

Humboldt Unitarian Universalist Fellowship



September 2009

Board letter

Our Fellowship has approximately 29 standing or *ad hoc* committees. To keep our Board and these committees in touch with each other, each committee has a Board member liaison. To improve communication throughout the fellowship, the Board is experimenting with a new approach to communications between board and committees. We have created six “clusters” of committees, with two Board members serving as co-liaisons to a cluster. Each cluster is composed of committees with a common theme. Committee chairs and board liaisons will decide amongst themselves which of the two board members is the actual liaison to the committee. Also, the workload for the Board members can be evened out, since quite a number of committees rarely meet, but do communicate via email. This way if one board member cannot be responsive to the committee for whatever reason, the other Board member can step in.

Our approach to making the cluster system work is likely to evolve over the next several months. Initially we’re thinking that the two board members responsible for a cluster will either meet in person with all chairs of the cluster or at least email the committee chairs and establish the communication link that works best for committees and board members. Most communication within the cluster is expected via email, though with some committees such as Program and Worship, Social Action and Future Forum board members often attend meetings.

The board still expects to have biennial council of chairs meetings, however we expect these meetings to initially start as a cluster meeting, then regroup into a committee of the whole to discuss issues which relate to the workings of the fellowship overall. The current set of clusters and board committee liaisons as we see it now is:

Cluster	Committees	Board Liaisons
Physical Plant	Stewardship, Building Use, Aesthetics, Green Sanctuary, Internet/Technology, Memorial Garden	Greg Blomstrom, Grace Marton
Financial	Future Forum, Finance, Canvass, Fundraising, Endowment, Planned Giving	Roxana Hand, David Harris
Social	Membership, Volunteers, Newsletter, Survey/Visiting, Social/Special Events, Communications, Denominational Affairs	Jeff Knapp, Beverly Morgan Lewis
Spiritual	Program and Worship, Religious Education, Denominational Affairs, Ministerial Relations, Music	Roxana Hand, Maureen Lawlor
Personal	Pastoral Care/Caring, Personnel, Hospitality, Library	Greg Blomstrom, Beverly Morgan Lewis
Community	Social Action, Denominational Affairs, Community Networking, Neighbors	Grace Marton, David Harris

The Board welcomes comments and suggestions from members as to how this system works or how it might be improved.

Greg Blomstrom, Vice-President, HUUF Board of Trustees

People

Charlynn Johnson died August 23. **Suzanne Moore** thanks everyone for support and help they've received and everyone's caring thoughts.

Mary Lou Jensen continues to feel positive after nine chemotherapy sessions in the past three months. (And she still has hair!) She is appreciative of cards, phone calls and emails that she has received. Mary Lou welcomes contact from her HUUF friends and community.

Jean Wagner says that she is physically doing better but that her "memory is unreliable."

Healing thoughts and wishes to **Pat Carr**.

Jan Roberts had surgery and seems to be doing well.

Jamila Tharp has been having fun between chemotherapy sessions.

Cheryl Rau is recovering from the loss of her mother and her surgery done last June. She is eager to play with her friends in the R.E. K-2 group.

Pat McCutchen is still waiting for insurance approval for her much-needed surgery. She is excited about the prospect of retiring.

Anna Mae Botley, son **Steve Botley** and **Steve Sottong** are in New Zealand visiting Anna Mae's daughter, Becky Blackshaw.

Karen Knapp

Calendar editor needed

The HUUF Newsletter will need a new calendar editor after the October issue. Please contact current calendar editor Amanda Jones for information on what the job entails. Thanks.

Joy Thomas, newsletter editor

Potluck aplenty

Following the 10:00 a.m. Gathering of the Waters service on **September 13**, there will be a Fellowship potluck. Please bring a favorite dish to share and leave it in the HUUF kitchen before the service starts.

Kathy Dillon

Martha is back

I am pleased to announce that Martha Hirsch has returned to her former position as HUUF Librarian.

Joy Thomas

Mediation

Humboldt Mediation Services offers a day of Communication and Conflict Management on **September 26**. Interactive, fun and applicable to all areas of public and private life, this workshop teaches participants to understand conflict, communicate effectively, and create workable solutions. Non-profits and individuals enrolling with a friend receive discounts off the \$75 cost.

Humboldt Mediation Services 30-hour Community Mediator Training course will meet **October 5, 7, 10, 12, 14, and 17**. Designed to prepare one for a role as a third-party neutral, this course is required for those wishing to volunteer as a panel-mediator with HMS. (\$265 or \$175 for volunteers.) Please register by **September 5**; after that date, call for availability.

For either of these opportunities, contact 445-2505 or humboldtmediation@reninet.com. Or contact me.

Chip Sharpe

Autumnal equinox ritual

On **September 22** at 7:00 p.m., HUUF women will gather at the Fellowship to celebrate the autumnal equinox.

One member has requested her crone ribbon. The Autumnal Equinox has been our traditional time to bestow the crone ribbon.

We will create a circle, call the directions, talk about or read about autumn and crones and what they mean to each of us. We will share the wisdom of the crones. This will recall a tradition that we carried on for more than a decade.

Please bring light snacks to share. For more information, contact me.

Beverly Allen

Save the date

Sunday, **October 4**, is our fall Congregational Meeting. The Future Forum Ad Hoc Committee will present a peek into our wants and dreams for the fellowship.

Maureen Lawlor

Work party fun

Fellowship work parties are fun! On **September 19** we will gather from 9:00 am to 1:00 pm to tidy up and repair things around the Fellowship while we enjoy each others' company. Among other things, we will weedwhack the ditch, so bring your power tools and gloves. See you there.

Questions? Call or email me.

Hearty work party thank-yous to Cathy Ennis, Nancy Cook, Chip Sharpe and Barbara Barratt for their delightful company and diligent work on July 18.

Scott Allen

Green tip of the month

Aspiring to be a Green Sanctuary, we divert as much as we can from the waste-stream.

1. Please use plates, cups, and utensils that will be washed and reused. Plastic-ware and cups are washable. Plastic table-cloths are easy to wipe clean.

2. Please use our filtered water tap in the kitchen. There is no need to waste money and resources to purchase bottles of water less certain of purity than what we provide.

3. Please recycle all glass; paper (except food-contaminated; napkins; facial tissue); metal; and plastic, including plastic bags and wrap. Covered receptacles (tan with blue lids) are outside the kitchen. Bins in the kitchen are for your convenience. Please position these or other receptacles for recycling where your guests will use them. Please return them when finished.

4. Please compost coffee grounds, food scraps and flower trimmings. If your event produces too much for our HUUF compost

bin, please take it home to enrich your own compost pile. The black compost bin is outside the kitchen. For your event, please place a pan(s) or bucket(s) for compost where convenient for guests and kitchen crew. Before leaving, you will empty and wash these. Napkins and paper towels can compost, but please keep those to a minimum.

5. Trash bags must be in the trash cans (black or brown), with the raccoon-thwarting straps secure.

6. You don't know how to recycle paper plates? Neither do I. You've heard that the Recycling Center does not accept plastic-ware because of its small size? I've heard that, too. If you don't know how to recycle it and you don't plan to reuse it, please don't buy it. Thank you.

7. Consider cloth napkins. They are classy and good for the environment.

I am willing to assist with set-up before and/or transport of materials afterward.

Chip Sharpe

Late summer brunch

A SAC brunch will be held on the 3rd Sunday, **September 20**, immediately following the second service. This will be a simple late summer brunch featuring a nice harvest of old favorites, plus a few surprises. Anyone wishing to participate, who has not already signed up, may do so by calling me. Funds from this brunch will go to support Food for People. Come and enjoy.

Eve Anderson

7 at 7 is back

Seven at 7s are usually pot-luck dinners held in someone's home; however, there have been picnics, teas and brunches. The composition of the group varies each time, and no two parties have the same guest lists.

The purpose is to allow people to know each other better in a relaxed, informal small group environment, to build a sense of community.

Members and friends of the Fellowship can attend. It is expected most attendees will host at some time. If one doesn't have the space for a dinner, one could have a picnic or pair up with someone who does have the space.

Usually we try to schedule them during six of seven months of the year.

A sign-up form will be in the Order of Service **September 6, 13, and 20**. During this same period there will be a box for the sign-up forms outside the meeting hall and a person to answer questions

Depending on the host's wishes, the usual number of people attending is 5-10, a face-to-face group that's small enough to have good conversation.

After you sign up, names are entered into a database. Those who are able to host a given month are selected. The coordinator matches people for an event, trying to balance long-term and newer members or non-members, singles or couples, ages, concerns about driving distances, access, etc. The coordinator sends hosts a written list of guests. Hosts contact the guests, giving them the date and time. The host asks guests what they want to bring or tells them what is needed.

Questions? Contact me.

Kathy Layton

UUA Presidential letter

Friends,

The current hysteria and rancor in the debate over health care policy are profoundly disturbing. The issues here go far beyond normal public policy debate. Religious principles central to our shared Unitarian Universalist faith are involved.

The first religious principle at stake is compassion. We must be a strong, persistent voice that reminds our nation and our leaders that compassion is central to all major faith traditions. We must insist that health care reform protects those without political clout: children, the poor, the disabled, the elderly. To stand on the side of love is to stand with those who are on the margins.

The second principle of our faith we must affirm today is our commitment to the democratic process. We are witnessing cynical demagoguery that plays on fear in order to defend privilege. There is no place for intimidation in our public discussion. Demagogues foment fear and panic that lead to violence. As religious people we must oppose intimidation.

True democracy can only exist where each voice is heard, where debate is open and civil, where people can disagree without being threatened. Good people can and do disagree about health care policy. However, we must all join together to demand open, respectful debate.

As religious people, let us insist on two things: We must create a health care system that protects the most vulnerable, and we must insist on a democratic process that is open to all.

Faithfully,

Peter Morales

Night Shelter news

I serve on the Board of the Humboldt All Faith Partnership (HAFP), which operates the the Arcata Night Shelter (ANS). I am reporting as Liaison from HUUF's Social Action Committee to that Board.

All who have cooked for ANS and contributed in any way at all to its success will be treated to a first-ever Volunteer Appreciation Party this September. Watch for your invitation.

Those who deliver food to ANS will find a barricade to the parking slab by the kitchen entrance. The slab has caved in. A sink hole is awaiting repair.

HAFP has acquired a second house next to the ANS. The Shelter Coordinator lives in its apartment above the garage. Primarily, the second house is being used to pro-

vide rental residences for up six former homeless guests, who have progressed to becoming hosts and proved themselves reliable. The Shelter Coordinator has taken on additional duties as on-site manager for the second house.

Ursula Osborne

FOR SALE Fryer/roaster chickens, organic, free-range, \$5.00/lb. Available mid-late September. Limited supply. Call now to order. Also, organic brown eggs, \$3.50/dozen, available late September. Don Nielsen, 822-0726.

September fit tip: aspirin

For men, the main benefit of aspirin is preventing heart attacks. For women, it's preventing the kind of stroke caused by a blood clot (ischemic stroke), the most common kind of stroke. For both, the risks of taking aspirin are gastrointestinal bleeding and hemorrhagic stroke. It makes the most sense to take aspirin if your chance of having a heart attack or stroke is greater than the odds of aspirin causing a problem. A simple way to figure your heart disease or stroke risk is to use an online calculator, such as the Framingham or Reynolds risk scores, which give you a percentage. If yours is 13% it means that for every 1,000 people with risk factors like yours, 130 will have a heart attack or stroke over the next 10 years.

Now compare your cardiovascular risk with the chance that taking aspirin will lead to gastrointestinal bleeding or cause a hemorrhagic stroke. The estimates of these complications look like this: before age 59, 0.9% for men and 0.5% for women; from 60 to 69, 2.5% for men and 1.3% for women; and from 70 to 79, 3.7% for men and 1.9% for women.

Several things boost the chances of getting into trouble with aspirin:

- Regular use of ibuprofen or another non-steroidal anti-inflammatory drug in addition to aspirin increases the risk of gastrointestinal bleeding fourfold.

- Men are twice as likely as women to have gastrointestinal bleeding.

- Having had a gastrointestinal ulcer, gastrointestinal bleeding, or hemorrhagic stroke increases the chances it will recur.

Continued on next page

Religious Education



- Uncontrolled high blood pressure or use of an anticoagulant also increases the risk for a hemorrhagic stroke or serious bleeding.

Is preventive aspirin use right for you? Say you are a 68-year-old woman with a stroke risk of 18%. By taking aspirin every day, you lower your risk by 25%, to 13.5%. Your chance of having a problem with aspirin is 1.3%. The benefits definitely outweigh the risks.

What about a 55-year-old man with a 10-year heart attack risk of 2%? Taking aspirin would lower it by 25%. Since he takes ibuprofen for arthritis, his chance of having a problem with aspirin is close to 4%. For him, the risk is higher than the benefit.

Trials evaluating the heart benefits of aspirin have tested doses ranging from 500 mg a day to 100 mg every other day. The task force concludes that a dose of 81 mg a day, the amount in a baby aspirin, seems to work just as well as higher doses with fewer bleeding problems.

Aspirin lowers the chances of having a first heart attack or stroke by 25%, but you can't rely on aspirin alone to protect you. The combination of not smoking, maintaining a healthy weight, exercising daily, choosing a healthful diet, and drinking alcohol in moderation lowers the risk of having a heart attack or stroke between 50% and 80%.

Scott Allen

Classified ads are 10 cents a word. Please e-mail your ad to Joy Thomas and send your check, made out to HUUF, to the fellowship.

Welcome back to another year in Religious Education. It will be the best year yet. We have the wealth of experienced teachers and the support of a great RE Committee. We will kick off the year with our annual Family Fiesta night, Saturday, **September 12** from 5:00 – 8:00 p.m. We will have build-your-own tacos and burritos.

This is a time to reconnect with our Fellowship family, hear what curriculum your classroom teachers have planned, sign up your child/ren for RE and of course, volunteer to support our RE program.

We need the support of all parents to keep our program vital and interesting. Whether it be providing snack, helping in a classroom, participating in All-Worship Sunday or Social Action Sunday, being on the RE committee, the list is long and varied. There are many ways for you to participate. Come with your calendars and be ready to sign up to support your child's spiritual growth. Don't forget, there's a free margarita for those who sign up.

Sunday School Schedule for all classes

September 13: 11:00 a.m. service Gathering of the Waters

This is an all Fellowship service in which you can share water from your travels this summer (or your wading pool in the backyard) that signifies the beginning of our regrouping as a spiritual community. Most will stay in the sanctuary, childcare for those who prefer.

September 20: Our first day in Religious Education. Come visit with old friends, meet new folks in your class. Share summer stories, crafts and snack.

September 27: Social Action Sunday

A popular annual tradition, we will walk over to Redwood Roots Farm to glean vegetables for the Food Bank. It may be muddy. Please bring paper bags or boxes to use. This is tentative, depending on crops/calendar. If there is a change, we will have an alternative activity and glean another time.

Thanks to the vision and support of the RE Committee and the Board, the teachers and I, your RE Director, had a fabulous planning retreat this summer. All of our teachers have been volunteering for a number of years, while working and being parents/grandparents. It has been my pleasure to work with such a committed group. We spent the weekend at Klamath River Lodge in a beautiful setting and accomplished a huge amount of planning, as well as bonding and discussing our goals for our Sunday school year. Our Board Co-Pres, Maureen Lawlor, volunteered to cook and clean up, making it a truly relaxing and productive weekend. Thank you, Maureen, and all the folks who supported this effort. I'm sure we will see the result this coming year with increased music, three Youth services and a more predictable calendar.

Jillian Mooney



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Tuesday, Wednesday,
Thursday, Friday
9:00 a.m. - 12:30 p.m.

Board of Directors:

Co-President	Maureen Lawlor
Co-President	Jeff Knapp
Vice President	Greg Blomstrom
Treasurer	David Harris
Secretary	Roxana Hand
Trustees	Grace Marton
	Beverly Morgan Lewis

Newsletter Editor	Joy Thomas
Calendar	Amanda Jones

Social Action planning retreat

We invite all interested in participating in the effective work of the HUUF Social Action Committee to join in planning for the 2009/10 year, from 10:00 a.m. to 4:00 p.m. on Saturday, **September 19**, at the home of Jean and Jack Munsee. We will eat a potluck lunch during the break from 12:30 to 1:30. We will plan how to implement our vision through distribution of HUUF budgeted funds, proceeds from coffee sales, proceeds from monthly brunches, and through five SAC-led Sunday programs during the coming Fellowship year.

Ursula Osborne

Next deadline: Sunday, September 20

E-mail articles to Joy Thomas at jthomas3@csulb.edu. Send calendar and Sunday service info to Amanda Jones at anewilljones@yahoo.com. this will be Amanda's last month as calendar editor, so if you are interested in assuming the position of calendar editor, please contact her.

FINDING ELIM

By Dave Nelson



HEY! ISN'T THAT THE WORD I WASN'T ALLOWED TO SAY YESTERDAY?