

The Newsletter of the Humanist Community

Our values - freedom, fairness and compassion
health and happiness, science and reason to acquire and apply knowledge.

in Silicon Valley



December 2014

P.O. Box 60069, Palo Alto, CA 94306-0069

www.humanists.org

Festive Solstice Potluck December 20th



Keep the Sol in Solstice

December Forums

December 7 - Seven Ways to Boost Creativity, Health, and Well-being

Research shows that enhancing creativity improves our well-being. Getting the creative juices flowing lessens anxiety, boosts physical and mental health, and makes us better problem solvers. In this interactive talk, Dr. Michelle Chappel will present seven keys to unlocking creativity based on a unique blend of psychology, Eastern philosophies, and success stories from her workshops over the past 18 years. Participants will learn how to hone their creative skills, reduce stress, gain greater life-work balance, and lead more fulfilling, healthier lives.

December 14 - Hiking Life's Appalachian Trail

Life is an interesting and complex journey full of twists and turns, highs and lows, and unexpected adventures. Susan Cabrera will compare life experiences with a hike on the Appalachian Trail, and invite audience participation. Susan has a master's degree from Stanford University in Counseling Psychology with emphasis in behavior modification, and has worked in several different capacities at Stanford. She is also an executive management consultant, author, and lecturer. Her non-spiritual poetry book "Life in the Fast Lane" will be available for sale at this event.

December 21 - Music & Mingling

Get into the holiday spirit! Sing along to all our favorite humanist songs while catching-up with old friends and making new ones. Musical accompaniment by Chris Lindstrom, on the banjo, and company.

December 28 - My Work to Help Africa

Annie Ashmore, a sophomore at U.C. Davis, has been volunteering to lobby and raise funds and awareness about human rights issues in Uganda and the Central African Republic since 2009. This summer, she was able to travel to Uganda for the first time, and work directly in a village school and orphanage. In this talk, she will discuss her work, its challenges, and her plans for further work in the Kampala area.

FORUM INFORMATION

Palo Alto High School Student Center,*
50 Embarcadero Road, Palo Alto 94301
Sundays 11 AM-12:15 PM - Free and open to the public
Lunch 12:15-2 PM. - A donation of \$12 is requested.

* On December 7 we will meet in the Library, behind the Student Center,

Humanist Community serving Silicon Valley

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www.humanists.org

Visit our facebook page:

Humanist Community in Silicon Valley

Editor

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Letters to the Editor

Letters to the editor may be submitted to havasy@live.com with "Letter to Editor" in the subject line. The length should not exceed 100 words and may be edited for clarity.

Board of Directors

Arthur Jackson, President

Martin Squibbs, Vice President and Recorder

Hilton Brown, Treasurer

Dominic Borg

Andrea Dorey

Midge Dorn

John Figdor

Harrienne Mills

To contact the Board

email Arthur@arthurmjackson.com

Opinions expressed are those of the authors and do not necessarily reflect the opinions or positions of the Humanist Community.

Visit our Facebook:

Humanist Community in Silicon Valley. We welcome people to post ideas and information of interest to members of the Humanist Community.

HELP

Do you need help?

•For confidential assistance contact Arthur Jackson at Arthur@arthurmjackson.com or call 408-620-4278.

•If you need to talk to someone about a problem, call Arthur Jackson at 408-620-4278.

•If you need some other kind of help (for example, a ride to a doctor's appointment, some groceries brought by, a recommendation for a lawyer), email hchelp@yahoogroups.com (which forwards your e-mail to members of the HC HELP group, each of whom may send a reply e-mail to you and the group if they can help), or reach them through Sena Havasy at senahav@gmail.com.

Humanist Community Board Elections

On Sunday, February 1, 2015, members of the Humanist Community will elect five members to the Board of Directors. The four members of the Board of Directors who have another year on their current terms are: Dominic Borg, Hilton Brown, Jon Figdor, and Martin Squibbs.

The Nominating Committee is nominating Andrea Dorey, Midge Dorn, Gerry Gras, Arthur Jackson, Harrienne Mills, Marc Perkel, and Marian Sanders to be candidates for the five open positions on the board. Any member may be added to the candidate list through a petition signed by fifteen Humanist Community members and submitted to the Nominating Committee not later than December 28. Candidates must be members of the American Humanist Association and the Humanist Community in Silicon Valley.

We urge all members to get to know the candidates and learn what their respective visions are for the future of the Humanist Community. Also, make sure the candidates understand your hopes and dreams for the Community. Our Candidates' Forum on January 18 will give candidates an opportunity to talk about their views and respond to members' comments and questions. Information about the role and duties of the Board of Directors is available on our Humanist Community website at: <http://www.humanists.org/blog/bylaws/>. You must be a current member of the Humanist Community in Silicon Valley to be eligible to vote on February.

A Full-Time Paid Executive Director for HCSV

The HCSV Board voted to have Arthur Jackson set up a committee to search for a full time paid executive director for HCSV. Interested persons should contact Arthur at 408-620-4278 or arthur@arthurmjackson.com

Atheist Mind, Humanist Heart

Jon Figdor, HCSV Board member and humanist chaplain at Stanford University, and Lex Bayer, board member of the Humanist Connection serving Stanford University and the Silicon Valley, have written a book that guides the non-religious reader through an exploration of what makes a happy and moral life.

The book, *Atheist Mind, Humanist Heart: Rewriting the Ten Commandments for the Twenty-First Century*, was favorably reviewed in the San Jose Mercury News, the Washington Post, and elsewhere. It is the subject of an interview with Jon Figdor by TheHumanist.com at <http://thehumanist.com/multimedia/podcast/the-humanist-hour-125-john-figdor-atheist-mind-humanist-heart>.

The book is available on Amazon, Barnes and Noble, and other bookstores.

It's Getting Better

A study conducted by [Gallup in 2012](#) showed that 54 percent of Americans now say they would vote for an atheist for president.

- from *Secular Americans Flexing Political Muscles in Midterm Elections*, TheHumanist.com October 31, 2014

Calendar of Events

❄️ Festive Solstice Potluck ❄️

The Humanist December potluck is a Human Light Winter Solstice Celebration. **Keep the 'Sol' in solstice!**

We have been fortunate to schedule the Club room at the Old Mill complex in Mountain View for December 20 at 1:00 pm. We plan to have good things to eat and several volunteer performances and will certainly sing Solstice carols from a songbook which can be e-mailed to you in preparation. Contact Sena at 408-462-2156 or senahav@gmail.com to volunteer, for directions, and for further information.

When: Saturday, December 20 at 1:00 PM

Where: Club room at the Old Mill complex in Mountain View

The Family Program

The HC Family Program is for children ages 4 to 13 in freethinking humanist families. Parents supervise the program. Participants involve themselves in science, art, and drama projects. When the program is on site, they join the community for lunch at the end of each meeting.

Where: Science Resource Building of Palo Alto High School, Room 1732

When: most Sundays, 10:30 AM to 12 noon. Call 650-257-0478 to confirm the upcoming meeting.

The Sharing Circle

Before the Forum each Sunday, attendees may share personal feelings or experiences in an environment of trust and confidentiality.

Where: Palo Alto High School Student Center

When: Sundays, 10:30 AM

Membership Committee

We arrange potlucks and seasonal celebrations, including the annual spring dinner honoring the new Board. At the Sunday Forum we prepare the Greeter's table, the lectern flowers, and the table decorations. Sandy Smith's Sunshine Committee sends paper cards.

If you are interested, contact Sena Havasy, Committee Chair, at (senahav@gmail.com) or 408-462-2156.

History Book Group

We are reading *Breaking In: The Rise of Sonia Sotomayor and the Politics of Justice*. Author Joan Riskupic traces the justice's trajectory from lawyer to becoming the first Latina Supreme Court justice in U.S. history and the third woman on the Court.

For information contact Sena at senahav@gmail.com or 408-462-2156.

Where: Kimm's Flowers: 201 W. El Camino Real, Sunnyvale

When: 2nd Wednesday, December 10, 2:30 PM

Free Thought Discussion

Discussion of recent news on the first Wednesday of the month or our present book other weeks. Our discussions range far from the topic, so don't worry about not being up to date on the book or the news. Go to: www.humanist.org/blog/free-thought-discussion for the present book and reading schedule.

Where: Home of Hilton Brown

When: Wednesdays, 7:30 PM

Academic Video

View an academic video from www.thegreatcourses.com, followed by discussion. This month we will be viewing *Foundations of Organic Chemistry*.

Where: Home of Hilton Brown

When: Thursdays, 8:00 PM

Clinic Defense

Planned Parenthood, most Saturdays. 1691 the Alameda, San Jose; 8:00 AM. For information, contact Alex Havasy at havasy@live.com.

Fun Group

Annual Holiday Fair at Shadelands

Built by Walnut Creek pioneer Hiram Penniman (1824-1907), the main house on the Shadelands Ranch grounds is a 1903 redwood-framed Colonial Revival structure that now showcases numerous historical artifacts, many of which belonged to the Pennimans. It also houses a rich archive of Contra Costa and Walnut Creek history in its collections of old newspapers, photographs, and government records.

Since 1983, the Holiday Faire has been a seasonal tradition at Shadelands. Dozens of vendors will offer a wide variety of hand-crafted items and gifts for sale inside the Museum.

For more information, visit <http://walnutcreekhistory.info/> or call (925) 935-7871.

Where: Shadelands Ranch, 2660 Ygnacio Valley Road, Walnut Creek, CA 94598-3445. Meet by the front door.

When: Sunday, December 7, 2014 at 2:00 PM.

Cost: Free,

Humanist Community Hiking Group

Bill Rausch returns to facilitating hikes. Thank you, Greg Alexander, for stepping in during Bills absence. For information on the December hike, contact Bill Rausch at 510-299-0147

Other Events of Interest to Humanists

Humanists at UUCPA Potluck and Discussion

Our meetings usually have 15 people. For the potluck, please bring a dish of your choice. Check the website below for the presentation topic.

Where: Unitarian Universalist Church of Palo Alto, Fireside Room, 505 E. Charleston Road, Palo Alto, Direction to UUCPA: uucpa.org/main/location.html

When: Saturday, December 6 at 6 PM (presentation at 7)

Bay Area Russell Set (BARS)

Join us to discuss "A Free Man's Worship," the sixth essay in the book, *Why I Am Not a Christian* by Bertrand Russell. For details see: www.meetup.com/philosophy-219

Where: Thai Pepper, 103 E Fremont Ave, Sunnyvale

When: Tuesday, December 9, 7:00 PM

Ethical Culture Society of Silicon Valley

For details see: www.ethicalsiliconvalley.org

For more information on groups of interest to Humanists go to: www.humanists.org/blog/associated-organizations/

DECEMBER 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3 <u>7:30 PM</u> Free Thought Discussion	4 <u>8:00 PM</u> Academic Video	5	6
7 <u>10:30 AM</u> Family Program <u>10:30 AM</u> Sharing Circle <u>11:00 AM</u> Forum	8 <u>7:30 PM</u> Board meeting	9	10 <u>7:30 PM</u> Free Thought Discussion <u>2:30 PM</u> History Book Group	11 <u>8:00 PM</u> Academic Video	12	13
14 <u>10:30 AM</u> Family Program <u>10:30 AM</u> Sharing Circle <u>11:00 AM</u> Forum <u>2:00 PM</u> Fun Group	15	16	17 <u>7:30 PM</u> Free Thought Discussion	18 <u>8:00 PM</u> Academic Video	19	20 <u>1:00 PM</u> Festive Solstice Potluck 
21 <u>10:30 AM</u> Family Program <u>10:30 AM</u> Sharing Circle <u>11:00 AM</u> Forum	22	23	24 <u>7:30 PM</u> Free Thought Discussion	25 <u>8:00 PM</u> Academic Video	26	27
28 <u>10:30 AM</u> Family Program <u>10:30 AM</u> Sharing Circle <u>11:00 AM</u> Forum	29	30	31 <u>7:30 PM</u> Free Thought Discussion			

Humanist Community
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ADDRESS SERVICE REQUESTED

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