities nearly every day of the week. St. Jude's is recognized in the Ocean View community as a place of action, service and support. The open door policy of including people from all walks of life, is practiced throughout the church outreach and ministries that continue to grow each month.

Take our hand LORD and Lead us so Your Will be done.

Blessings,
Thom

More Church Yard

(Continued from page 4)

soup for the shower days several times, and it's very popular I decided to publish the recipe in this month's St. Jude's newsletter.

Lemonade Party: We had 4 ½ inches of rain in August which makes that the 3rd wettest month in the 3 ½ years I've lived here. The weeds in St. Jude's yard love all the rain because they seem to grow overnight.

Each month St. Jude's has a Lemonade Party, usually on the last Saturday of the month, where some of the congregation meets to do yard work and clean up the churchyard. After they finish their work they usually get lemonade and a hot dog for lunch.

This month we had a record turnout to help with the work because several of the people who were there for the shower joined in and helped with the yard work. The church yard looked great after they finished.



ALL ARE INVITED TO ATTEND EDUCATION DAY



In conjunction with the Diocese of Hawai'i Annual Meeting of Convention in Honolulu, there will be an Education Day open to all persons in the Diocese, held on Friday, October 23, at 10:00 AM.

The guest speaker will be the Rev. Canon Stephanie Spellers, Director of Mission & Formation and Adjunct Professor of Church & Society at the General Theological Seminary of the Episcopal Church.

Rev. Canon Stephanie Spellers guides us on a practical, inspiring journey that explores The Episcopal Way of following Jesus and embracing the gifts of our changing cultural context. Trying to figure out how our Anglican traditions translate for church in the 21st century? Come with a team and get ready to envision the church we're becoming ... together.

Canon Spellers is the author of *Radical Welcome: Embracing God, The Other and The Spirit of Transformation* and *The Episcopal Way, Book 1* of the *Church's Teachings for a Changing World* series. She teaches and directs programs in Mission and Formation at General Theological Seminary in New York City; she also serves as Director of New Ministry Development with the Center for Progressive Renewal, an ecumenical church consulting group based in Atlanta.

The Chaplain to the House of Bishops, she has worked as Canon for Missional Vitality in the Diocese of Long Island and as founding priest at The Crossing, an emergent Christian community rooted at St. Paul's Episcopal Cathedral in Boston. An alumna of Harvard Divinity School and Episcopal Divinity School, Canon Spellers is a popular teacher and speaker nationwide. Learn more about her work [HERE](#).

Registration for Education Day can be found through the Convention registration link [HERE](#), where you can sign-up for all events on the same form. Sign up before September 9, to take advantage of early bird pricing!

Book -

Continued from page 8

and how to info. Each section in the chapter includes web sites and/or hard copy sources. The MG books, booklets really, are:

Produced and Distributed by

EAST HAWAII ISLAND MASTER GARDENER'S ASSOCIATION

875 Komohana Street, Hilo, Hawaii 96720 email - himga@hawaii.edu

Also to be appreciated is the UH (University of Hawaii) SEED LAB

Beach Mass

(Continued from page 1)

wasn't cooperating and while Hurricane Kilo seemed to have skipped past the Big Island, he was leaving telltale signs of being in the neighborhood with dark clouds, high humidity and spots of stationary rain. Doppler radar showed heavy rain in the Whittington Beach area. Bright red and yellow splats were splashed all over the weather radar screens. About an hour or so before services were to begin, there was a heavy down-pour that flooded the parking lot, but by the time we were ready to set up, there was no rain falling at all. While dark clouds loomed large all around us, there was no rain on our worship service, and the sun even peeked out a few times.

Rev Leonard (Len) Evans conducted the services, Cindy Cutts provided the music, and she and Cordelia lead the congregation in song.

It was such a wonderful time being that close to nature. Throughout the sermon you could hear the waves crashing into the beach and as Cindy led us in song, the waves provided



Whittington Beach Park provided an awesome backdrop for our Beach Mass.

a chorus to back up our green salad, lots of ice tea, and much,

Somehow, being that close to nature and God's creation makes you feel humble. Don Hatch

much more. In addition to the great food, everyone had time to spend with friends.

voices. Somehow, being that close to nature and God's creation makes you feel humble.

After the service we had our usual aloha potluck social, but for our Beach Mass we provide fresh grilled hamburgers and hotdogs to go with the potluck dishes. We had a feast – in addition to the fresh grilled hamburger and hotdogs with all the trimmings I saw several potato salads, fresh fruit and melons, Mexican cornbread, southwestern salad,

We had around 42 for worship service and then a few of the campers and picnickers joined us for the Aloha Potluck Social. As usual, St. Jude's cooks tried to make sure no one left hungry. A special thanks to all those who made the Beach Mass happen. The set up and take down is a major task, and the uncertainty of the weather added new stress to the plan. But everyone agreed that our Beach Mass was a success, and well worth the time, effort and planning.

St. Jude's Favorite Recipes

Oven Roasted Asparagus

From the Kitchen of Thom White

TOSS 1 BUNDLE OF ASPARAGUS WITH OIL
PLACE ON A SPRAYED SHEET PAN.

SEASON WELL WITH GARIC SALT N LEMON
PEPPER.

ROAST IN A 375 DEGREE OVEN, 10 MIN. TILL
TENDER BUT FIRM.

SPRINKLE WITH PARMESAN CHEESE N SERVE.
ENJOY



God is Watching

The children were lined up in the cafeteria of a Catholic elementary school for lunch. At the head of the table was a large pile of apples. The nun made a note, and posted on the apple tray:

'Take only ONE . God is watching.'

Moving further along the lunch line, at the other end of the table was a large pile of chocolate chip cookies.

A child had written a note, **'Take all you want. God is watching the apples...'**

Best Ever Chocolate Chip Cookies

From Cynnle Salley

2 1/4 cups all-purpose flour
1 teaspoon baking soda
1 teaspoon salt
1 cup (2 sticks) butter, softened
3/4 cup granulated sugar
3/4 cup packed brown sugar
1 teaspoon vanilla extract
2 large eggs
2 cups (12-oz. pkg.) semi-sweet chocolate chips
1 cup chopped nuts (optional)

PREHEAT oven to 375° F.

COMBINE flour, baking soda and salt in small bowl. Beat butter, granulated sugar, brown sugar and vanilla extract in large mixer bowl until creamy. Add eggs, one at a time, beating well after each addition. Gradually beat in flour mixture. Stir in morsels and nuts. Drop by rounded tablespoon onto ungreased baking sheets.

BAKE for 9 to 11 minutes or until golden brown. Cool on baking sheets for 2 minutes; remove to wire racks to cool completely.



Split Pea Soup - Thick & Hearty ✓

I like soups, but I don't like watery soups. I like them to be full of flavor, nutrition, and to be very filling. This is one of my easiest recipes, but the preparation can take a full day. The preparation time is mostly to make a robust and flavorful broth.

Ingredients

| | | | | |
|--|-----|-------|---------|------------------------------------|
| | 2 | cups | dry | Spit Peas (one 16 oz bag will do) |
| | 1 | lb. | | Lean Ham (cubed 1/4") |
| | 6 | cups | | Chicken Broth |
| | 2 | Tbsp. | | Oil or Butter |
| | 1 | cup | chopped | Carrots |
| | 1/2 | cup | chopped | Onion |
| | 1/2 | cup | chopped | Celery |
| | 1/4 | cup | chopped | Celery Leaves |
| | 1 | Tbsp. | | Parsley Flakes |
| | 1 | tsp. | | Basil |
| | 1/4 | tsp. | | Thyme |
| | 1/4 | tsp. | | Allspice |
| | 1 | | | Bay Leaf |



In a large stew pot, add the oil and Sauté carrots, onion and celery until tender. Add the broth, peas, and ham.

Stir in remaining ingredients.

Bring to a boil, cover and simmer 30-45 minutes. If you want a thick soup you can continue cooking until the peas completely break down into a smooth thick soup.

Sometimes I remove some of the soup, blend it, and add it back in.

Remove bay leaf.

Serve.

Chicken Broth/Stock

To make a good split pea soup you need to start with a good flavorful broth.

It is best to make a broth from ham bones, or a combination of ham and chicken bones. However, I don't usually have ham bones, so I usually make a chicken broth.

Ingredients: Bones from 2-3 rotisserie chickens, celery, carrots, onion, bay leaf, salt, and pepper to taste.

Directions: Break the celery and carrots in half, cut the onion into four pieces. Put everything in a crock-pot, fill with water, and cook for 6-8 hours.

Strain the broth and put it into the large stew pot to make the soup. Actually, I often make the broth when I have 2-3 chicken skeletons in the freezer, then I freeze the broth until I need it.

HAWAIIAN GARDENERS

HOW DOES YOUR GARDEN GROW?

St. Jude's annual plant sale is November 14th

This gives you plenty of time to pot some cuttings from various plants growing in your yard. It's a very simple process.



To get started:

Sharp knife or pruning shears or scissors
Containers or pots for the cuttings
Potting mix (Not lava dirt!)
Rooting hormone (Not mandatory for success, but it does help ~ & available locally)

How to make a cutting

Find a plant that is thriving in your garden.

Cut Off a Stem

Choose healthy growth about 3 to 5 inches long. Make a sharp cut; smashing the stems may make it more difficult for the shoots to develop new roots.

Remove the Lower Leaves

Clip off the leaves on the lower half of the shoot so you have a bare stem to insert into your potting mix. Then, if you want, dip the end of your stem in rooting hormone. This helps many cuttings root more quickly. It's not required, but it does seem to help.

Pot Up Your Cutting

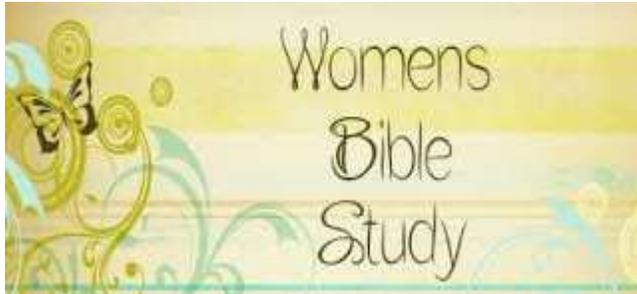
Immediately put the cutting into moist potting mix. Some plants root more quickly than others, so be patient. On average, it takes a month or two for your cuttings to root and become established enough that you can plant them.

Tips for Cuttings

Keep cuttings cool and moist until you've potted them. Avoid exposing the cuttings to direct sunlight. Many cuttings root faster if they're kept warm and humid, so misting the cuttings frequently can help them grow. Keep cuttings out of the wind.

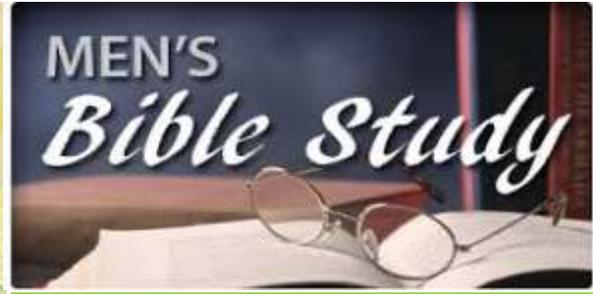
Some plants take root so easily that you can start them in a glass or jar of water! Be sure to check these cuttings regularly, and pot them into containers as soon as they show signs of roots.

On November 14th, bring them to St. Jude's early in the morning for the Plant Sale!



Tuesdays at 10 a.m.

At Beverly Nelson's home



Fridays at 9:30 a.m.

McKinney Place



Lemonade Party

September 26th 9 a.m. to 11 a.m.

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

Talking Story at St. Jude's

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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.

Submit via email to: cindycutts00@yahoo.com

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