

Humboldt Unitarian Universalist Fellowship



Minister announcement

April 2022

The following communications from Rev. Farriday and the HUUF Board of Trustees were emailed to Fellowship members and friends on 2/24/22. They're repeated here to increase the chances that everyone who may want to know sees these important messages.

From Rev. Peter Farriday:

Dear HUUF members and friends,

I greatly appreciate the extensive efforts that Search Committee and Board of Trustee members (among many others) put into the ministerial search process last year, and am grateful for their invitation to serve as HUUF's minister. Nonetheless, I have regrettably informed the Board that I am unable to consider extending our time together past June 30, 2022.

In accepting the HUUF Board's gracious offer I was clear that I had lived in cities my entire life, so while I was happy to come, I'd need to see how it felt to reside here. And while I enjoy the natural beauty and the progressive community vibe, on the whole it's just not "me." More than I knew, I'm too much of a city kid. Hence I will continue to serve through June while exploring ministerial openings in or near metropolitan areas. I've shared this decision now so that HUUF has as much time as possible to consider options and next steps, including at least a little time before the March 13 Annual Meeting.

Realizing that moving through such a change takes both practical and emotional energy, it does weigh on my heart that this comes fairly close to Rev. Anthony Mtuaswa Johnson's departure after one year. Yet whenever HUUF decides to seek another minister, the Unitarian Universalist Association's very able Ministerial Transitions Office is ready to assist. So is Annie Scott, the UUA's Congregational Life staff person who serves HUUF. And with many skilled ministers out there who might relish the chance to make Arcata/Eureka their home for a number of years, I have every confidence that things will unfold in a way that furthers the Fellowship's long term well-being.

In the interim the Board and I, in consultation with the staff, will consider how to refocus my remaining time in the most fruitful ways possible. And of course as the next few months proceed I'm available to hear what any of you may wish to share about the leave-taking process. Meanwhile *thank you* for your companionship and support thus far, and as this change progresses.

With gratitude and care,

Rev. Peter Farriday

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Minister announcement (cont.)

HUUF Board:

We, the HUUF Board of Trustees members, are saddened by Rev. Peter's decision to leave us at the end of June. We have very much appreciated his contributions to our Fellowship life in the months since August, which have come to us despite the many limitations of Covid. We wish it were otherwise, but of course we respect the integrity of his decision making and his assessment of what best serves his life and ministry. We wish him well!

We will engage the members of the Fellowship early in the spring in conversations and polling about how we wish to go forward as a community.

RE Calendar

We are so happy to be able to gather with you in person once again!

Sundays at 11 am in our RE Classroom (during the in-person service)

Join us in our multi-age classroom where we'll explore stories, mindfulness, movement, games and creative projects related to our monthly theme of Awakening! As the weather warms, we'll take time to reconnect with the beauty that exists right in HUUF's backyard, as well as to one another through our rituals & explorations. **April 3, 10 and 17** at 11, and **April 24** at 10:30.

Please join us for our next Social Action Sunday. All ages are invited to participate in this service-based collaboration with Food for People. A chance to put our values into action once more as we sort food at their warehouse in McKinleyville. A wonderful opportunity for our children to see us live into this vital piece of our Aspiration and to, "let service be our prayer". More info TBA. Make sure to check the Weekly email and HUUF's website for more details as this date draws near.

Sunday, April 10, 1-3 pm Sunday, April 24, 1-3 pm

Teen Coordinator Sabrina Miller, with support from DLRE Amy Day and youth leaders from within our congregation will have another round of **Teen Council** meetups. Our work now is focused around ways to center the wants, needs, and passions of our youth. You can expect - snacks, creativity, movement, and a space where free flowing and open-hearted conversation is brought forth. Plus build upon our previous efforts to explore ways to put our values into action in the larger world. We encourage participants, 13 and older, who wish to join us, to be vaccinated, to encourage safe and comfortable space for all.

Presently, our Teen Council meetings take place on the second and fourth Sundays, 1-3 pm.

Through our Fellowship Engagement & Lifespan program:

In Person Soul Matters group: Amy Day will be subbing once again for regular facilitator Alison O'Dowd this month to host this drop-in friendly, multi-generational group at HUUF, the second Saturday of the month, **April 9**, 2-4 p.m., exploring the topic of *Awakening*. Please contact Amy if you would like more info or to attend: comm@huuf.org.

In addition, members of our RE teaching and childcare staff will be on hand for our youth while this small group is in session. They'll offer games, movement, exploration and practices that offer them their own playful and imaginative way to relate to this month's theme. To sign your child up, please contact Amy Day at comm@huuf.org.

Every Monday & Friday 11-12:30, via Zoom - ROOM TO WRITE:

Join Amy Day, weekly on **Mondays and Fridays at 11 a.m. on Zoom** (<https://tinyurl.com/Room2Write>) for a hosted co-writing space. For those who want to dedicate more time to the craft and practice of putting words on the page. We'll do a (very brief) check-in, then mute ourselves and work for 75 minutes or so on our individual projects, then come back together at the end for a brief check-out.

Make sure to check the Weekly email for the link and for more details.

Please note: At present, this is *not* a critique group, simply a co-working space, so please don't bring writing you want to have read aloud and receive feedback on. Do bring whatever tools (laptop or journal) you need to write. Hope to see you there.

Religious Exploration

This month's reflection is humbly borrowed and offered forth from the writer Rachel Kann, and her poem, "What to Tell the Children" (A recording of which, can be found inside this month's Soul Matters packet on *Awakening*).

"Tell them that this is the great awakening.
Tell them that we humans have made some huge mistakes
And that's how we now find ourselves in this tenuous place.
Teach them that hate is the poison.
Teach them that love is the remedy,
That it is better to be readied for what comes next,
Even if the revelation is painful.
Tell them that this is the paradigm shift,
That the old is collapsing in on itself,
That this death rattle is simply a temper tantrum;
The last gasp of a dying goliath.
Remind them of how they get wild
When they are most tired,
And then pass out,
That this is what it's about,
That this is what is happening to a decrepit and ineffective empire.
Tell them that everything is not ok,
And knowing that is ok.
Tell them that pretending
That what is unacceptable is fine
Is what got us to this sick and dysfunctional spot on the timeline.
Apologize for any prior attempts to teach them denial.
Tell them you were blinded by desire for comfortable numbness.
Express that you had the best of intentions,
That you were working within a broken system,
Where few benefitted at the expense of many,
That you laid low,
Kept to the status quo,
Obediently played your role,
But those days are over, because
Now you know better.
Tell them that they have no responsibility
To follow someone blindly based solely on a title.
Teach them to practice discernment.
Tell them authority and respect
Must be earned and are not inherently deserved.
Teach them that there are good people and bad people
From every background, ethnicity and belief system,
That they must align themselves with kindness,
That there is no more time for divisiveness.
You tell
Them that just because something is legal,
That doesn't mean it's right.



You tell them
 To stand up and fight.
 Remind them of all the lawful atrocities
 Committed in the sick and twisted history
 Of this violent country,
 That Rosa Parks righteously broke a law and the world took notice,
 That Harriet Tubman is our modern-day Moses,
 That women would not be allowed to vote,
 And no one would have proposed another notion
 If the blessed rebels hadn't taken a stand.
 Tell them love will win this war,
 But only if we remember
 That love is not just one unending cuddle puddle,
 But fierce as a mother bear protecting her cubs.
 Tell them that although this existence is damaged beyond repair,
 They must not despair,
 There is possibility,
 And we will willingly and willfully open ourselves
 To new ways of being because
 The old way is not working,
 Has never worked,
 And the world deserves better,
 And we're worth it.
 Tell them they are not free
 While another suffers under enslavement.
 Teach them that we are all limbs on one body
 And we cannot chop off our own arm without deep suffering.
 Teach them humility,
 But also to re-learn to trust their intuition and
 Beg their forgiveness for unintentionally misleading them previously.
 Tell them their gifts are useful.
 Tell them they are beautiful.
 Tell them they are the truth.”
 yours in grace & gratitude,



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



Sunday Services

Sunday, April 3 – 11 a.m. – Don't Worry, Be Guilty – The Rev. Tom Lewis

America has a reputation for being the most successful democratic system of governance in the history of human civilizations. Immigrants continue to stand in long lines for months and even years to enter this land of the “free” and “just.” However, two of the darkest moral blots on our history have been ignored for centuries and are unresolved: 1) The invasion, conquering and stealing of native people’s land, property and possessions; and 2) The kidnapping and forced migration of Africans to America to be bought and sold as property and forced into lifetime labor. How can we as UUs affect the beginning of a just reconciliation of these national moral wrongs?

Sunday, April 10 – 11 a.m. – Responding to the Aesthetic Call: Awakening the Artist Within – Laura Phelan-Shahin and Pat McCutcheon

In this interactive hybrid service, Fellowship members Laura Phelan-Shahin and Pat McCutcheon will lead an exploration of “the aesthetic call.” Is there an artist within everyone? Is this something that everyone can awaken to? This service will break down the myth that art is only something that a few talented humans can do, explore how all are artists, and begin to find an infinite number of ways to express that “there is more, open that door.” This subject will be explored creatively through music and poetry.

Sunday, April 17 – 11 a.m. – Easter: Forgiveness as Resurrection – Bonnie MacGregor, Debi Cooper, JoAnn Huffman, Rev. Peter Farriday

The traditional Christian story says God sent Jesus to be sacrificed as the price of forgiving humanity’s sins; and his Easter resurrection completes the mission by granting believers everlasting life. But Unitarian Universalism professes universal salvation – that all souls are ultimately reconciled to the Divine. Theological conjectures aside, earthly forgiveness is so essential to people’s well-being that, figuratively speaking, it can resurrect the dead and renew life. Come explore the central spiritual topic of forgiveness in a way that benefits ourselves and others in the here and now.

Sunday, April 24 – 11 a.m. – Social Action Sunday

Join us for another day of service as our prayer, as we partner with another nonprofit to help further its work and mission out in our community. This fourth Sunday Social Action initiative is a way for us to step further into sacred service, right relationship with those who exist at the margins within our beloved community, and to more deeply embody the principles we hold as Unitarian Universalists. More details will be announced soon.

The future of worship

The Program and Worship Committee (P&W) is seeking a deeper conversation with the congregation about the future of worship at the Fellowship. We will talk about the future of the congregation in terms of options for a minister, but no matter what our decision, P&W is interested in hearing what you want your worship experience to be. We’ll contact you soon about options for small discussion groups, in person or online, to be facilitated by volunteers. Responses will be reported back to P&W. While we encourage everyone to participate as we rebuild community, the questions will also be posted on the website, and you can email your responses to Pat McCutcheon at mcauselhorst@gmail.com.

These are the considerations to be discussed:

1. What do you feel is the spiritual heart of HUUF?
2. Is it important that we have weekly worship services?
3. What do you wish to experience in a worship service?

Board of Trustees Minutes

The regular meeting of the HUUF Board of Trustees was called to order at time by David Marshak. Present: David Marshak, Chris West, Debi Cooper, Montana Caoutte, Peter Farriday, Rebekah Paez, Sally Williams, Cassie Brillbeck, Sandy Lynn, Sylvia Shaw

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

Agenda Items: Monthly Reports

DRLE Report: It was mentioned that the oven in the kitchen has most likely been repaired. Action Item: Sylvia will look into it.

Minister's Report: The UUA "Leading from the Heart" program was discussed. A suggestion was made to mention this at the congregational meeting on Sunday.

The next step in the process of hiring a new minister was discussed, including whether to hire a new minister at this time. It was mentioned that the Program and Worship committee is feeling the stress of finding people to fill in on non-minister Sundays as it is, and going to a full lay-led program schedule could lead to burn-out.

Discussion about the new Tech position: The listing now has \$18/hour pay level. We agreed to list the position at \$19. The Lost Coast Outpost job listing site was discussed as a good place to advertise, as was the costs involved. A job advertising budget of \$500 was approved. Cassie offered to place the listing at her workplace.

Financial Reports: The treasurer will check with the bookkeeper about some line items in the budget that she has questions about. HUUF seems to be in good shape at this time, partly due to the fact that we have not been spending as much money as in the past, due to COVID.

Pledge/canvass drive planning: It was mentioned that April 17 is Easter, and April 24 is the fourth Sunday when we have social action activities, so May 1st is a better date for the Pledge Drive. Also this may be a possible date for a near-normal service. It was also mentioned that this may dovetail with the playscape opening. A request was made for each of the Board members to volunteer to send out 20 letters to promote the Pledge Drive. Action Item: Sally, Debi, Peter, David and Sandy will help with the letters and/or planning.

Discussion of the Prange gift: It was mentioned that it would be nice to have a ceremony for this extraordinary gift. There was also a mention that the donor's parents are on our remembrance stone. Further details of the ceremony will be discussed at the April Board meeting.

Re-opening time frame for hybrid services: There was a discussion regarding the Humboldt County COVID numbers that indicate March 20 should be an appropriate date to reopen in-person services as long as mask wearing was required, and limited to 40 people indoors. A question was asked if it would be possible to send an email to the whole congregation on the Friday before the service regarding the new regulations. It was noted that Amy is the only person who could do that on a Friday, so she would need to be asked. It was agreed to keep a mask requirement for outside services as well, at least for awhile.

An Executive Session followed.

Meeting was adjourned at 9:10 p.m. by David Marshak. The next meeting will be 7-9 p.m. on April 12. Minutes submitted by: Sandy Lynn.

All Fellowship Retreat planning

While August 12-14 is still 4 months away, it's time to start planning for our All Fellowship Retreat. Join us Sunday, April 3, at 2 p.m. on the zoom link that will be in The HUUF Weekly. Please contact me at 707-476-0654 or bertijo@humboldt1.com if you want to be a part of the planning group. We'd love your ideas.

We'll return to Mattole Camp and Retreat Center. The Retreat is an intergenerational, All-Fellowship, three-day event during which we share campfires, crafts, nature walks, swimming in the river and just plain fun. It's a great way to get to know others in our congregation. There are cabins (complete with bathrooms), and places to set up a tent for those who would rather rough it. We'll dine together and have many gatherings in the lodge. To keep costs down, we'll pitch in to cook the meals.

Berti Welty

Plastic pollution: more serious than you think

The HUUF Climate Action Campaign, in collaboration with Zero Waste Humboldt, has scheduled another presentation by Maggie Gainer, nationally recognized environmental consultant. Zoom in on Wednesday, April 13, 7-8 p.m. to learn the harsh reality of plastic pollution and how we can actively fight against it. Most of us have virtuously recycled for decades and instead of systems becoming more fine-tuned, efficient and less energy intensive over time the problem mounts. Maggie will help us to understand the current state of plastic pollution (it's bad) and what government entities are doing about it. She'll also give us steps we can take to affect positive change. The Zoom link will be available on the HUUF online calendar and published in upcoming Weeklies.

Tracy Jordan French

Why we need to wean ourselves off plastics:

Solve the mystery of what's really happening to the plastics we put into our recycling bins by attending the Webinar with Maggie Gainer on Wednesday, April 13, at 7 p.m. The link will be sent out to Fellowship members. Share it with your non-Fellowship friends, too.

Eighty to ninety percent of plastic items do not get recycled, and even if they do, the process cannot be repeated over and over as it can for metal or glass.

Plastics in the environment break down into smaller and smaller particles (eventually becoming "microplastics") and pollute oceans, lakes, and rivers. Fish, birds, and some land animals swallow plastics. These plastics do not get digested and eventually fill their stomachs, leading to starvation. Animals also get tangled in plastics, leading to drowning or otherwise painful deaths. A bombshell December study from the U.K. showed that microplastics in our food cause cell death and allergic reactions in humans.

Fossil fuels are used to produce plastics and burning plastic waste in landfills increases our carbon emissions. Plastic production contributes to environmental racism. Most facilities are located in Black and Brown communities where they generate carbon and other forms of pollution. Eliminating unnecessary plastic production is a huge step toward a fossil-free future. Instead of using oil and natural gas to produce containers, work is being done to use derivatives of corn or cotton.

Keep in mind that we lived without any widespread use of plastics for a very long time. We've gone from less than 1 million metric tons produced in 1950 to 50 million metric tons in 1975 and 375 metric tons in 2015. We can reverse this trajectory.



Cena Marino and Margy Emerson

Recipe for the environment

First in a series of recipes to cut overall meat usage to lower our carbon footprint.

Indian Spiced Potato and Peas (from The Easy Vegan cookbook)

Ingredients: 2 Tbsp olive oil | 1 Tbsp cumin seeds | 1 1/2 tsp garam masala | 1/4 cup minced onion | 1 Tbsp minced fresh ginger | 2 cloves garlic, minced | 1 tsp turmeric | 1/4 to 1/2 tsp chili powder | 4 cups potatoes or butternut squash chunks | 1 1/2 c water or more | 2 cups peas | 1 cup crushed tomatoes

Heat oil over medium heat, add cumin seeds, and toast until fragrant, about 1 minutes. Stir in garam masala and onions. Cook until onion is translucent, about 3-5 minutes. Add ginger, garlic, turmeric and chili powder and saute 2-3 minutes more. Add potato chunks and water, bring to boil; Once it is boiling, lower heat to medium until potatoes are tender, about 10-15 minutes. Be sure to add enough water so it does not go dry. When potatoes are tender add peas and tomatoes, Cover and cook for 10-15 minutes more. Enjoy

Climate Action news

The International Energy Agency (IEA) recently proposed 10 tested and proven actions that would have an immediate impact on reducing oil demand worldwide. One of these is to reduce driving speeds by at least 10 km/hr. The impact of this would save around 290 thousand barrels/day (kb/d) of oil from cars, and 140 kb/d from trucks and would lower oil demand by 2.7 million barrels a day within four months – equivalent to all the cars in China and reduce our dependence on Russian oil.

April's Climate Action by Margy Emerson in this newsletter is on the use of plastic. Thanks Margy and also Cena Marino for articles on plastic reduction. Look for further related literature and films on plastic waste in the April Friday weeklies.

In February, the CAC joined nearly a thousand groups worldwide to call for a global treaty to address the global plastic pollution crisis. At the conclusion of the UN Environmental Assembly in early March, representatives from 175 nations endorsed a historic resolution to End Plastic Pollution (<https://tinyurl.com/PlasticPollute>) and forge an international legally binding agreement by 2024. The resolution addresses the full lifecycle of plastic, including production, design and disposal.

Please join CAC for our April monthly Zoom meeting (<https://tinyurl.com/CACAprilMtg>) on April 10 at 1 p.m. We have two speakers/items on our agenda: David Loya, the Director of City Development for the City of Arcata who oversees the City's Planning, Economic Development, and Housing programs. Loya will speak about the Gateway Plan (GP) to develop housing for up to 3,000 new residents expected with the increase in Cal Poly Humboldt enrollment, climate refugees, and tele-workers. The plan considers the climate crisis, and the need for increased, reasonably priced, housing in Arcata for low to moderate income families. And for bicycle enthusiasts, Bruce Maxwell who will speak about the Pedal Power Fest to be held in May in Eureka at the Jefferson Center.

A follow-up to Dr. Andrea Tuttle's talk on "Climate Action from the UN (COP 26) Perspective" at our February 20 service, you can access her recorded subsequent March 14 OLLI webinar entitled, "UN Glasgow Update: Negotiations to Action" at <https://tinyurl.com/CACCop26>.

CAC thanks Scarlett Trippsmith for uploading the March 2 webinar on the prevention and reduction of food waste by Julie Neander and Maggie Gainer to youtube at <https://youtu.be/oQwEJCPOrio>.

Sue Lee Mossman

Climate action of the month

Weaning ourselves off single-use plastics:

Individuals can not only change their shopping habits but also prod stores to make more products available in bulk or in sustainable packaging.

Ask yourself:

- What are you buying in single-use plastic bottles or wrapping?
- Can you substitute a similar product that comes in a glass or paper container?
- Can you get it in bulk?
- Can you do without it?

Don't be shy:

- Talk to staff members at stores, tell them you want a product in bulk, wrapped in paper, or bottled in glass. Be specific. They welcome your input.
- Write or call the manufacturer of a product that you buy regularly and urge them to package the product more sustainably or offer it in bulk.
- An ongoing chorus of clamoring voices can move the needle.
- Write to Gov. Newsom and the State Attorney General and ask them to enforce the laws that already exist with regard to the proper labeling of plastic containers. (Most plastic containers are not recyclable and the public should know that.)

A list of stores to contact is in the online version of the newsletter.

Margy Emerson

Betty Prange gift in honor of her parents

HUUF has received a most generous gift from Betty Prange in honor of her parents, Louise and Spencer Prange, who were members of HUUF some years ago when they lived in Fortuna. Spencer's and Louise's names are inscribed on our Memorial Stone nearest to the building.

I have expressed our profound gratitude to Betty, and I hope that she will be able to visit HUUF in May or June so we can honor her and her parents in person. If you knew her parents or if you'd just like to say hello and thank you, you can reach Betty at: bprange.613@gmail.com

The Board of Trustees will discuss at our March meeting how to best use these funds. Here is Betty's UU story, which she has shared with all of us. David Marshak

Betty Prange's UU story:

My mother learned about Unitarianism (way before the merger with Universalists) in college. She attended a college that, at the time, was affiliated with the Baptist Church. But she earned her room and board living with a faculty family, helping with the kids and some cooking. They were Unitarians. Her father's death put an end to college as she and her brother were needed to help keep the farm afloat. After working as a social worker during the depression she joined the Coast Guard and served in Ketchikan, Alaska.

Going to school at the Art Center in Los Angeles on the GI Bill she met my Dad who was doing the same. When they got married it was by the minister of the Los Angeles Church, Stephen Fritchman, in his study. Dad had no religious affiliation and came with a family that were not involved in any denomination.

They moved to Marin County where Dad worked as a carpenter/cabinet builder. When I was a baby they saw an ad in the local newspaper calling for people to begin a Unitarian Fellowship. They attended the second meeting of the group. I was raised in that congregation. In the beginning they met in people's homes, then rented buildings, often with Sunday School in one place and adult services in another. Over the years, the group grew, hired a minister, and eventually built a building. Dad served on the board. Mom taught in the Sunday School for many years.

Eventually they had a serious enough difference with the congregation that they left, but not until many many years of serving gratefully. My dad built the pulpit that was used for many years and had a black and white photographic collection covering 20 plus years. Mom often said that when they discovered the Humboldt U-U Fellowship it reminded her of their early days. She loved that the Humboldt congregation had many families and felt the programs for children were at its core.

After retirement they moved to Garberville. It was a bit far to take part in activities in Arcata/Bayside area. But when they moved to Fortuna that changed. They were pleased to find a welcoming atmosphere. It even included two people, Elva Banducchi and Fred Gunsky who they knew from the Marin Church. Health issues kept them from being as active as they would have liked, but they were glad to find the Fellowship and felt at home there. And I discovered, when I visited, that I knew members who had been on the faculty at HSU when I was a student there.

Mom did make a donation/annuity type contribution to the congregation while she was still alive. It was not large as she felt she needed to leave my sister, who had mental health issues, a house to live in and finances. And to be fair, both parents wanted it split 50-50 between Eileen and me. Eileen was to have the house as long as she lived. My interest in it only came upon Eileen's death last summer. I have always been financially independent of my folks, but while over a third of the inheritance is going to Humboldt U-U, I will use mine for an upgrade in my own housing, a new car as I am retiring my 16 year old basic Corolla because my arthritic knee says the clutch has got to go, and some travel. I think my parents would be pleased with my decisions on how to use this inheritance.

The U-U legacy lives on. I look back on my upbringing, the role our U-U fellowship played in my values, my sense of community, my outlook on the world. And while my adult years did not include active participation (although I attended Humboldt U-U when visiting my parents) and a few visits to other congregations., I returned to my roots when I settled in Coarsegold, in the foothills above Fresno. I am active in that church and currently serve gratefully as the co-chair of the Pledge Team, an usher, and member of the Pastoral Care Team. With no heirs of my own, I have made provisions for that church in my will.



Humboldt Unitarian Universalist Fellowship

P.O. Box 506
Bayside, CA 95524

24 Fellowship Way, Bayside (off Jacoby Creek Road)
(707) 822-3793 <https://huuf.org/>
e-mail: office@huuf.org

Minister: Rev. Peter Farriday minister@huuf.org
Tues. 11 a.m.-1 p.m. Thurs. 2-4 p.m.

Administrator: Bridgette Garuti
Mon.-Wed. 9-4:30, Thurs. email office@huuf.org

Director of Lifespan Religious Exploration: Amy Day
Tues. & Thurs. comm@huuf.org

Technical Administrator: Scarlett Trippsmith
it@huuf.org

Newsletter Editor: Stephen Sottong
newsletter@huuf.org

Board of Trustees:

Co-Presidents David Marshak
Debi Cooper
Vice-President Sally Williams
Secretary Sandy Lynn
Trustees Cassie Brilbeck, Chris West,
Michael 'Montana' Caouette
Treasurer Rebekah Paez

Playscape progress

The playscape is coming along. On March 20 several parents helped celebrate the first day of Spring by starting the planting of the Willow Tunnel. We hope to open the berm area (slide, rolling slope, climbing awl and tunnel) in May. The willow tunnel will be planted and ready for use by then, too. Let me know if you would be willing to pitch in for an hour or more. There are mid-week and weekend volunteer opportunities.

Pictured here are Allison O'Dowd, Jason Teraoka, Chris West Michele Weston and Amy Day.

A picture is in the online version of the newsletter.

Berti Welty

Art and Aesthetics

The current art exhibit at HUUF is the work of Berti Welty. Though it has been up for several months Covid has kept the Fellowship closed. This show will come down at the end of the month. Our next show will be the photography of Peggy Ho. And we all hope that we will be opened so we may view it.

Cheryl Rau

Deadline information

Deadline for the **May** newsletter issue is Wednesday, **April 20** at 5 p.m. Send committee reports, announcements and articles related to HUUF (email only) to newsletter@huuf.org.

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

<https://tinyurl.com/HUUFNewsGuide>

CLASSIFIED ADS

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

Stephen Sottong, editor

Local stores from the plastics article

- **Northcoast Co-op:**
 - The Co-op's Sustainability Officer, Kiya Villarreal (206-8772, kiyavillarreal@northcoast.coop), and the Co-op's Board of directors (board@northcoast.coop) are receptive to your suggestions and requests. Tell them we expect the Co-op to take the lead in this to community to *completely eliminate* single-use plastics that pollute our planet and all its inhabitants.
 - The Co-op used to have a place for writing suggestions and requests in the store. Now the Co-op requires you to go online to do that, using "going paperless" as their rationale. Tell them you don't shop online and want to be able to register your comments in writing on scratch paper in the store—ideally posted on a board where others can see them. This helps us communicate with each other, builds community, and builds energy for change.
- **Eureka Natural Foods:**
 - They are in the process of **reinventing their bulk section** in the next couple months and want suggestions! Weigh in by contacting Graig Fillmore (442-6325 x 300, grraig@eurekanaturalfoods.com)
 - Their deli is offering all compostable containers, cardboard utensils, and "ocean plastics" made from plastic farmed from the ocean. ENF is looking for compostable plastic produce bags.
- **Murphy's**
 - Just had an audit by Zero Waste Humboldt and Dave at Murphy's (822-7665) found it a pleasure to work with ZWH. He says Murphy's is taking a "deep dive" into ZWH's suggestions. Their bulk section was eliminated by the pandemic and they're thinking of reviving it. They're also undergoing a "HABA reset" and liked the suggestion of including soaps, shampoos, and cleaning products in their bulk section. This is another chance to speak your mind.
 - Dave says they will look for compostable containers for their deli. They're currently using all plastic. Be sure to comment on this to staff when you patronize the deli.
 - At ZWH's suggestion, Murphy's is trying to develop a composting program.
 - Murphy's has a paper feedback form by the door that opens to the deli.
- **Wildberries:**
 - Aaron Gottschalk, the general manager (aaron.gottschalk@wildberries.com, 822-0095), says they're close to reopening both the salad bar and hot bar (currently everything is packaged in plastic for grab-and-go). "Self-serve bars provide the opportunity for customers to bring their own containers as well as use our brown box options," thus supporting the reduction of single-use plastic.
 - Aaron says Wildberries' bulk section is "the largest bulk section around."
 - In the aisle adjacent to the full bulk section, there are 2 shelves with soaps, shampoos, and cleaning supplies in bulk. It was pointed out to Aaron that these need to be better displayed and many lack prices and bulk numbers.
- **Safeway:**
 - Tara at the Arcata Safeway (822-5217) listed a number of actions Safeway has taken to be more sustainable, such as using bottle boxes made of recyclable plastic, composting food, recycling, and making sure their plastic grocery bags are more than heavy enough to be reusable. They are again able to provide paper grocery bags after a pandemic-induced interruption. They accept clean, dry, clear plastic bags from customers for recycling—one of the few stores that does this. Safeway is looking into hard plastic recycling—for playground surfaces, etc.
 - Contact Wendy Gutshall, the public relations head for Northern California, Hawaii, and Nevada with your comments (wendy.gutshall@safeway.com).



Willow tunnel in the Playscape

Classified ad

Cena is Spring Cleaning! All items listed are FREE

- Pole lamp
- Table lamp
- Radio cassette player with microphone
- NEW 22" under the cabinet fluorescent light fixture with bulb (29.99 value)
- Various electronic wiring
- Various electrical socket/ phone plates (some new)
- Old style telephone answering machine
- Single mattress- GREAT SHAPE
- Single hide a bed couch with mattress

Contact Cena Marino by phone or text at 707-616-3906 to view items or collect your treasures!