

# Humboldt Unitarian Universalist Fellowship



## Minister's note

January 2022

A few years ago, on a gorgeous autumn Friday afternoon, my son Declan and I drove from LA to UU Camp de Benneville Pines to join folks from several area congregations. Normally a two-hour drive, numerous accidents caused many slow-downs. During one, we passed a pick-up truck several times as different freeway lanes sped up and slowed. The bumper sticker on its rear window read, "I'll keep my guns, freedom and money, you can keep the 'change'."

I'm not immune to some initial emotional reactivity, but I quickly moved to a more considered response: the sense that whoever attached the sticker had bought into particular ideas about change: that it's innately restrictive – thus to be feared – hence resisted, and even ridiculed.

Especially with my 13-year-old boy beside me, my flash of frustration fast gave way to mild sadness since it's painfully obvious that major aspects of our cultural assumptions and social structures require far-reaching change if we're to realize a just and sustainable nation and world. And this person, like millions of others, has swallowed a line, largely championed by those who profit most from the status quo, that change is by nature scary and treacherous.

But sadness quickly turned to hope because when I asked Declan if this negative notion of change was accurate, he said, "No." "Why not?" I inquired. He replied, "Because it depends on what the changes are."

AMEN and HALLELUJAH!!!

There's a lot that could be said about this concerning "guns, freedom and money." I'll likely do some of that on future Sundays, but for now, as HUUF moves into a six-month test run of every fourth Sunday being a "Service Sunday" in person, and a similarly-themed "Sunday SYervice" on Zoom, I suggest it's wise to maintain an open-minded stance toward change, because "it depends on what the changes are." And this change, while maybe needing a little getting used to, could be terrific.

There are many reasons, but here I must limit myself to one. The last section of HUUF's three-part Purpose Statement reads, "Beyond our walls, the Purpose of our Fellowship is to empower people to model and promote social and environmental justice and to stand up for and serve the most vulnerable." Our weekly Aspiration further calls us to let "service be our prayer." These affirmations are just what this change is intended to embody and advance. And as we consider our January Soul Matters theme of "Living with Intention," I can't think of many better resolutions on which to begin the New Year.

So the bumper sticker says that I "can keep the 'change'"? No, thank you.

## Inside

Page 2: Sunday Service plan

People

Page 3: RE

Page 4: RE (cont.)

Page 5: Board Minutes

Pastoral Care

Page 6: Sunday Services

Exploring 8th Principle

Page 7: Art & Aesthetics

Artist? Who me?

Help in the garden

Page 8: Climate Action news

Remembering Marianne

Page 9: Monthly climate action

Gas to electric

Page 10: WhaleCoast Alaska

Classified ads

Deadline info



Like our UU forebears, who have historically been at the vanguard of movements for greater "justice, equity and compassion in human relations" (our 2nd Principle), I'd rather make it – with you.

With many Blessings for your New Year,

*Rev. Peter Farriday*

## New HUUF Sunday Service plan

As many of you already know, our beloved Scarlett Trippsmith will be moving on from her Sunday Service technical leadership early next year. The Board of Trustees asked Peter, our minister; Amy, our Director of Lifespan Religious Exploration; Pat McCutcheon, then the chair of the Program and Worship Committee; Debi Cooper, our Co-President; and Scarlett to develop a plan for how to go forward with Sundays. This working group brought forward an innovative plan for an experiment during the first six months of 2022, motivated by the insight that Covid both invites and requires that we try something new. Be assured that the planning group reflected carefully on the dedicated work of the Program and Worship Committee over the past 20 months, and the valuable and extensive feedback from Scarlett as to the actual nature of her job and duties, insights from Pat in her role as P & W chair and the members of the committee, and meaningful reflection and strategizing from the staff.

On a trial 6-month basis, beginning January 2022, we will implement a 3:1 Sunday Service plan. The first three Sundays of the month will be professionally-teched, hybrid services, exactly as we have done since July.

The fourth Sunday of the month will consist of two options:

**1. An In-Person Social Action Sunday.** This will be offered to all ages, coordinated by a team of Worship Associates, staff, and others who will offer a few familiar sacred elements – reading, chalice lighting, song or meditation, etc. – to ground us in our hearts and intention, and then they will engage attendees with a group service-based activity that has been arranged in coordination with a partner community organization.

**2. A Zoom gathering** including familiar worship elements and an engagement with a theme/topic for sharing and discussion that is related the social action activity of the day. This gathering will include whole group and at times breakout room conversations and will be led by Rev. Peter, or Worship Associates, or other HUUF members.

The fifth Sunday, occurring only in January and May, will be a hybrid service facilitated by the HUUF Poetry Group.

In June we will assess how members and friends judge this innovative approach and guide our path forward with what we learn from this assessment.

We have also begun a search for someone to replace Scarlett in a streamlined version of her current Sunday duties.

We know that a significant innovation of this sort can feel unwelcome, a kind of loss. We ask that you sit with this for a time, give yourself some moments to consider what we might learn and gain from this new approach rather than only what we may lose.

Let us close with some comments that Amy shared with the P & W committee about this plan:

“As with our entry into the Covid era, when none of us knew what tools, strategies or adaptations we would need to make in order to continue these offerings of the heart, so too, as we enter into yet another era, we know there is no turning back. We know that the mythic ‘normal’ we, at times, long for, is not a pathway currently available to us. And we know that as people of faith, conscience, and progressive UU values, we have a rich history of evolution. Not content to merely accept the status quo we’ve inherited, we consider, as David Whyte writes, ‘the more beautiful questions’ before us. And we let those lead us into answers and solutions, at times innovative and bold, that will carry us that one step further to ‘the more beautiful world our hearts know is possible.’ We move, at times, in unfamiliar directions, in order to arrive at our desired destination.”

*Debi Cooper and David Marshak, Co-Presidents, for the HUUF Board of Trustees*

## People

Ava Farriday is graduating this month from Cal Poly, San Luis Obispo. Our congratulations to her and to her proud Papa, the **Rev Peter Farriday**.

*Sue Lee*



## Religious Exploration

To Our Beloved HUUF Families,

We're singing again – quietly. In the relatively safe confines of our masks, spread out on the braided carpet where we carve out our sacred space. After we move our bodies and jockey for position as this week's match bearer, we light our flame, and find our song. This month, we're turning to one of the gifts of the pandemic, a melody from Lea Morris (who did a service with us a few months back). The words go something like this:



I'm listening. I am listening  
Spirit (speak/sing) (to/through) me  
My ears are wide open  
My eyes are now open  
To see what I may be  
I'm listening. I am listening  
Spirit speak/sing to/through me



Over the last two years, I've watched, time and again, as my finite understanding and limited intellectual capacity have failed me. Living inside, as Bonnie MacGregor deemed this space early on, "the crucible" of this time, for which my previous existence has done little to prepare me. Although there are pockets of familiarity tentatively bubbling to the surface here and there, the landscape has indelibly shifted. Our normal wayfaring points have been altered, and the bed-rock norms on which pieces of our lives were built, feel crumbling, shaky at best.

During such times, the mind feels like an insufficient harbor. So, I look for ways to tether myself to Spirit – to Source wisdom. I scavenge for rituals, practices and companions that will cut a clear pathway to my tender, yet somehow knowing heart, and let me move from that space.

And so, our sacred spaces begin to take new forms and shapes as well. Here is a little of what's to come as we move into the first bright days of a New Year:

This month in our RE Classroom, we'll explore the theme of "Living with Intention":

**Sunday, January 2, 11 a.m.:** Join our multi-age classroom to make "Passion" bracelets with Ms. Debbi. Let's wear our hearts and intentions on our wrists. We'll also introduce this month's Chalice song.

**Sunday, January 9, 11 a.m.:** Amy and Ms. Debbie will guide our classroom through the process of making Vision Boards for the year to come, with some discussion on how to wed action to our dreams.

**Sunday, January 9, 1-3 p.m.:** Teen Coordinator Sabrina Miller, with support from Amy Day, will host the first "Teen Council" meeting of the year. We'll gather in a laid back, welcoming space to talk about the ideas, movements and spaces that hold juice and meaning for *you*, and how we can further put our values into action in this world. We encourage participants, 12 and older, who wish to join us, to be vaccinated, to ensure a safe and comfortable space.

**Sunday, January 16, 11 a.m.:** Jess and Sabrina will offer movement, mindfulness, games and tactile play as a way to further explore the theme of Intention.

**Sunday, January 23, 11 a.m.:** "Let Service Be our Prayer"

Join us in our first Social Action Sunday of 2022. All ages welcome. For those able to join us in person, we'll coordinate with a local non-profit for our service time. We'll light our chalice and ground ourselves in Intention, and then roll up our sleeves and make our offering. For those joining via Zoom, a representative from that same non-profit will share their mission with us, and ways we, as a Beloved Community, can further their efforts. More details to come. Check back with our Weekly email for more.

Through our Fellowship Engagement & Lifespan program:

**In Person Soul Matters group:** Alison O'Dowd facilitates a drop-in friendly, multi-generational group at HUUF, the second Saturday of each month. This month's group will meet on **January 8, 2-4 p.m.** Please contact Alison if you would like to attend: Alison.ODowd@humboldt.edu. In addition, Jessalyn DeLucchi, our Childcare Coordinator will offer a mini-Soul Matters camp for kiddos in and around the Care Building with games, movement, exploration and

**continued on the next page**

practices that offer our youth their own, playful and imaginative way to relate to this month's theme. To sign your child up, please contact Amy Day at [comm@huuf.org](mailto:comm@huuf.org).

**Elders Council:** Join Amy Day and a trio of our beloved elders – Kate McClain, Richard Kossow and Bonnie MacGregor – who will participate in an interview-style Zoom gathering. They'll talk about their own formative experiences with HUUF, the values that drove and sustained them, and their vision for our Beloved Community to come. There will be time for questions from attendees, and the session will be recorded for those unable to attend live. This is the first in an upcoming series of monthly panel talks with our Beloved Wisdom Keepers. Watch the HUUF Weekly (email) for more information, including link, day(s) and time(s).

Our Navigational points may have shifted. But our intended destination remains the same:

Let us be a people of deep, abiding faith.

Of heartfelt, resolute action.

Let us move counter to the waves of malice and myopia that dominate this era.

Let us decolonize, re-indiginize our bodies, hearts, and minds.

Let us write new maps.

Together, we are listening.

Together, we must chart a new way.

yours in grace and gratitude,

*Amy Day (she/her) Director of Lifespan Religious Exploration*



**Scene from the Halloween Festival**

## Board Minutes

The meeting was called to order at 7 p.m. by David Marshak and Montana Caouette. Montana facilitated. Present were David Marshak, Sally Williams, Rebekah Paez, Cassie Brilbeck, Chris West, Sandy Lynn, Montana Caouette, Peter Farriday, Sylvia Shaw, and Amy Day. Debi Cooper was absent.

The minutes of the previous meeting were approved with no changes.

Admin noted that reservations for Sunday Service would not be available, since the office is closed Friday-Sunday. The possibility of remote voicemail will be looked into. The practice of RACI (Responsible-Accountable-Consulted-Informed) for improved communication at HUUF was requested in the report. David suggested that a Board member join a staff meeting with Peter for further discussion. Peter agreed to follow up in January.

The request for a new copier was approved.

DRLE, Amy's proposals for possible yoga classes at HUUF were discussed. It would be a nice use of the building, as long as COVID safety measures were followed. The placing of a commemorative plaque on the grounds near the playscape was mentioned in the report and will be discussed in January. The Sunday service Zoom link is not easy to find after 11 a.m. on Sunday; suggestions were made. Peter and Amy agreed to investigate.

Our Minister, Peter, noted that links in the report about staff and budgets were very informative. Peter's vacation request was approved. Scarlett's last day is open; Peter will bring this up with the staff. A motion was made and approved regarding trading paid holiday days that fall on regular non-work days (such as Saturday) for a regular work day (for  $\geq 20$  hrs/week staff), within two weeks of the holiday, within one week before the holiday and one week after. Regarding the Proposal for New Kitchen Use, a member raised a question about stewards, but we no longer use stewards for renters. The new proposal was accepted with no opposition. David will discuss with Sylvia how to proceed.

Debi noted in an email that she has begun to work on the planning for the auction.

Peter and Amy gave summaries of the ideas for Social Action fourth Sundays, most of which is mentioned in the Minister and DRLE reports. A concern was raised that the Zoom option for those services may be regarded as "less-than," compared to what the others are doing. This will be addressed so the Zoom option will be seen as *positive*. It was mentioned that the Social Action fourth Sunday is supported by the RE families.

Chris gave a summary of what is known to date about the Omicron variant, and suggested that we don't need to change anything at this point.

There was a discussion about the heat (or lack thereof) for Sunday services, and it was noted that a problem with the thermostat has been fixed.

The Board discussed what we can do to support Amy as she revitalizes our RE program. Amy welcomes ideas to create opportunities for connections and engagement at HUUF. There was a discussion as to why there are so few families showing up and it was pointed out that: vaccines were not available; families got out of the habit of going on Sundays; and some may not be aware that HUUF is offering programming. It was suggested that families who come to HUUF each call one family to invite them.

The meeting adjourned at 9:05. The next meeting will be 7-9 p.m. **January 11.**

*Sandy Lynn*

## Pastoral Care at HUUF

Last year, before Rev. Peter came to serve HUUF, a volunteer Pastoral Care Team was created. Bonnie MacGregor and Bridgett Garuti led the effort to create this team of ministers; Shawn Nichols, Suzanne Kimmel and Tom Lewis. In the past 8 months this team has been available and provided their services as needed to members and friends of HUUF. Todd Hobercht was also a member of the team and his help was much appreciated.

The Pastoral Care Team works with the guidance and support of Rev. Peter. We provide counseling and spiritual support to the members and friends of the congregation as part of the joint ministry with Rev. Peter and the congregation. Requests are made through the administrator and reviewed by the minister. If you or a friend would like to confidentially talk with one of the ministers, a visit in the hospital or at home, would like referrals to other services, including the caring circles, contact Rev. Peter or Bridgette. The pastoral care team is available.

## Sunday Services

### **Sunday, January 2 – 11 a.m. – The Satisfaction of Action – The Rev. Peter Farriday and Laura Phelan-Shahin**

A new year often brings renewed intentions. Come explore how our highest intentions and holiest aspirations come alive in works of healing, creativity, and justice-making.

### **Sunday, January 9 – 11 a.m. – Intentions and Our Inner Voice – David Marshak and Debi Cooper**

As Katie Covey of Soul Matters said: Intention is different from setting goals or resolutions in that it “pulls us into” who we truly are. Goals and resolutions “push us out” into future possibilities. To set intentions, we must listen to our inner voice which tells us who we truly are. Join our co-presidents as we delve deeper into the meaning of intention.

### **Sunday, January 16 – 11 a.m. – Building Beloved Community – The Rev. Peter Farriday and Tom Lewis**

On this Sunday before Martin Luther King Jr. Day, we will consider Dr. King’s prophetic call for the peace and justice that creates beloved community – and how each of us can help build it.

### **Sunday, January 23 – 11 a.m. – Let Service Be Our Prayer – Amy Day**

Join us in our first Social Action Sunday of 2022. For those able to join us in person, we’ll coordinate with a local non-profit for our service time. We’ll light our chalice and ground ourselves in intention, and then roll up our sleeves and make our offering.

For those joining via Zoom, a representative from that same non-profit will share its mission with us and ways we, as a beloved community, can further its efforts.

### **Sunday, January 30 – 11 a.m. – The Muse Returns – Pat McCutcheon**

The Fellowship’s Friday Poets have met since National Poetry Month 2020 to share and discuss poems. These 11 participants have grown as poets and as friends and have overcome some of the Covid blues by sharing their writings. They are eager to discuss the poets they have discovered, like Lisel Mueller, who writes of hope: “It is the singular gift we cannot destroy in ourselves.” The Friday Poets have also found the courage to write of their own experiences in ways that are light and dark with much in between.

**HAPPY NEW YEAR  
2022!**

## Exploring the 8th Principle this spring

Unitarian Universalist congregations across the nation are engaged in consideration of the addition of an 8th principle for Unitarian Universalism, as follows: “We, the member congregations of the Unitarian Universalist Association, covenant to affirm and promote: journeying toward spiritual wholeness by working to build a diverse multicultural Beloved Community by our actions that accountably dismantle racism and other oppressions in ourselves and our institutions.”

You will find a rationale for this principle at: <https://www.8thprincipleuu.org/why-now>. A critique of the proposed principle is at: <https://fifthprincipleproject.org/2021/09/07/comments-on-proposed-8th-principle/>. If you search online, you can find many other comments, pro and con, about the proposal.

At our October 2021 Congregational meeting, a consensus established that HUUF members needed opportunities to reflect on this proposal and discuss it with others before we could consider seeking consensus about adoption of the proposed principle. In March-May 2022 we will offer a series of small group conversations, both in person (we hope) and on Zoom, that will give HUUF members this opportunity for exploration and reflection. Informed by these small group conversations, we may then bring this proposal to the membership again at the June 2022 membership meeting.

*David Marshak, for the 8th Principle ad Hoc Committee (Joanna Welch, Chip Sharpe, Bonnie MacGregor, Amy Day, Rev Peter Farriday)*

## Art and Aesthetics

HUUF is meeting in person and on Zoom now. So this committee will hang art again. Berti Welty is our first artist to show her work. She also wrote a piece about her process in art for this newsletter. Berti's show will remain up Through January. We will be taking suggestions for future exhibits, though needing to keep our eyes on the Pandemic as we go.

The Art and Aesthetics Committee seeks one or more spry members to install shows. Contact me at [cpetersonrau@gmail.com](mailto:cpetersonrau@gmail.com) or call 707-826-7107.

*Cheryl Rau*

## Artist? Who me?

Since hanging my show at the Fellowship last week, several people have commented: "I didn't know you were an artist." Well I didn't either. Like all of us, throughout my life I've worn many hats and explored different aspect of my being. Being a UU has encouraged me to develop unknown talents. Like the little train that muttered over and over, "I think I can," here at HUUF I have grown immensely by daring to try.

Most would not believe that I'm basically a shy person, yet inside I am, and I have, with the support of the members and friends of this Fellowship, learned to step out of my comfort zone.

When I first retired to Humboldt County, I took the master gardener class. Part of the requirement was to do a volunteer work/project. The CARE building was just being finished. Bob Botley decided my volunteer project would be landscaping the north side of the CARE building. With a lot of design help and volunteer plus paid student labor, we installed the existing garden.

I was recruited for and have served on the Worship Leader's team for the last 19 years. I started, hesitant and shaky in front of all those terrifying people, and with the support of others, grew to be self-assured and comfortable in that role. From serving on the Board, planning retreats, working with others on projects, I have made great friends and developed unknown talents.

Hence, when I started to dabble in art, the first place I showed my art was here at the Fellowship, where I knew I'd have support. "Artist" – my how strange that self-descriptor seemed to me. Until my 60s I'd never taken an art course, never even doodled. Between 2006 and 2017 I was "finding my artistic voice." After taking a couple of art seminars, I began taking art classes at CR. Then, I was accepted into HSU to pursue a second bachelors in studio art. While taking a multitude of classes in various mediums, my self-awareness was enhanced: What calls to me. What motivates me.

After taking classes, my favorite mediums are sculpture (especially bronze work) and wood cuts. Woodcuts are made by carving an image into a wooden board, which are then printed individually. I use a Japanese plywood called Shina. Detailed carving is a long process. A reduction woodcut (also known as a suicide print because you can't go back) involves carving a little, printing a light color, carving some more, printing a darker color. . . up to many layers or colors, the final one being quite dark. In multi-blocks – two or more blocks are combined to make an image. Wood engraving involves intricate carving into the end grain of wood.

The show I have hanging at the Fellowship encompasses many of my favorite pieces. I'm rotating the art pieces in the foyer niche each week. Come and enjoy.

*Berti Welty*

## Need help in the garden

Please join the us for a work party on **Saturday, January 8**, from 10 a.m. to 1 p.m. Our days are lengthening again, and, as always, lush growth is springing forth with the winter rains. Help us beat back the weeds, deter the deer, and tend to our lovely landscape. If last year is any guide, our efforts are likely to be cheered on by flickers, yellow-rumped warblers, chickadees and ruby-crowned kinglets. They surely benefit from the abundance of food and cover provided by the native plants we nurture. If it's rainy, we'll postpone till the following week, January 15. Hope to see you there!

Gratefully,

*Your Grounds Committee*



## Climate action of the month

No one person and no one action alone can solve the climate crisis. But everyone can exert some influence by altering their lifestyle. This month, HUUF's Climate Action Campaign urges us to focus on the use of clothing and textiles.

- Reduce purchases of new clothing. Aim for a "traveler's wardrobe" by buying mix-and-match.
- Buy clothing at thrift stores.
- Donate worn or unwanted clothes, towels, curtains, and bedding to thrift stores.
- Mend worn socks and clothes.
- Wear mismatched good socks whose mates are lost or holey.
- Choose clothes made of cotton and other natural materials instead of synthetics. (As we mentioned last month, washing fleece sends microplastics into our watershed.)
- Use cloth napkins, towels, and tissues instead of paper.
- Use cloth produce bags as well as grocery totes. (The Co-op sells both.)

We have a wealth of thrift stores in the area, excellent places to donate or buy much more than clothes – books, toys, appliances, kitchen equipment, and just about anything else. A few are Hospice in Arcata; the American Cancer Society and Tailwaggers in Henderson Center (Tailwaggers also has an upscale Old Town location); Miranda's Rescue in Myrtle town, Fortuna, Arcata, and McKinleyville; Booklegger and Eureka Books in Old Town; and Tin Can Mailman in Arcata. Have a favorite thrift store? Let us know.

Chip Sharpe offers to take your coffee grounds to feed the hungry earthworms in his compost. If you're interested, please text or call Chip at 707-599-6009. Chip says, "Many times coffee grounds need not be composted but can be added directly to the mulch or soil around our shrubs. (I am told that coffee grounds discourage slugs and snails.)"

Send your ideas to Margy Emerson at [margaretemerson@att.net](mailto:margaretemerson@att.net) so we can publish them in a future newsletter.

Thanks for all that you do—we know many of you are already implementing our suggestions.

*Cena Marino and Margy Emerson*

## Gas to electric

We have just replaced our home gas range with an induction one. Pretty amazing change, not only to fossil fuel consumption and indoor air quality, but it boils water and heats (induction ready) pans incredibly fast with precise, repeatable control. It doesn't set your potholders on fire, either. The ceramic cook surface does not get very hot and is a cinch to clean. I can lift off a pot of vigorously boiling water and immediately put my hand (briefly) on the "burner" surface which then cools rapidly. A burner will not turn on unless it senses an induction ready pot on it and will shut off after 30 seconds if you remove the pan.

Induction is a much more efficient use of electricity. To quote one source: "Induction cooking is often considered one of the most efficient cooking technologies. With this technology, up to 90% of the energy consumed is transferred to the food, compared to about 74% for traditional electric systems and 40% for gas."

We looked at an IKEA range online and figured out it is manufactured by Frigidaire. Consumer Reports rated it a "best buy." As luck would have it the new(ish) appliance store in McKinleyville received three of them and services everything they sell with \$75 delivery and take away of the old one fee. Total installed cost: \$1505.99. There are some very pricey induction appliances out there. We looked at a \$5000 cooktop (no oven) in San Rafael a few weeks ago.

If you have questions about our experience with this new cooking system, email me.

Next up: I'm signing the contract today to replace the oldest (1994) furnace at the Fellowship with a heat pump. Once we have a handle on how much additional electricity we will be consuming (instead of natural gas) we will be expanding our solar array with provisions for further expansion when we replace the remaining two gas fired heaters. That will leave HUUF with two gas demand water heaters and a commercial gas range in the kitchen. My thanks to you all for researching and encouraging the change away from fossil fuel consumption. And for your help maintaining and improving the Fellowship campus. As Connie Roser Renouf pointed out in her talk on this topic at HUUF: it is when neighbors see their neighbors making positive changes that the revolution occurs.

*Scott Allen*



# Humboldt Unitarian Universalist Fellowship

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## WhaleCoast Alaska 2022

Have you ever wanted to visit Alaska? If so, WhaleCoast Alaska 2022 is for you. Four Alaska UU congregations invite you to experience our unique environmental and spiritual tour program next summer. See Alaska through the eyes of local UUs, with friendly home stays and awe-inspiring tour activities. See wildlife, including moose, bears, caribou, whales, bald eagles, sea lions, etc. Visit Denali National Park. Experience Native Alaskan culture. WhaleCoast Alaska is an inspirational way to visit our beautiful state. Complete info at: [www.WhaleCoastAK.org](http://www.WhaleCoastAK.org). Proof of Covid-19 vaccinations required. This is a once-in-a-lifetime experience you won't want to miss.

### CLASSIFIED ADS

Classified ads are 10¢ per word. Send your check to the HUUF office and email the text of your ad to [newsletter@huuf.org](mailto:newsletter@huuf.org).

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Free: Rainbow Vacuum. Water filter - great for allergies! Attachments included. Call Cena Marino at 707-616-3906 if interested.

Free: HP Color Printer - Uses cartridge ink. Includes 4 slot paper tray. Call Cena Marino at 707-616-3906 if interested.

## Deadline information

Deadline for the **February** newsletter issue is Thursday, **January 20** at 5 p.m. Send committee reports, announcements and articles related to HUUF (email only) to [newsletter@huuf.org](mailto:newsletter@huuf.org).

Many file formats are acceptable, but .doc, .docx, .rtf and text are preferred, and .pdf and .pages cannot be used. Late submissions are not accepted without prior approval. Full guidelines at:

<https://tinyurl.com/HUUFNewsGuide>

*Stephen Sottong, editor*