

The Newsletter of the  
**Humanist Community**

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



## February

### 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.

#### FORUM INFORMATION

**Humanist House** 1180 Coleman Avenue, San Jose 95110  
 Sundays 11 AM-12:30 PM - Free and open to the public  
 Lunch 12:30-2 PM. - A donation of \$10 is requested  
 Afternoon program at 1:30 PM

### 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 EU 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](http://www.ThreeMinuteTherapy.com).

*Humanist Community  
serving Silicon Valley*

*(HCSV)*

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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  
Paul Gilbert, Vice President  
Greg Alexander, Treasurer  
Hilton Brown  
Midge Dorn

**To contact the Board**

email svhumanists@gmail.com

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 774-757-4486.

·If you need to talk to someone about a problem, call Arthur Jackson at 774-757-4486.

·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 je-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 Havasy at [senahav@gmail.com](mailto:senahav@gmail.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



**Public Transport to Humanist House**

Those who prefer to use public transport to get to our events at Humanist House can take the bus to the Cattrain - Santa Clara Station on El Camino Real. From there catch the #10 bus toward Metro LRT and get off at Coleman and Brokaw (1st stop), cross Coleman, and walk about a block and a half to 1180 Coleman Ave.

**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](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. 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](http://www.humanists.org/calendar/#/freethought-discussion). For more information, contact Hilton at: [brownofmtview@aol.com](mailto:brownofmtview@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](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. For details about the group contact Hilton at: [brownofmtview@aol.com](mailto:brownofmtview@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 Naylors at 408-246-3790 or [zaylors@sbcglobal.net](mailto: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](http://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](mailto: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](mailto: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](http://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](http://uucpa.org/main/location.html)

**When:** Saturday, January 2 at 6 PM (discussion at 7)

### Bay Area Russell Set (BARS)

Join us to discuss *Evolution Chapter III – The Copernican Revolution*, by Bertrand Russell. For further details see: [www.meetup.com/philosophy-219](http://www.meetup.com/philosophy-219).

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

**When:** Tuesday, march 1 (no February meeting) , 7:00 PM

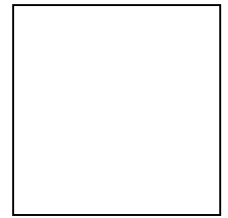
### Ethical Culture Society of Silicon Valley

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

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## FEBRUARY 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2 <u>7:00 PM</u> LifeRing Sobriety Support	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 <u>1:30 PM</u> Video	8 <u>7:30 PM</u> Board meeting	9 <u>7:00 PM</u> LifeRing Sobriety Support	10 <u>2:30 PM</u> History Book Group <u>7:30 PM</u> Free Thought Discussion	11 <u>8:00 PM</u> Academic Video	12	13 <u>3:00 PM</u> Gathering of the Tribes 
14 <u>10:30 AM</u> Family Program <u>10:30 AM</u> Sharing Circle <u>11:00 AM</u> Forum <u>1:30 PM</u> Games	15	16 <u>7:00 PM</u> LifeRing Sobriety Support	17 <u>7:30 PM</u> Free Thought Discussion	18 <u>8:00 PM</u> Academic Video	19	20 <u>6:00 PM</u> Humanist Potluck 
21 <u>10:30 AM</u> Family Program <u>10:30 AM</u> Sharing Circle <u>11:00 AM</u> Forum <u>1:15 PM</u> Elect Board <u>1:30 PM</u> Social Action <u>Noon</u> Fun Group 	22	23 <u>7:00 PM</u> LifeRing Sobriety Support	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 <u>1:30 PM</u> HCSV	29					