December 3: How to be a Superwoman in Today’s World
Women often feel like they need to be superheroes just to keep up with their jobs, families, friends, and side interests. Real superwomen don’t try to be everything to everyone. Success comes from focusing on what has heart and meaning, boosting inherent skills, and being open to new opportunities. This talk will show women - and men - how to discover their unique creative abilities and use them to reclaim their power, accelerate their careers, and revitalize their lives.
Dr. Michelle Chappel is an internationally acclaimed singer-songwriter and speaker with a Ph.D. in psychology from Princeton, who has given many uplifting forums to our group for many years!

December 10: Humor and Your Health
Humor plays an important part in our lives not only because it is enjoyable but because it contributes to our mental and physical well-being. Our bodies and minds are inextricably connected. Our thoughts have an impact on our bodies. This talk will focus on the role of humor in promoting overall health.
Susan Cabrera has her master’s degree in Counseling Psychology from Stanford with emphasis in behavior modification. She has been a counselor at the Stanford Institute for Behavioral Counseling and a clinical researcher at the Stanford Department of Psychiatry. Susan’s poetry book, Life in the Fast Lane, will be available for sale and personal dedications after the talk.

December 17: Humanism in Puerto Rico
Antonio J. Torres will speak about his experiences concerning legal aspects of the church and state relationship in Puerto Rico. He is with HAFree, Hispanic American Freethinkers, here in the states, and was formerly a board member and treasurer for Humanistas Seculares de Puerto Rico (www.humanistaspr.org) before moving to California last year.

December 24: The Grateful Garments Project
The mission of the Grateful Garments Project is to ensure that every victim of a sexual crime who seeks medical attention and/or law enforcement involvement is provided with whatever new clothing, toiletries, and other items that he or she may require. Our mission encompasses all victims of sexual violence.
Executive Director and Founder Lisa J. Blanchard’s combination of experience in nonprofit, customer service, law, and management produces the leadership required to bring the Grateful Garment Project to California and beyond. Lisa holds an AS in Business, a BS in Human Services and a masters in Nonprofit Administration. It is her vision that no victim of sexual assault ever experience further suffering due to lack of resources.

Forum Will Also Include Holiday Decorations and Lunch

December 31: New Year’s Eve Day – No Forum Today

Forum Information
Sundays 11AM-12:15PM -- Free and open to the public
Lunch 12:30-1:30PM -- A donation of $10 is requested
Humanist House -- 1180 Coleman Ave, San Jose 95110

A Place for All of Us - Humanist House
Most Events Free to the Public
Event Space Available at a Nominal Cost
The Board of the Humanist Community plans to reduce the newsletter from 4 pages to a single sheet 2 page newsletter to reduce expenses. The plan will mean there will be no cover picture, a very reduced description of the upcoming forums, and the Calendar of Events write-ups (page 3) will be removed. The calendar on the back of the newsletter (page 4) will fill all of one side of the new newsletter so there will be room for the title and speaker of the Sunday talks. Detailed descriptions of forums and events will still be available on Meetup and on our website (www.humanists.org).

If you wish to comment on the proposed changes write me at havasy@live.com and put newsletter in the subject line.

- Alex Havasy

Ode to HCSV, Part IV, 2017

Here is a poem
About our new home
Now in San Jose
Some said, too far away
But the idea was to grow
And it’s happening, though slow
With many changes this past year or two
Day and night, new things to do
As always, our forums are delightful
With speakers passionate and insightful
Then it’s on to pizza and our lunch buffet
A perfect way to start the day
If you’ve been coming on a regular basis
Then you already know many of the faces
And know that even as religion thrives
This is the place where humanism survives.

Put it all together, and the result is this:
We’ve created a bit of secular bliss.

-Marian Sanders

About the Cover Picture

These are dark days. Over many years of hard work persuading politicians to enact laws and regulations to protect the quality, for ourselves and our children, of our water, air, food, land, oceans, wildlife and even our power for good in the world are now on the chopping block, to say nothing of Social Security and Medicare, safe, legal and rare abortions, health insurance and protection against the next disastrous move by the big banks.

We are heading rapidly back to the days of coat hanger abortions, contaminants in our food, unprotected national parks, and even greater oppression of the many by the few. (Yes, that is possible!)

We fight to beat back as much harmful legislation as we can with the voice of the people sounding in the courts, on the streets and in the halls of congress.

Against so much that is clearly illegal we find the court’s our first line of defense.

We must believe that we will survive all this, that the plans of the right, crafted over many years, will somehow be submerged by an aroused citizenry and that the Sun will Shine Tomorrow.

Run for office, support those who do, write letters to the editor. Join #Resist and Indivisible.org, march, sign petitions or circulate them.

Get involved! The world is run by those who show up!

- Sena
Calendar of Events

Free Thought Discussion
Wednesdays, 7:30 PM
Home of Hilton Brown in Mountain View
First Wednesday of the month we discuss recent news. Other
Wednesdays we will be discussing a new book selected at start of
November meeting. These discussions range far from the topic, so
don’t worry about being up to date on the book or the news.
Go to www.humanists.org/blog/free-thought-discussion.

Academic Video
Thursdays, 8:00 PM
Home of Hilton Brown in Mountain View
The Academic Video Group watches videos from The Great
Courses, followed by discussion. We will be watching The Great
Ideas of Psychology by Professor Daniel N. Robinson.
Email carl@angotti.com or call 650-941-3146

Fun Group -- Lantos Center for Compassion
Saturday, December 2, 11:00 AM
Tom and Annette Lantos Center for Compassion
1450 Rollins Rd., Burlingame, CA 94010
Meet at the main entrance
Cost: Free
Looking for a holiday gift for a furry friend or a friend with a furry
friend? Or looking to start the year with a new furry friend?
Come join us as we explore the Tom and Annette Lantos Center for
Compassion. In addition to adoptions, the LEED-certified green
building offers peeks into behind-the-scenes work for kittens, dogs
and wildlife, and a one-of-a-kind hands-on learning space for kids.
Info peninsulahumane.org/about/lantos/ or call 650-340-702.
RSVP especially, first time attendees, hcfun@group@yahoo.com

Movie Night for Skeptics
2nd Friday, December 8, 7:00 PM
Humanist House
The Humanist Community and the Silicon Valley Skeptics invite you to
watch The Crucible. A Salem resident attempts to frame her
ex-lover’s wife for being a witch in the middle of the 1692 witchcraft
trials.

Ruth Bader Ginsburg Women’s Group
Saturday, December 9, 2:30 PM
Humanist House
The regular meeting features conversation, support, a report on
What Happened by Hillary Clinton, light refreshments, and a raffle.
RGB December Outing, Solstice party December 21st, 1:00 pm.
Contact Sena for info: senahav@gmail.com

Social Action Meeting
Sunday, December 10, 1:30 - 2:30 PM
Humanist House
Gather to plan social action projects and events.

Video Game Development
Monday, December 11, 7:00 PM
Humanist House
Join us and learn the Unity 3d game engine (unity3d.com), the premier
cross platform game engine.

Citizens’ Climate Lobby
Tuesday, December 12, 7:00 PM
New members please show up at 6:30 PM
Humanist House
The Silicon Valley South Chapter of Citizens’ Climate Lobby invites
you to join their effort to advance a national carbon tax to reduce
CO2 emissions and grow jobs and the economy.

South Bay Philosophy and Critical Thinking
2nd Thursday, December 14, 7:00 - 9:00 PM
Humanist House
This is a roundtable discussion on the great questions. We touch on
traditional philosophy themes to see how they fit in the current world.
Everyone gets to speak and express their position, while we all listen
to a wide range of experiences and backgrounds. Please bring a snack
to share, and the beverage of your choice.

Game Night at Humanist House
Friday, December 15, 7:30 PM
Humanist House
We’ll choose between a variety of games including Trivial Pursuit
(dividing into teams), Cards Against Humanity (“a party game for
horrible people”), or ... bring your favorite. Beer and wine OK. We’ll
provide a few snacks, and feel free to bring your favorite to share.

Community Information Meeting
Monday, December 18, 7:00 PM
Members are invited to discuss our financial development plans.

Board Meeting
3rd Monday, December 18, 8:00 PM
Humanist House
Meetings are open to all members of the Humanist Community

Holiday Buffet after Forum
Sunday, December 24, 12:30 PM
Humanist House

Become a member of the Humanist Community in Silicon Valley
Membership fees are due annually on the first day of January. Payments made from November 1st will be credited to 2018.

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## December 2017

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More details can be found at [www.meetup.com/humanistcommunity](http://www.meetup.com/humanistcommunity). RSVP's are always helpful for planning purposes.