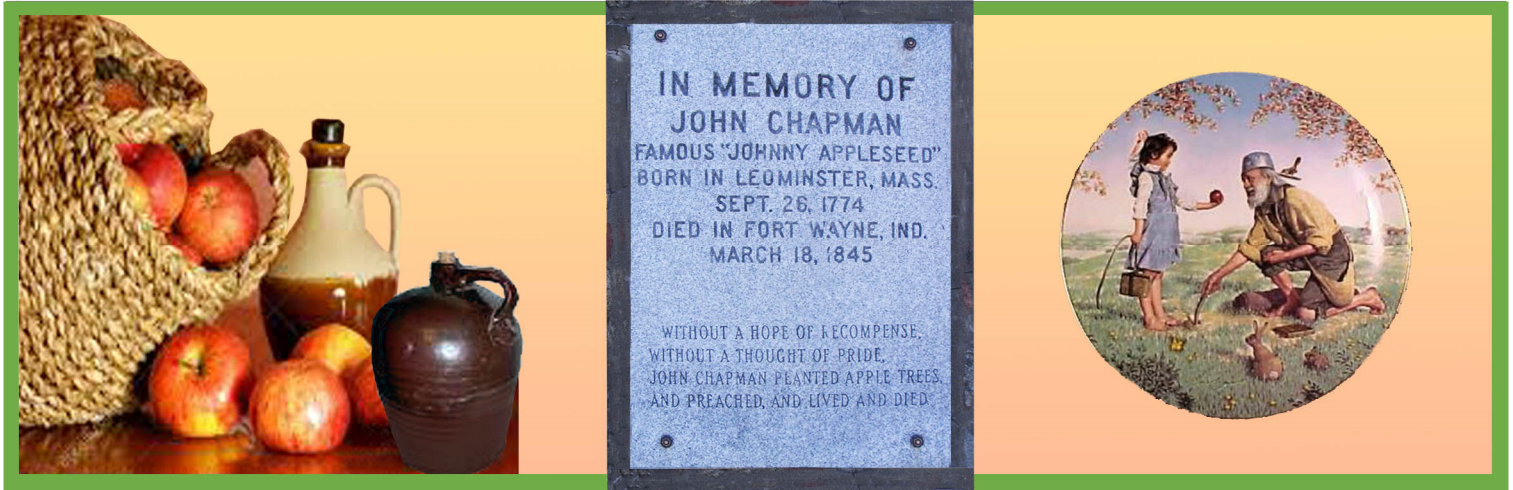


The Newsletter of the  
**Humanist Community**

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

in Silicon Valley



## September Forums

### September 6: How to Build a Utopia – The Only Way!?

What is a Utopia? What is human nature? These core issues will be explored by longtime Humanist Community member and leader Arthur Jackson. He will draw heavily from his book, *How to Live the Good Life: A User's Guide for Modern Humans* to present Utopias in a new way to clarify what life is all about. Mr. Jackson has been actively involved in Humanism since the late 1950s and served in many roles at all levels of organized Humanism. He wrote his book as his effort to understand how everything we know fits together.

### September 13: Clear and Equal Choice of Secular Recovery Support

American high courts have been nearly unanimous that 12-Step support programs are "inherently religious." The treatment industry and local governments ignore these rulings in violation of the First Amendment, and continue to promote substance abuse treatment that exclusively coerces or compels people into inherently religious 12-Step programs. Byron Kerr is extremely active with LifeRing Secular Recovery ([lifering.org](http://lifering.org)), and currently serves as Chair of the LifeRing Board of Directors.

### September 20: Creating Change Through Humanism

Longtime Humanist Community members and leaders Paul Gilbert and Arthur Jackson will explore the ideas in the new book by Roy Speckhardt (Executive Director of the American Humanist Association) entitled *Creating Change Through Humanism*. Jamie Raskin says about this book, "Roy Speckhardt's book is a compelling invitation for people to engage actively in social and political life as humanists. *Creating Change Through Humanism* will speak powerfully to the hearts and minds of tens of millions of Americans who may not have a church but definitely have a calling to participate as citizens and moral actors in the challenges of our time."

### September 27: Alternatives to the Medical Model for Treating the Elderly

Few doctors are choosing to be trained for geriatric care. As a result, the elderly are often treated using the so-called medical model: determine the most life-threatening problem and treat it. The medical model prioritizes maintaining life at all costs. But it is failing elderly patients with serious illnesses. 25% of Medicare spending is for 5% of patients in their final year of life, and most of the expensive treatments provide little real benefit. For more details on this go to [www.pbs.org/wgbh/pages/frontline/being-mortal](http://www.pbs.org/wgbh/pages/frontline/being-mortal). However, there are alternatives that focus on making the remaining days as good as possible. Richard O. Duda will discuss these issues.

### FORUM INFORMATION

**Humanist House** (our new home) 1180 Coleman Avenue, San Jose 95110

Sundays 11 AM-12:15 PM - Free and open to the public Lunch 12:15-2 PM. - A donation of \$12 is requested.

*Humanist Community  
serving Silicon Valley*

(HCSV)

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[www.humanists.org](http://www.humanists.org)

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

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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 Us on Facebook:**

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

[Do you need help?](#)

•For confidential assistance contact Arthur Jackson at [Arthur@arthurmjackson.com](mailto: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 delivered, a recommendation for a lawyer), email [hchelp@yahoogroups.com](mailto: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). You can reach them through Sena



## Executive Director's Update (abbreviated as noted)

Wow! What a month! August saw the Grand Opening of Humanist House and all the coalition partners who joined us for an exciting day in the Free thought Community. For those who were able to attend, thank you. For those who were unable to come, we missed you and hope that you have had an opportunity to stop by and enjoy the space. We have some volunteer opportunities in the works with ACSJ coming around the corner. We are working together on scheduling a blood drive at Humanist House.

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Thank you again for your commitment to making HCSV and Humanist House a leader in the secular movement.

- Onward and upward, Julie

We regret the loss of Julie but intend to continue in the inspiring goals she set for us. We have some excellent people running to replace lost board members. If you are interested in being on the rejuvenated board, please come to a Sunday Forum at 11: AM at Humanist House, 1180 Coleman Ave.

- Arthur Jackson, president, Sena Havasy, Membership Chair

## The Real Johnny Appleseed

Johnny Appleseed, whose real name was John Chapman, was born in Leominster, Massachusetts, September 26th, 1774. A granite marker rests on the site of the farmhouse where he was born.

He was an American pioneer nurseryman. He collected apple seeds from cider mills, dried them, put them up in little bags, and gave them to everyone he met who was headed West. For forty years he traveled, introducing apple trees to large parts of the frontier of his day: Pennsylvania, Ontario, Ohio, Indiana, Illinois, and even West Virginia.

The seeds that he planted, and the saplings he gave away to the local Indians and the new settlers, helped build the orchards of the Midwest. Apples were very important to the early settlers. Where water was unsafe to drink cider was invaluable. It could be stored as water could not.

He did more than just plant apple seeds. He planted nurseries as well as other fruit, vegetable, and healing herbs, built fences around them to protect them from livestock, left the nurseries in care of a neighbor who sold trees on shares, and returned every year or two to tend them.

Johnny Appleseed cared very deeply about animals, including insects. He walked alone in the wilderness, without gun or knife. During his later life, he was a vegetarian. He was respected and appreciated by the Native American tribes and the new settlers alike.

John Chapman's appearance was variously described as humble and bizarre, for he was scantily clad summer and winter, without shoes except in the severest weather when he might wear sandals or moccasins

He would tell stories to children, spread the gospel to the adults, receiving a floor to sleep on for the night, sometimes supper in return. "We can hear him read now, just as he did that summer day, when we were busy quilting upstairs, and he lay near the door, his voice rising denunciatory and thrilling (sic) strong and loud as the roar of wind and waves, then soft and soothing as the balmy airs that quivered the morning-glory leaves about his gray beard. His was a strange eloquence at times, and he was undoubtedly a man of genius," reported a lady who knew him in his later years.

He became an American legend while still alive, due to his kind, generous ways, his leadership in conservation, and the symbolic importance he attributed to apples.

He lived to an extreme old age, not less than 80 years though no person would have judged from his appearance that he was over 60.

- Sena drawing on many Wikipedia entries

## Calendar of Events

### 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.

**Where:** Varies, call 650-257-0478 for the location and to confirm the upcoming meeting.

**When:** most Saturdays, 10:30 AM to 12 noon.

### The Sharing Circle

At 10:30, before the Forum each Sunday, attendees have met to share personal feelings or experiences in an environment of trust and confidentiality. Since moving to Humanist House on Coleman Ave in San Jose the sharing group has not been meeting. Those who want to resume or restart this activity should tell us at the greeters table. A space will be provided and announcements will be made.

### Clinic Defense

Planned Parenthood, most Saturdays. 1691 the Alameda, San Jose; 8:00 AM. For information, contact Alex Havasy at [havasy@live.com](mailto: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. Sandy Smith's Sunshine Committee sends paper cards.

If you are interested in serving on this committee, contact Sena Havasy, Committee Chair, at [senahav@gmail.com](mailto:senahav@gmail.com) or 408-739-5638.

### 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.humanists.org/calendar/#/freethought-discussion](http://www.humanists.org/calendar/#/freethought-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](http://www.thegreatcourses.com), followed by discussion. Go to: [www.humanists.org/calendar/#/academic-videos](http://www.humanists.org/calendar/#/academic-videos) for details of our present video.

**Where:** Home of Hilton Brown

**When:** Thursdays, 8:00 PM

### History Book Group

*Parallel Lives, Five Victorian Marriages* by Phyllis Rose. Rose's anecdotes and insights provide a fresh view of the circumstances that bedeviled relations between the sexes a century ago.

For information contact Sena at [senahav@gmail.com](mailto:senahav@gmail.com) or 408-739-5638.

**Where:** Kimm's Flowers: 201 W. El Camino Real, Sunnyvale 408 -737-1139

**When:** 2nd Wednesday, September 9, 2:30 PM

### Humanist Potluck

The September 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](mailto:senahav@gmail.com).

**Where:** The home of Chris Vodgas and Greg Alexander in Sunnyvale

**When:** 6:00 PM, Saturday, September 19

### Fun Group

#### Reflect & Create:

#### Where Art and History Intersect

Artists, makers and creators from throughout the broader community have been creating new work inspired by items in the Museum collection. "Creating things is uniquely human," says exhibit coordinator Johanna Fassbender. "It connects us to the world around us and is a form of storytelling. Objects in museum collections also inspire storytelling and can help us draw unexpected connections to contemporary issues and perspectives." To that end, several objects and oral histories were chosen from the collection as the starting point for this exhibit; local artists, makers and creators are being inspired by these old things to create something new and original that explores their connections to our past, and present.

**Where:** Los Altos History Museum, 51 So. San Antonio Road, Los Altos, meet at the main entrance.

**When:** Saturday, September 26, 2015 at noon.

**Cost:** Free

### Humanist Community Hiking Group

We are looking for someone to coordinate hikes. If you enjoy hiking with a group of fellow Humanists and are familiar with the trails in the area, please step forward and I will put your contact information in the next newsletter.

## 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. We will select topics for the next three month, followed by a free discussion.

**Where:** Unitarian Universalist Church of Palo Alto, Fireside Room, 505 E. Charleston Road, Palo Alto. Directions at [uucpa.org/main/location.html](http://uucpa.org/main/location.html)

**When:** Saturday, September 5 at 6 PM (discussion at 7)

### Bay Area Russell Set (BARS)

Join us to discuss "Religion and Morals" the fifteenth essay in the book, *Why I Am Not a Christian* by Bertrand Russell. See [www.meetup.com/philosophy-219](http://www.meetup.com/philosophy-219) for details.

**Where:** Thai Pepper, 103 E Fremont Ave, Sunnyvale

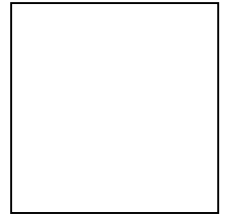
**When:** Tuesday, September 15, 7:00 PM

### Ethical Culture Society of Silicon Valley

For details see: [www.ethicalsiliconvalley.org](http://www.ethicalsiliconvalley.org)



For more information on groups of interest to Humanists go to: [www.humanists.org/index/#/associated-organizations/](http://www.humanists.org/index/#/associated-organizations/).

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



ADDRESS SERVICE REQUESTED

## SEPTEMBER 2015

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