

Humboldt Unitarian Universalist Fellowship



February 2009

Reflecting on our Future Forum

As unimaginable as it sounds, 62 of your fellow HUUF members spent most of January 10 (the first bright, warm sunny Saturday of the year – naturally) in vigorous and engaging discussion about our future. It was a testament to the HUUF Future Forum committee and a credit to our members that we all endured sitting on our notoriously uncomfortable chairs to ponder our future for six hours with some of the most wonderful people in Humboldt County. To top it off we had a catered lunch of organic beef sloppy joes cooked up and served with much enthusiasm by the Lawlor family.

Seriously, everyone I talked with at the Forum was enthusiastic and engaged about the future that we all are being asked to consider. If you weren't there, please help us achieve our desire for 100% of the members to give us their thoughts about where HUUF should go in the near future with finances, pledging, ministry, RE, Sunday service programs, social action, growth, etc. Many of the questions are tough – we know how much more money it would take to have a half-time minister, but where would it come from: doubling each of our pledge amounts, adding a substantial number of new members, winning the lottery?

As the Future Forum committee moves to contact the 90 or so members who weren't able to make it, we are building from an incredible start thanks to Joann Thomas, Maureen Lawlor, Scott Allen, Barbara Madaras and Connie Roser-Renouf. HUUF has a proven track record of reaching its long-range goals as Scott Allen documented in his PowerPoint presentation. Please help the Fellowship meet its 100% goal during the next month so that we can report the results of our collective thinking about HUUF's future at our **March 8** congregational meeting.

Greg Blomstrom
Board of Trustees



Let us assemble

Two exciting assemblies are on the horizon. The first is General Assembly (affectionately known as GA), **June 24 - 28** in Salt Lake City. It's wonderful to have it so close to home. Anyone interested in being a delegate should contact Co-presidents Bonnie McGregor or Maureen Lawlor. If you go as a fellowship delegate, HUUF will pay your registration fee (\$300 if done by April 30; \$345 after). Be reminded that if you go as a delegate, you are obligated to attend all delegate governance sessions.

The second is Pacific District Assembly (PCDA) held at the Fremont Marriott, **May 1-3**. Delegate rules are the same. We'll pay your registration. Housing may be available with UUs living in the area. These assemblies are valuable on a personal level as well as what you can bring back to HUUF. If you would like to talk to someone who has attended, call me and I'll link you up.

We are allowed three delegates for each assembly and have set aside conference money in the budget. Additional announcements will follow, but please think about it now.

Nancy Cook

People

Bill Van Fleet died on December 21. His memorial service will be held **March 18**.

Charlynn Johnson is recovering from major surgery in a San Diego hospital. Suzanne has been there with her every step of the way. Healing thoughts for both of you.

Jan Clark and Lisa Roberts returned from five months in Massachusetts and are happy to be back in Humboldt County.

Kaiden Hasting-Tharp's adoption by Jamila and Michelle is officially complete. We are so glad for your family.

Jamila Tharp and daughter Abigail traveled to Turkey and returned feeling as though they have another home.

Inge Leonardos will have cataract surgery at the end of January.

Marianne Pennecamp is glad to have her grandson, Sean, back from Uganda with his bride Lisa.

Susan Allen visited daughter Maggie in Sweden.

Micki and Corey Lewis opened the Sun Yi's Academy of Tae Kwon Do and Yoga studio in Arcata. We wish for them joy and success in their new business.

Pat McCutchen has had the first of several surgeries. Many healing thoughts will be with her.

Woody Marshall has died. People always seem to smile when they talk about him.

Upon completion of her Ameri-Corps service, **Judy Alvarez** travelled across the U.S., making many UU contacts and witnessing Pres. Obama's election night speech in Chicago. She is now in Tahoe.

Betty Sloane would like phone calls from friends. Back pain prevents her from going to HUUF.

Karen Knapp

Arts Arcata, HUUF

Berti Welty invites all HUUF members and friends to a reception at HUUF during Arts Arcata on Friday, **February 13**, 6 to 9 p.m. If you enjoyed her current black and white photography show at HUUF, this is your chance to see the slide show which was the basis of the Monica pictures in the sanctuary. The slide show will be on a continuous loop on a large computer screen, so there is no need to arrive at a specific time. More photographs plus her infamous ceramic "Storybook Boot" will also be displayed. Munchies will be served. Let us show support for our artists.



No phone numbers

Since 90% of HUUF members now get their newsletter via the Internet, members' phone numbers and e-mail addresses will no longer be included in newsletter articles.

It has long been the policy of HUUF's webmaster to remove contact information from articles before posting the newsletter on HUUF's website. This was done to protect members from trolling devices that search out e-mail addresses and then bombard you with spam.

We hope that it is not too much trouble to use your HUUF directory when you must contact another member. Thanks for understanding.

Joy Thomas, editor

Nominations

In March, the congregation will elect four members to the HUUF Board of Trustees and one member to the HUUF Endowment Committee.

The Nominating Committee is honored to present the following candidates for board positions which begin on July 1:

Jeff Knapp - Co-President (two-year position)

Greg Blomstrom - Vice President (two-year position)

Beverly Morgan Lewis - Trustee (two-year position)

Grace Marton - Trustee (two-year position)

For the Endowment Committee, we are pleased to nominate Brad Morin for a three-year term.

Maureen Lawlor and Roxana Hand will continue as Co-president and Secretary respectively on the Board for the second year of their two-year positions. As of mid-January, David Harris began serving as apprentice Treasurer to Nancy Cook. Since the Harrises will be traveling in the near future, please continue to submit reimbursements to Nancy until further notice. Each and every one of us owes Nancy a debt of gratitude for her generous and long-time service in this position.

On the Endowment Committee, Dave Davis and Kathy Layton are the continuing members.

We thank all the candidates for their willingness to be of service.

In fellowship,

*Sue Lee Mossman, Grace Marton
and Carol Newman*

Note: Candidates' statements are found on page eight of this newsletter.

Dream workshop

On the weekend of **May 1**, Jeremy Taylor will lead his usual dynamic, informative and participatory dream workshop. On Friday there will be a talk; the workshop will take place Saturday, and on Sunday he will speak at both services.

It is not too early to mark your calendar. If you are interested in participating in the workshop, coming to the Friday evening talk, or just have questions, please communicate with me.

June Davis

UU World forum

Come join our lively group of discussants on Wednesday, **February 18**, 2:00 - 4:00 p.m. as we continue to dig into the winter issue of the World — the one with the robin on the cover. One lead article looks deeply at the difficulty we have of really treating every person with dignity. Another by our former denominational president, Bill Schulz, sums up his belief in the power to endure suffering and how to find that power.

Richard Kossow



Guest at Your Table report

News of economic difficulties foretold a decrease in contributions to UUSC, compared with last year's record. We saw a 35% decrease in number of contributors but only a 23% smaller gift from us to the Unitarian Universalist Service Committee. Twenty Guest-at-Your-Table donations collected at our Fellowship this past holiday season totaled \$1438.55 (including one \$100 gift mailed directly to UUSC). A heartfelt thank you for your generosity to Celeste Armenta; Barbara Barratt; Anna Mae Botley; June and Dave Davis; Mary Freedlund; Thea Gast; Valerie Gizinski and Pat Carr; Bertha Hansen; Debbie Harrison and Greg Blomstrom; MaryLou Jensen; Awanna Kalal; Archie Mossman; Ursula Osborne; Jan Rowen; Betty Segal; Chip Sharpe; JoAnn and Carl Thomas; Karen Underwood; Jean Wagner; and an anonymous box of coins.

If you prefer to send your contribution directly to UUSC, the address is Unitarian Universalist Service Committee, P.O. Box 845259, Boston MA 02284-5259. If you do mail it to UUSC, please mention that you are with Humboldt Unitarian Universalist Fellowship. Our congregational code is 2111.

Contributions of \$100 or more are matched; contributions of \$40 or more qualify for UUSC membership (\$75 for dual memberships, \$20 for seniors, \$10 for youth).

Chip Sharpe

Woodbridge (Woody) Marshall

1920-2008

Woodbridge (Woody) Marshall, retired city and regional planner, piano tuner, *LA Times* proofreader, and beloved Arcata barfly, died Saturday, December 6, in Mercy Medical Center, Redding, after sustaining injuries in a fall on his 88th birthday, December 3. Friends and relatives remember his unflinching intellectual curiosity, his deep knowledge of the arts, letters, and politics, and will miss him dearly. He attended college at Harvard University, where he received the Detur Prize for outstanding academics during his freshman year, and then continued with graduate study at the School of Design under Walter Gropius, specializing in city planning. His college years overlapped with WWII, during which he served in the Merchant Marine. After graduate school, he moved back to California to work as a planner for Santa Clara County, where he designed a new downtown for the city of Sunnyvale, and later worked for the Southern California Association of Governments (SCAG). He lived in Avalon for several years before settling in Arcata in the late 1980s. Woody quickly found the Fellowship and arranged to have his beloved Blüthner piano moved to HUUF.

Memorial programs were heard on KHSU on Ed Campbell's *Les Crepuscules des Idoles* and Barry Thorpe's *Classic Jazz*. Donations in his memory can be made to KHSU or Humboldt Unitarian Fellowship.

Beverly Allen

Be courteous

Please be aware when accessing the RE room in the main building that it is a space of worship and learning for our youngest UUs. Our staff needs at least 20 minutes to set up our classroom before we begin, and class may continue after adult service is over. That means that it must be free of meetings or choir practice by 10:40. Please think how it would feel if someone entered our service and began moving furniture or gathering for another meeting. We must model appropriate respect for each other's spiritual practice and space. It is a Religious education classroom first and foremost. Please treat it as such.

Jillian Mooney

Yes, we can

At our January Social Action Committee meeting contributions of \$2450 were approved. The largest were \$1000 to the All Faith Partnership and \$500 to the UU Legislative Ministry for the defeat of Proposition 8. Eleven other contributions were made to local and global organizations working for social justice and humanitarian aid. The Social Action Brunch in January raised \$216 for the Eureka Rescue Mission. Previous brunches have raised significant amounts for Food for People, the Salvation Army and Fortuna Community Services. Coffee sales continue to support the education of student Keyla in Nicaragua. Yes, we do quite a bit for others. I hope you were inspired as I was by President Obama's inauguration call for all of us to be of service not only to our own friends and families, but to so many others in dire need. We invite all to join us to work for peace and social justice. Meetings are the first Sunday each month.

Mary Lou Jensen
Social Action Chair

Karen's office hours



Anyone who would like to meet with Karen during her office hours should contact her directly at karen.harris@post.harvard.edu.

New library books

Several donations have expanded the HUUF library recently. From Connie Roser-Renouf came *Earth: the Sequel* by Fred Krupp and *The Power of Sustainable Thinking* by Bob Doppelt. From Steve Sottong came *The Essential Rumi* by Maulana Jalâl al-Dîn Rûmî; *The Gospel of Thomas* by John Dart; *The Origin of Satan* by Elaine Pagals; and *Muhammad, a Biography of the Prophet* by Karen Armstrong. Many thanks to you both.

Joy Thomas, librarian

UUA news

The following are excerpts from *Advocacy News*, newsletter of the UUA's Advocacy & Witness.

The scenes of violence coming from Gaza are sobering. The Churches for Middle East Peace has called for Congress to support "policies that protect the wellbeing of Israelis and Palestinians and safeguard U.S. national security interests." For more information, see their website.

The Peacemaking draft Statement of Conscience will be voted on at General Assembly this year. Congregations can submit comments regarding the draft. A 25% quorum of all UU congregations is required to agree that this statement should be discussed and voted upon. Your participation is crucial. Find the feedback page at uua.org/peacemaking.

The Let Justice Roll Living Wage Campaign held a Living Wage Day Events & Services in January in support of the campaign to Raise the Federal Minimum Wage to \$10 in 2010. See www.uusc.org. In hard economic times it is important for people of faith to stand with low-wage workers. The minimum wage was not enacted during good times but during the Great Depression. When the federal minimum wage was established in 1938, the unemployment rate was 19%. President Roosevelt saw the minimum wage as "an essential part of economic recovery."

ColorOfChange.org calls for signatures on a petition urging Louisiana Governor Bobby Jindal, Attorney General Buddy Caldwell and the U.S. Department of Justice to conduct a full investigation of race-motivated crimes and a police cover-up in the weeks after Hurricanes Katrina and Rita.

The Tennessee coal spill makes the urgent need for alternatives to fossil fuels abundantly clear. As Van Jones put it in his 2008 Ware Lecture at General Assembly, we need to move from an economy based on death to an economy based on life.

Members of Congress are crafting an economic stimulus and recovery plan. Please tell them that the stimulus must help to build an inclusive green economy (not reinforce the pollution-based economy's status quo) and has to include funding for the Green Jobs Act.

Ed Uyeki

Religious Education



Preschool

February 1: We will learn about the Celtic Goddess Bridgit with crafts and stories.

February 8: We will have a full moon celebration. Come ready to have fun.

February 15: All Worship Sunday. Yesterday was Valentine's Day. What does it mean other than chocolates and cards? We will gather in the CARE building to sing and talk about how we can show love for friends, family and our Earth.

February 22: Social Action Sunday- We will gather in the CARE Building to make care bags for the homeless shelter. If you would like to contribute personal hygiene items like soap, toothbrushes, etc, please bring them.

K-2nd

February 1: We will learn about a famous UU Hero through story and crafts.

February 8: We will meet a local UU hero who lives and worships with us. Who is it?

February 15: All Worship Sunday. Yesterday was Valentine's Day. What does it mean other than chocolates and cards? We will gather in the CARE building to sing and talk about how we can show love for friends, family and our Earth.

February 22: Social Action Sunday- We will gather in the CARE Building to make care bags for the homeless shelter. If you would like to contribute personal hygiene items like soap, toothbrushes, etc, please bring them.

3rd – 5th

February 1: This month we will learn about UUs who have succeeded in the sciences. Maria Mitchell was the first woman American astronomer and a Unitarian. We will learn about her through video and demonstration and make a craft, too.

February 8: We will learn about Tim Berner Lee, inventor and Unitarian and have a take apart party. We could use extra screwdrivers. What invention can you think of?

February 15: All Worship Sunday. Yesterday was Valentine's Day. What does it mean other than chocolates and cards? We will gather in the CARE building to sing and talk about how we can show love for friends, family and our Earth.

February 22: Social Action Sunday- We will gather all together in the CARE Building to make care bags for the homeless shelter. If you would like to contribute personal hygiene items like soap, toothbrushes, etc, please bring them.

Intermediates:

February 1 & 8: We will discuss Hinduism and hopefully have a guest speaker.

February 15: All Worship Sunday. Yesterday was Valentine's Day. What does it mean other than chocolates and cards? We will gather together in the CARE building to sing together and talk about how we can show love for friends, family and our Earth.

February 22: Social Action Sunday- We will gather all together in the CARE Building to make care bags for the homeless shelter. If you would like to contribute personal hygiene items like soap, toothbrushes, etc, please bring them.

January's Family Ministry Night was a huge success! Good food, good fun and lots of laughter and great music. Many thanks to the Appelmans and Alston families for hosting our swing-time dance party. Thanks to the Morins for teaching us to swing, plus all of those who set up, washed dishes and cleaned up. It makes the evening easier when the work is shared along with the fun. Next Family Ministry Night will be **March 27**. Who wants to host? See me.

Adults are needed to assist teachers in our bursting classes. You can work with an individual class or volunteer for All worship or Social Action Sundays. Contact me for a date of your choice. The quality of our program depends on its volunteers.

Many thanks to all the adults who helped children cook food for the emergency night shelter last month. We cooked 12 pans of enchiladas. Thanks to the Escudero family for making the brownies we didn't have time to cook at home. We need five more families to sign up to deliver food on the 3rd Tuesday of a month between now and June. Thank you to the Stubblefield family for delivering January's meal. There will be a sign-up sheet on Sunday, see me.

Jillian Mooney

New media, UUA

Join over 4,500 fans of the UUA's Facebook page (<http://tinyurl.com/5wm9gp>), which features UUA videos, photos and news stories, as well as wall posts by UUs from around the world.

Check out the brand new Facebook page for Advocacy & Witness Initiatives of the Unitarian Universalist Association (<http://tinyurl.com/7o4wzj>), a gathering place for Unitarian Universalists to share information, practices, and experiences related to advocacy and witness programs.

Stay up-to-the-minute on UUA news, by subscribing to the UUA's Twitter feed (<http://twitter.com/uua>). You will receive text messages with headlines and links to the latest UUA news stories.

Subscribe to our iTunes podcast (<http://tinyurl.com/7fm8wk>), so you can enjoy video and audio from the Unitarian Universalist Association on your iPod. Current highlights of the podcast include Rev. William Sinkford's pastoral letter, Rev. Catherine Cullen's recent radio interview with Sinkford, and Rev. Kate Braestrup's 2008 Melcher Award remarks.

Add the UUA.org "Top Stories" RSS feed (<http://feeds.feedburner.com/uua/Lxnn>) to your feed reader.

And don't forget about our longstanding online resources, including our 300+ UUA e-mail lists

(<http://lists.uua.org/mailman/listinfo>), and the UUA website (<http://www.uua.org> <<http://www.uua.org>>).

For more information about how your congregation can use new media, visit our UUA new media how-to resources (<http://tinyurl.com/564uww>).

Ed Uyeki

Fit tip of the month: prevent cancer with a Hawaiian vacation or cod liver oil

Scott Allen pointed out to me some new and surprising information about vitamin D. An authoritative review¹ of the subject explains the importance of this vitamin, not only to bone development, but in a variety of other diseases as well. A few key points are described below, admittedly a little dry reading. The take-home message is that, if, as a child, your mom forced you to gag down that yucky cod liver oil every day, you should be grateful.

By the current definition of deficiency a surprising number of persons are affected: about half of school children in the US (higher in dark-skinned races), 40-100% of the elderly, 73% of lactating women and 80% of their breast-fed infants. Even in extremely sunny areas such as India and Saudi Arabia 30-50% of children and adults were deficient since most skin is shielded from the sun by clothing.

The benefits on bone health are well known. Elderly patients taking 800 IU or more of vitamin D had a 29% reduction in hip fracture, but surprisingly also had a 72% reduction in falling, due to measurably improved large muscle strength. Vitamin D directly or indirectly controls more than 200 genes, has receptors in most tissues, and is a potent immunomodulator, affecting resistance to tuberculosis and other infectious agents. Many cancers are more common at higher latitudes, possibly related to vitamin D deficiency, as are multiple sclerosis, rheumatoid arthritis, hypertension and cardiovascular disease. Studies have shown 50% reduced rate of breast cancer, 65% reduced colon cancer, greater survival of melanoma, and 40% reductions in lymphoma in groups with adequate vitamin D levels. There is evidence that vitamin D can induce quiet death of cancer cells and decrease the blood supply of tumors. Vitamin D may be related to depression, schizophrenia and may be important in fetal brain development.

Dietary recommendations for children and adults with marginal sun exposure are at least 800-1000 IU per day of D3 (the over-the-counter version) or 50,000 IU every two weeks of D2 (the prescription version). The plant-derived vitamin D2 is only one third as active as yeast-derived D3. Vitamin D is made by action of sunlight on the skin or taken in orally in certain foods, e. g., oily fish (400-1000 IU in one teaspoon cod liver oil), dried shitake mushrooms (1600 IU), or D fortified drinks (100 IU in 8 ounces of milk). Most multivitamins contain only 400 IU, so it is clear that a daily vitamin and drinking milk are not quite sufficient. A minimal-redness tan in a bathing suit is equivalent to 20,000 IU of D2. Thus, a Hawaiian vacation with lots of bikini time every fall could store enough vitamin D in your liver to possibly get you through a cloudy winter. See if your doctor will get your insurance company to pay for one or, failing that, recommend oral supplementation. I have started taking 2000 IU D3 per day since coming back from my Hawaiian vacation, just to be safe.

1. Holick, Michael F., Vitamin D Deficiency, *New England Journal of Medicine*, 2007; 357:266-81.

Dave Davis



Green tip of the month: install a programmable thermostat

The thermostat that comes with most heaters allows you to set a single temperature for the furnace. A programmable thermostat can vary the temperature in your house several times each day. By consistently lowering the house temperature when you're not home and at night, you save energy. It can also make your house more comfortable by increasing the temperature before you awake. A programmable thermostat pays for itself several times over in one winter.

Programmable thermostats are available at any hardware store, in a variety of styles and prices from \$45 and up; but the simplest, least expensive model works for most people. The average handy person can install a programmable thermostat with a drill and a screwdriver.

Most heaters' thermostats use either a 24-volt or millivolt system. Both work with a programmable thermostat. If your furnace uses a different system, consult the owner's manual and literature that came with the programmable thermostat to determine whether you need a specialized programmable thermostat. Millivolt heater systems often work when electrical power is out. Programmable thermostats will not change this.

Installation is as simple as unscrewing the old thermostat from the wall, undoing two wires, installing the new programmable thermostat and rehooking the wires.

A word of caution: there are two types of old-style thermostats. Both have a springy coil of metal. One type has a set of electrical contacts at the end of the springy coil. This type can be put in the trash. The other type has a small glass ampoule mounted on top of the springy coil with a small quantity of liquid mercury inside. The mercury should be visible, and it is hazardous waste. Consult your local waste disposal service about how (or if) you can dispose of it. If you can't tell which type it is, treat it as hazardous waste since most of the older thermostats used mercury tip switches.

Once installed, the thermostat is programmed, usually with four settings a day. There are separate programs for weekdays and weekends. A typical weekday program might be:

1. Preheat before waking,
2. turn down heat while you're away,
3. preheat house before you return home and
4. turn down heat at bedtime. Remember, it's more energy efficient

to heat a small area than the entire house, so consider an electric blanket at night so you can set the house temperature lower.

Simply turning down the heat automatically twice a day saves on energy bills. You can easily override the programming if you are uncomfortable.

I've installed programmable thermostats in four houses over the last 20 years without a hitch. You can, too, and start saving energy.

Stephen Sottong

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

24 Fellowship Way (off Jacoby Creek Road)
(707) 822-3793

www.huuf.org

e-mail: office@huuf.org.

Administrator Bert Taylor

Office Hours:

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

Board of Directors:

Co-President	Maureen Lawlor
Co-President	Bonnie MacGregor
Vice President	June Davis
Treasurer	Nancy Cook
Secretary	Roxana Hand
Trustees	Jeff Knapp
	Greg Blomstrom

Newsletter Editor	Joy Thomas
Calendar	Amanda Jones

Sponsor program

It was mentioned at the recent Forum that the mentor/sponsor program for new members was a pleasant experience of the past. The Membership Committee is glad that it was appreciated in the past, but wants you to know that the program is still in place for new members. The Committee assigns a sponsor for each new member to help him or her get acquainted and become a part of our community. Anna Mae and Bob Botley started the program.

Aiko Uyeki,
for the Membership Committee

Deadline for next newsletter: Friday, February 20

E-mail articles to Joy Thomas at jthomas3@csulb.edu. Send calendar and Sunday service info to Amanda Jones at anewilljones@yahoo.com.

Candidates' statements

Jeff Knapp: Jeff Knapp, currently a Board Trustee, was born and raised in Michigan, and after graduating from University of Michigan undergraduate and law schools, spent two years in Chicago, 26 years in San Francisco and moved to Arcata in 1995, joining the Fellowship in 1998. Jeff is a retired recruiter/headhunter, and has served on our Personnel, Program & Worship, Halloween Festival, and Canvass and Annual Survey committees. He joined the Fellowship because he believed HUUF, our Covenant and our programs showed him HUUF would support his spiritual, social, social action and children's religious education needs. His main interest on the Board is strategic planning, leadership training, rethinking our organization and having the Fellowship become a much higher priority in Members' lives. Jeff lives in Arcata's Sunnybrae neighborhood with his forever-young wife, Karen; age 16 daughter, Jessica; age 11 son Justin; and 4+ year old wonder dog, Leela.

Greg Blomstrom: Debby and I have been members of the Fellowship since 2001 and enjoy the company of the many people at the Fellowship who share our values. I am a third generation Californian, born in the same hospital as my mother (Alta Bates in Oakland). I moved to Arcata in 1969 to attend forestry school at Humboldt State College and never left. I am co-owner along with 6 other people of a small consulting forestry business where we all practice "sustainable" forestry. Prior to that, I worked for 20 years as a forester for the Hoopa Valley Tribe. Since arriving in Arcata, I have developed a set of values that I would typify as liberal, but not particularly religious. My religious leanings come more through praying to the plumbing gods and goddesses for help in my many plumbing projects than from any interest in organized religion. Nonetheless, during my 20 years at Hoopa I came to realize that my belief system is similar to the local Indians and tribes in the area: a reverence for nature and most things natural (except for deer, raccoons and slugs).

I have been a member of the Board of Trustees for six months and bring a business orientation to our deliberations on your behalf. I will continue to operate on a belief system that has the entire Fellowship's interests at heart.

Grace Marton: I've been a resident of Humboldt County since relocating from Florida in 1990 and have lived in Arcata for 15 years. I first started to attend the Fellowship in about 2000 or 2001. I became interested in attending services when I saw an ad in the paper and signed up for one of Jeremy Taylor's dream weekends. As a result of the Jeremy Taylor classes, I joined a weekly dream group and met some Unitarians including June Davis and Bob and Anna May Botley. I also heard favorable comments about the local UU group from my husband Lance Hardie who had participated in a men's group at the Fellowship for several years. So it was meeting UUs and encouragement from my spouse that started my association with the Fellowship. I enjoyed the diversity of programs in the Sunday services, and so I figured if I was going to attend even one Sunday a month on a regular basis, I might as well join. I've been a member of HUUF for a few years now, but not a highly visible member. I have worked on the services auction each year that it was held and helped out at holiday boutiques. I'm rather quiet and reserved so you may not have met me during coffee hour.

When Sue Mossman asked me to serve on the nominating committee this year I told her that I wasn't the best candidate as I didn't know all the members. And now I'm asking for you to support my nomination for a Trustee position on the Board. I assure you that I didn't join the nominating committee just to grab a position on the Board. Honest! However, I do have the time to devote to a board position, and I'm a fast learner, so I'll do my best to be of service to the Board of Trustees and the membership at large. My pledge to do my best is my most relevant qualification. I do have a couple of decades old degrees from the University of Wisconsin - Whitewater, but have been retired for several years so no employment credentials for me. I mostly entertain myself by taking classes in the "Over 60" program at HSU and also attempting to improve my skills in photography and Photoshop.

Beverly Morgan Lewis: I have been a resident of Humboldt County since 1972 and a member of our Fellowship since 1992. I have served on the Board in the past, as co-president and secretary. I have served on multiple HUUF committees. The Fellowship is my spiritual home. I come to develop spiritually, explore the fundamental mysteries of existence and be part of a community that is very dear to me. With service as my sacrament, I have been with county social services for over 31 years, serving as the director since 2001. I'm planning on retiring from that part of my life in July, which will give me the luxury of more time to serve on the Board. I also judge and compete in dog events that take me out of town on most weekends. That means I won't always be at Sunday services. But I believe that I will be able to do

continued on page 9

the work of the Board during the week.

I live in Eureka with David, my spouse of 31 years, and two Pembroke Welsh Corgis named Fern and Puck.

Brad Morin: I came to Humboldt County in the summer of 2005 with my wife, Cathy, and three young sons. We came in search of a community prone to progressive thought, a healthy life style, and small town familiarity. My profession seems to be raising three sons, with necessary distractions in the way of software development, chess, and mathematics. We started our participation in UU in Utah upon finding the need for a new religious community. We joined HUUF shortly after coming to Humboldt.

Honeymoon journey

In October, 2008, Cheryl Rau and I made a two-week trip to Turkey, a wonderful, intense and transformative journey to the sacred sites of the goddess. Ironically, we were first drawn to HUUF many years ago for a film festival on the goddess and the workshops that followed. Married last June after 24 years together, we declared the journey our honeymoon. For 4,000 kilometers we jounced along in the "goddess bus" with twelve others, 3 men and 9 women (3 were UUs) from Vancouver, North Carolina, Australia, Colorado and California. Our Turkish guide was a delightful, indefatigable, knowledgeable woman named Rabia; our leader was Karen Tate, author of several books on the goddess. We met in Istanbul, where we were dazzled by the sight of the spires of four mosques from our window and semi-awakened each morning at 5:00 by the day's first call

to prayer. In some ways, it was a typical tourist trip. We visited the Blue Mosque, Aga Sophia, Troy, the Grand Bazaar and feasted on lavish buffets. Our circuit included the "Turkish Riviera," frolicking in travertine mud, and the sensuous delights of an authentic Turkish bath.

But the real highlights of the trip were much more profound. I teach Classical Mythology at College of the Redwoods; an important premise of the course is that to understand the values a mythology promotes, one must also understand what it was trying to suppress. I knew that travel to these sites would strengthen my teaching. We had no idea how deeply the trip would touch us spiritually.

One site especially attracted me: the 60,000 year old archaeological site called Catalhoyuk (pronounced chaTALhiyuk) is the most highly developed Neolithic center of the Near East and flourished for 1500 years (6800-5700 B.C.E.) without fortifications, weapons, and no evidence of violent death. Archaeologist Marija Gimbutas, through exhaustive study of some 2000 artifacts has, according to Joseph Campbell, established the themes of a religion which venerated the universe as the living body of a Goddess-Mother-Creator where all living things partake of her divinity. He compares her work to a Rosetta Stone deciphering the message of an age of harmony and peace in accord with the creative energies of nature which thrived for some 4000 prehistoric years.

We visited other archaeological sites: numerous temples to Athena, Artemis, Aphrodite, Hecate; and sophisticated museums that brought to life the complex layers of history that are Anatolia. Ephesus was a huge, sprawling city with a library that rivaled Alexandria's and terraced condominiums with amazing plumbing, frescoes and mosaic walkways. This metropolis I had known only as the place where Paul came to preach fire and brimstone to the evil, goddess-worshipping heathens. I had not known that, after the crucifixion when early Christians were being persecuted, John brought Mary to Ephesus. Today, the Virgin Mary's house is surrounded by a cultural park, and three recent popes have performed mass in her chapel there. The Black Madonna of Ephesus lives in her shrine, where pilgrims pay homage and seek her healing.

To be continued next month.

Pat Mccutcheon





Humboldt Unitarian Universalist Fellowship
P.O. Box 506
Bayside, CA 95524

Women in religion: legend and leadership

On Thursday, **February 26**, at 7 p.m., Karen Harris will present an adult RE class based on material she developed for a class she is teaching at HSU. The class will be held at the Fellowship.

Her HSU class is about women and leadership in the world's major religious traditions. Topics covered in the HSU class include women in traditional scriptures, women in history who have been exemplary in their traditions, and the modern phenomenon of women in positions of religious leadership.

Amanda Jones

William Mabry Van Fleet

Bill van Fleet was born in 1915 in Point Richmond, CA. He graduated from architectural school in Berkeley in 1938. He married Colette Sims (1916-1994), and they established their architectural firm in Eureka in 1951. Together they received many awards for their design; among the 47 houses in Humboldt County was the Doctor Lee House in Arcata that took first place with over 900 architects competing in the USA in 1964. Perhaps their best-known work is the UU Fellowship.

Bill was also known for his art and running. His love for birds could be seen in his paintings using the medium of conte crayon and watercolors. He showed his work in 2005 at the Morris Graves Museum. At the age of 60 Bill took up running and gradually became a full-fledged marathon runner. In 1968 he placed seventh in the world in his age group at the original Marathon course in Rome. In 1990, Bill organized a four-generation half-marathon: The Avenue of the Giants. It included Bill at 75 years old, son Peter (47 years), grandson Matthew (21) and great grandson Schuyler (four months).

He is survived by his three children Christine (Lee Cohee) from Tallahassee, FL; Ellen from Sacramento; and Peter and Anita Van Fleet from Talent, OR, his caretakers for the past two years. A celebration of his life will be held at the Unitarian Universalist Fellowship at 12:30 pm on March 22. In lieu of flowers, the family requests donations for the continuation of the arts c/o of Peter Van Fleet, PO Box 1068, Talent, OR 97540.