

THE VISITOR

May 2022

The Congregational Church of Austin United Church of Christ

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Rev. Amelia Fulbright, Transitional Pastor



Mental Health Awareness Month

from Rev. Dr. CJ Wood, CCA Deacon

I am the 1 of 5 Americans who face mental health issues (53 million of the population).

I am the 1 of 20 Americans who experience serious mental illness (bipolar disorder or schizophrenia) (14 million of the population).

I am 1 of the 7 million Americans who suffer from Bipolar Disorder (2.8% of the population).

I am 1 of the 48 million Americans who suffer from Anxiety (19.1% of the population).

I am 1 of the 9 million Americans who suffer with PTSD (3.6% of the population).

I am one of the people under the age of 45 that accounts for the most common cause (excluding maternal health care) of hospitalization - mood disorders.

I am one of the people who costs the global economy \$1 trillion in lost productivity each year due to depression and anxiety.

I have the disability of depression, which is the leading cause of disability worldwide.

I am one of 12+ million people who struggle with suicide ideation.

I am one of 7.5 million Americans who experienced delays in getting prescriptions this past year.

I am one who accounts for \$193.2 billion in lost earnings each year across the U.S. economy. I lost about 10k in wages this past year due primarily to my mental health issues.

Due to my depression I am at a 40% higher risk of developing cardiovascular and metabolic diseases than the general population. I am twice as likely to develop cancer, diabetes, or chronic illness/autoimmune disorder.

I also hold a Doctor of Ministry in Formational Counseling with a focus on Pastoral Care and Mental Health.

I am also an ordained minister of the UCC.

I am also a Board Certified Chaplain by the Association of Professional Chaplains.

I have also worked as a chaplain for 6 years.

I worked for 12 years in education including 3 years as an education consultant in South Asia.

I have always excelled: Top 10% of my graduating class in high school, exchange student to Germany, graduated with honors from the School of Education in undergraduate school.

I play an active role in the lives of my two extraordinary nieces and five incredible godchildren.

I am what mental health issues and disorders look like.

June Visitor Deadline May 27, 2022

Church Leadership

Trustee's Chair	Kevin Dietz
Deacon's Chair	Jen Howicz
Outreach Coordinator	Whit Bodman
Moderator	Joy Penticuff
Treasurer	Pam Tucker
Financial Secretary	Jaime Hadley
Children's Sunday School	Kay Pruett
Youth Sunday School	Jen Howicz
Clerk	Reuel Nash
Historians	Pat & Mel Oakes
Member-at-Large	Bill Beardall
Pastor	Amelia Fulbright
Dir. of Online Ministries	Kyle Riley

Personals by Pat Oakes

Easter Sunday was an even more special day for all of us this year. As we were in the middle of Lent in 2020 when everything closed down, there was no in-person Easter that year or in 2021. This year we had 46 members in the congregation plus staff and at least six folks on Zoom. We continued our custom of flowering the cross, a tradition brought to us years ago by **Marilyn Vaché**. We remembered the glorious voice of the late **Melanie Wilkinson** who made our hearts soar at Easter sunrise and church services for a number of years. Of course, we miss the choir, but perhaps by next Easter we will have a choir up and singing. Instead of our elaborate Easter brunch of years past, we all did enjoy some treats—especially **Lynne Lemley's** berries and cream with scones supplied by **Dave and Sara Ross**. It was a joy to greet folks we had not seen in person for a long time—**Kevin and Rachel Dietz** along with **Isabella** (home from college for the holiday) and **Francesca and John**, all of the **Darter** family including **Rikki** who is still recovering from his kidney transplant, the **Dierksen's**, **Katie and Lynne Lemley** and **Lynne's** mom **Katherine** and more. The children had wonderful time after the service at the Easter egg hunt.



4/17/22 Happy Xitlali at the nursery at church--with Alex Ridulfo, Vivienne Zercher, George Zercher, Anne Able, and Kay Pruett on Easter Sunday



4/17/22 Easter Sunday with the children learning to flower the cross--Deek and Andy Dierksen, caregiver Alex Ridulfo with Xitlali, caregiver Anne Able, Vivienne Zercher, Amelia Fulbright, and son George--Francesca, John and Kevin Dietz in the pews



4/17/22 Whit Bodman reading the scripture lesson on Easter Sunday

Personals (cont) by Pat Oakes

Our church family suffered a great loss on April 8th (two days before the start of Holy Week), 2022, with the death of **Cathy** (in her later years she preferred **Catherine**) **Hubbs**—just six months shy of her 100th birthday. She and her late husband **Clark** had been members of the church since 1949. Because of the pandemic, we only had a few glimpses of **Cathy** in the past two-three years—a few Zoom visits organized by her daughter **Laura**. The isolation was very hard for **Cathy** as she was losing her sight, her memory and her hearing. She wrote the Personals for about 20 years before I started—and she did it the hard way. She called folks who lived in the Austin area on the phone (land lines then) every month and took notes and wrote everything up. Rev. **John Towery** (pastor of the church from 1959-1989) had started The Visitor newsletter soon after his arrival. **John McNeely** (who lived to be 100+), used to help run off the Visitors on the mimeograph machine in the church office which at that time was where the library is now. It was always such a treat to talk with her and get caught up. She was member of the choir for many, many years and was still singing with the choir in 2019. In the year 2000 the church undertook an ambitious project—bringing a refugee family from The Congo to Austin. **Mary Sinclair** remembers, “**Cathy** was involved with the refugee committee from the beginning, and she took on the role of ESL (English as a second language) instructor to (mom) **Judith** and the kids. **Israel**, who was three at the time, couldn’t pronounce her name and always called her ‘**Cater-ingi**’. She taught the family a lot about living in the States, not just the language, and helped them to assimilate both culturally and practically.”



4/16/17 Choir member Cathy Hubbs wreathed with Easter lilies 5 years ago

Faye Dierksen had spent most of the past almost six months on partial bed rest as her pregnancy did not go as smoothly as they might have hoped. Fortunately, **Faye’s** mom **Cameon Jacobson** was able to come and help the family. But by mid-April, **Faye’s** doctors assured them that it was now OK for **Faye** to get up and move around. The baby was due on April 20. So, of course, they did the obvious thing—and on the Saturday before Palm Sunday (the 9th), **Faye, Andy, Deek,** and **Faye’s** parents decided to climb Mt. Bonnell. And no—the ob-gyn was not waiting at the top. They managed to get up and down just fine. On Sunday, **Faye** was not feeling very well, by Monday she was in labor and 29 hours later they decided to do a C-section and beautiful **Astrid Blair Dierksen** was born very early the morning of the 12th weighing seven pounds and three ounces. **Faye** remembers that she asked **Andy** several times did they really have a girl! It was an unexpected joy to see the **Dierksen** family at church on Easter Sunday—three generations, **Faye’s** folks, **Faye** and **Andy,** and **Deek** and **Astrid.**



4/9/22 A very pregnant Faye with husband Andy and son Deek climbed Mt. Bonnell on the Saturday before Palm Sunday!

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Personals (cont)
by Pat Oakes



4/17/22 The new Dierksen family of 4--Easter--Faye and Andy with brand-new Astrid (at 5 days old) and 18-month-old big brother Deek

Andrea Low reports, "Paul and I are fine. We moved from S. Congress to 800 W. 38th Street in mid-March. That has consumed all of my time and energy recently. This weekend, for my day job, I have the monumental task of compiling and redacting the written public comments that were received for our public hearing on 4/6. Then we have a bit of travel upcoming: 1) Royal Caribbean cruise 4/7-4/18; 2) Arkansas 5/15-5/22; and 23) Fairfield, CA, for my uncle's 96th birthday party 6/3-6/5. I have many hours of vacation leave that are "use or lose" before 5/31 when our fiscal year ends." We look forward hearing about your adventures, **Andrea** and **Paul**!

Pam Tucker shares this report. "**Harrison** and I made a quick trip up to Seattle on March 25th for a long weekend to watch **Sav** play in an Ultimate Frisbee tournament at the end of her spring break. **Sav** played well and UW placed 3rd in the tournament. **Harrison** also plays Ultimate for the Anderson team. He is the captain and earned Most Valuable Player award for the games on April 16th. **Sav** and **Harrison** were very happy to see each other and talked the whole time. It was a great visit. **Sav** will be going to Rome for a study abroad writing class this summer. **Harrison** is not certain of his plans, but since it is so difficult to find employees,

Pam is hoping he will work for UCI (Pam's company) this summer. We have production jobs open!" By the way, **Harrison** is not standing on a chair or a stair in their photo—he is now six feet four inches tall!



3/28/22 Savanna, Harrison, and Pam Tucker in Seattle to see Sav

Debby Kohrt had a fabulous two weeks in Italy with three of her friends in March. They flew into Milan picked up their rental car (Jeep/SUV). They drove four hours to picturesque Montecatini, Italy, in the middle of Tuscany, stayed in the hotel for five nights and visited many small winery towns in Tuscany. They traveled up north and stayed at other hotels, eventually making it to Lake Como where they stayed for three days, they then traveled to Lake Maggiore with three islands which they visited on a hop-on ferry. **Debby** notes that she had several days when she walked more than 12,000 steps. She also found that walking on cobblestones was a bit of a challenge. They made their way back to Milan for a few days, then home! Shortly after getting home she adopted a rescue one year and eight months old dog named Frankie who is a Schnug (schnauzer/ pug). Frankie loves shoes which he does not chew on but takes them outside and collects them in a pile. Frankie does love chewing on newspapers and magazines; however **Debby** is really enjoying having Frankie around for company. She has missed being in church but finds now that her grandson **Caleb** (who is now six feet tall) often has Sunday

Personals (cont)
by Pat Oakes

basketball games which she wants to see. She promises she will be back soon.



3/22 Debby at an old fort in Verona, Italy--overlooking the Adige River



4/22 Debby Korht's new dog Frankie, a schnug



3/22 Debby Kohrt doing a masterful job of holding up the Leaning Tower of Pisa

CJ Wood started her new position as Chaplain at the Texas NeuroRehab Center (TNC). She is offering spiritual care and support to patients, their loved ones, and staff. Her work is referral based including 1:1 care, family meetings and support, and patient support groups. TNC is a nationally top ranked neurobehavioral healthcare and medical rehabilitation center. Originally a cattle ranch, the 67 acres were purchased in 1943 as part of The Brown Schools. **CJ** enjoys the beautiful landscape including catching a glimpse at various wildlife and admiring the spring wildflowers. There are three main programs at TNC: the Bluebonnet, the Tejas, and the Ponderosa. The Bluebonnet is the medical hospital that addresses brain injuries caused by a medical event such as a stroke or anoxic brain injury, spinal cord injuries, complex medical care, pulmonary rehabilitation, and other neurological diagnoses. It also includes an outpatient rehab. The Tejas is the rehabilitation center for traumatic brain injuries as well as extended therapy for Bluebonnet patients who qualify. The Ponderosa is the children and adolescent center which includes the UT charter school. The Hospital Based Residential Treatment Program cares for children and adolescents (8-17) whose IQs are 40-70 and have various medical conditions. The Neurobehavioral Evaluation Residential Treatment Program cares for children (10-17) with similar conditions, but not as severe, and whose IQs are 55-90. Neurobehavioral Evaluation Adolescent Residential Treatment Program (12-17) cares for students

Personals (cont) by Pat Oakes

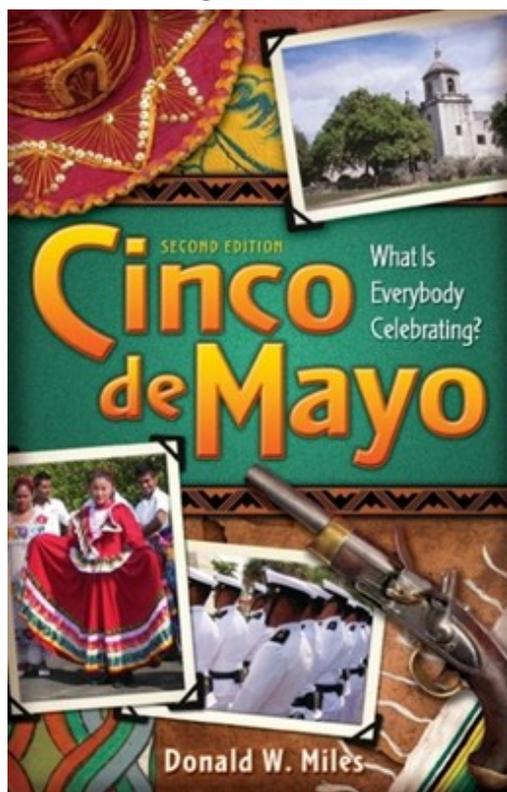
whose IQs are greater than 70 and struggle with neurobehavioral issues and typically have multiple treatment failures. **CJ's** role also includes overseeing spiritual care at Austin Oaks and Austin Lakes Behavioral Health hospitals. It has been a dream of **CJ's** to work in mental health chaplaincy. Her dissertation project was a resource to help spiritual caregivers become better spiritual companions to people with bipolar disorder. She hopes to use her research and studies to support the patients, their loved ones, and staff. Austin Oaks has three different units. There is an acute co-ed psychiatric intensive care unit (PICU). There is a women's unit and an adolescent unit. **CJ** does one-on-one pastoral counseling and leads spirituality groups. The patients at the Oaks tend to stay 7 to 10 days. The Oaks also offers partial hospitalization program (PHP) and intensive outpatient program (IOP). At Austin Lakes there is a coed PICU and a coed step-down unit. She also does one-on-one pastoral counseling and leads spirituality groups there as well. The patients at the Lakes are there only for stabilization and stay about three to five days. The Lakes also offers PHP and IOP programs. **CJ** is looking forward to the challenges this new position will bring. She's excited about the various opportunities to use her skills and talents in new ways.

3 sites. 3 badges. 3 sets of keys. I'm fully official 3x over



4/22 Pastor Amelia suggested that perhaps we could call this "The Triune CJ"

Don Miles will be busy traveling in May and June. He'll be joined by his daughter, **Juliette**, where they'll have a booth at the annual "General **Zaragoza** Festival" in Goliad, Texas, on May 5-6-7. Then, from May 21 to 28, he'll be in Mexico with his son, **Richard**, and his daughter-in-law, **Phoebe**, to visit historical sites and take pictures in Tlacotalpan, Orizaba and Puebla, where he'll celebrate his 86th birthday. Finally, he'll be at the Independent Publishers' booth at the American Library Association annual conference in Washington, DC from June 23 to 28.



1/22 The cover of Don Miles' 2nd edition of Cinco de Mayo; What Is Everybody Celebrating?

Liz and **Reuel Nash** had a great time attending an off-off Broadway presentation of "Trumpilton: An American Musical Comedy", a parody of "Hamilton" at the Actors Temple Theatre in New York City. It ran for two nights, Monday and Tuesday April 18-19. The **Nashes** were there for the Tuesday performance—full house both nights (about 150 in the audience). The four-member cast had lots of comings and goings with 37 songs which were take-offs of other Broadway shows. They really liked **Annie's** performance as **Eric Trump** singing, "If I Were a Rich Man," but they also enjoyed

Personals (cont) by Pat Oakes

her role as **Stormy Daniels** and several others from the time period.



4/19/22 Annie Nash (lower right) and the 3 other cast members of "Trumpilton"

Pat Oakes is delighted to be back at work as a Lyndon Baines Johnson Library and Museum docent after a more than two-year unexpected hiatus due to the pandemic. **Pat** started her "career" as a volunteer docent in 2002 after she retired and had her first knee replaced. During the time the library/museum has been closed, her three long-time fellow docents on her shift talked on a conference call almost every Thursday afternoon. She was very nervous about going back—driving to and from by herself, walking by herself (with a cane) into the library from the parking lot, and greeting and visiting with folks, but she has been back for more than 4 weeks and is loving it. The things we took for granted two + years ago—visiting with people from all over the world in person—boggle the mind. She works the Thursday afternoon shift from 2 - 4:45 mostly on level four at the top of the grand staircase in case you happen to be there. She particularly recommends the current **Lady Bird Johnson** special exhibit.



4/1/22 The skyline of Austin from H-T where we were for the Inaugural Conference of Texas HBCUs--Pat Oakes, Pastor Amelia, Warinda Harris, and Whit Bodman



4/1/22 Our current H-T Public Leadership Intern ZaKara Bryson being introduced by Dr. Amanda Masino--on the H-T faculty and a conference planner

Personals (cont)
by Pat Oakes



4/1/22 Warinda Harris, Sydney ? from St. Phillip's College in San Antonio, our current H-T Public Leadership Intern ZaKara Bryson, Whit Bodman, Joy Penticuff (who did much of the planning), and Mel and Pat Oakes at the Inaugural Conference for Texas HBCUs

History Corner by Pat & Mel Oakes

Through the years with **Catherine Symons Hubbs**. For more information, click on the Web site below.
<https://www.patandmeloakes.com/PatandMelOakesFamilySite/CCAHistory/ClarkAndCathyHubbs.html>

Catherine Hubbs was born October 7, 1922 and passed from this life on April 8, 2022. She graduated Phi Beta Kappa from Stanford University during World War II. She then completed an early childhood fellowship program at Mills College. At Mills she saw an advertisement requesting volunteers at a Japanese-American relocation center. After she was trained at the Los Angeles YWCA, she was sent to Topaz Relocation Center in Delta, Utah. She served in the summer of 1945, caring for and teaching the Japanese-American children. After the war, she taught preschool in Oakland from 1945 -1947 and then attended the University of California – Berkeley to study library science. During her post-war time in northern California, she attended the Church of the Fellowship of All Peoples, pastored by the Rev. **Howard Thurman**, later a mentor of **Martin Luther King, Jr.** Upon completing her library science degree, she was hired as a reference librarian at Stanford University. There she met **Clark Hubbs**, a young ichthyologist who had served in the Pacific theatre during World War II. They married in September of 1949 and spent their honeymoon driving to the University of Texas at Austin, where he had been hired as a new faculty member.

When her children were young, she served as the Brownie scout troop leader for both daughters and accompanied her husband and the young family on many trips throughout the southwestern U.S. When all her children were out of elementary school, she enrolled at UT-Austin to complete her teacher certification. For many years, she was the librarian at Pearce Junior High School. She was a member of the Congregational Church of Austin from 1949 until her death. She taught Sunday School, sang in the choir, and, for many years, wrote the church newsletter. Following her retirement from Pearce, she taught English literacy to Spanish-speaking residents of Austin and served those in need as a volunteer at the Capital Area Food Bank (now, Central Texas Food Bank).

She is survived by her three children, **Laura, John (Doris), and Ann (David Weissman)**. She is also survived by her four grandchildren, **Aaron, Aidan (Felipe), Eric (Erika), and Adam**, and her four great-grandsons. She was preceded in death by her husband of 58 years and her son-in-law, **David Tait**. She loved everyone and her death has saddened all who knew her.

Memorial contributions may be to:

The Congregational Church of Austin (<https://congregationalchurchofaustin.org/>)

The Central Texas Food Bank (<https://www.centraltexasfoodbank.org/>).

Photos cont. on the next page

History Corner by Pat & Mel Oakes, cont.



About 1925 Catherine Hubbs née Symons at age 3 or 4



1927 Siblings Catherine (later Hubbs) and Robert Symons



1944-45 Art created by a Japanese internee of the relocation camp where Cathy Symons (later Hubbs) worked in 1945--Topaz internment camp in Delta, Utah

History Corner by Pat & Mel Oakes, cont.



1949 Cathy and Clark Hubbs at Mt. Palomar Observatory in California before moving to Austin



About 1957 Cathy Hubbs teaching Sunday school to two mystery children



About 1965 Choir--Cathy Hubbs, Dick Swallow, Matt Blackstock, Weldon Scheel, Alfred Wupperman--about 1965

History Corner by Pat & Mel Oakes, cont.



12/17/04 Cathy Hubbs and Rizer Everett at the church Advent celebration



6/24/07 Cathy Hubbs, Norma Hawes, Setsuko Kaneda and Sara Ross

History Corner by Pat & Mel Oakes, cont.



10/7/07 Clark and Cathy Hubbs and daughter Laura Hubb-Tait on Cathy's 85th birthday



3/7/09 Cathy Hubbs enthusiastically cleaning the cabinets in the church library

History Corner by Pat & Mel Oakes, cont.



12/5/10 Cathy Hubbs, Florence Castle, Marie Scheel, and Nodie Murphy at the Towerys' 60th wedding anniversary party



10/7/12 Ann, Laura, Alice Faye Symons, Cathy Hubbs--birthday girl, Robert Symons (Cathy's brother), John and Doris Hubbs--Cathy's 90th birthday celebration

History Corner by Pat & Mel Oakes, cont.



9/1/13 Cathy Hubbs and Nancy Brown enjoying a visit at coffee hour



7/3/2016 Cathy Hubbs, Mary Sinclair, and Dave Ross at coffee hour

History Corner by Pat & Mel Oakes, cont.



10/8/17 Cathy Hubbs being (Nodie'd) sung to by the congregation at coffee hour on the occasion of her 95th birthday--Nodie wrote the song 5 years ago for her 90th, changed one word and it was perfect all over again.

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History Corner by Pat & Mel Oakes, cont.



7/3/18 Joan Mueller and Cathy Hubbs enjoyed a visit at Westminster

History Corner by Pat & Mel Oakes, cont.



11/24/19 Nodie Murphy and Catherine Hubbs enjoyed a visit on the Sunday before Thanksgiving--Bill Beardall and Reuel Nash in the background