

# Humboldt Unitarian Universalist Fellowship



*To the beloved HUUF community*

## Calling on those who've walked here before us

It helps to know your strengths. While there was a time a younger version of me might have wistfully pined to be referred to as a “frontrunner,” a “pioneer,” or a “trailblazer,” the middle aged me seems content to let others claim those titles for themselves. And though it is admittedly new and somewhat uncharted, this new territory of co-Ministry Team that Bridgette and I have entered into is not without precedent. Nor are we the first to walk this road. To have a heart that loves this congregation and wants to guide and serve it in unique and transformative ways.

So, we have taken to “phoning a friend” these past several weeks. Inviting the wisdom and gracious mentorship of those who have walked some version of this path before. In December, we sat down for a lengthy and generous conversation with Rev. Karen Harris, who served the Fellowship some years back. She expressed great delight at the decision the community had made to appoint us as a Ministerial Team for the foreseeable future. Reassured us that we do indeed possess everything we need to serve this congregation well. And disclosed to us a little bit of concern when we disclosed to her that we were still operating without distinct job titles or descriptions, and cautioned us “Do not attempt to do EVERYTHING that is needed! You are two people filling the roles that were formerly occupied by *three*. Just as important as discerning what IS yours to do, is also divining what is NOT. Your “NO” can be a powerful tool at this time.”

We had the joy of sitting down with Rev. Bryan Jessup via Zoom, as well. After some brief and giggle-inducing technology snafus, we settled into a characteristic heart-expanding hour or so with him. He counseled us on the various ways to work with the board, and the importance of collaboration to help achieve our collective goals. He cheered the innovative ways in which we are engaging with Sunday worship and new forms of leadership, plus strengthening our connection to the larger community and our enduring social action aims. He successfully distilled the essence of good pastoral care: “You offer them your deep presence. You listen well. You allow them to feel truly seen.” And left us with a gem of a definition (and something to aspire to) in how he sees his purpose in this world and why we bother with spiritual practice in the first place: “I am called to be a bodhisattva.”: One who is called to utilize their learning and deep compassion to tend to the suffering of others.

*See “Beloved community” page 2*

*February 2023*

## Fellowship Directory RSVP!

As we seek to rejuvenate the Fellowship and strengthen our connections to one another, we could use your help! **Please take a moment to complete the enclosed questionnaire in this HUUF Newsletter** to provide us with accurate contact information and more. A postage-paid envelope is included to make returning the form easy. Thank you in advance for your input!

The "Directory RSVP form" is also available online. You're welcome to fill it out at: [https://docs.google.com/forms/d/e/1FAIpQLSdEn5kWLc7yhxw8nYhNsHOz-0Zc2X1e5Pb4UZAoPIC8dhBzDQ/viewform?usp=sf\\_link](https://docs.google.com/forms/d/e/1FAIpQLSdEn5kWLc7yhxw8nYhNsHOz-0Zc2X1e5Pb4UZAoPIC8dhBzDQ/viewform?usp=sf_link)

Once all data is collected, there will be a 2023 HUUF directory printed. Not all information collected will be printed in the directory.

*Bridgette Garuti*



## Letter from the HUUF Board

As we usher in the new year of community and fellowship at HUUF, we must again appeal to our members and friends for financial contributions.

Fortunately, the Board of Trustees is confident that a straightforward ask may be all that is required to cover the \$15,000 deficit in the current budget resulting from additional salary expenses.

This year, the Board approved a cost of living increase for HUUF staff and a small increase in salary for the Director of Operations and the Director of Spiritual Life positions. This action brought these positions closer to the UUA's salary recommendations and reflects a higher living wage for our personnel. Rather than engaging in laborious fundraising events at this precarious time, we are going to attempt to raise additional funds through a special pledge drive.

Simply stated, we ask members, if able, to contribute an additional 10% of their yearly pledge. This generous act will directly support the newly created Interim Ministry Team and allow us to continue to offer technical support for Zoom services. We will also continue to fund the Religious Education staff positions.

Let's provide our staff the support they so deserve, as they help support *us* through their ministry. Thank you in advance!

*HUUF Board of Trustees*

## HUUF's Board of Directors wants you!

Several members of our current board will be passing the torch in June, 2023. They deserve our gratitude and a rousing cheer, but we need new warriors to replace them!

As CalPoly Humboldt professor Sarah Ray says in her book *A Field Guide to Climate Anxiety*, "We can find joy in manifesting the world we desire."

Please consider the opportunity to manifest your world by joining the board starting this July. Board members welcome your questions about their activities and, by all means, please contact Nominating Committee chair Sylvia Shaw at (707) 599-1563 or at [sls500@yahoo.com](mailto:sls500@yahoo.com).

*Sylvia Shaw*

## Beloved community, continued from page 1

In addition to this gold, we've been sifting our way through one of the many rich UUA course offerings on "Spiritual Leadership," contemplating more deeply what it means to anchor our gifts, both as individuals and as a collective. Anchoring further into the truth that spiritual leadership does not manifest from an appointed title or mandate, but rather emanates from the heart and is translated into actions that we take on behalf of the whole.

Lastly, we're looking forward to a half-day retreat with members of the Ministerial Relations Committee and representatives from the board. We'll aim to clarify the goals and tasks associated with our new roles (formal job descriptions - Yay!), and draft and re-affirm the living covenant between us, as we recommit to the collaborative work of leading and serving this congregation for the year to come.

As with all good advice that roots itself deeply inside the humble gleanings of the individual, they inevitably weave their way into the universal. What has proven true for one, when guided by the compass of the heart, can often prove true for many. And we may carry these truths forward with us, back pocket wisdom for a rainy day. As we gain wisdom, so may we pass it along. As we gain recognition and encouragement, may we carry the gift forward. As we are blessed, so may we bless the world.

Therefore, we look humbly and hopefully forward to the future here at HUUF. Anchoring into our gifts, our values, and sharing the work with the many, the gifts with the whole. Trusting, just as Grace has heretofore inclined her hand to carry us this far, she will once more be present in our midst, as we strive to be her emissaries here and now.

Yours in grace and gratitude, your Interim Ministerial Team,  
*Amy Day and Bridgette Garuti*

## Sunday Services

**Sunday, February 5 – 11:00 a.m.**

### **Is Brotherly/Sisterly Love Possible in Today's Fractured Society? – Berti Welty**

This discussion-centered service will focus on what almost every religion instructs us to do: love one another, even the stranger. What is brother/sisterly love, and how can we embody this worthy way of being?

**Sunday, February 12 – 11:00 a.m.**

### **What's Your Love Language? – Amy Day and the HUUF Choir**

Join us for this fun, interactive, all-ages service in which we will explore the various ways in which we offer and receive love. Through song, art-making and devotional play, we will explore ways to embody our love for each other, the natural world, and those we are called to serve.

**Sunday, February 19 – 11:00 a.m.**

### **Is there Room in Unitarian Universalism for All of Me? – Berti Welty**

This panel-presentation service will address specific questions including: Unitarian Universalism as a non-creedal religion, and what this means to you How and why did you choose the Fellowship as your spiritual home? Do you feel fully welcome at this Fellowship? What is most meaningful to you at the Fellowship?

**Sunday, February 26 – 11:00 a.m.**

### **Social Action Sunday: Feed the People**

We are delighted to announce a partnership with Arcata House, a local organization responsible for providing twice daily hot meals, emergency shelter, and long-term housing assistance to those experiencing housing insecurity in our region.

For this inaugural effort, we will be joined by an Arcata House representative who will share more about the nonprofit's scope and mission and will provide opportunities for us to get involved. We will also use this time in sacred service to prepare 25 lunches and dinners that will go to the community.

## **Children and families religious education and engagement**

**Sundays at 11:00 a.m.** - Our wonderful RE staff provide meaningful engagement to our youth, grades Pre-K-5, during Sunday services. Nursery Care is also available for babies and toddlers. See this month's service descriptions for more details.

### **Introducing Merry Kate Lowry - our new Teen Coordinator**

We are overjoyed to announce the newest member of our Family Ministry Team. Kate brings nearly two decades of experience working with youth of all ages, as well as deep ties to the local Wiyot and Yurok communities. In addition to sourcing from her own rich Indigenous heritage as Objibwe-Anishinaabe, she is a powerful advocate and emissary for bringing traditional Native language, folklore, and land use studies into our local schools. As the mother of two middle school-aged boys and the daughter of powerful spiritual leader, Leslie Zondervan-Dross, she brings a wealth of lineage, experience and profound heart to this role, and we are delighted to have her. Currently, she will be on hand to offer small group explorations for our teens and tweens most Sundays, as she works to devise a regular, student-centered gathering for our youth. Stay tuned for more to come.

### **For Teens and Tweens: Emoteji: The Yoga of Movement**

*A Winter Series for Teens and Tweens, continuing through **Thursday, February 16***

This six week series provides a supportive space for teens to explore their inner world of expression. Just like an emoji shows a feeling or expression in a text message, our body can show a feeling or expression in dance or yoga practice. Through movement and favorite playlist songs, we will explore guided movement sequences, freeform dance, yoga postures, and the basics of choreography to co-create a group dance-yoga practice. Experience with dance, yoga, or creative movement is not necessary; this is a space to learn movement basics and create your own movement.

*See "Religious education" page 4*

## Valentines to our Earth, and its friends

Since February is the month of Valentine's Day, let's give our biggest Valentine to Mother Earth, and in this article I offer a few ways to do so. But first, a Valentine from HUUF's Climate Action Campaign (CAC) goes to Chip Sharpe for his letter to the *North Coast Journal* published on December 29. In his letter, Chip lamented that the California Public Utilities Commission (CPUC) continues to support the utilities and their stockholders over the people of California. The CPUC recently voted to lower incentives for rooftop solar. Chip's letter can be found at: <https://www.northcoastjournal.com/humboldt/cpuc-putting-corporations-over-californians/Content?oid=25568341>

Chip encourages us to email Governor Newsom at: [gov.ca.gov/contact](http://gov.ca.gov/contact) and let him know that incentivizing rooftop solar benefits California taxpayers and helps California reach its climate goals. Governor Newsom can also be reached at:

Governor Gavin Newsom, 1021 O Street, Suite 9000, Sacramento, CA 95814, ph: (916) 445-2841

This year California communities are mandated by SB 1383, a bill enacted in 2016, to reduce emissions of the potent greenhouse gas methane by diverting organic waste from landfills. A Valentine to Pat Carr for bringing our attention to a recent *New York Times* article about the climate value of eating our leftovers. See <https://www.nytimes.com/2023/01/01/headway/composting-food-leftovers.html> And here's another Valentine to Margy Emerson for her informative column on the same topic for this issue's climate action of the month.

Happy Valentines from CAC to Mother Earth and to all of you.

*Sue Lee Mossman*

## Give HUUF some Valentines love by cleaning up the place

*"Love is the quality of attention we pay to things" - J.D. McClatchy*

It may not be spring yet, but we are sprung on cleaning the HUUF campus! Join us Saturday, February 18, 10:00 a.m. to 2:00 p.m. as we give the campus a warm hug by rejuvenating and reorganizing some of the spaces that have been neglected over the past few years. Many hands make light work, and we will bring attention to targeted areas like the multipurpose and teen rooms. We are looking for a few leaders to help coordinate so our work is efficient and fun.

Drop Bridgette a line at [office@huuf.org](mailto:office@huuf.org) if you know you can help, but there's no need to officially register. Simply show up if you can. Let's honor the beautiful blessing that is our building!

## Religious education, from page 3

Emoteji is guided by Mandy Wood. Mandy holds a B.A. in Dance Studies, a Yoga Teacher Certification, and is earning a Masters of Education in Social Emotional Learning. Mandy is a credentialed teacher, currently teaching high school-aged teens in a therapeutic learning environment. As a teacher of movement, Mandy has taught yoga at local yoga studios, dance and yoga at summer music festivals, and as a dance facilitator for ecstatic dances. Check the website for more details regarding days and times or contact Amy for more info: [comm@huuf.org](mailto:comm@huuf.org)

### **Adult Fellowship Engagement:**

#### ***Water for the Water-Bearers: A half-day retreat for Mamas, Grandmothers, and Caretakers***

\_\_\_\_\_ In person at HUUF, Saturday, February 11, 11:00 a.m. - 2:00 p.m.

Calling our nurturers! This mini-retreat is your chance for a little self-nurturance. Offered by Amy Day and Jessalyn DeLucchi, we'll spend some time engaged in gentle, restorative movement, guided contemplation, creative play, plus quiet rest and vital connection. We'll gather in the Sanctuary to anchor into the practices and people that replenish us, so we may emerge, restored, into the world, ready to pour our blessings from a well that is full.

For more information or to reserve your spot, please contact Amy @ [comm@huuf.org](mailto:comm@huuf.org) Childcare is available, but please let us know your specific needs when you register.

*Amy Day*

## The Hands of Harriet Tubman

by Diane Dickson

When I escaped across that safe state line  
I held my hands before my eyes and said  
These hands before me now that glow and shine  
are these the hands I had while almost dead?  
Are these the hands I had on that dark day  
I stepped between the master and my friend?  
The iron he held tore my poor flesh away  
and cut my skull across to bleeding end.  
My skull did heal but pain went on so long  
I chewed a bullet when the doctor cut  
my brain which made me twice yes twice as strong  
with all I was wide open nothing shut.  
So with that courage I soon turned my hand  
to freeing those still trapped within their chains  
returning back into my former land  
and leading others from that world of pain.  
And as a soldier I led forth a fight --  
I set a stage that helped more slaves abscond --  
behind the Rebel lines and in the night  
our Union troops saw hundreds break their bonds.  
Some called me Moses for the trips I made  
to lead my people out of death's embrace --  
I made the cause of freedom my crusade  
we moved toward freedom as our way to grace.  
When I crossed over to became full free  
the day I stepped across that safe state line  
these glowing hands belonged to only me  
and all I was I shouted out as mine.

## Join Social Action for pancakes and PB and Jams!

Recently, Amy Day and I reached out to some social action groups in the Humboldt community to see how we could offer help while giving HUUF members opportunities to "let service be our prayer."

We met with Redwood Pride, the non-profit that organizes the annual Pride Parades. As a follow up to that meeting we hosted a "collaborative meeting of the minds" at HUUF attended by Director of Operations, Bridgette; Spiritual Director, Amy, myself and Pat McCutcheon from HUUF's board, and Redwood Pride and Queer Humboldt representatives. Jointly we planned the first Pancake Agenda Breakfast fundraiser to help support Redwood Pride's important work. This event, held on January 14 on the HUUF grounds, was well received with over 50 people braving the rain to attend. Come to the next Pancake Agenda Breakfast at HUUF on Saturday, February 25, 10 am-1 pm.

Another project we hope you'll join is "PB and Jams." Each Saturday, the Church of the Joyful Healer offers a warm meal, bag lunch, hot coffee, and a place to get warm for folks experiencing homelessness. HUUF's role is to provide 25 peanut butter and jelly sandwiches to be distributed on the fourth Saturday of each month. To do that we plan to have the place jamming with a karaoke machine in HUUF's Sanctuary while we make PB and J's in the kitchen.

We hope you'll join us for PB and Jams on Friday, February 24, at 7:00 p.m. It's an all-ages opportunity to do something good while having fun. And if you want to join in the cause but can't make it that evening, [drop Amy a line](#) if you can donate some bread or peanut butter to the cause!

We'll also partner with Arcata House Partnership (AHP). During HUUF's Social Action service on February 26, we'll gather at HUUF to make 30 hot meals and pack 30 lunches to be distributed as part of AHP's outreach program. Look for more information about that service in the HUUF Weekly email, with sign-ups for food donations. It's a way to make "service to be our prayer."

*Chris Chapin*

## Letter from the HUUF Board

As we usher in the new year of community and fellowship at HUUF, we must again appeal to our members and friends for financial contributions.

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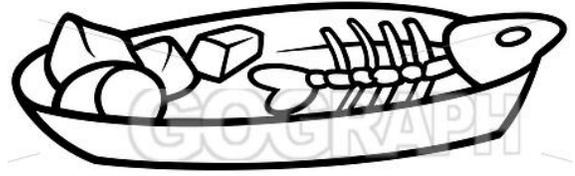
This year, the Board approved a cost of living increase for HUUF staff and a small increase in salary for the Director of Operations and the Director of Spiritual Life positions. This action brought these positions closer to the UUA's salary recommendations and reflects a higher living wage for our personnel. Rather than engaging in laborious fundraising events at this precarious time, we are going to attempt to raise additional funds through a special pledge drive.

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*HUUF Board of Trustees*

## Climate action of the month: *Eat your leftovers!*



The average U.S. household wastes nearly a third of the food it buys and one-third of the food in this country goes unsold or uneaten. The Solid Waste Authority of Central Ohio says the average family in central Ohio spends \$1,500 each year on food they don't eat. In the United States, food waste is responsible for twice the greenhouse gas emissions generated by commercial aviation. Some experts think reducing food waste is one of our best shots at combatting climate change.

Households account for 39% of food waste in the U.S., more than restaurants, grocery stores, or farms. This means we need to break old habits and form new ones: Buy less food by shopping with a list and creating meal plans. Freeze leftovers and make sure you eventually eat them. At the very least, compost your food waste—it generates less methane than it would in a landfill. California's SB 1383 mandates that all businesses and residents divert organic materials, including food waste, yard waste, and soiled paper products, from the landfill.

Sue Lee Mossman shares these tips: "We freeze leftovers in small containers for a buffet of leftovers every so often. We also carry containers in the car to take leftovers home when we go out to eat—nowadays where they have outdoor seating. Or we share an entrée to be sure we don't have leftovers. And should we want more, there's the option of ordering more later." Sue also devised a plan for cutting down on single-use containers when getting takeout from a restaurant. She arrived at Tomo's with her containers in a sturdy shopping bag, placed her order, and the staff readily took the containers. She came back 45 minutes later to pick up her order, in her own containers. Brilliant!

By sharing awareness and resource-saving practices, we can help each other make the lifestyle changes that Earth needs from us.

*Margy Emerson*

## HUUF Board summary for January

The meeting this month started off with the monthly report from Director of Operations, Bridgette Garuti. Here are some highlights from the report:

- Bridgette and Amy Day will participate in a professional development course offered through the UUA;
- The membership list/database update is ongoing, with a questionnaire for members in this issue.
- The Pastoral Care Committee needs new members as more people are in need than can be served. Anyone interested in helping may contact Bridgette in the HUUF office;
- A collaboration has started with both Redwood Pride and Queer Humboldt;
- Nominations are sought for new board members, as several members will step down in June.

Highlights from Director of Spiritual Life Amy Day's monthly report included a January 28 retreat for members of the Ministerial Relations and Transition Leadership committees, the Interim Ministry Team, and several board members. The retreat will focus on clarifying roles and the future of our Fellowship;

- We welcome and wish new Teen Leader Kate Lowry well!
- The pledge drive has started and members are encouraged to add 10% to their pledges. If funding is still needed, another type of fundraising effort will be considered.

A security system was purchased to deter night-time drivers damaging the parking lot and other problems.

We are happy to report that Cassie Brillbeck has stepped up to fill the technology position. Sandy Lynn will continue the fourth Sunday Zoom technology work to allow Cassie one Sunday off per month, starting in February.

The HUUF board meets 7:00-9:00 p.m. the second Tuesday of the month via Zoom. The first 30 minutes is open for public discussion. The Zoom link will be posted in the HUUF Weekly.

*Sandy Lynn*

## Notes from the Garden

First, I want to acknowledge the generosity of donors to the Fellowship who have given in memory of a beloved member who has died. These are the donors for 2022 who have given us permission to list them here:

Barbara Barratt in memory of Bev Allen, Nancy Cook, Thea Gast, Marianne Pennekamp, Marilyn Walker and Ed Uyeki

Cynthi Chason and Bonnie MacGregor, in memory of Marilyn Walker

Thea Gast, thoughtful to the end, provided for her own memorial engraving

Pat McCutcheon and Cheryl Rau, in memory of Marilyn Walker

Archie and Sue Mossman, in memory of Marilyn Walker and Ed Uyeki

Peter Pennekamp, in memory of his mother, Marianne Pennekamp

Chip Sharpe and Celeste Armenta, in memory of Ina Harris, Terry Kaup, Clyde and Ursula Osborne, and additional generosity for memorial engravings

Bert Taylor, in memory of Marilyn Walker

Sally Williams, in memory of Marianne Pennekamp

### Placing Cremains Of Our Beloved Members at HUUF

The Fellowship was recently approached by Thea Gast's son, Avery, who asked to spread Thea's ashes in our Memorial Garden. I explained our Memorial Garden guidelines on placing cremated remains and prepared an area for their small gathering. I chose the seedling bay tree in the big meadow area just opposite the torii gate, and I removed the fencing and grasses around the base with the help of my husband Pat. We replaced the fence later, which protects the plant from deer browsing. I'll think of Thea whenever I tend that tree; others will remember her when they see it, too.

Based on this experience, our Grounds Committee realized we need to publicize our guidelines more widely. Here they are:

#### Placement of Cremains

California's laws for dealing with cremation ashes are the strictest in the nation. Among several options, California allows disposal of cremated remains by scattering them in any area of the state where there is no local prohibition, provided you obtain written permission from the property owner or governing agency (the ashes must be removed from their container and scattered so they are not visible to the public). HUUF members and their immediate family members may have their cremains either interred or scattered in the Garden. The committee keeps a record of the location of cremains. The quantity of cremains for interment is restricted for the health of plantings, therefore up to one cup per planting is permitted. Please consult with the chairperson for details regarding containers. Cremains of pets are not permitted.

*Valerie Gizinski*

## Announcement of Endowment Fund Grants for 2023

The Endowment Fund Committee is pleased to announce that approximately \$6,700 in funds will be available for grants from the Endowment Fund in 2023. Endowment Funds can be used for purposes that align with UU principles and reflect the mission of our fellowship. Examples of requests that can be considered include:

- Buildings and grounds (improvements, not regular maintenance)
- Religious education enhancements
- Community service investments and actions
- Membership leadership development
- Conference attendance and workshops

Requests should not be used for annual operating expenses. There are also limited funds available from the Chaffee Fund, and the Moore Bequest for grants satisfying the fund requirements.

*See "Endowment," page 8*



# Humboldt Unitarian Universalist Fellowship

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Bayside, CA 95524

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(707) 822-3793 <https://huuf.org/>

e-mail: [office@huuf.org](mailto:office@huuf.org)

**Director of Operations:** Bridgette Garuti, on campus  
Mon.-Wed. 9:30-4:00, Thurs. by email only  
email: [office@huuf.org](mailto:office@huuf.org)

**Director of Spiritual Life:** Amy Day  
on campus Tues. and Thurs. email: [comm@huuf.org](mailto:comm@huuf.org)

**Technical Administrator:** Cassie Brillbeck  
email: [it@huuf.org](mailto:it@huuf.org)

**Newsletter Editor:** Pat Carr  
email: [newsletter@huuf.org](mailto:newsletter@huuf.org)

**Board of Trustees:**

**President:** Debi Cooper

**Vice-President:** vacant

**Secretary:** Sandy Lynn

**Trustees:** Chris Chapin, Chris West,  
Michael 'Montana' Caouette,  
Ann Kilby, Pat McCutcheon

## Endowment, continued from page 7

These grant funds will become available on April 1, 2023. Grants can range in size from \$200 to \$2000. Application forms will become available on the HUUF website or by contacting members of the committee by email or phone. The deadline for submission of the applications will be March 15, 2023

We thank the many fellowship members who have generously donated to our Endowment Fund. We hope you will consider a gift to HUUF in your planned giving and estate planning endeavors. Your legacy and our fellowship mission can live on through contributions to the HUUF Endowment Fund.

*Cynthia Chason, Katherine Almy, Hart Mendenhall, Colleen Broderick*

## Classified ads

### At Back In Balance,

Energy worker **Debi Cooper CRP, CCP**, aids those suffering from low energy, fighting illness and feeling blocked. Schedule your consultation appointment today. Special discounts for HUUF members.

## Hello HUUF family,

This is *Rebekah Paez*, fondly known as Bek, here to announce the return of the Membership Committee! Joanna Welch, Jeanne Chapin, and myself have come together as “champions of three,” committed to welcoming, educating, and connecting visitors, members, and friends with the fellowship. We aim to model and encourage authentic and transparent community.

It’s important for us to be present and available on campus as we foster a more connected congregation. So in addition to being faithful Sunday morning greeters, Joanna will be on campus Monday mornings, I will be on campus Tuesdays, and Jeanne will be on campus Thursday afternoons.

Stay tuned for exploration lunches, membership celebrations, committee fairs, and fundraiser dates to mark your calendars. And if you want to join the fun, we’d love to have more helping hands.

We can’t wait to hear from you!

\* \* \* \* \*

## Loving Care for your home and pets

**Linda Vinson**

[linvinson@yahoo.com](mailto:linvinson@yahoo.com)

(808) 987-7323