February 7: Meet the Candidates for the HCSV Board
The candidates for the HCSV Board will make statements and take questions from the audience. The current candidates are Ron Gerber and Will Weyer. Details of the nomination and election processes are given at the bottom of page 2. HCSV members may vote for up to two candidates to replace Hilton Brown and Paul Gilbert who are leaving the board. Voting will occur immediately after the February 21 forum.

February 14: Celebrating Darwin -- Darwin Day Plus
In this Forum, Dr. Stephens will discuss how he invented Darwin Day and related promotional materials. Jackson will focus on how Darwin’s ideas open up the realm in which all human concerns, especially moral and ethics, must be studied and developed. Dr. Stephens had a career with SRI, and has strongly supported the Secular Student Alliance, American Humanist Association (AHA), and HCSV. Mr. Jackson has been an active Humanist since discovering the AHA in 1962. He is the author of “How to Live the Good Life: A User’s Guide for Modern Humans”, and is currently the President of HCSV.

February 21: Fostering a Refugee Youth
There are approximately 19.5 million refugees worldwide and a staggering 51% are under the age of 18. A high percentage of those children, whether in refugee camps or urban centers, have lost or been separated from their families. Francis Bencik, the Community Coordinator for the Refugee Foster Care program at Catholic Charities of Santa Clara County, will provide an overview of how unaccompanied refugee minors arrive to the Bay Area and how one can become a foster parent or volunteer. Francis grew up in Croatia following the end of the Croatian War of Independence, and is the co-founder of Migrants Matter, an EU advocacy organization aiming to advance migrants’ rights as part of the FIU agenda.

(Note: Voting for the HCSV Board of Directors will occur immediately after this Forum. See the February 7 Forum write-up.)

February 28: Rational Emotive Behavior Therapy
Dr. Michael R. Edelstein will discuss Rational Emotive Behavior Therapy (REBT). REBT is a present-centered, active-directive form of psychotherapy devised in 1955 by noted humanist and pioneering psychologist Dr. Albert Ellis. REBT helps individuals identify the dysfunctional philosophies at the core of their anxiety, depression, anger, relationship problems, and addictions, then teaches them how to change their thinking. REBT spawned the many varieties of cognitive-behavioral therapies currently practiced. Dr. Edelstein is a clinical psychologist and author of 4 books, including Three Minute Therapy. He was a patient of, then trained with, Dr. Albert Ellis. Dr. Edelstein has a phone, Skype, and in-person REBT therapy practice. His website is www.ThreeMinuteTherapy.com.
Our Blood Drive with the Atheist Community of San Jose on January 23rd was a satisfying success with 28 members of our greater secular community donating much needed life-giving blood. If we can maintain those numbers we will be able to have it here three times a year, fighting the good fight in our own way and thanking each donor with a coupon for a pint of Baskin and Robbins ice cream! The next Blood Drive at Humanist House will be in May and we are hoping to at least match these figures.

Our goal is to have one major event here every month in addition to our weekly Forum. In February that event will be a ‘Gathering of the Tribes’ at Humanist House on Sat., February 13th at 3:00 pm when we will be hosting a get-together of all the local groups, that we may find out about each other, strengthen our Secular Community and enjoy each other's company. Each group will be provided with a table, a sign with their name, logo and slogan, if any, a signup sheet for their members, and a signup sheet for people who would like to be added to their mailing list. We hope for lots of literature from the groups. ‘Elevator Speech’ is encouraged.

There is no charge. Finger food is encouraged.

The Power Point Presentation of public events of all local groups to run before the Sunday Forums is now up and running. We are requesting donations of appropriate books for our library. Duplicate books can be added to our donation table. A basket is out asking for food donations which we will contribute to the Secular Connections Food Drive. We are looking for suggestions of other ways to utilize our 24/7 space.

Yours for a bright Humanist future!
Sena Havasy, Membership Chair

Election to the Board of the Humanist Community
On February 28 the membership will elect members of the new board of HCSV. Be sure your membership is up to date so you can cast a ballot.

The election will be held at the February 21 forum. Members can request a mail-in ballot for the election. Members that request mail-in ballots may not vote in person. Mail-in ballots must be returned prior to the general election meeting.
Calendar of Events

The Family Program
The HCSV Family Program meets Sunday mornings.
Where: Varies, call 650-247-0478 for the time and location.
When: most Sundays, 10:30 AM to 12 noon.

The Sharing Circle
At 10:30, before the Forum each Sunday, attendees meet to share personal feelings or experiences in an environment of trust and confidentiality.

After the Sunday Forum
Activities are planned for each Sunday afternoon: 1st Sunday is Video Day, 2nd Sunday is Game Day, 3rd Sunday is Social Action Day, 4th Sunday we’ll discuss issues with the Humanist Community. Activity for 5th Sunday to be determined.
Where: Humanist House, 1180 Coleman Ave., San Jose
When: 1:30 PM, after the Forum

Clinic Defense
Planned Parenthood, Tuesdays and Saturdays. 1691 the Alameda, San Jose. Planned Parenthood provides volunteer training. For information, contact Alex Havasy at havasy@live.com.

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. Emi Hester’s Sunshine Committee sends paper cards.

The committee is composed of those members of the potluck circle who are willing to serve. Sena Havasy chair.

Free Thought Discussion
We discuss recent news on the first Wednesday of the month, 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. For information on the present book, future books considered, and reading schedule go to: www.humanists.org/calendar/#/freethought-discussion. For more information, contact Hilton at: brownofmtnview@aol.com.
Where: Home of Hilton Brown in Mountain View
When: Wednesdays, 7:30 PM

Academic Video
The Academic Video Group watches videos from www.thegreatcourses.com, followed by discussion. Go to: www.humanists.org/calendar/#/academic-videos for details of our present video. For details about the group contact Hilton at: brownofmtnview@aol.com or 650-941-3146.
Where: Home of Hilton Brown in Mountain View
When: Thursdays, 8:00 PM

Humanist Community Hiking Group
Fran and Jim Naylor are our new hiking coordinators. If you enjoy hiking with fellow Humanists there is a signup sheet on the greeter’s table at the forum or contact the Nylors at 408-246-3790 or zaylors@sbcglobal.net.

LifeRing Addiction Recovery
“LifeRing is an abstinence-based, worldwide network of people living in recovery from addiction to alcohol or to other, non-medically indicated drugs. For more information about LifeRing go to their web site, lifering.org.
Where: Humanist House, 1180 Coleman Ave., San Jose
When: Every Tuesday, 7:00 PM

History Book Group
West with the Night by Beryl Markham. This 1942 memoir by Beryl Markham, chronicles her experiences growing up in Kenya, in the early 1900s, leading to a career as a bush pilot and her record setting flight from Europe to America.
For information contact Sena at senahav@gmail.com or 408-739-5638.
Where: Humanist House, 1180 Coleman Ave., San Jose
When: 2nd Wednesday, February 10, 2:30 PM

Humanist Potluck
The February potluck will be at the home of Chris Vodgas and Greg Alexander. For information call Chris at 408-736-2635 or Sena at 408-739-5638 or senahav@gmail.com.
Where: The home of Chris Vodgas and Greg Alexander in Sunnyvale
When: 6:00 PM, Saturday, February 20

Fun Group
The History of Alameda Air Force Station
Did you ever wonder about that concrete tower on top of Mount Umunhum?
Come learn about the history of this fascinating bay area historic landmark and enjoy a slide show of amazing historic photos of this Cold War radar station when it was in operation between 1958 and 1980.
Umunhum Conservancy founders will also be present to discuss the future of the Radar Tower.
For more information or reservations call 408-533-8107 or visit umunhumconservancy.org/?page_id=191.
Where: Casa Grande, 21350 Almaden Rd, New Almaden, CA 95042.
When: Sunday, February 21, 1:00PM.
Cost: Free, but reservations are required.

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. A discussion on an impromptu topic follows.
Where: Unitarian Universalist Church of Palo Alto, Fireside Room, 505 E. Charleston Road, Palo Alto.
Directions at uucpa.org/main/location.html
When: Saturday, January 2 at 6 PM (discussion at 7)

Bay Area Russell Set (BARS)
Where: Thai Pepper, 103 E Fremont Ave, Sunnyvale
When: Tuesday, march 1 (no February meeting) , 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/index/#/associated-organizations.
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