

Humboldt Unitarian Universalist Fellowship



A note from the minister

February 2016

Rabbi Lawrence Kushner, scholar in residence at Congregation Emanu-El in San Francisco points out that the Hebrew letters in the name *yah, hay, vay, hay* are unpronounceable not just because no one can name the holy, but also because they are all vowels and are an attempt to transcribe in writing the sound of an animal breathing. The name of the creative source of life, then, is the sound of breath. These same letters are also the root letters in the Hebrew verb “to be.” This brings to mind the experience of Moses and the burning bush. When, at the burning bush, Moses was commissioned by God to go to the Israelites and to Pharaoh to speak for the freedom of the oppressed people, he asked “Whom shall I say has sent me?” And the response was this same set of vowels. In English it is translated as “I am.”

From the wisdom of ancient Judaism comes the notion that name of the Mystery of Life is “Being Itself,” or “Breath.” In Judaism and many other great religions, a major way for us human beings to connect to the Mystery is just to sit down, calm down and breathe. In the month ahead, each in our own way, may we take the time to do just that.

Yours in the journey,

Rev. Bryan Jessup

Board minutes

On January 12 your Board of Trustees discussed the potential of a 2015-2016 budget year surplus created by fundraising and building rentals. Discussion focused on a balance of saving and spending. It was agreed, 4-2, to wait until the end of the budget year before taking action.

Filming of Sunday services was referred to the Communications and Worship committees.

Next steps on the foyer expansion were discussed now that permits have been approved. Review of contractor bids, a Memorandum of Understanding with the donor and calendaring were referred to the appropriate parties.

Both the **January 26** and **February 23** Operations Team meetings will be joint in an effort to maximize information decimation and gather feedback. The January meeting will hear reports from committees involved with the building and grounds. The February meeting will focus on reviewing and improving our governance system. You are invited.

Sylvia Shaw

Inside

Page 2:

People
Kitchen Corner
File formats

Page 3:

Religious education

Page 4:

Guest at Your Table
Stewardship
Book release party

Page 5:

Movie nights
Archaeological training

Page 6:

Sunday Services

Page 7:

Calendar

Page 8:

Poem

Page 9

Roy Zimmerman concert
Evening of Art & Music

Page 10:

Member bios

Page 11:

Fellowship Fundraiser
Art & Aesthetics
Humboldt Edge
Parenting Together
Financial Peace Univ.
Winning Bidder

People

Please welcome new members Dave and Sonya Woody, Eric “Sonja” Hansen and Emily Rood.

Judy Rishel is waiting to hear about a surgery date for her “other knee.”

Anna Mae Botley has a surgery date for her hip in February.

Virginia Chatfield reports that some of her health issues have disappeared, but she would like to lose a couple more.

Edie Jessup says she walked around enough to fix dinner the other night, but she was exhausted after that effort. She is waiting for another surgery date.

Lucera Love is home from further treatment.

2015 was a big year for Ginger and Richard Kossow; 25 years of sobriety, 60 years of marriage and 80th birthdays.

Andy Anderson is amazingly cheerful and philosophical considering he has had two more strokes.

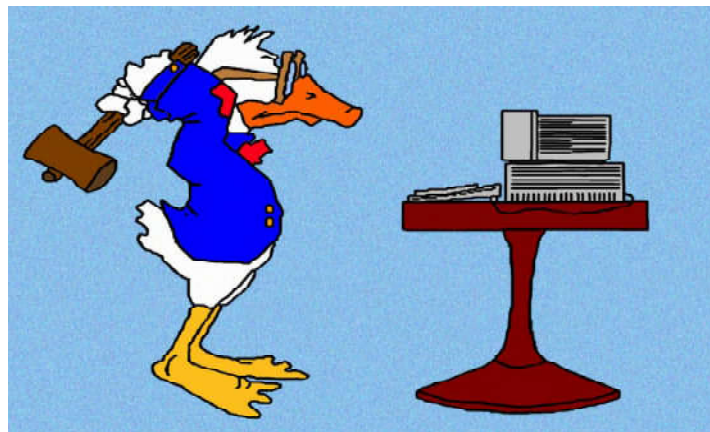
Bill Thompson is mourning the death of a son.

Thank you to the dedicated leaders and supporters of the OWL program. We are so blessed to have their talents and time.

Sylvia Shaw

Kitchen corner

Boy, does our kitchen serve us in many ways. As I write this we are finishing the MLK weekend and I saw revolving groups of users in the kitchen from Friday morning to Sunday afternoon. Friday morning was Palco Marsh sandwich making, Saturday was the OWL retreat and the Korten book discussion group, Sunday morning was coffee makers who blended into the brunch bunch. We have no line item in our budget for the kitchen, but it is a workhorse in our service and programming. We do have Kitchen Angels. Jan Rowen recently stocked us with commercial rolls of foil and plastic wrap as well as sink strainers and two shiny new sheet pans. Awanna was loading her car on Sunday with many bundles of dirty laundry, the result of the many users over the weekend. I am so thankful to these angels and the many more I don't know about. And, of course, I cannot leave out Angels Chip, Scott, Berti and Jo. Thank you to all for keeping the kitchen running.



Sylvia Shaw

Acceptable file formats

One of the articles this month was submitted in “Pages” format. While this is fairly standard for Mac users, PC users, including me, cannot read these files. The only acceptable formats for submissions are: .doc, .docx, .rtf and text. Please restrict yourself to one of these. All word processors can translate into at least one of them. I cannot extract the text from .pdf files, so don't send them. Keep in mind that all I do is extract the text from the files, so unless you need to use bold, italics or lists, just send me the text of the article in the body of the email.

When it comes to graphics, I can take almost anything but prefer: .jpg, .gif and .png files. Others can be translated but may lose clarity and accuracy. I can extract graphics from word processor files but prefer to have them as separate files since this ensures clarity.

Stephen Sottong

Religious Education

February 7: Exploration Sunday

Preschool: We will read the story, "Red Knit Cap Girl," by Naoko Stoop and discuss how to develop motivation. Very challenging marble ramps will help us develop our motivation skills.

Kdg-2: What does the Earth give us? How do we give to it? We've talked about our love of different animals on this earth. We'll play games that help us understand animals and ecosystems. Bring a picture or drawing of your favorite animal to add to our collage. Dress to be outside in a variety of weather if you want to do the outside activity.

3-5: We'll add chalk to our toolbox this week. What does chalk have to do with being UU? Come find out as we learn about the democratic process. What does that mean? How did this idea come about? What do we use in our congregation to decide our disagreements?

February 14: All Worship. All ages together

We are a religion that stands on the side of Love. What does that mean? How can we be more loving to ourselves and others? Last month we talked about courage. How do courage and love go together? We will talk about these things as we make valentines to give to those we love and those who need our love as well as other games and activities around this theme.

February 21: Exploration Sunday

Preschool: We'll continue to explore motivation more deeply as we challenge ourselves with the marble ramps and more activities.

Kdg-2: We've talked about water as important to protect and conserve. We'll experiment with water to see how what we do to it affects it, and in turn, how it can affect us. What do you know about the water cycle? Share your ideas and make a weather graph and a tornado. Yes, a tornado!

3-5: This week we'll talk about power by adding a hammer to our toolbox. What is power and how can it be used for good or evil? Those are powerful words in themselves. How can we feel powerful in our world without hurting others?

February 28: Social Action Sunday. All ages together

We will cook for the Arcata night shelter.

Teen Group

Sunday February 7: Intermediates will meet at 11 during the service to discuss the nature of the universe and human nature. Teens will meet from 12:30-1:30 to discuss different religious practices and how they relate to us as UUs.

Sunday February 14: No meeting; all youth will attend the general RE program.

Sunday February 21: Intermediates will meet at 11 during the service and Teens will meet from 12:30-1:30 to learn more about and contemplate social justice issues. This week we will discuss homelessness in Humboldt County.

Saturday February 27th: All youth Movie night. Intermediates and teens welcome. Movie will start at 6:30 p.m. and end at 9:00.



Guest at Your Table report

There were thirty-one Guest-at-Your-Table donations from our Fellowship this past holiday season (ranging from \$22 to \$1000) totaling \$3,721.85. This includes four gifts mailed directly to UUSC and is a 25% increase over last years collection. This was HUUF's largest ever, though from slightly fewer donors.

A heartfelt thank you for your generosity to these forty-five contributors and their families: Beverly Allen; Scott & Susan Allen; Barbara Barratt; Anna Mae Botley; Colleen Ruth Broderick; Gigi Collins; Nancy Cook; Thea Gast; Valerie Gizinski & Pat Carr; Debra Harrison & Greg Blomstrom; Edie & Bryan Jessup; Awanna Kalal; Eric & Jana Kirk-Levine; Richard & Ginger Kossow; Kathy Layton; Darsty & John McAlinn; Kate McClain; Pat McCutcheon & Cheryl Rau; Suzanne Moore; Sue & Archie Mossman; Ursula Osborne; Marianne Pennekamp; Jan Rowan; Sylvia Shaw; Celestine Armenta & Chip Sharpe; JoAnn & Carl Thomas; Bill Thompson; Karen & Stephen Underwood; Aiko & Ed Uyeki; Berti Welty & Jo Weisgerber; and the ever-faithful Anonymous.

Chip Sharpe

Stewardship

Three favorite words circulating around our Fellowship for some time now are Gratitude, Generosity and Service. These words have been central to our Unitarian Universalist faith. I am most grateful for the generosity and service brought to us by Bryan Jessup. Bryan started his ministry to our congregation two and one-half years ago as perhaps the ultimate chapter in a long and distinguished ministerial career.

I have been most taken with Bryan's words and practice regarding generosity as a spiritual practice, exemplified by the Jessup's contribution of ten percent of their earnings to the Fellowship. Ginger and I have been moving in the direction of that example and are finding a sense of comfort and fulfillment in it. It works. It's another way of demonstrating how much this faith community and our denomination means to us, and the importance they play in our life's journey.

For his more than full time services, Bryan is compensated at the rate of 50% of a recommended full time ministerial salary, based on his level of experience and our size and location. My fond hope is that our generosity in supporting the work of this congregation will grow so that we can move closer to fairly compensating Bryan for his seemingly tireless efforts to meet our need for inspiration and leadership. But this is about more than just fair compensation for Bryan, it's about us working together to fund a full time minister when Bryan finally retires. In order to continue to grow and thrive, I believe HUUF truly needs a full time minister. So Ginger and I are stepping up to do our part to make sure that happens. I hope, as you are able to do so, you will step up too.

Richard Kossow, Stewardship Education Committee

New Release?!



Book release party

Mary Oliver believes "it is a serious thing, just to be alive on this fresh morning, in this broken world." On **Saturday, February 6** at 8:00 p.m. at the Jambalaya in Arcata, A Reason to Listen Poetry Collective hopes to inspire our local community to consider *How to Love this Life* amidst a broken world. Selections from Therese FitzMaurice's newest poetry collection, *How to Love this Woman*, will be read accompanied by movement and music, she will lead the audience through an exploration of the cycle of desire, doubt and fulfillment. After the performance, DJ Goldilocks and Rosewater (Dead Cover Band) will ignite an epic dance party aimed at opening our hearts toward the gift each fresh morning offers those who choose to live fully in this broken, beautiful world.

HUUF epic movie nights

There will be no movie February 14; however, in honor of black history month, on **February 28** HUUF Epic Movie Nights proudly presents the film *Amistad*. The movie was nominated for 4 Academy Awards. Starring Djimon Hounsou (NAACP Image Award for Outstanding Supporting Actor), Sir Anthony Hopkins, Morgan Freeman and Matthew McConaughey. Directed by Steven Spielberg. Rated R.

The year is 1839. A group of 53 Africans held captive aboard the slave ship La Amistad break free of their shackles and take control of the ship. After they land in the United States, they are held prisoner and their release becomes the subject of heated debate.

This is not an easy movie to watch, especially in regards of the treatment of slaves. But the story and the acting are truly Epic. Please join me at 6:15 and the movie will begin at 6:30.

Debi Cooper



Archaeological training for HUUF members (really)

HUUF's archaeological consultant Dimitra Zalarvis-Chase is offering free archaeological training to any Fellowship member in order to help with the archaeological survey of the HUUF property. As there are known archaeological resources in the vicinity, our building permit for the foyer requires that we have a registered professional archaeologist conduct an archaeological survey of the property. Dimitra is volunteering the majority of her time on this project because it's a small world and she grew up with Kinara and wants to give something back to the Fellowship in Kinara's honor.

Fellowship members will gather on a Saturday morning and be given training in how to search for archaeological artifacts, and then put that training to good use by assisting Dimitra with the archaeological survey of the HUUF property in the afternoon. HSU students will possibly participate as well. This will be a good way to help our consultant who is donating her time while at the same time gaining some insight and experience in searching for archaeological artifacts. Date to be announced via email from HUUF.

Greg Blomstrom

Deadline info

Deadline for the **March** issue of the newsletter is Saturday, **February 20**, 5:00 p.m. Send your committee reports and articles to newsletter@huuf.org. Acceptable file formats are .doc, .docx, .rtf and text **only**. Late submissions will not be accepted. Crisp, clear graphics should be sent as a separate file, not embedded in your article.

Stephen Sottong, editor

Becoming a member

If you are ready to become a member of HUUF, please talk to a greeter and we will schedule a time during the week for you to sign the Membership Book. There is a pamphlet available in the lobby which explains some of the details of becoming a member. We'd love to have you join us when you're ready.

Awanna Kalal



CLASSIFIED ADS

Classified ads are 10¢ per word. Send your check to the HUUF office and the text of your ad to newsletter@huuf.org.

Sunday Services

Sunday, Feb. 7 – 9 and 11 a.m.

Imbolc and Life Between Winter and Spring – Rev. Bryan Jessup

In the nature-centered Celtic tradition, the beginning of February marks the halfway point between the Winter Solstice and the Spring Equinox. It's the time when the goddess Brigid is celebrated with weeping and song.

Sunday, Feb. 14 – 9 and 11 a.m.

Help Us Help You – the HUUF Caring Circle

The Caring Circle provides and organizes many helping activities for members who are in need of support during times related to illness, short-term disability or loss. Families in distress give all of us a way to express our compassion and concern for our very own beloved HUUF community. On the other side of the coin, many of us are reluctant to ask for help. We suffer isolation and discouragement. This service addresses the issues of asking for support, how it can be given, and it seeks to know what our own HUUF family needs. Since it's Valentine's Day, we look forward to celebrating big hearts.

Sunday, Feb. 21 – 9 and 11 a.m.

Atheists in Our Midst – Rev, Bryan Jessup

Just being an atheist does not make a person either moral or immoral. Many hard-headed atheists refuse to believe in magical cures yet work mightily against great odds to cure human ills. In this service we will open our minds to the truth that a person need not believe in God to be a great human being and a great neighbor and friend.

Sunday, Feb. 28 – 9 and 11 a.m.

Spiritual, But Not Religious: Mysticism in Our Living and Dying – Chaplain Carl MacGruder

The fastest growing religious identity in the United States is “spiritual, but not religious.” What does this mean, and is it really possible? Chaplain Carl Magruder works as a palliative care chaplain for Resolution Care. He meets people at the crossroads of their spiritual belief and their mortality, which has shaped his perspective on how belief, faith, practice and cosmology effect our sense of worth, meaning, purpose and connection. For Carl, a cradle Quaker, the center of these explorations is the question of direct encounter with mystery.



Calendar of Events

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 7 pm Sources of Our UU Faith	2 7pm Financial Peace	3 *1:30 pm Crafts Group 7 pm Choir	4 6 pm Private Event 7 pm Roy Zimmerman 7 pm Thursday Reflections	5	6 8:30 am Private Event 9 am Worship Leaders 5 pm Parent's Night Out
7 9 & 11 am Service 12:30 SAC Cmte. 1 pm OWL 6:30 Private Event	8 6:30 Private event 7 pm Sources of Our UU Faith	9 5:30 pm BOT Mtg. 6pm Private Event 7pm Financial Peace	10 9 Private Event 10:30 Ministerial Relations 7 pm Choir	11 7 pm Thursday Reflections	12 9 am Private Event 6 pm Art Opening	13 1 pm Private Event
14 9 & 11 am Service 6:30 Movie Night	15 6:30 Private event 7 pm Sources of Our UU Faith	16 7pm Financial Peace	17 9 am Private Event 7 pm Choir	18 7 pm Thursday Reflections	19 9 am Private Event	20 8:30 am Private Event
21 SAC Brunch 9 & 11 am Services 12:30 SAC Brunch 1 pm OWL 1 pm Parenting Together 6:30 Private Event	22 10:30 Membership Mtg 7 pm Sources of Our UU Faith	23 5:30 pm OP. Team Mtg. 6pm Private Event 7pm Financial Peace	24 9 am Private Event 10:30 Ministerial Relations Cmte. 7 pm Choir 7 pm Private Event	25 7 pm Thursday Reflections	26 9 am Private Event	27 6 pm Intermediate Group
28 9 & 11 am Services 12:30 Aging with Grace 12:45 RE Cmte. 6:30 Movie Night	29 7 pm Sources of Our UU Faith					

WHAT THE FELLOWSHIP MEANS TO ME

It means I set the alarm Saturday night
because my spirit's parched.
Sunday I gather with Buddhists, Jews, Muslims, atheists
Catholics, agnostics, and recovering evangelicals like me.
Music and familiar faces welcome, warm me,
a chalice lifts light and my soul begins to rise.
The gong sounds its deep tone
and I am present, feel the love that is the spirit of this fellowship,
shake my head over my Fundamentalist brother
who swears this is a cult.
Singing hymns, my voice quavers at these lyrics
I can sing honestly with fervor.
The choir moves me, too, tears lining my throat.
We sing the children out for classes—
go now in peace.
I feel part of this community—
our joys, sorrows, and celebrations ripple together.
I remember rides, meals, and care that have
helped me more than once.
I drop my pledge in the basket,
know homeless are being fed.
The minister makes me think, stirs me to action.
Memories of childhood churches' hypocrisies
slough off like dead skin, and I am done with
decades of lugging the past, done with judgement.
My spirit drinks deep, brought back.
We all join hands together,
smile across the aisles.
This group of disparate individuals has grown
much greater than the sum of our parts.
I give thanks for each one.



Pat McCutcheon

Roy Zimmerman concert

The concert will take place on Thursday, **February 4** at 7 p.m. The suggested donation is \$20, but no one will be turned away.

Roy says: I'm calling the election year tour "This Machine," a reference to Woody Guthrie and Pete Seeger to be sure, but also an acknowledgement that songwriting does good work in the world. Sometimes I think satire is the most hopeful and heartfelt form of expression, because in calling out the world's absurdities and laughing in their face, I'm affirming the real possibility of change. Plus, I get to call Donald Trump a "big orange harangue-utan."

Bryan Jessup



An evening of art and music

On **Friday, February 12** from 6 to 9 p.m. at the Fellowship Main Hall will be an evening of snacks, art and entertainment. Berti Welty recently graduated from HSU in Studio Art, having explored many mediums over the last 10 years. This celebration is her gift to the community that has supported her emotionally and with great encouragement during those years. While she enjoyed most of her classes, her passion is Printmaking and sculpture.

Featured on the walls of the Fellowship for the next month will be her series of prints, *On and Around Humboldt Bay*. In addition, for one night only, many of her sculptures will be on display.

Seabury Gould, musician and storyteller par excellence, will provide entertainment throughout the evening. Finger-food and beverages will be served. All are welcome to just drop by, or stay the evening. This will be part of the February Arts Arcata.

If anyone wishes to bring finger-food, or assist in any way, contact Berti at 476-0654 or bertijo@humboldt1.com.

Member bio

I was born Friday the thirteenth in Evansville, Indiana when Germany was killing Jews; lucky my German Jewish ancestors came to the MidWest.

Mom was very loving. Dad was the now extinct species of liberal Republican and became a judge. Sister Nancy and dog Brownie completed our family. I was Republican intending to be a lawyer. My first economics class and JFK made me a Democrat.

I came of age at Indiana University. Friends, Kerouac, Salinger, Dylan and Vonnegut changed me enough that quitting law school became easy. Marshall McLuhan helped lead me into media.

I joined the Coast Guard to serve without going to Viet Nam. I worked for ABC TV in New York. I worked passionately for Bobby Kennedy and when he was killed, I followed a path that led to Berkeley, UCLA and eventually to Humboldt. I made videos at HSU for a living.

I met and fell in love with Carol at HSU. When Nick and Tara were born we decided to get them an ethical education free of the dogmas of the religions of our childhoods. The Fellowship was in its old building. Now that the kids are grown, HUUF is part of our extended family.

Steve Newman

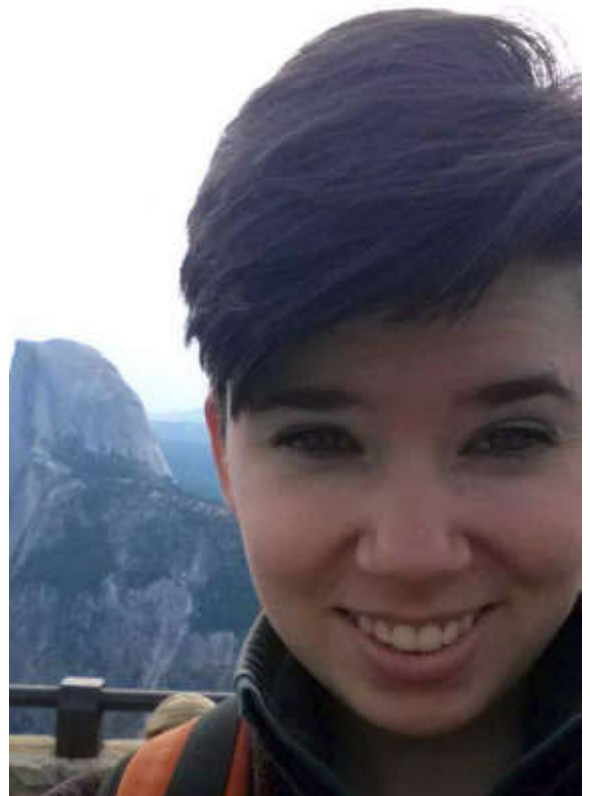


New member bio

While I've been a part of the Fellowship for 21 years, I became a member when I was 17, and was an inactive member for the past few years when I left Humboldt County for college. I attended Sacramento State University, and majored in philosophy and ethics. I realized that I loved philosophy when I was at NPA and had the opportunity to learn about the assumptions I held and got to challenge myself and think critically. For me, studying philosophy is an extension of what I got to do in Teen Group: discuss ideas, think deeper about issues, and be pushed to articulate my thoughts about life, injustice, and the nature of the universe.

My favorite times when I was younger were being outdoors, and volunteering with my friends from the Fellowship. It's through RE that I learned the importance, and the fun, of service, and it's ultimately why I spent the past year volunteering with AmeriCorps in Salinas, California. I worked last year in an elementary school where I tutored students in literacy. The students I tutored were from migrant families, and I learned about the struggles and the resilience of migrant students who work so hard with few support systems. This experience helped reaffirm my commitment to social justice, and reminded me why I love our Fellowship. I've become an active member again not only because I've moved home, but because UUs believe that we must actively work to rectify the injustices we see in the world and because we work to make our communities better.

Navarra Carr



Fellowship fundraiser

A Fellowship fundraiser dinner will take place at Folie Deuce on **Monday, March 7**. That fine Arcata Restaurant which features local food has graciously offered to give the Fellowship all the profits from a fixed price dinner. The price will be \$50 each. If requested, we will be offering childcare at the Fellowship so parents of the young ones can come. Details to follow.

Berti Welty



Art and Aesthetics

The HUUF gallery's current show is The Member Show which will continue until February 9. Two members that have not previously shown in our gallery entered pieces: Kelly Keen and Steve Wallace. Kelly entered "Labyrinth," painted in acrylic and created in one session painting from the evening of one day to the wee hours of the next morning. Steve entered a watercolor that evokes a soft Humboldt moment.

Participants should note that these pieces should be picked up February 9 between 10:00 and 11:30 a.m. or call me at 826-7107.

Berti Welty will present a one person show to coincide with Arts Arcata, **February 12**. She will have a reception here that night. Her sculpture will only be shown on that night. So do come that evening and celebrate this intrepid artist.

In March the Member 3-D show will be hung for our enjoyment.

Cheryl Rau

Humboldt Edge

The Humboldt Edge homeless newspaper is looking for writers and artists who are living on the edge, and willing to submit their work to the paper. Contact: humboltdedge@gmail.com, or www.humboltdedge.com. Editorial meetings are held every Friday at 1:30 p.m. at the Annex (by the bus station) in Arcata. If you are interested in participating on the Humboldt Edge Advisory Board, contact me 407-0047 for further information.

Edie Jessup

Parenting Together

Parenting Together is a forum for HUUF parents and others wishing to discuss the joys and challenges of parenting. Please join us for Parenting Together on **Sunday, February 21** from 1-2:30 in the preschool room. The Social Action Committee (SAC) brunch will be served following the service on that day, so quickly grab some food and come to the preschool room by 1:00. For questions, contact me at alison.odowd@humboldt.edu. If you would like childcare during the meeting, please RSVP to our Childcare Coordinator Jen Mager at jen9510021@hotmail.com by **February 14**. Future Parenting Together dates are: March 20, April 17 and May 22. All of these sessions will be from 1:00-2:30. Diana Nunes Mizer will facilitate the meetings in February and March. Bryan Jessup will facilitate the April meeting. In May we'll do a fun end-of-the-year outing. All are welcome.

Alison O'Dowd

Financial Peace University

Financial stress leads to spiritual impoverishment and tears families apart. We all need a plan for our money. Financial Peace University will help you create that plan. It's not magic, it's common sense and telling your money where to go instead of wondering where it went. You tailor your plan to your family, work in a supportive group, and your numbers remain private.

Nine sessions cover these topics: Super Saving, Relating with Money, Cash Flow Planning, Dumping Debt, Buyer Beware, The Role of Insurance, Retirement and College Planning, Real Estate and Mortgages, and The Great Misunderstanding. The course is taught on video by Dave Ramsey; the group facilitator is Margot Julian. The \$93 fee for a single or a couple includes the book, The Complete Guide to Money, audio CDs of all lessons, a wallet, a workbook, access to online resources and other tools.

Classes meet 7:00-9:00 p.m. on Tuesdays, **February 9 to April 26** at the Fellowship. A preview and registration session will be held Tuesday, **February 2** at 7:00pm. For more information, contact me at 442-2770 or margoteka@aol.com.

Margot Julian

Winning Bidder

I was the top bidder in the Service Auction to name a specific topic for a sermon by Rev. Bryan Jessup. I chose "Atheists" and the title of his sermon will be "Atheists Among Us" on **February 21**.

Awanna Kalal



Humboldt Unitarian Universalist Fellowship

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CLASSIFIED ADS

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House Sitter

I'm offering my services as a house-sitter, especially for the first week of February (1-10) when my house is undergoing renovations. I'm a seasoned plant-sitter, and I also love animals. I have experience mainly with cats, dogs, and rodents, but I love all animals and am interested to learn how to care for other animals as well. My rate is \$15 a day, and I hope you will consider me as a house or pet-sitter in the future. If you are interested in my house-sitting services, please call me at (707) 502-7619 or email me, Navarra Carr at navarra.carr@gmail.com