

# Humboldt Unitarian Universalist Fellowship



April 2009

## We are having a fundraiser

It is time we had a fundraiser. On **June 14**, after the second service we will do just that. We will have a fundraiser and an afternoon get-together.

Here is the plan. We will divide the entire Humboldt Unitarian Universalist Fellowship into ten teams. Each team will be responsible for designing and putting together a “basket.” The baskets will be a collection of items based on a theme. For example, let’s say Team Seven decides on a Pacific Coast theme. The basket could contain a seafood dinner for four at John and Mary Brown’s, a redwood fish-shaped cutting board, sterling silver crab earrings, Lazio’s tuna, new hand-tied flies for fishing, etc. We all have unused gifts that could be recycled, access to sources of donations and great ideas. On the 14<sup>th</sup> we will have ten full, eclectic, and income-producing baskets to raffle off in a silent auction. This whole “basket” auction could be very fun and we could really get to know our randomly picked team members.

So let’s talk about the teams for a minute. Everyone will be placed on one of the ten teams, and the teams will be posted so that you know which team you are on. If you do not want to participate that is your choice and you do not have to. But before you excuse yourself from your team I would like you to think about two things. One: We have not had a fundraiser in quite a while and we all need to work together to keep our Fellowship healthy and our bills paid. If you say no you are letting someone else do their share and your share of the work. This is not really “fellowship.” Two: we could all use an enjoyable event to pull us together, celebrate our collective joy at being part of HUUF and really get to know each other through a team effort. The teams will be random using the 1-10 count off system. This will allow us to spend time and exchange ideas with folks we may not really have gotten to know in the past.

Please look for more information starting the week of March 30 in the lobby, the Order of Service and group e-mails.

Anyone interested in working on planning the event please contact me.

*Maureen Lawlor*



## Pledge tip of the month

Charitable giving should make some difference in how we experience life from day to day. If giving to the congregation is similar to writing a check at the end of the month to pay the phone bill or the electric bill, and then forgetting about it until the end of the next month, we are not giving or caring enough. Similarly, if we only take spare change or a dollar or two from our pockets for the weekly collection, our giving has too little meaning either for us or for the congregation. (Paraphrased from Michael Durall)

*Nancy Cook*

## Discussion forum

On Wednesday, **April 15**, 2:00 - 4:00 p.m. we will gather to discuss the spring issue of the *UU World*. The lead article is on how Darwin’s theories of evolution have formed the foundation of today’s UU theology. There are also fascinating articles on how religiously inclusive we can be. New participants will be welcome. Bring your copy of the magazine, annotated to indicate what ideas interest you most. You will find a variety of opinion on many core issues in our religious life together.

*Richard Kossow*

## People

**Charlynn Johnson and Suzanne Moore** are home! Charlynn's health continues to improve. It's been a long journey and we are glad to have them back. They appreciate all of the support that has been sent their way.

**Ginger Gardner** had a transfusion of 4 pints of blood for anemia. She is strong again and would like people to donate blood in her name.

**Pat McCutchen** is thrilled to be recuperating from her neck surgery and is now able to drive again.

**Nancy Meadow** is having some health issues. If you would like to visit, Jan Roberts is now keeping Nancy's calendar. Call Jan make sure Nancy is available at the time you wish to visit.

**Anne Weiss** fractured her toe and is having a hard time getting about. She welcomes visitors in the afternoon. Please call first.

**JoAnn Thomas** is having problems with one of her eyes. She would like us to send her lots of hope and healing.

For the fourth year in a row, **Steve Sottong** will compete in the Great Humboldt Trivia Challenge on Tuesday, **April 21**. This event is a fundraiser for the Humboldt Literacy Council and takes place at Cherae Heights Casino. Talk to Steve for more details.

**Cynthia Chason** is joyous to report that she has had a very successful eye surgery.

*Karen Knapp*

## Budget requests

Committee budgets for 2009-2010 are due on **April 1**. Please e-mail or send your hard copy to treasurer Nancy Cook and a copy to me. Thank you.

*June Davis*



## Earth day brunch

The HUUF Social Action Committee will celebrate Earth Day with a Whole Earth brunch on **April 19**. And while this may not be an 'Around the Earth in 80 Entrees' affair, it will nevertheless feature an assortment of interesting flavors representative of various nations. Fellowship participation is welcome.

Proceeds from this brunch will go to Fortuna Community Services which provides the human necessities of food, clothing, showers, shelter, etc., to those in need in the Fortuna, Loleta, Bridgeville, Rio Dell and surrounding area. They play a vital role in responding to those in need in Humboldt community during this time of economic crisis. Of course we are all hoping for positive change in our economy with this new administration. Change generally doesn't happen overnight though, and no one should go hungry, or be without the most basic human needs, while waiting for the economy to improve. So we invite you to come enjoy a wonderful meal with us so that others might eat, too. Brunch will begin shortly after the second Sunday service.

*Eve Anderson*

## Got 'em — more than ten strong people

Search all your nooks and crannies, because the rummage sale in August is a go. There will be more news on what we need, the help we need, the items we do not want, and other details in future *Newsletters*. Let us all work together as we have during magic festivals, and other celebrations to make this sale a really big success. With all of you helping, it certainly will be. When you see Laura Barney, Barbara Barrett, Anna Mae Botley, Jan Clark, Lisa Roberts, Ilene Harris, Phyllis Helligas, JoAnn Howell, Ann Hunt, Amanda Jones, Jessica Knapp, Irith Shalmony and JoAnn Thomas, please thank them for helping plan our rummage sale. You could even offer to help and give us suggestions. Thank you.

*Inge Leonardos*

## Karen's office hours



Karen is available to meet with members and friends of the congregation in her office at the Fellowship. If you would like to arrange a meeting with Karen, please e-mail her at [karen.harris@post.harvard.edu](mailto:karen.harris@post.harvard.edu).

## Hear ye! Hear ye!

Since the Adopt-a-Watt program fell about \$4000 short of raising enough money to pay for the solar installation, you are invited to attend a fund raising dinner on Saturday, **April 25**, at the Fellowship at 6 p.m. to help pay off the debt. The meal will be nasi goreng, an Indonesian rice table. Nasi goreng, as it will be presented, is rice accompanied by several dishes containing chicken, diced ham, shrimp, crab, exotic spices, chutney, chopped peanuts, peanut butter, sliced cucumbers, cranberry sauce, sliced bananas, peas and a fried egg so that people can choose to eat what they want. The cost of attending will be a minimum of one dollar to a maximum of \$4,000. We hope everyone will attend, so choose the price that you can afford within the stated range. Be as generous as you can so that we can help retire the debt for the solar panel installation. After the dinner will be the last opportunity to bid on Helen Vatcher's oak tree painting which will be given out at that time. To reserve a place at the dinner, you **MUST** contact Nancy Cook and indicate the price that you are willing to pay per person. It is necessary to contact Nancy by **April 17** so that the cook will know how much food to buy. The Green Sanctuary Committee hopes to see you there for an evening of feasting and fellowship.

*Jack Munsee, Co-Chair  
Green Sanctuary Committee*

## Increase productivity

Attention HUUF committee members: Please make time to participate in one of two workshops designed to introduce the business productivity software Google Apps as it relates to HUUF administration. My goal is to have committees share some of the administrative workload with our office administrator, Bert Taylor and to make HUUF's committees run silky smooth so that more folks will want to participate in them. Workshop dates are **April 9 and 23**, both at 7:00 pm. Bring your laptop if you have one with wireless capabilities.

*Nick Appelmans*



## Summer at HUUF

Although the weather may still say it's winter, the Program and Worship Committee is planning for summer. As usual, we will have one service (at 10:00 a.m.) that will be less formal than during the rest of the year. You can help us plan for the summer in four ways:

First, if you have an idea for a program, contact us and we will evaluate it for inclusion in the schedule.

Second, if you are having a guest who might be interested in presenting a program, contact us to see if we can accommodate their schedule.

Third, we are in the process of scheduling a few visiting ministers and ministerial students and would like to offer them free lodging. If you have a spare room and would be willing to host one of our presenters for a few days to a week, please contact us. We especially want to offer our guest speakers the chance to enjoy the attractions of Humboldt County by making a mini-vacation out of their trip here.

Fourth, come to the summer P&W planning meeting on **April 19**. We'll have a table during the Social Action Brunch. Eat, plan and have fun.

Contact me if you can help. Your participation will help make the summer programs memorable.

*Steve Sottong for Program and Worship*

## March work party

Please remember to thank the workers for taking part in the magnificent March Fellowship work party. They installed bird barriers; fixed the leaky water heater in the CARE Building; started a garden below the RE room windows; installed a hose reel and new hose by the patio; removed tape from soffit vents; raccoon-proofed (we hope) the compost bin; inspected, stirred and identified all the old paint stored around the Fellowship, then labeled and sealed every can; installed hooks, a shelf and brackets in the CARE utility room; and worked in the Memorial Garden. Here's whom to thank: Dave Goggins, Eve Anderson, Tony Martin, Archie and Sue Mossman, Berti Welty and Jo Wiesgerber, Bert Taylor, Barbara Barratt and Nancy Cook, who made a huge pot of coffee, brought snacks, cleaned the kitchen and tended the potted plants by the front door, just like she always does. Our next monthly work party will be **April 18**. Call me for details.

*Scott Allen*

## Fit tip of the month: Ten reasons to work your body

The numbers are shocking. Just three out of 10 American adults are active enough to stay healthy and fit. Nearly four out of 10 aren't active at all, despite reams of research proving that exercise is a powerful preventive, and sometimes an antidote, for disability and illness.

Regular physical activity makes an enormous difference to the quality and length of your life, a fact underscored by hundreds of solid studies. In a nutshell, exercise does the following:

1. Lessens the chance of getting heart disease, the number one killer of Americans. Exercising regularly may increase the number of blood vessels feeding the heart, help prevent plaque buildup by striking a healthier balance of blood lipids (HDL, LDL, and triglycerides), and help arteries retain resilience. Even if you already have heart disease, exercise lowers your chances of dying from it.

2. Lowers blood pressure. Long-term hypertension doubles or triples the odds of developing heart failure and helps pave the path to other kinds of heart disease, stroke, aortic aneurysm, and kidney disease or failure.

3. Helps prevent diabetes by paring off excess weight, modestly lowering blood sugar levels and boosting sensitivity to insulin so that your body needs less of it. If you have diabetes, exercise helps control blood sugar.

4. Reduces risk for developing cancers of the colon, breast, endometrium and prostate. By helping you attain a healthy weight, exercise also lessens your risk for other cancers in which obesity is a factor.

5. Helps shore up bones, which reach peak density and strength during the first three decades of life. Over time, bones become weaker as density decreases. When combined with calcium, vitamin D and bone-saving medications if necessary, weight-bearing exercise like walking, running and strength training helps ward off bone loss. And balance-enhancing activities, including tai chi and yoga, help prevent falls that may end in fractures.

6. Helps protect joints by easing swelling, pain, and fatigue and by keeping cartilage healthy. Strong muscles support joints and lighten the load upon them. Activities that boost flexibility, such as stretching, yoga, and tai chi, extend range of motion.

7. May limit and even reverse knee problems by helping to control weight—a big deal, since for every step taken, each additional pound of body weight translates to four additional pounds of load on the knee, according to the Arthritis Foundation.

8. Lifts spirits by releasing mood-elevating hormones, relieving stress, and promoting a sense of well-being. In some studies, exercising regularly has helped ease mild to moderate depression as effectively as medications; combining exercise with medications, therapy and social engagement is even better.

9. May boost your ability to fend off infection, as shown in three randomized trials of women who walked briskly 35 to 45 minutes a day, five days a week for 12 to 15 weeks, and experienced half the cold symptoms of a sedentary group. Additional research shows exercise prompts a modest, short-term upswing in natural killer cells and white blood cells, which help squelch infection.

10. Adds years to your life. In the long-running Framingham Heart Study, moderate activity tacked on 1.3 years of life for men and 1.5 years of life for women versus low activity. Raising the bar to high activity added 3.7 years for men and 3.5 years for women. Even current couch potatoes can't wiggle out of this. A separate long-term study of 10,000 men ages 20 to 82, who were examined and given two fitness tests at five-year intervals, found those who made the effort to shift status from unfit to fit cut their likelihood of dying by 44% compared with those who stayed sedentary. (From Harvard Medical School *Healthbeat* Newsletter)

*Scott Allen*



# Religious Education



## Preschool

April 5: We will talk and learn about our UU Principle “All People Need a Voice.” We will make crafts and hear stories.

April 12: (Easter Sunday) We will have our traditional egg hunt and honor our Mother Earth with a new spring ritual. Please bring something from the Earth that you would like to put on the altar – a bird feather, a rock, plants or flowers - something that reminds you of our connection to the Earth.

April 19: Protecting our lifeboat Earth. We will learn about how we can take care of our Earth through story and crafts in celebration of upcoming Earth Day.

April 26: We will gather all ages together in the CARE building to work on presents for next month’s Parenting Celebration -- shh, don’t tell.

## K - 2<sup>nd</sup>

April 5: We will continue to learn about a Superhero in our UU history. Who will it be this time? Come find out.

April 12: (Easter Sunday) We will have our traditional egg hunt and honor our Mother Earth with a new spring ritual. Please bring something from the Earth that you would like to put on the altar – a bird feather, a rock, plants or flowers - something that reminds you of our connection to the Earth.

April 19: We will finish our capes and practice using them to be our own superheroes in real life. How can you do good for the Earth and be a planet protector?

April 26: We will gather all ages together in the CARE building to work on presents for next month’s Parenting Celebration -- shh, don’t tell.

## 3<sup>rd</sup> – 5<sup>th</sup>

April 5: We will look at the history of Easter and Spring Solstice. Where did these celebrations and their traditions originate?

April 12: (Easter Sunday) We will have our traditional egg hunt and honor our Mother Earth with a new spring ritual. Please bring something from the Earth that you would like to put on the altar - a bird feather, a rock, plants or flowers - something that reminds you of our connection to the Earth.

April 19: As we celebrate Earth Day, we will learn about Frank Lloyd Wright, a famous Unitarian who designed architecture around nature. What will we create?

April 26: We will gather all ages together in the CARE building to work on presents for next month’s Parenting Celebration -- shh, don’t tell.

## Intermediate

April 5: We will continue discussing Eastern Religions

April 12: (Easter Sunday) We will have our traditional egg hunt and honor our Mother Earth with a new spring ritual. Please bring something from the Earth that you would like to put on the altar - a bird feather, a rock, plants or flowers - something that reminds you of our connection to the Earth. You can either hunt or hide eggs. Come early if you want to hide. Hiders will be rewarded.

April 19: We will attend the Earth Day Service together.

April 26: We will gather all ages together in the CARE building to work on presents for next month’s Parenting Celebration.

*Jillian Mooney*

## Listen up, committee members, board members and building users

If **you** have a key to the building...

If **you** are holding a meeting or other event here...

If **you** are the last person to leave the building...

Then **you** are responsible for making sure the building is secure when you leave.

Check all the doors and test them to be sure they are locked. Make sure the windows are closed and latched. Turn off lights and reset thermostats to "run program." And last but not least, if you open any skylights, it is **your** responsibility to close them before you leave the building.

*Bert Taylor*

### FINDING ELIM

By Dave Nelson



THIS COMPUTER ALLOWS ME TO WASTE  
TIME MUCH MORE EFFICIENTLY!

## Deadline for next newsletter: Wednesday, April 20

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

## Green tip of the month: Slow down!

U.S. Representative Jackie Speier (D - California 12<sup>th</sup> Congressional District) has introduced HR 6458 to establish a national 60 mph speed limit. According to Benjamin Bernanke, Chair of the Federal Reserve, the only way to cut the cost of gasoline is to reduce demand. There is a clear link between speed and fuel efficiency: For every 5 mph over 60 that a motorist drives, fuel consumption increases by 10 percent. At \$4 per gallon, slowing from 65 to 60, saves 40 cents per gallon of gas. By using less gasoline, we decrease our dependence on foreign oil. Throughout history, Americans have been asked to sacrifice at times of war, such as during World War II, when our parents and grandparents planted victory gardens. During six years of war in Iraq and Afghanistan, the only Americans asked to sacrifice are the courageous men and women serving in uniform and their families. By simply reducing our highway speed by 5 mph, we can support our troops, increase the worldwide supply of oil and loosen the stranglehold foreign powers have on the U.S. economy and national security. Using less gas also reduces the amount of carbon pumped into the atmosphere, which helps combat global warming and improves air quality. Over the long term, Congress must pursue a course that takes the U.S. off fossil fuels. Right now, we can save gas, save money, reduce pollution, support the troops and send a message to the Organization of Oil Exporting Countries (OPEC) and the oil companies that the American people, when united, can accomplish anything. (paraphrased from *Costco Connection* magazine)

*Scott Allen*

## CASA of Humboldt helps prevent child abuse

In April, CASA of Humboldt embarks on a special campaign to prevent child abuse. CASA (Court-Appointed Special Advocates) is an organization where volunteers, appointed by a judge, accompany a child through the child welfare system. As children move between foster homes and social workers, their CASA volunteer is always there to speak out for the best interest of the child in court and to be a friend and mentor.

CASA works to give a voice to children suffering in our area. At any given time, there are approximately 255 children in the child welfare system in Humboldt County. About 30% have a CASA, someone to speak out for them in court. Currently, there are approximately 60 CASA volunteers locally. Our goal is to have a CASA for every child who needs one. Help us achieve our goal by participating in the activities of Child Abuse Awareness Month.

Help prevent child abuse by getting involved. Have a house party with a speaker from CASA. Write a letter to the editor about child abuse in our community. Arrange for a speaker to talk at your club or workplace. Hang a poster. Pledge to talk to one person about CASA. Look for our "forgotten children," life-size stand-up silhouettes of children in the child welfare system at local Murphy's Markets and complete at interest card telling us how you want to help. And please attend our open house and see the new, improved CASA office with a space for all CASA children to play. The open house is **April 25** from 1-4 pm. Please RSVP or direct any questions about CASA to 443-3197.

*Beth Bray, Board Chair*

## Arcata Interfaith Gospel Choir

The Arcata Interfaith Gospel Choir will present the 18<sup>th</sup> Annual Community Prayer Breakfast and Concert on Sunday, **May 3**, at the Arcata Community Center, at 321 Community Park Way, across from HealthSport. A gourmet continental breakfast will be served starting at 9 a.m. Music will begin at 10 a.m. with performances by the Arcata Interfaith Gospel Choir and special guests, the True Gospel Singers. This event will feature lively and inspiring music that's guaranteed to move you.

Silent auction and Dutch raffle will feature many attractive local goods and services. Tickets will be available at People's Records on the Arcata Plaza, The Works in Arcata and Eureka and at the door.

The suggested donation for the breakfast and concert is \$15 General and \$10 Seniors/Students; Children under 5 are free.

For information about the Choir, contact 822-4444.



### Classified ad

Calling All Families!

Your help is needed for a research study on families with adolescents!

This important research project is being conducted by a research team from Claremont Graduate University. Participants receive compensation for completing a 20-minute, confidential, online survey about themselves and their families. The results of this research will be used to gain a better understanding of the dynamics of family relationships. There are only three criteria for participation:

There must be two adults and one adolescent child (age 12-17), who separately complete surveys.

Adults must be in a monogamous relationship and must have been living together for at least 3 years.

Adolescents must live with participating adults at least half-time (i.e., an average of 4 days per week). The adolescent does not have to be biologically related to either adult.

**\*\* Participants may not be separated parents who share custody of the adolescent.\*\***

If you are interested in participating or know someone who may be interested, you can visit [www.cgu.edu/diversefamilies](http://www.cgu.edu/diversefamilies), email [diverse.families@cgu.edu](mailto:diverse.families@cgu.edu), or call (909) 607-9002.

Thank you!

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.



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Administrator Bert Taylor

Office Hours:

Tuesday, Wednesday,

Thursday, Friday

9:00 a.m. - 12:30 p.m.

**Board of Directors:**

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## Bertrand Russell quotations

“I would never die for my beliefs because I might be wrong.”

“If a man is offered a fact which goes against his instincts, he will scrutinize it closely, and unless the evidence is overwhelming, he will refuse to believe it. If, on the other hand, he is offered something which affords a reason for acting in accordance to his instincts, he will accept it even on the slightest evidence. The origin of myths is explained in this way.”

