

The Newsletter of the Humanist Community in Silicon Valley



Our Values - Freedom, compassion, fairness, and scientific knowledge.

Our Vision - A human population leading ethical and personally fulfilling lives that contribute to the good of humanity.

Our Mission - To support the social and intellectual needs of our members and to live by our values and vision.

Volume 20 Issue 3

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

March 2014

www.humanists.org

650-964-7576

infohcsv@yahoo.com



Celebrate Women's History Month!

March Forums

March 2 NSA Spying – Why It Makes You less Safe

The NSA and the Obama Administration have tried to position NSA spying as a "balance" between freedom and safety, implying that the NSA spying makes you safer. In fact, the opposite is true. NSA spying makes you less safe and is a threat to civilization, itself. In his presentation Marc Perkel explains the technical concepts of how the Internet works and how the NSA is creating a single point of failure to bring down the Internet. Marc Perkel is a self-taught computer expert who has been designing and building computers since 1972. He was also formerly the system administrator for the Electronic Frontier Foundation.

March 9 Shopping and Cooking for Time, Taste, Cost, and the Planet

Join chef and author Laura Stec, from Kaiser Permanente and "The Food Party!" for a crash course on deliciously healthful and helpful tips and tricks. You'll learn day-to-day ways to THRIVE in your kitchen including: Why you should keep water as far away from vegetables as possible, knife sharpening skills, quick cooking tips, and how to cook for one. Laura will also address some healthy people and planet connections from her book *Cool Cuisine - Taking the Bite Out of Global Warming*. A brief cooking demo (with samples for the audience) completes the presentation.

March 16 Climate Change

Climate change is the world's top priority issue. It causes the most human suffering and has a disproportionate impact on subsistence peoples. The California state government gets the highest grade, with remarkably strong, visionary climate laws/regulations, including a 12-month-old Cap and Trade program. By contrast, our gridlocked national government protects the status quo.

Steve Raney is a volunteer with the Silicon Valley chapter of 350.org, a national volunteer climate activism organization, with Master's Degrees in business, software, and transportation. He will discuss ways in which the Humanist Community in Silicon Valley can participate in local actions, followed by a campaign to make California's policy the national policy, as well.

March 23 End of Life - Know Your Options and Control Your Destiny

Carol Wegenast, a Physician's Orders for Life Sustaining Treatment (POLST) trainer for the Coalition for Compassionate Care of California (www.coalitionccc.org/), will present the POLST form. The POLST is a medical order signed by the doctor and the patient, giving YOU control over the kinds of medical treatments you do or do not want at the end of your life. Barbara Engdahl, from Compassion and Choices (www.compassionandchoices.org/), will speak about the "Advance Health Care Directive" with the new "Dementia Provision."

March 30 Free Will Revisited

This is a follow-up discussion of Free Will, which was the topic of Daniel B. Miller's Dec. 8, 2013 Forum. Michael Abramson, a physicist specializing in numerical simulations, will offer his insights about connections between our Free Will and certain properties of a physical world. The arguments that he will present may have profound implications for our approach to fundamental political and moral issues.

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

Humanist Community serving Silicon Valley

Volume 20, Issue 3
March 2014

Editor

Alex Havasy

Production

Hilton Brown, Helen Athey, Carl Angotti, Sena
Havasy, Brian Davis

Cover graph composed and edited by Sena Havasy

Letters to the Editor

Letters to the editor may be submitted to
svhumanists@gmail.com. The length of your
submission should not exceed 100 words and may
be edited for clarity.

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To contact the Board

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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 some 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
you're having, call Arthur Jackson at 408-620-
4278.

· If you need some other kind of help (for example, a
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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.



Leaving the Board of HCSV

The new Board of the Humanist Community, elected last month, is an impressive group of individuals, who will do a lot to promote Humanism and the Humanist Community. The previous board was no less impressive. So I want to express my gratitude to the Humanists no longer on the board.

For the past two years (or more) Helen Athey selflessly took on the task of recording the minutes of the board meetings. She brought the knowledge and attention to detail that characterizes all her work to the minutes and to the issues before the board.

From the first time Peng Zhang came to a Humanist Forum he was always ready to offer whatever help he could. He was a member of the Humanist Community less than a year when he agreed to bring his keen insight and fresh perspective to the Board.

Paul Gilbert was active in the ACLU and many other progressive organizations over the years. He brought his talent and experience to the board and kept it aware of outside social issues. His humor and friendly manner were always evident and appreciated.



Calendar of Events

The Family Program

The HC Family Program is designed for children ages 4 to 13 in freethinking humanist families. The parents supervise the program. Participants involve themselves in science, art, and drama projects, reflecting the ideas and goals of the families and community. At the end of each program meeting, they join the community for lunch when the program is on site.

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

One of several groups that meet prior to the Forum each Sunday, where 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

Welcoming Committee

We schedule small monthly get-acquainted gatherings in private homes, assist with all holidays, greet visitors, and keep ourselves informed about goings-on in the Community.

If you are interested in attending, hosting a Coffee & Dessert, or joining the Welcoming Committee, please contact Sena Havasy (senahav@gmail.com).

When: March 20 (3rd Thursday) at 3:00 PM

Membership Committee

The Membership Committee arranges potlucks and seasonal celebrations, including the annual spring dinner honoring the new Board. At the Sunday Forum, it prepares the Membership Table, the lectern flowers, and the table decorations. Sandy Smith's Sunshine subcommittee sends paper cards.

Feedback and volunteers are always welcome. Please contact me at senahav@gmail.com: or 408-462-2156.

Sena Havasy, Committee Chair

History Book Group

A Mind of My Own: Memoir of Recovery from Aphasia is the dramatic true story of Harrienne Mills, a classical antiquity professor raised in the American South, who spent much of her childhood learning languages and traveling abroad. She suffered a traumatic brain injury following a motorcycle accident in Greece. This moving memoir begins with her awakening from a long coma, not recognizing family members, and follows her journey of recovery in spellbinding detail.

Harrienne is on our Humanist Community Board and coordinates our Family Program.

For more information contact Sena Havasy at senahav@gmail.com.

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

When: Wednesday, March 19, 2:00 PM

Free Thought Discussion

Discussion of recent news or a book. For more information check www.humanists.org/blog/free-thought-discussion/.

Where: Home of Hilton Brown

When: Wednesday, 7:30 PM

Academic Video

View an academic video, followed by discussion. For more information check www.humanists.org/blog/academic-videos/.

Where: Home of Hilton Brown

When: Thursday, 8:00 PM

Clinic Defense

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

Humanist Community Hiking Group

For information on the March hike, contact Bill Rausch at 510-299-0147.

Fun Group

Art Lecture at Los Altos Library

Georgia O'Keeffe and Ansel Adams: Natural Affinities

Join us for a San Francisco Museum of Modern Art (SFMOMA) docent presentation on these two iconic American artists, who shared a great appreciation of the Western landscape along with a lifelong friendship.

Where: 13 S. San Antonio Road, Los Altos, CA 94022

When: Monday, March 17, 2014 at 7:00 PM

Cost: Free

Potluck

The March potluck will be at the home of Margie and Burt Liebert in Palo Alto. Contact them at burtmargie@att.net for directions. It is a little tricky to find. They will e-mail directions on request.

Where: Home of Margie and Burt Liebert in Palo Alto

When: Saturday, March 22 at 6:00 PM

Board Installation and Volunteer Appreciation Dinner



The Humanist Dinner in honor of the new board will be March 18 at 6:30. The site is a private room at the Pro Bono Cafe in Palo Alto, site of last year's memorable event. Reservations may be made at the Forum on Sunday or by contacting Sena Havasy at senahav@gmail.com. The \$27 cost is payable beforehand.

Where: Pro Bono Cafe, 2437 Birch St, Palo Alto

When: Tuesday, March 18, 6:30 PM

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

When: Saturday, March 1 at 6 PM (presentation at 7)

Direction to UUCPA: uucpa.org/main/location.html

Bay Area Russell Set (BARS)

Join us on Tuesday, March 11, 7:00 PM to discuss "The Conquest of Happiness."

For details see: www.meetup.com/philosophy-219

Ethical Culture Society of Silicon Valley

For details see: www.ethicalsiliconvalley.org

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

MARCH 2014

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

Humanist Community
P.O. Box 60069
Palo Alto, CA 94306-006

ADDRESS SERVICE REQUESTED

Humanist
Community
P.O. Box
60069
Palo Alto,