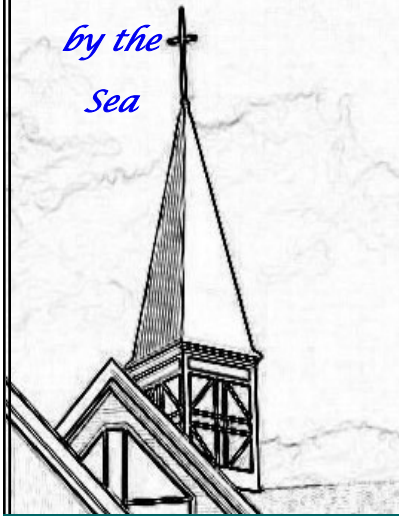


God's
Sanctuary

by the
Sea



UPCOMING EVENTS

Summer Intern-Elly Tilk
June 1—Aug 10

Fraud & Scam Prevention
for Seniors
June 5

Annual Conference
June 11-14

VBS—Weird Animals
June 23-27
9-Noon



September
19 & 20

Sign up in the
Gathering Room

Special Note
August
Newsletter
Deadline
July 10th

SEASIDE CURRENTS

A PUBLICATION OF SEASIDE UNITED METHODIST

June & July 2014
Volume 25, Issue 6 & 7

COMINGS AND GOINGS IN JUNE AND JULY



There is an old Chinese curse that goes like this: "May you live in interesting times." I don't know if it's a curse or not, but "interesting times" are often filled with conflicting emotions. This is certainly true of the two months encompassed by this issue of "Seaside Currents."

On June 1, we welcome our fifth ministerial intern in as many years. As a Duke Endowment eligible church, Seaside is blessed to be able to participate in the field education program at Duke Divinity School. We provide housing and a 10-week practical learning experience; the student gains valuable experience in ministry, and The Duke Endowment provides the student with a generous stipend to be used to offset the cost of their theological education. This year's student is Elly Tilk of Quincy, Florida. Elly is a graduate of Wesleyan College in Macon, GA and is the daughter of a Methodist Minister. I met her last week and I know you will find her delightful.

At the end of June, we bid farewell to Carol and Paul Sigafos as they move to Florida to care for Carol's mother. Carol, as you all know, has been our Parish Nurse and Director of Health & Wellness Ministries since 2011. Under her able leadership the Health & Wellness Ministries at Seaside have truly come into their own. New programs have been added, existing ministries have been strengthened, and the H&W workgroup has developed a core of committed and gifted leaders. But in addition, Mary Jane and I (and many of you) have come to rely upon Carol as a key part of our pastoral care team at Seaside. Her gentle spirit, quiet competence and deep commitment will be sorely missed. In the weeks ahead, we, and the Staff Parish Relations Committee will be working diligently to assess the church's staffing needs and available resources to find the right person so that we can effectively and efficiently move into the future.

June also marks the beginning of the sixth year of our ministry among you at Seaside. It hardly seems possible. But we look back with joy at the strides we have made over these years even as we anticipate with excitement the growth that is yet to come.

July marks the beginning of the 25th year of the ministry of Seaside United Methodist. We celebrate the anniversary of the first meeting of the church as a mission with a visit from Rev. Ruth Harper Stevens on July 20. Ruth was Superintendent of the Wilmington District at the time of the construction of our first building on Seaside Road. We look forward to her presence with us again.

And finally, July is the official Kick-off for the STARS program. You've heard much about STARS during our current preparation period and will see and hear even more as we host this six-week literacy and enrichment program.

It is an exciting time to be part of this church. Thank you for your support, which has helped us to come so far. Thank you in advance for the prayers and support that you will continue to offer. May God grant us grace that all who come behind us will find us faithful.

Scott

Each member when joining the church is asked "Will you support SUMC with your prayers, presence, gifts and service?" We celebrate our ministries and events in this issue of the Seaside Currents.

Many of our members and friends remain on the prayer list for a longer time as they cope with health and personal issues. These names are printed monthly in our newsletter. The list of new names printed in the Sunday bulletin will be updated each week. Please provide the office with an update of both prayer lists. Please remember each in your daily prayers

O radiant God, in the midst of tribulation, suffering, crippled hope and shattered dreams, stand by these Your servants until they are well once more.

Members:

Don & Linda Baker
 Mark & Janet Benton
 Bob & Paula Biser
 Bruce & Linda Bowden
 Ann & Lafayette Bowman
 Dina Braddy & family
 Frances Broome
 J.B. Buell
 Don Cassalini
 Brenda Causey
 Harry Clatterbuck
 Linda Clayton
 Bill & Ginny Coats
 Tom Coyte
 Marge Duffy
 Ken & Mary Eaton
 Ro Edwards
 Marilyn & Bob Eronymous
 Carol Filkins
 Barbara Gravely & family
 Grief/Share
 Susanne Harris
 Paula & Daniel Hernandez
 Tom Hercane
 Gene & Lorraine Hoge
 Tabatha & Crystal Huggett
 Gil & Kathy Johnson family
 Family of Carol Jones
 Ruby Carol King
 Fred Knopf
 Donna Lloyd
 Frank Malkin
 Walt & Marion Martens
 Courtney Marshall
 Susan McDonald & family
 Norma Mohn
 Sara Moore
 Betty Oakes
 Phil Parker
 Carolyn Powell
 Bev Pfeiffer
 Prayer Warriors
 Betty Pursey
 Dick Ruehle
 Jand & Kathy Scalise
 Dave & Met Schroll
 Ellene Schwartz
 Gerald & JoAnn Scott
 Seaside UMC Staff
 Susan Seidel
 Dot Sellers
 Randy Shuford
 Charity & Larry Smith
 Jimmy Smith
 Mel South
 Family of Carlene Stanley
 Glen Starnes
 STARS Program
 Stephen Ministers

Members Continued:

Marge Stone
 Gerry Strickland
 Danice & Connie Stout
 SS Volunteers & Students
 Bud Sweetman
 Andy Thorndyke & family
 UMYF (Youth) & leaders
 VBS
 Kitty White
 Bev & Mandee Williams
 Gwen Wiseman
 Marybeth & Jim Yeager

Friends:

Herman Anderson
 Margot Anderson
 Kathy Baucom
 Carol Androski
 Carolyn Arney
 George & Bev Bahm
 Lisa Bellamy
 Zach Bernier
 Bob & Ann Billups
 Bob & Carol Boileau
 Janet Bonekemper
 Alex Brooker
 Pringle Brown
 Meghan Bucci
 Paul Buckley
 Family of Louise Burney
 Richard & Susan Canipe
 Mona Kay & Bill Carter
 Linda & Bill Chambers
 Children of the World
 Denise Cooley
 Corbin Cooper
 Jim, Darlene, Chris & Janet Cooper
 Family of Bob Cozzi
 Caleb Davis
 Maria & Brian D'Avolio
 Divorce Care Group
 Preston Dugas & family
 Ray & Roberts Dupuis
 Scott Dustin
 Janette Ebel
 Todd Eckley
 Brian & Etta Ericksen
 Marge Ewing
 Helen Fipps
 Jim Fletcher
 Jackie & Bill Gano
 Dan Gentile
 Judy Goodman
 Leslie Greening
 Wayne Haigler
 Mack & Julie Hannah
 Kalani Haynes

Friends Continued:

Donnie Hardy & family
 Jonathan Hawryluk
 David Heathcoat
 Norma Hewit
 Stephanie Johnson
 Jim Justim
 DeDe Keiper
 Katie Kendall
 Karen LaValle & Lance Miller
 Johnny Lawson
 Nathan Leckey
 Jack Levine
 Ted Loop
 Marg Macy
 Brian Marsh
 Albert McCubbin
 Karsen McGee
 Dottie McVaugh
 Jeff Miller
 Ron Mulhern
 Curt Mundy
 Alfred Humger
 Patrick O'Brien
 Jo O'Keefe
 Jean Oliver-Haynes
 Our Nation & Our World
 Paula & family
 Charles Phillips
 Bethany Pichieri & family
 Preschool Teachers
 Paul Presti
 Rick Ramsey
 Patrick Ricci
 Mae Roberson
 Todd Routzahn
 Schlemmer family
 Nellie Shuford
 Julia Sorgio
 Molly Space
 Midge Sparks
 Phillip & Jennifer Stavonovic
 Danielle & Travis Steelman
 Ken Steinmann
 Stephanie & family Jack Whitley Jr
 Karen & Richard Tait
 Danny Tanner
 Jina Tucker
 Helen & Lloyd Underwood
 Jeff Vogel
 Elaine Walker
 Elsie Walsh
 Karen Weiss
 Jack Whitley Jr.
 Phil Wiles
 Garl Wiles Jr
 Family of Bob Wingate
 Jennifer Wyatt
 Clement & Anna May York

Serving Our Country:

Alex Blust
 Matthew Bronson
 Chad Bryson
 Oliver Clayton
 Jeremy Courtney
 Dodge Dustin
 Charles Kelley
 William (Willy) Mabry
 Marschal Martens
 Aaron Pait
 Zachary Rushing
 Sam Schenck
 John Vernaue
 Christopher Wallace

Prayer Warriors

Unless we hear from those requesting prayer, we will remove names after one month.

Please contact:
Susan Seidel—
sjs720@aol.com
 phone 579-0684
Marlen Mapes—
mjmapes@atmc.net
 phone 575-6007
Candie Meier—
dandcmeier@atmc.net

All Members & Friends in Assisted Living Facilities, Nursing Homes or in Home Care
 All friends & family members un-churched
 All those experiencing Separation or Divorce
 All those un or under employed
 All victims of Violence & Abuse





**LECTIONARY BIBLE
READINGS**

June 1

Acts 1:1-11
Psalm 47
Ephesians 1:15-23
Luke 24:44-53

June 8

Acts 2:1-21
Psalm 104:24-34, 35b
1 Corinthians 12:3b-13
John 7:37-39

June 15

Genesis 1:1-2:4a
Psalm 8
2 Corinthians 13:11-13
Matthew 28:16-20

June 22

Genesis 21:8-21
Psalm 86:1-10, 16-17 or
Psalm 17
Romans 6:1b-11
Matthew 10:24-39

June 29

Genesis 22:1-14
Psalm 13
Romans 6:12-23
Matthew 10:40-42

~~~~~

**July 6**

Genesis 24:34-38, 42-49, 58-67  
Psalms 45:10-17 or 72  
Romans 7:15-25a  
Matthew 11:16-19, 25-30

**July 13**

Genesis 25:19-34  
Psalms 119:105-112 or 25  
Romans 8:1-11  
Matthew 13:1-9, 18-23

**July 20**

Genesis 28:10-19a  
Psalm 139:1-12, 23-24  
Romans 8:12-25  
Matthew 13:24-30, 36-43

**July 27**

Genesis 29:15-28  
Psalm 105:1-11, 45b  
Romans 8:26-39  
Matthew 13:31-33, 44-52

**MEMORIALS &  
HONORARIUM**

***In Memory of:***

Marvin Braddy  
***Given by:***  
Bob & Carol Aspy  
Lowell & Marie Wilcox  
The Duffer's Golf Group

***In Memory of:***

Doug Hayes  
***Given by:***  
Gerald & JoAnn Scott  
Kathryn Scott  
Gaylee & Florence Strickland

***In Honor of:***

Ray & Wanda Wiltbank  
***Given by:***  
Hazel Forlidas

**THANK YOU**

Dear Friends,

Thank you so much for all of your prayers for Ed. It was only because of your prayers that he is home again.

He is getting better slowly, still a few issues & weak from 45 days in the hospital. We hope to see you all soon.

Love to all,  
Ed & Carole Sheets

***Adult Sunday  
School Classes***

***Sunday's at 9:30 am***

***Cross Talkers  
Led by Ron Klein  
Room 210***

***Navigators  
Led by Jim Story  
Room 222***

***All are welcome!***

**WORSHIP**

8:00 9:30 11:00

|                             |     |     |     |
|-----------------------------|-----|-----|-----|
| April 6                     | 142 | 159 | 191 |
| April 13                    | 163 | 259 | 179 |
| April 20                    | 273 | 428 | 323 |
| April 27                    | 156 | 195 | 140 |
| Easter Cantata              |     |     | 593 |
| Maundy Thursday             |     |     | 156 |
| Good Friday Noon            |     |     | 81  |
| Good Friday Tenebrae        |     |     | 112 |
| Sunrise Included in 8:00 AM |     |     | 61  |

**ATTENDANCE  
IN SUNDAY SCHOOL**

|          |    |
|----------|----|
| April 6  | 41 |
| April 13 | 53 |
| April 20 | 32 |
| April 27 | 46 |

**A WARM SEASIDE  
WELCOME TO OUR  
NEW MEMBERS**

Bob and Debbie Kogler joined on Easter Sunday by transfer of membership from Mt. Carmel Roman Catholic Church, Medford, NJ and Calvary Baptist, Lovington, VA.

You may contact them at:  
8855 Radcliffe Drive NW 12A  
Calabash, North Carolina 28467

Mel and Barb Cunningham joined on May 4th by transfer of membership from Zion United Methodist Church, York, PA.

You may contact them at:  
3 Coffee Mill Creek Lane  
Carolina Shores, NC 28467  
Phone: 717-586-5252

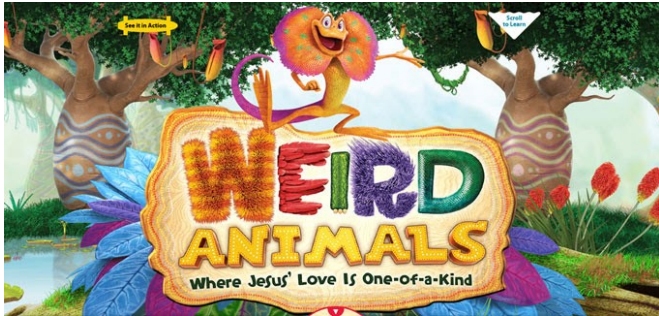
Email: [mcunningham@atmc.net](mailto:mcunningham@atmc.net).

Joe and Kathy Gentry who joined May 4th by transfer of membership from Matthews United Methodist Church, Matthews, NC.

You may contact them at:  
65 Windsor Circle SW  
Ocean Isle Beach, NC 28469  
Phone: 910-579-6989  
Email: [dgentry@atmc.net](mailto:dgentry@atmc.net).

## WEIRD ANIMALS VBS

### WHERE JESUS' LOVE IS ONE-OF-A-KIND



Seaside UMC Invites Children to *Weird Animals VBS: Where Jesus' Love Is One-of-a-Kind*. Mark your calendar for **June 23 – 27, 2014**. **The fun begins each day at 9:00 a.m. and ends at 12:00 p.m.** VBS is for kids 4 years of age through those attending 5<sup>th</sup> grade in the fall.

At *Weird Animals*, kids will learn about some of God's most creative creations! They'll participate in memorable Bible-learning activities, sing catchy songs, play teamwork-building games, make and dig into yummy treats, experience cool Bible adventures, collect Bible Memory Buddies to remind them they are one of a kind, and test out Sciency-Fun Gizmos they'll take home and play with all summer long. Plus, kids will learn to look for evidence of God all around them through something called God Sightings. Each day concludes with The Tail End—a celebration that gets everyone involved in living what they've learned. Family members and friends are encouraged to join in daily for this special time at 11:35 a.m.

Kids at *Weird Animals VBS* will join an international mission effort to share God's love by providing water for school children in India.

Registration forms and medical release forms may be found at church outside the Fellowship Hall. You may also obtain these forms or register on-line at the church website:

[www.seasideumc.org](http://www.seasideumc.org), just follow the link to VBS. Space is limited to 80 children and **you must pre-register by June 16th**.

If you have any questions, please contact the church office at 579-5753.

If you are interested in being a part of VBS and sharing your time and talents, please contact Kathryn Parker 579-5753 or Nancy Camino 540-0003.



## *"SONGS OF SEASIDE"*

*"For wisdom is better than jewels" Proverbs 8:11*

Summer is finally here and our choirs and ensembles are taking a much-needed break! Thank you to all who participate in our Music Ministry and to those of you who support us! We use these summer months to refresh, rejuvenate and make plans for the fall and spring. And while we may not be rehearsing, please know that there will be wonderful music on Sunday mornings either by the choir or soloists/ensembles. Lynn and I will continue to lead you in worship each week along with our wonderful pastors!

Thank you to everyone who celebrated the 25th Anniversary of Music Ministry at Seaside with us! What a wonderful event! Because we have chosen to concentrate our efforts to a year-long celebration of our 25 years, there will be no "Red, White & Blue" this year, but it is in my plans for next year!

These summer months will be filled with Vacation Bible School and STARS! What a great summer! Make plans to join us this fall.

With a voice of singing,  
Kathryn

### *THANK YOU TO OUR CHURCH FAMILY*

Thank you so very much for surrounding and embracing our family with love and support during Marvin's illness, death, and the aftermath that includes dealing with the grief process itself. The outpouring of cards, food, memorial gifts to our church and other charities, the telephone calls, rides to the hospital in Wilmington (for Marvin and me), prayer shawl ministry, and emails from our Seaside brothers and sisters in Christ was astounding to our family and me. Thanks also to those who made Marvin's service so meaningful to us. The choir sounded like angel voices as they sang Marvin's favorite song—and thanks to Katie Sorie whose voice touched us to the point of tears. The organ, piano, hymns, and the eloquent messages from Pastors Mary Jane and Scott will always be heard in the minds of all our family. Now I see from a very different perspective what it means to be a member of the Body of Christ at Seaside United Methodist Church. Thanks and God Bless you all.

Dina A. Braddy





## SEASIDE UMYF

The youth are ready for some summer fun and opportunities to serve at Seaside! We begin our activities June 1st by welcoming our Duke intern, Elly when we will begin making decorations for VBS. The Youth will also be helping out with VBS June 23-27. In July we will be sending two of our youth to Annual Conference in Fayetteville, and we will be helping out with the STARS program.

The youth meet on Sunday evening from 5:30 – 7:00 p.m. We want to invite all youth to be a part of MYF and share in this wonderful experience of fellowship and learning. Please contact Nancy Camino at 540-0003, Kitty White 579-3873, or Pastor Scott or Mary Jane 579-5753 if you have any questions.

**Thank you to everyone who has signed up to provide a snack supper. If you haven't volunteered yet there is a signup sheet in the gallery or you can sign up on the youth page of our church website. You will be contacted to set a date and plan a meal that is convenient for you. If you have any questions, please contact Nancy Camino at 540-0003. Just think if everyone volunteered just once we would be covered for a long time!**

## FOOD PANTRY REPORT & UPDATE

Our totals for April are:

Seniors— 134  
Adults— 350  
Children— 241  
Total served— 725

Serving an average of 211 families each week in April.

## UMW READING PROGRAM

I hope you ladies have been busily reading books from the UMW shelf! This is your reminder that your book forms will be due to me by August 1st. I know that sounds like a long time away but this newsletter covers the months of June and July. You have plenty of time to finish!

Forms may be given to me or put in the UMW box in the copy room. My goal again this year is to have 20 participants. Any questions? Call me! Marie Wilcox (575-1076)

## UMM GOLF TOURNAMENT

The UMM golf tournament on May 3<sup>rd</sup>, was a huge success. We made approximately \$10,000 after expenses. This is a record! We would like to thank everyone who made it possible. Included are those who were hole sponsors and donated door prizes, the volunteers who solicited the sponsors and worked the day of the tournament, and the golf committee who started working on the tournament in February. We would also like to thank all church members who played in the tournament and brought neighbors and friends. All proceeds go to local charities, including our church food pantry and the STARS program. We, all of us, are making a difference in the lives of those in need. We look forward to seeing you next year. Mark your 2015 calendar for Saturday May 2nd.



Cycle 4 of GriefShare concluded on May 16<sup>th</sup>. We had some very dedicated participants. One person came to a session the day after surgery, another travelled a long distance so she wouldn't miss a session. Some of the comments we heard from cycle 4 participants are: "My family notices a big difference in my attitude," "I wish I had come to GriefShare sooner," and "I feel like I can handle anything now."

If you have lost a loved one and are struggling with your grief, we hope you will prayerfully consider joining us on September 5<sup>th</sup> when we will be starting Cycle 5 of GriefShare.

More information about GriefShare can be found on our church website. Or, you may call Milly Houser at 910 579-2603 or Jim McNeill at 910 579-2405.



*From the Desk  
of...*

**The Health and Wellness Director**

This is going to be a very hard article to write, as it will be my last one as Seaside's Director of Health & Wellness. As you all know by now, I am leaving at the end of this month to move to Florida. It is with a very heavy heart that I say goodbye and thank you to all of my friends and church family. The love and support you have given me is so much more than I could have imagined and I couldn't have done this job without all of you! I ran across this poem that helps me express what I feel in my heart for you...

**Cherished Friends  
Unknown Author**

God must have known there would be times  
We'd need a word of cheer,  
Someone to praise a triumph  
Or brush away a tear.

He must have known we'd need to share  
The joy of "little things"  
In order to appreciate  
The happiness life brings.

I think He knew our troubled hearts  
Would sometimes throb with pain,  
At trials and misfortunes,  
Or goals we can't attain.

He knew we'd need the comfort  
Of an understanding heart  
To give us strength and courage  
To make a fresh, new start.

He knew we'd need companionship,  
Unselfish... lasting... true,  
And so God answered the heart's great need  
With cherished friends... like you!

Thank you for the gift of your friendship!  
Please keep our family in your prayers as we  
continue on our journey, and know that you will  
be in ours . . . till we meet again.

With Love and a Grateful Heart,  
Carol Sigafos

**June Schedule:**

- June 2, 9, 16, 30 Straighten Up Exercise Class—with Nicole Depauw 3:30PM in Fellowship Hall
- June 5 "What's in Your Wallet?"—Fraud & Scam Alert Program—presented by Jane Jones from the Area Agency On Aging 2PM in Fellowship Hall
- June 11 Health & Wellness Committee Mtg. 3PM in Room 222
- June 23-27 Vacation Bible School

**July Schedule:**

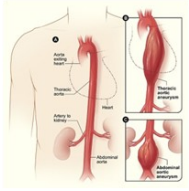
- July 7—31 STARS Program
- Alzheimer and Grandparents' Support Groups will continue to meet at their usual times.
- Blood Pressure checks the second Sunday of the month.
- Yoga with Marc will meet on Mondays and Fridays, at 10AM, and Wednesdays at 3PM in the Fellowship Hall.

**What's in Your Wallet?**



Seaside United Methodist Church and the Health and Wellness Committee presents "**Fraud and Scam Prevention for Seniors.**" What's in Your Wallet? will be held on June 5<sup>th</sup> at Seaside UMC, in the Fellowship Hall, at 2PM. Registration is required. Please call the church office or send an email to: [csigafoos@seasideumc.org](mailto:csigafoos@seasideumc.org) to register. There will be refreshments and door prizes. There are a number of scams hitting our area recently and we're trying to alert people what to do to avoid these scams and what to do if you have been the victim of one. Jane Jones, from the Area Agency on Aging, Elder Abuse Prevention, will speak on this serious and disturbing crime. It is free of charge. Please join us and bring your friends so you don't fall victim to this terrible criminal act!

This will be our last program for the summer. The programs will resume in the fall and winter months. If there's a topic or health issue that you're interested in hearing more about, please contact Nancy McKeever at: ([nymckeever@gmail.com](mailto:nymckeever@gmail.com)).



## **ANEURYSMS**

An **aneurysm** occurs when part of a blood vessel (artery) or cardiac chamber swells—either the blood vessel is damaged or there is a weakness in the wall of the blood vessel. As blood pressure builds it

balloons out at its weakest point. The swelling can be quite small or very large. When large, it tends to extend along the blood vessel. As the aneurysm grows there is a greater risk of rupture. This can lead to severe hemorrhage, and other complications, including sudden death.

An aneurysm can occur in any part of the body. They tend to most commonly occur on the wall of the aorta—the large trunk artery that carries blood from the left ventricle of the heart to branch arteries. The aorta goes down through the chest and into the abdomen, where it divides into the iliac arteries (two branches). There are two main types of aneurysms:

**Aortic aneurysm** - occurs in the aorta. Can be abdominal, or thoracic (higher up)

**Cerebral aneurysm** - occurs in an artery in the brain

People of any age and either sex can have an aneurysm, although they are more common in men and people over 65 years of age.

**"Good cholesterol" blocks the development of aneurysms.** Scientists from the University of London reported that high-density lipoproteins (HDL), also known as "good cholesterol," might combat aortic abdominal aneurysms. Symptoms are linked to how big the aneurysm is, how fast it is growing and its location. Very small aneurysms which do not grow may go completely unnoticed. A large cerebral aneurysm (in the brain) may press on nerve tissue and trigger numbness in the face, or problems with the eyes.

### **Cerebral (brain) aneurysm symptoms**

The following symptoms may be experienced before a cerebral aneurysm ruptures:

- Very severe headache that occurs suddenly
- Nausea
- Vomiting
- Eyesight problems
- Seizures
- Loss of consciousness
- Confusion
- Drooping eyelid
- Stiff neck
- Light sensitivity

If the cerebral aneurism bursts, it will cause bleeding in the brain and hemorrhagic stroke - it can also cause intracranial hematoma (blood leaks into the

area surrounding the brain causing a blood clot in the skull).

### **Abdominal Aortic aneurysm symptoms**

The vast majority of aortic aneurysms occur in the patient's abdominal aorta. It is not uncommon for a patient to have an aneurysm and experience no symptoms for several years. Many of them are difficult to detect because of this. Some aortic aneurysms will never rupture. It is hard to predict which ones will never grow, which grow slowly, and which ones grow rapidly. When symptoms occur, they tend to include:

- A throbbing sensation in the abdomen
- Back pain
- Abdominal pain - this pain frequently spreads towards the back

***If the aneurysm continues to grow and presses on the spine or chest organs the patient may experience:***

- Coughing
- Loss of voice
- Breathing difficulties
- Prolems swallowing

Sometimes an aortic aneurysm can be discovered by a GP (general practitioner, primary care physician) when performing a routine examination of the abdomen. He/she may detect a lump that pulses at the same rate as the patient's heartbeat. It is often located high up in the abdomen, slightly to the right.

### **Brain (cerebral) aneurysm causes:**

- Weakness in the artery wall (usually present since birth)
- Hypertension
- Arteriosclerosis
- Age at menopause influences cerebral aneurysm risk<sup>3</sup> - a study published in the *Journal of NeuroInterventional Surgery* found that early menopause raises the risk of cerebral aneurysm.

### **Abdominal aortic aneurysm causes:**

- Atherosclerosis - accumulation of fatty deposits (cholesterol) on the artery walls.
- Smoking
- Vasculitis (infection in the aorta).
- Genetic link

The aim is to prevent the aneurysm from bursting. There are usually two choices: 1. Watch and wait. 2. Surgery. How big the aneurysm is, how fast it's growing, and sometimes its location are vital factors in determining what treatment to use. Surgery is usually required as soon as the aneurysm reaches a diameter of 2.2 inches (5.5 cm).

Most abdominal aortic aneurysms are discovered when doctors are examining a patient for some other reason, such as during a chest X-ray or ultrasound. If an aortic aneurysm is suspected some specific tests will be ordered, they include: abdominal ultrasound, CT scan, MRI, and regular screening for those at risk.



**STARS, MISSION AND SEASIDE**

**STARS**

July 7th-August 15<sup>th</sup>  
Monday through Friday  
8:30 AM-5:30 PM

Breakfast and Lunch & Two Healthy Snacks Daily  
16-20 Rising Second Graders from Jessie Mae  
Monroe Elementary  
Recommended by Jessie Mae based on literacy  
needs

**SUPPORT A STUDENT**

STARS is being offered with only a small nominal  
tuition cost to the family to allow students in  
need of this program to attend, regardless of  
economic circumstances. The ability to donate  
online at [seasideumc.org](http://seasideumc.org) is available by clicking  
on the About Us tab, Online Giving. More  
information to follow regarding how you can  
sponsor a STAR.

For more information or if you have questions,  
please call Meg Good at 579-5753

**FUN STUFF FOR STARS**

If you would like to help by donating  
some "fun stuff" for Seaside's STARS program,  
following are items on our shopping list. If you  
have either gently used items, or love to shop  
for "fun stuff", donations are being accepted.  
There is a donation box in the Fellowship Hall  
gathering area.

- Balls (to be used for Four Square game)
- Hoola-hoops
- Cornhole Game
- Jump Ropes
- Outdoor Chalk
- Bubbles
- Kites
- Children's Board Games
- Children's DVDs
- Children's Books (new or gently used)
- Art Supplies (crayons, paper, glue, magic markers, etc.)
- School Supplies (Pencils, paper, etc.)
- Kleenex
- Hand Sanitizer

Thanks for your generosity!

**SEASIDE UNITED METHODIST  
ANNOUNCES COMMISSIONS OF  
STEPHEN MINISTERS**

Ten individuals were commissioned as  
Stephen Ministers on Sunday, April 27, 2010.  
They were Bob Bell, Jack Borders, Marvin  
Braddy, Rumel Bradt, Mike Carper, Vivian Ward  
Carper, Victor DeLaCruz, Mary Lou Farr, Pat  
Linnell and Ron Melvin. They join a group of 25  
Stephen ministers who have also spent over 50  
hours in special training to provide one-to-one  
Christian care to people in Seaside United  
Methodist Church and to those in the local  
community experiencing grief, loneliness,  
divorce, hospitalization, disability, job loss and  
many other of life's difficulties.

Stephen Ministry began in 1975 in St.  
Louis, Missouri and is now in more than 11,000  
congregations, from more than 160 Christian  
denominations, in all 50 states, 10 Canadian  
provinces and 24 other countries. More than  
600,000 people have trained as Stephen  
Ministers (laypeople who provide care to those  
who are hurting) in their congregations. More  
than one-and-a-half million people have received  
care from a Stephen Minister in a formal one-to-  
one Stephen Ministry caring relationship and  
millions more have been touched by Stephen  
Ministry in informal ways.



***FOR MORE INFORMATION OR  
TO VOLUNTEER  
CONTACT  
MYRT KLEIN  
SUNDAY SCHOOL COORDINATOR  
579-1354***



## SCHOOL KITS FOR UMCOR TO BE COLLECTED AT ANNUAL CONFERENCE

During Annual Conference, June 11-14, in Greenville, the NC Conference United Methodist Women will be collecting school kits for UMCOR. Half of the kits will remain in our Annual Conference and half will be sent to worldwide mission sites. We invite *all members of our congregation at Seaside* to help collect the school supplies needed for these kits. There is a container in the foyer near the Fellowship Hall to collect your items. We need to provide the precise supplies as listed. Each school kit will contain the following supplies:

- 1 pair blunts scissors; rounded tip only; no plastic scissors please
- 3 pads of paper; spiral or top-bound pads; (150 sheets or less of loose-leaf paper may be substituted for 1 pad)
- 1 hand-held pencil sharpener; must be at least 1" long
- 1 30-centimeter ruler; hard or flexible; cartoon characters acceptable but no advertising
- 6 unsharpened pencils with no ads, religious, patriotic, military or camouflage symbols; cartoon characters acceptable
- 1 24-count box of crayons (only 24-count please)
- 1 14" x 16" cloth bag; (homemade or purchased bags are acceptable); heavy-duty fabric only (such as denim, corduroy, drapery fabric, etc.); no advertisements, religious, patriotic, military or camouflage symbols; closures are optional but must be buttons, snaps, or Velcro sewn in middle of opening

For more information or questions, please call Pat Melvin, 287-7090

## DO YOU HAVE A CDL?

We are considering future transportation needs and related resources at Seaside and would like to know who has a current Commercial Driver's License with a passenger endorsement. If you have a current CDL, or if you have a clean driving record and would consider being trained, please email [scottwp@seasideumc.org](mailto:scottwp@seasideumc.org).



## SEVENTY SUMMERS

Another summer is upon us—and depending on your point of view, this is a lively time or a quiet one. It will be lively if family or friends visit, quiet if you choose to step back from activities and just relax. It occurred to me that during our brief lifetimes we might get to see seventy, eighty or ninety summers. That certainly doesn't seem like enough, does it? I can remember as a child thinking that summer would last forever, a limitless blue sky and the warmth of the sun forever. Many folks see summer as a time for a "vacation" from church. I have had friends in the past who have said that they have so much going on, they had to eliminate something so they decided that attending church had to go. Wow! Talk about your priorities.

For me, raised Catholic and taught by strict nuns, you went to Church every Sunday or you would go to hell. I no longer believe that; however, I do believe that being in church on a regular basis enriches us beyond measure. Worshipping together as the family of Christ ennobles us—it takes us to a place of value and grace. This hour of prayer, hymns and receiving the word of God is a vital part of our spiritual and physical existence. We receive the message and leave the building renewed in faith and in purpose. Do we not need this in the summertime? So, here is the deal: no matter how many summers (or winters, etc.) we have, we need God in our lives to get us through to the next season. God's beautiful summer waits!

Pat Linnell  
Lay Leader

## UPPER ROOM PUBLICATION

Christian Formation Committee would like to bring this wonderful Christian publication to your attention. This devotional booklet is designed to enhance your daily walk with God through reading scripture and uplifting commentary.

The Upper Room is published 6 times a year. You will find them on the table in the Gathering Room, outside of the Fellowship Hall.

We encourage you to pick one up and add it to your daily devotions or begin this wonderful practice. There is a jar available to make a donation to help offset the cost, if you so desire.



# JUNE 2014

| Sun                                                                                                              | Mon                                                                                                                                                                              | Tue                                                                                                                                                                                                      | Wed                                                                                                                                     | Thu                                                                                                                                                                         | Fri                                       | Sat                                                |
|------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------|----------------------------------------------------|
| <p>1<br/>Worship Serv.<br/>8, 9:30, 11 am</p> <p>3p Sarah<br/>Justice Mem.</p> <p>5:30pm UMYF</p> <p>7pm AA</p>  | <p>2<br/>10a Yoga<br/>11am SBL GP<br/>12p AI Anon<br/>3:30p<br/>Straighten up<br/>4:30p Girl<br/>Scouts<br/>6:30p Boy<br/>Scouts &amp; UMM</p>                                   | <p>3<br/>9a/5p GED<br/>10a Fd Pantry &amp;<br/>Staff Mtg, Crafts<br/>1:30p Tutoring<br/>&amp; Worship Plan<br/>5p Comm. Mtg<br/>6p Stephen<br/>Min6:30p<br/>Divorce Care,<br/>Sharing God's<br/>Word</p> | <p>4<br/>10a Christ. Art<br/>G-parents Supp<br/>1p/3/ Tutoring<br/>3p Yoga<br/>5p Ellie Tilk<br/>Reception<br/>6:30 Praise<br/>Team</p> | <p>5<br/>9a &amp; 5p GED<br/>10a Staff Mtg<br/>2p Prg/Fraud<br/>4p Lay Leaders<br/>5:30 Mid<br/>service Choir<br/>6:30 8 &amp; 11<br/>Choirs</p>                            | <p>6<br/>10a Yoga</p>                     | <p>7<br/>New Member<br/>Luncheon</p>               |
| <p>8<br/>Worship Serv<br/>8, 9:30, 11 am</p> <p>9am Blood<br/>Pressure Cks.</p> <p>5:30pm UMYF</p> <p>7pm AA</p> | <p>9<br/>10a Yoga<br/>11am SBL Gp<br/>12p PS Dinner<br/>&amp; AI Anon<br/>3:30p<br/>Straighten up<br/>4:30p Girl<br/>Scouts<br/>6:30p Boy<br/>7p Outreach &amp;<br/>Trustees</p> | <p>10<br/>9a/5p GED<br/>10a Fd Pantry &amp;<br/>Staff Mtg. Crafts<br/>12p Seekers Cir<br/>1:30p Tutoring<br/>&amp; Worship Plan<br/>6:30p Divorce<br/>Care</p>                                           | <p>11<br/>10a Christ. Art<br/>G-parents Supp<br/>1p/3/ Tutoring<br/>3p Yoga &amp; H&amp;W<br/>Mtg<br/>6:30 Praise<br/>Team</p>          | <p>12<br/>9a/5p GED<br/>10a Staff Mtg<br/>5:30p Mid-<br/>Serv Choir<br/>6:30p 8 &amp; 11<br/>Choirs</p>                                                                     | <p>13<br/>10a Yoga</p>                    | <p>14<br/>9a Prayer<br/>Warriors<br/>4p Emmaus</p> |
| <p>15<br/>Worship Serv<br/>8, 9:30 &amp; 11a</p> <p>7p AA</p>                                                    | <p>16<br/>10a Yoga<br/>11a SBL Gp<br/>12p AI Anon<br/>3:30p<br/>Straighten up<br/>6:30p Boy<br/>Scouts</p>                                                                       | <p>17<br/>9a/5p GED<br/>10a Fd Pantry &amp;<br/>Staff Mtg, Crafts<br/>1:30p Tutoring<br/>&amp; Worship Plan<br/>630p Divorce<br/>Care &amp; Sharing<br/>God's Word</p>                                   | <p>18<br/>10a Christ. Art<br/>G-parents Supp<br/>1p/3/ Tutoring<br/>3p Yoga<br/>6:30 Praise<br/>Team</p>                                | <p>19<br/>9a/5p GED<br/>10a Staff Mtg<br/>12p CPR/AED<br/>1:30p<br/>Alzheimer's Sp<br/>4p Ann. Comm<br/>5:30p Mid-Ser<br/>Choir<br/>6:30p 8 &amp; 11<br/>Service Choirs</p> | <p>20<br/>9a Safe Sanct.<br/>10a Yoga</p> | <p>21<br/>10a Tentative<br/>Safe Sanctuary</p>     |
| <p>22<br/>Worship Serv<br/>8, 9:30, 11 am</p>                                                                    | <p>23<br/>9a VBS<br/>10a Yoga<br/>11a SBL Gp<br/>12p AI Anon<br/>3:30p Straighten<br/>up<br/>4:30p Girl Scouts<br/>6:30p Boy Scouts</p>                                          | <p>24<br/>9a VBS<br/>9a/5p GED<br/>10a Fd Pantry &amp;<br/>Staff Mtg, Crafts<br/>1:30p Tutoring<br/>&amp; Worship Plan.<br/>6:30p Divorce<br/>Care</p>                                                   | <p>25<br/>9a VBS<br/>10a Christ. Art<br/>G-parents Supp<br/>1p/3/ Tutoring<br/>3p Yoga<br/>6:30 Praise<br/>Team</p>                     | <p>26<br/>9a VBS<br/>9a/5p GED<br/>10aStaff Mtg<br/>5:30p Mid Ser<br/>Choir<br/>6:30p 8&amp;11<br/>Choirs</p>                                                               | <p>27<br/>9a VBS<br/>10a Yoga</p>         | <p>28</p>                                          |
| <p>29<br/>Worship<br/>8, 9:30 &amp; 11a</p> <p>7p AA</p>                                                         | <p>30<br/>10a Yoga<br/>11a SBL Gp<br/>12p AI Anon<br/>3:30p<br/>Straighten Up<br/>6:30p Boy<br/>Scouts</p>                                                                       |                                                                                                                                                                                                          |                                                                                                                                         |                                                                                                                                                                             |                                           |                                                    |

# JULY 2014

| Sun                                                                                              | Mon                                                                                                                   | Tue                                                                                                                                                                                                                     | Wed                                                                                                                             | Thu                                                                                   | Fri                               | Sat                      |
|--------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|-----------------------------------|--------------------------|
|                                                                                                  |                                                                                                                       | 1<br>9a/5p GED<br>10a Fd Pantry & Staff Mtg. Crafts<br>1:30p Tutoring & Worship Plan<br>5p Comm. Mtg.<br>6 p Stephen Min<br>6:30p Divorce Care, Sharing God's Word, set up for concert<br>7:30 Concert<br>9p Break down | 2<br>10a Christ Art, G-parent supp.<br>1p/3p Tutoring<br>3p Yoga<br>6:30p Praise Tm                                             | 3<br>9a & 5p GED<br>10a Staff Mtg<br>Dr Hudgins<br>4p SPRC                            | 4<br><br><i>OFFICE<br/>CLOSED</i> | 5                        |
| 6<br>Worship Serv<br>8, 9:30, 11 am<br><br>5:30pm UMYF<br><br>7pm AA                             | 7<br>8:30a STARS<br>10a Yoga<br>11am SBL Gp<br>12p PS Dinner & Al Anon<br>4:30p Girl Scouts<br>6:30p Boy Scouts & UMM | 8<br>8:30a STARS<br>9a/5p GED<br>10a Fd Pantry & Staff Mtg. Crafts<br>1:30p Tutoring & Worship Plan<br>4p Witness<br>6:30p Divorce Care                                                                                 | 9<br>8:30a STARS<br>10a Christ. Art. & G-parent Sup<br>1 & 3p Tutoring<br>3p Yoga<br>6:30p Praise Team                          | 10<br>8:30 STARS<br>9a/5p GED<br>10a Staff Mtg                                        | 11<br>8:30a STARS<br>10a Yoga     | 12<br>9a Prayer Warriors |
| 13<br>Worship Serv<br>8, 9:30 & 11a<br><br>9a Blood Pressure Cks<br><br>5:30pm UMYF<br><br>7p AA | 14<br>8:30a STARS<br>10a Yoga<br>11a SBL Gp<br>12p Al Anon<br>6:30p Boy Scouts<br>7p Outreach & Trustees              | 15<br>8:30a STARS<br>9a/5p GED<br>10a Fd Pantry & Staff Mtg, Crafts<br>1:30p Tutoring & Worship Plan<br>630p Divorce Care, Sharing God's Word                                                                           | 16<br>8:30a STARS<br>10a Christ. Art. & G-parent Supp.<br>Writing Your Story<br>1 & 3p Tutoring<br>3p Yoga<br>6:30p Praise Team | 17<br>8:30a STARS<br>9a/5p GED<br>10a Staff Mtg<br>1:30p Alzheimer's Sp<br>4p Worship | 18<br>8:30a STARS<br>10a Yoga     | 19                       |
| 20<br>Worship Serv<br>8, 9:30, 11 am<br><br>5:30pm UMYF<br><br>7p AA                             | 21<br>8:30a STARS<br>10a Yoga<br>11a SBL Gp<br>12p Al Anon<br>4:30a Girl Scouts<br>6:30p Boy Scouts                   | 22<br>8:30a STARS<br>9a/5p GED<br>10a Fd Pantry & Staff Mtg, Crafts<br>1:30p Tutoring & Worship Plan.<br>6:30p Divorce Care                                                                                             | 23<br>8:30a STARS<br>10a Christ. Art. & G-parent Sup<br>1 & 3p Tutoring<br>3p Yoga<br>6:30p Praise Team                         | 24<br>8:30a STARS<br>9a/5p GED<br>10aStaff Mtg                                        | 25<br>8:30a STARS<br>10a Yoga     | 26                       |
| 27<br>Worship<br>8, 9:30 & 11a<br><br>5:30pm UMYF<br><br>7p AA                                   | 28<br>8:30a STARS<br>10a Yoga<br>11a SBL Gp<br>12p Al Anon<br>6:30p Boy Scouts                                        | 28<br>8:30a STARS<br>9a/5p GED<br>10a Fd Pantry. Crafts, Staff Mtg.<br>1:30p Tutoring & Worship<br>6:30p Divorce Care                                                                                                   | 30<br>8:30a STARS<br>10a Chris Art, G-parent Supp,<br>Stephen Leader<br>1p/3p Tutoring<br>3p Yoga<br>6:30p Praise Team          | 31<br>8:30a STARS<br>9a/5p GED<br>10a Ministry Mtg                                    |                                   |                          |

# *JUNE BIRTHDAYS AND ANNIVERSARIES*

## June 1

### **Birthdays:**

Randy Thompson  
Joe Adams  
Barb Bernauer  
Susan Morrison  
Kathy Duckworth  
Vincent Worth  
Brian Woodley  
Kimberly O'Dwyer

### **Anniversaries:**

Trip & Jackie Purcell

## June 2

### **Birthdays:**

Jason Clagett

### **Anniversaries:**

Miachel & Sherri Shytle  
Michael & Martha Hetrick  
Richard & Betty Donovan

## June 3

### **Birthdays:**

Florence Strickland  
Helma Zukas

### **Anniversaries:**

Roger & Sharon Terry  
John & Carol Sloper

## June 4

### **Birthdays:**

Mary Snyder  
Teddy Acton  
Lillian Bentley

### **Anniversaries:**

Dick & Freddy Tatum

## June 5

### **Birthdays:**

Hugh Munday  
Richie Dillon  
Lonnie Howard  
Tom Frawley  
Terry Featherstone  
Guy Camino  
Lorrie Rigby

### **Anniversaries:**

Tom Grammen  
Dave & Pat Mowery

## June 6

### **Birthdays:**

Danielle Porter  
Allison Dozier  
Judy Christenbury  
Jill Ellringer

### **Anniversaries:**

Oliver & Julia Bagwell

## June 7

### **Birthdays:**

Shirley Keistler  
Morgan McClernan

## June 7

### **Anniversaries:**

Tom & Melanie Grammen  
Charles & Dell Little  
David & Lynn Colson  
Larry & Ruthie Cramer

## June 8

### **Birthdays:**

Nicholas Grammen  
Linda Thole

### **Anniversaries:**

Gerry & Diana Strickland  
Bryon & Betsey Wauters  
Frank & Margie Daniels

## June 9

### **Birthdays:**

Gwen Wiseman  
Jayde Difloure  
Sara Moore  
Stephen Harris  
Justin Klein  
Bobby Clagett

### **Anniversaries:**

Tim & Janet Cate

## June 10

### **Anniversaries:**

Ralph & Donna Gardner  
Richard & Laurie Walker  
Ed & Erdeen Zimmerlee  
Paul Miraglia & Penny Sue Spohn  
Jim & Helen Doepper

## June 11

### **Birthdays:**

Nancy Apple  
Suzanne Sewell  
Dennis Randolph  
**Anniversaries:**  
Don & Pat Lehman  
Kim & Peg Frankford  
Ray & Carol Grace

## June 12

### **Birthdays:**

Mary Lou Farr  
**Anniversaries:**  
John & Lynn Henkel

## June 13

### **Birthdays:**

Suzanne Sourwine  
Nicole Forrest  
Jerry Baum  
**Anniversaries:**  
Ted & Carol Loop

## June 14

### **Birthdays:**

Debbie Sain-Bissett  
Kathryn Parker  
Linda Smith  
Michael Worth

## June 14

### **Birthdays:**

William Maybry  
Victoria Walters

## June 15

### **Birthdays:**

Billy Sirk  
Nancy McDowell

### **Anniversaries:**

Doug & Judy Keil  
Preston & Elizabeth Kelly  
David & Roberta Marlowe

## June 16

### **Birthdays:**

Crystal Huggett  
Betty Jane Pursey  
Nancy Verost  
Tim Parsons-Gilman

### **Anniversaries:**

Ted & Lois Russell  
Jerry & Priscilla Chambers

## June 17

### **Birthdays:**

Christopher Kincaid  
**Anniversaries:**  
Dean & Phyllis Walters  
Donnie & Ann Pike

## June 18

### **Birthdays:**

Pedro Alvarez  
Jim Boone  
Kay Arace  
Joe Manza  
Rachel Dozier

### **Anniversaries:**

Tommy & Kay Lloyd  
David & Barbara Ayres  
Phil & Kathryn Parker

## June 19

### **Birthdays:**

Carol Aspy  
Ro Edwards  
Ed Goodale  
Sara Phillips

## June 20

### **Birthdays:**

Tim Cate  
Ginger Obringer  
**Anniversaries:**  
Harold & Sherry Blalock  
Larry & Dianne Jones

## June 21

### **Birthdays:**

Art Ivey

## June 22

### **Birthdays:**

Gene Steadman

## June 22

### **Anniversaries:**

Guy & Nancy Camino  
Jeff Oxnard & Joanne Jenkins  
Ken & Mary Eaton  
John & Mary Lou Farr

## June 23

### **Birthdays:**

Bert Frink  
Toby Brenizer

### **Anniversaries:**

Gil & Kathryn Johnson  
Jay & Gaye Kerr  
Barry & Gerry Hartman

## June 24

### **Birthdays:**

Donnie Pike  
Diane Jones  
Jim Varner

### **Anniversaries:**

Wayne & Carol Matthews

## June 25

### **Birthdays:**

Buddy Russell  
Kathy Woodley  
Randy Bowling  
Linda Hedman  
Bev Williams

## June 26

### **Birthdays:**

Jamie Shoemaker  
Leslie Floyd

## June 27

### **Birthdays:**

Myrt Klein  
Lynn Shoemaker  
William Gleeson  
Cassandra Walker  
Kathy Scott  
Sue Amyx  
Cassandra Walker  
Elaine Worth

## June 28

### **Anniversaries:**

Bob & Sandy Bell

## June 29

### **Birthdays:**

Jesse Buell  
Ed Zimmerlee  
Donna Groenke

## June 30

### **Birthdays:**

George Cotter  
Shirley Williams  
Jeff Oxnard  
Thomas Madison  
**Anniversaries:**  
Lin & Linda Bradley

## **HURRICANE PREPAREDNESS BE READY**

Two keys to weather safety are to prepare for the risks and to act on those preparations when alerted by emergency officials.

Refer to the Federal Emergency Management Agency's (FEMA) [ready.gov](http://ready.gov) hurricanes for comprehensive information on hurricane preparedness at home and in your community.

### **Gather Information**

Know if you live in an evacuation area. Assess your risks and know your home's vulnerability to storm surge, flooding, and wind. Understand National Weather Service forecast products and especially the meaning of NWS watches and warnings.

Contact your local National Weather Service office and local government emergency management office to find out what type of emergencies could occur and how to respond.

**Contacts**—keep a list of contact information for reference.

- Local Emergency Management Office
- County Law Enforcement
- County Public Safety Fire/Rescue
- State, County and City/Town Government
- Local Hospitals
- Local American Red Cross
- Local TV Stations
- Local Radio Stations
- Your Property Insurance Agent

### **Plan & Take Action**

Everyone needs to be prepared for the unexpected. Your friends and family may not be together when disaster strikes. How will you find each other? Will you know if your children or parents are safe? You may have to evacuate or be confined to your home. What will you do if water, gas, electric or phone services are shut off?

### **Basic Disaster Supplies**

A Basic emergency supply kit could include:

- Water, one gallon of water per person per day for at least 3 days, for drinking and sanitation
- Food, at least a 3 day supply of non-perishable food.

- Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert and extra batteries
- Flashlight and extra batteries
- First aid kit
- Whistle to signal for help
- Dust mask to help filter contaminated air and plastic sheeting and duct tape to shelter in-place
- Moist towelettes, garbage bags and plastic ties for personal sanitation
- Wrench or pliers to turn off utilities
- Manual can opener for food
- Local maps
- Cell phone with chargers, inverter or solar charger

Once you have gathered the supplies for a basic emergency kit, you may want to consider adding the following items:

- Prescription medications and glasses
- Infant formula and diapers
- Pet food and extra water for your pet
- Cash or traveler's checks and change
- Important family documents such as copies of insurance policies, identification and bank account records in a waterproof, portable container.
- Emergency reference material such as a first aid book or free information from this web site.
- Sleeping bag or warm blanket for each person.
- Complete change of clothing including a long sleeved shirt, long pants and sturdy shorts.
- Household chlorine bleach and medicine dropper when diluted, nine parts water to one part bleach, bleach can be used as a disinfectant. Or in an emergency, you can use it to treat water by using 16 drops of regular household liquid bleach per gallon of water. Do not use scented or color safe bleaches with added cleaners.
- Fire extinguisher
- Matches in a waterproof container
- Feminine supplies and personal hygiene items
- Mess kits, paper cups, plates, paper towels and plastic utensils
- Paper and pencil, books, games, puzzles or other activities for children

Continued page 15



# ***JULY BIRTHDAYS AND ANNIVERSARIES***

## ***July 1***

### **Birthdays:**

Anne Harris  
Robert Neill  
Elizabeth Roddy

## ***July 2***

### **Birthdays:**

Lin Bradley  
Carol Good  
Louis Pesce  
Cheryl Beck

## ***July 3***

### **Anniversaries:**

Bob & Kay Arace  
Jerry & Lin Baum  
Lowell & Marie Wilcox  
Corey Claggett

## ***July 4***

### **Birthdays:**

Heather Culler  
Callie Hucks  
Ruby Trouw

### **Anniversaries:**

Ken & Anne Doern  
Gary & Sandy Kershner  
Ray & Wanda Wiltbank

## ***July 5***

### **Birthdays:**

David Meier  
Wanda Wayne  
Candie Macon  
Jill Rosenbaum

## ***July 6***

### **Birthdays:**

Lowell Wilcox  
Steve Bostian  
Michael Frink  
Beth Frink  
Donna Rettallack  
Brandon Locklear

### **Anniversaries:**

George & Ro Edwards  
Richard & Tina Ward

## ***July 7***

### **Birthdays:**

Dell Little  
Bill McDonald  
Nate Cantrell  
Sandy DeLaCruz  
George Matthews  
Richard Carnevale  
Kathy Thompson  
Harriet Hemphill

## ***July 8***

### **Birthdays:**

Preston Kelly  
April Holleman  
Amanda Wright  
Tasha Allen  
Alexandria Smith

## ***July 9***

### **Birthdays:**

Margie Stone  
Ron Kishbaugh  
Deven Lee

## ***July 10***

### **Birthdays:**

Ed Gore  
Meagan Tew

### **Anniversaries:**

Bill & Bernita McGee  
Scott & Mary Jane  
Wilson- Parsons

## ***July 11***

### **Birthdays:**

Von Dyke  
Larry Spainhour  
Gil Johnson  
Georgina Matthews  
Terry & Sally Jones

## ***July 12***

### **Birthdays:**

Chris Edwards  
John & Kathy Scott

## ***July 13***

### **Birthdays:**

Skipper Walters  
Anniversaries:  
Larry & Becky Spainhour

## ***July 14***

### **Birthdays:**

Jack Davis  
Tom Watson  
David Mose  
Jimmy Smith

## ***July 15***

### **Birthdays:**

Margaret Jones  
Randy Shuford  
Adam Cardone  
Anniversaries:  
Carl & Harriet Gano  
Mark & Pat Christy

## ***July 16***

### **Birthdays:**

Bill Graves  
Martha Eaton  
Jacqueline Doby  
Anniversaries:  
Ron & Myrt Klein

## ***July 17***

### **Birthdays:**

Carol Bachl  
Kim Frankford  
Larry Cramer

## ***July 18***

### **Birthdays:**

Terry Radcliffe  
Anniversaries:  
Don & Eva Martin

## ***July 19***

### **Birthdays:**

Frances Broome  
John Payne  
Nadine Patrick

## ***July 20***

### **Birthdays:**

Shirley Vargas  
Bill Kosanke  
Jim Hardie  
Elliott Simmons  
Eve Dowling Jacoby

## ***July 21***

### **Birthdays:**

Paul Sigafos  
Terri Hamilton

## ***July 22***

### **Birthdays:**

Larry Lintz  
Ann Wiltbank  
Dustin Richey  
Steve Long

## ***July 23***

### **Birthdays:**

Ed Gray  
Chuck Scott  
Neil Napolitano  
Mark Benton  
Doreen Watson  
Logan Lombard

## ***July 24***

### **Birthdays:**

Freddy Tatum  
Dave Mowery  
Margaret Holleman  
David Hooks  
Kimberly Welch  
Evan Anderson

### **Anniversaries:**

Reggie & Ann Hucks  
Phil & Rosemary Connell

## ***July 25***

### **Birthdays:**

Jim Smart  
John Sparks  
Karen Dombrowski  
Matthew King  
Reggie Hucks  
Anniversaries:  
Clay & Kay Swenson

## ***July 26***

### **Birthdays:**

Ray Wiltbank  
Vickie Starnes  
Rachel Tyson

## ***July 27***

### **Birthdays:**

Barbara Brown  
Phillip Godfrey

## ***July 28***

### **Birthdays:**

Sandy Kershner  
Judy Davis  
Jackie Purcell  
Greg Bellamy  
Lance Watts  
Bob Lombard  
Anniversaries:  
Glenn & Brenda Hess

## ***July 29***

### **Birthdays:**

Sylvia Schwanke  
Jan Small  
Anniversaries:  
Bill & Margaret Hawkins

## ***July 30***

### **Birthdays:**

Ricky King  
Anne Klein  
Jessica Ruehle  
Elizabeth Norfleet

## ***July 31***

### **Birthdays:**

Roger Terry  
Lynn Enzor



## Hurricane Preparedness (from pg 13)

In any emergency a family member or yourself may suffer an injury. If you have these basic first aid supplies you are better prepared to help your loved ones when they are hurt.

Knowing how to treat minor injuries can make a difference in an emergency. You May consider taking a first aid class, but simply having the following things can help you stop bleeding, prevent infection and assist in decontamination.

- Two pairs of Latex or other sterile gloves, if you are allergic to Latex
- Sterile dressings to stop bleeding. Cleansing agent/soap and antibiotic towelettes
- Antibiotic Ointment
- Burn Ointment
- Adhesive bandages in a variety of sizes
- Eye wash solution to flush the eyes or as general decontaminant
- Thermometer
- Prescribed medical supplies such as glucose and blood pressure monitoring equipment and supplies

### Non-prescription drugs:

- Aspirin or non-aspirin pain reliever
- Anti-diarrhea medication
- Antacid
- Laxative

Remember the unique needs of your family members, including growing children, when making your emergency supply kit and family emergency plan.

### For Adults:

- Denture needs
- Contact lenses and supplies
- Extra eye glasses

Ask your doctor about storing prescription medications such as heart and high blood pressure medication, insulin and other prescription drugs.

## *BEFORE I WAS MYSELF, YOU MADE ME, ME*

*By J Marques*

*Before I was myself you made me, me  
With love and patience, discipline and tears,  
Then bit by bit stepped back to set me free,*

*Allowing me to sail upon my sea,  
Though well within the headlands of your fears.  
Before I was myself you made me, me*

*With dreams enough of what I was to be  
And hopes that would be sculpted by the years,  
Then bit by bit stepped back to set me free,*

*Relinquishing your powers gradually  
To let me shape myself among my peers.  
Before I was myself you made me, me,*

*And being good and wise, you gracefully  
As dancers when the last sweet cadence nears  
Bit by bit stepped back to set me free.*

*For love inspires learning naturally:  
The mind assents to what the heart reveres.  
And so it was through love you made me, me  
By slowly stepping back to set me free.*

## HAPPY FATHER'S DAY

**Seaside United Methodist Church**

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**Sunset Beach, NC 28468**

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