



The Secular Circular

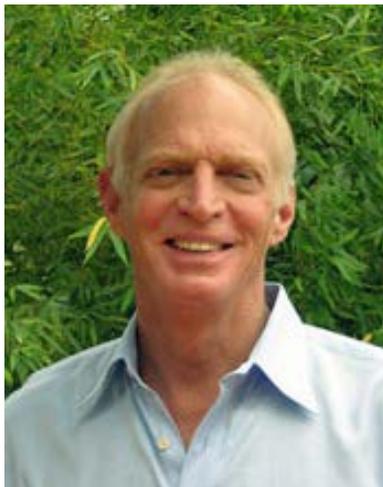
Newsletter of the Humanist Society of Santa Barbara

www.SBHumanists.org

FEBRUARY 2016

February Program: William Meller, M.D.: Medical Myths

Medicine, like every other human endeavor, is rife with mythmaking. We seem to be prone to creating myths; stories about ourselves, our pasts and our world that attempt to explain how we got here and how we should behave. We hear them so often that we come to believe they are true. Sometimes they are helpful and enable us to act more like our heroes, but many times they are not. Often our myths directly contradict our immediate knowledge and experience. Yet we just as often take actions based on those myths despite all evidence to the contrary.



Doctors are not only the creators of myths but also the unwitting believers in unchallenged myths that guide our everyday practice of medicine. In the past few years a movement called Evidence-Based Medicine has arisen to try to combat these myths or what is known as standard practice. But believe it or not, not all physicians believe that evidence is the best basis for medicine!

This talk will address many of the most common myths in medical practice today. Beliefs regarding aging, diet, weight loss, exercise, disease prevention, healing, depression and other mental states, pregnancy and even the common cold will be examined as to their origin, why we hold onto them so closely, and what the evidence is that either supports or more commonly refutes them.

Be prepared, be skeptical and be healthy!

William Meller, M.D., is a practicing Internist in Santa Barbara. He has taught a course in Evolutionary Medicine at UCSB for the past 20 years and has written *Evolution Rx: A Practical Guide to Harnessing Our Innate Capacity for Health and Healing*.

When: Saturday, February 20th, 2016

Where: Patio Room, Vista del Monte (**Park ONLY in spaces marked "VDM"**).

Time: Meet at 2:30pm for socializing and light refreshments provided by HSSB. Program begins at 3:00 pm

Donation: \$2 members/\$5 non-members. Students with ID are free.

Optional Buffet Dinner: Dinner buffet at Vista del Monte. \$25 includes tax and tip. RSVP to judithannfontana@yahoo.com or 805-967-7911.

For More Info: Call 805-769-4772 (769-HSSB)

Activities Judy Fontana

We had a great turnout for last month's buffet and everyone had an opportunity to meet with Avi Tuschman, our speaker. So come and join us for the buffet following the program on February 20th at Vista del Monte. The menu is: Mixed green salad with assorted dressings, garlic bread, wild mushroom quiche, lemon-thyme roast pork, vegetable blend, tomato provencal, brown rice pilaf, assorted desserts, beverages and wine. Cost is \$25 per person which includes tax and tip. A great meal, wine, and scintillating conversation. Don't miss out! RSVP to judithannfontana@yahoo.com or call 805-967-7911. Look forward to seeing you there.

Welcome to Our New Members!

Peter Ryan, Goleta
Jim and Bonnie Blakley, Santa Barbara
D. Nair, Carpinteria
Gilbert Green, Goleta

President's Column: All Aboard! Colin Gordon

If you are looking for excitement in your future vacations, here's an idea. Act fast and you might be able to get on the waiting list for a very special journey. No, not to Antarctica or the Sahara desert, this is a trip to Mars! It is special in many ways, but perhaps the most unusual is the fact that a lot of money is saved by making it one-way only. Once you get there, and that is by no means certain, you are there for good.

Permanent settlement significantly reduces the cost, the required technology development, and the risk of the mission compared to the traditional return journey. Mankind has

explored and settled on all the continents of our Earth in the last 50,000 years, and Mars is the next logical place to start a settlement. So goes the publicity statements of The Mars One Corporation, which is making detailed plans for such a mission; beginning with crew training, then sending a rover vehicle and components of the Mars outpost, to be assembled by robots, and in 2026 departure of 4-person crew one. Two years later, departure of crew two and in succeeding launch windows, about two years apart, more pilgrims depart. It will take about eight months of weightless travel in a small spacecraft to get to Mars orbit, so you will get to know your fellow travelers quite well, and then rendezvous with Mars, a hair-raising entry into the Martian atmosphere and, we hope, a gentle touch-down on the surface of the red planet.

Assuming that all goes well - and there are many who have serious doubts - we will have an established colony on Mars within a century or so (maybe "settlement" is more PC than "colony"). That raises a question which we humanists, with our resources of science and reason, are well-placed to answer. What is the future of the human race? Looking around our own planet, it seems that we have not done too well here. There is almost no planning. The number of humans is growing rapidly and the obvious solution, family planning, is opposed by at least one major religion. World population is about seven billion now, yes that is 7,000,000,000, and is expected to reach ten billion by 2056.

Now that we have overrun this planet, are we destined to do the same with every other planet we can get our feet on? There are not many candidates. Venus is very inhospitable with clouds of sulphuric acid and an extremely high atmospheric pressure. Other planets are even less welcoming, and going outside our solar system is virtually impossible with present rocket technology. So perhaps it is time to go to Mars. The trouble is emigration to another

planet is extremely expensive and will make only a tiny dent in our population problem. And maybe when the pioneers do get there, they will decide it's a nice place to visit but, like the North Pole, they wouldn't want to live there. They should have bought a return ticket after all.

Fast forward to the year 2200. The Mars settlement now has several thousand inhabitants and is growing fast. All the Martians were born on Mars and have no knowledge of Earth except as a blue speck in the sky and from their history books. But they are still controlled by the Mars One Corporation? This is a sore point. Why should their plans be dictated by a distant group of earth men?

On July 4 of that year a message is received that causes the shares of Mars One to collapse. It begins: "When in the Course of Martian events, it becomes necessary for one people to dissolve the political bands which have connected them with another, and to assume among the powers of the universe the separate and equal station to which the Laws of Nature entitle us, a decent respect to the opinions of mankind requires ..."

Vistas Lifelong Learning Ray Stone

The following Vistas Lifelong Learning classes are coming up:

- Strategic Architecture of Victory & Defeat - WWII, Korea, Vietnam & Iraq (February 3 and 10)
- Silent Suffering in the Old Testament (February 8)
- Race to the Poles (February 2, 9, 16, 23; March 1, 6, 15, and 22)
- Women's Politics in the Early Twentieth Century (February 15)
- Campaign Finance and Political Polarization, Sources, Evidence, Implications (February 18, 25; and March 3)

- Systems (Insurers & Governments) and Individuals (Patients & Physicians) (March 2)
- An Afternoon at the Opera (March 6)
- Visual Art and Poetry (March 7)

For more information about these and other classes, check out VistasLifelongLearning.org, or email vistas@silcom.com or call 805-967-6030.

Letter to the Editor

Winter Solstice Party

In Judith Fontana's "Activities" Column in the most recent [January 2016] HSSB *Secular Circular* she writes: "Vista del Monte did it again. They catered a fantastic meal for us for our Winter Solstice party. Many thanks to them for a lovely meal!"

This is an amazingly generous and selfless statement, for in fact, had it not been for the incredible dedication and hard work of Judy and her husband Phil, there simply would not have been a dinner! While I am not aware of all the details, it is my understanding that some people who had volunteered to help with the preparations and clean-up were not able to do so, in the end it fell to these two to do the bulk of the preparations, set-up, food distribution and the clean-up which, I understand, lasted well into the night.

All of us who participated in that celebratory event owe Judy and Phil a tremendous debt of gratitude and appreciation. To prevent such a situation from developing in the future, I might suggest that the Society consider funding helpers for special events so that dedicated volunteers like Judy and Phil do not wind up carrying such an unfair burden.

---Helmar S. Janée

**January Program: Avi Tuschman--
Our Political Nature: The
Evolutionary Origins of What
Divides Us
Robert Bernstein**

Full disclosure: My article has been extensively re-written by the speaker Avi Tuschman. His talk provided tantalizing hints of the different personality types that create political divisions in our society. But he says that it is necessary to read his book or at least go to his web site to get essential details of his thesis -Robert Bernstein

After World War II, the victorious Allies strove to understand and identify people who they feared would promote a resurgence of fascism. *The Authoritarian Personality*, a landmark psychological study published in 1950, was an important attempt to do so.

The Authoritarian Personality hypothesized that nine personality traits constituted the tendency to lean toward fascist ideologies. These traits were measured by their "F-Scale," a psychometric test that they claimed measures levels of pre-Fascism. These traits were:

(1) Rigid adherence to conventional values; (2) Submission to authority figures; (3) Aggressiveness (especially toward unconventional members of out-groups); (4) Superstition; (5) Power and toughness; (6) Destructiveness and cynicism; (7) Sex (an excessive concern with the sexual activity of others and violations of sexual norms); (8) Projectivity (the outward projection of unacceptable impulses, such as sexual content); and (9) Anti-intracception (a disapproval of emotionality, imagination, intellectualism, and subjectivity).

Many parts of this study would remain valuable, but overall, this analysis was a product of its time and was based on Freudian psychoanalysis. In the 1960's, behaviorism dominated the field, and the quest to

understand the political personality was put on a very long hold.



Our January speaker, Avi Tuschman. Photo by Robert Bernstein.

The next phase of political psychology was heavily influenced by the rise of personal computing in the 1980's and 1990's. Political psychologists theorized that the political psyche was a series of inputs and outputs and functions of information, but these approaches yielded very little fruit.

Then, in the 2000's, with the international rise in terrorist attacks, the increasing political polarization in the U.S. and Europe, and the breakdown of governance in the U.S., the original topic of political orientation has come back demanding better explanation.

One researcher, however, was completely out of sync with the trends in the field. In 1965, Robert Altemeyer was a self-described lazy Ph.D. student at Carnegie-Mellon. He saw authoritarianism as a long series of puzzles, and he loved the challenging mystery.

He developed a new test called the Right-Wing Authoritarian (RWA) scale, which revived cross-cultural research on human political

orientation. The results were replicated around the world and correlated impressively well with membership in wide-ranging political parties in places like Canada, New Zealand, and Israel.

But his theory was incomplete, lacking the biological mechanisms that would underlie these correlations.

Still, data began to emerge from different fields. Geneticists, for example, later tested different types of twins to measure their RWA scores. From these studies, as well as similar ones replicated in other countries over the past forty years, we now know that the heritability of political orientation is between 40-60%.

Several years ago, neuroscientist Geraint Rees at University College London discovered that the volume of the brain's anterior cingulate correlates with liberal attitudes (this region is implicated in inhibition and empathy). He also found that the volume of the right amygdala correlates with conservative attitudes (this part of the brain deals with threat detection and emotional processing).

We also know that the political spectrum, as measured by RWA scores in a large population, forms a bell curve. When a population is under economic stress, the curve expands at both ends. This is why we saw the Tea Party and the Occupy Wall Street movements emerge in the wake of the 2008 economic downturn.

The curve is universal and has a structure. The curve does not look like income, wealth or any other demographic; rather, it looks like height, weight, blood pressure, and general personality traits.

Surprisingly to many, there is very little correlation between most demographics and political orientation. The most notable case is income. Party choice in 2012 correlated with income at 0.13 for the general population (and

only at 0.03 among white voters), according to the American National Election Studies.

Although most of the variance in political orientation is within a population, the entire curve does shift left or right a bit depending on geographic origin of a population's ancestors.

While RWA is one way of measuring the political personality, biologists and psychologists that want to measure our highest-level, general personality dimensions look to the Big Five Factor model. These five high-level dimensions are Agreeableness, Neuroticism, Extraversion, Openness, and Conscientiousness.

While about 20 other species of mammals and primates share three of these traits (Agreeableness, Extraversion, and Neuroticism), there's only one other animal that shares all five personality traits with humans (including Openness and Conscientiousness). That animal is the chimpanzee. Openness and Conscientiousness are especially important because they're the only two high-level personality traits that correlate with left-right voting around the world.

Coming back to the political personality though, ethnocentrism is a trait associated with the political right. People on the left, in contrast, have higher levels of "xenophilia"; that is, they value and are attracted to what is different! They enjoy living and traveling outside of their country. They're more likely to marry outside of their ethnic and religious group.

A lot is revealed by what appears in a person's bedroom! NYU psychologist John Jost found that foreign maps and music predict left-leaning views. But if you find an American flag in someone's bedroom, they're more likely to be a Republican.

Is prejudice conscious? Implicit association tests show anti-black prejudice in liberals as

well as in conservatives. But there is individual variation, and these different levels are predictive of party affiliation.

Prejudice against one group usually spills over to other groups. Stanford political scientist Paul Sniderman has shown that if a person measures highly in anti-black prejudice, they are likely measure highly in anti-Semitism as well. The same holds true for attitudes toward diverse out-groups in Europe, Russia, and the Middle East. Prejudice, ironically, is equal opportunity, because there's only one way to be ethnocentric, but many ways to be xenophilic (both of which affect the probabilities of the transmission of DNA).

Yet ethnocentrism is not the only force or always the most powerful one. The U.S. elected a black president in a country where only 13% of the population is black. There are tensions between ethnocentrism and xenophilia everywhere, which define one of the major political fault lines running through human populations.

In *Our Political Nature*, Tuschman digs down into the roots of this fault line, and into the other ones that universally underlie political orientation. In the case of ethnocentrism, he explains the biology of tribalism, and the ultimate reasons for the centripetal pull of endogamy, as well as the centrifugal force of xenophilia and exogamy.

Although *Our Political Nature* covers extremely controversial topics, Tuschman's intention is not to take sides; it is to illuminate – and to push the public debate onto a deeper, more objective plane. Unfortunately, research shows that higher education and higher levels of interest in politics have a polarizing effect on people.

This polarization occurs because, as people absorb more and more information about political events, they become increasingly adept at organizing it into coherent ideologies that are typically based on their

predispositions. Yet most people haven't had a chance to step back and contemplate the natural history of political orientation itself.

There is a wonderful phenomenon here: when people *do* step back, they open themselves to deeper understanding, increasing political moderation, and, ultimately, greater peace of mind. Tuschman is hopeful that his book will advance that process.

For more information, see:

<http://ourpoliticalnature.com/>

Note to our newsletter readers: We normally have a recording of the presentation; however, Avi requested that his talk not be on the internet due to some material that has not yet been published.

Available for Adoption

LeeRoy Moreaux is a miniature poodle with papers, but never registered (previous name Topaz Reed). LeeRoy was born 4-21-2003 and neutered at age 6. He needs shots of insulin with other medications and food every 12 hours. The medications cost about \$100/month. All vet bills have been paid for one year. LeeRoy is free to a good home without small children. He gets along well with other dogs and is very smart, but partly blinded by cataracts. Contact Madeline at 805-681-1105 or email at mmoreaux@dock.net



Member News

We have sad news about two of our members:



Rev. Charlie Archibald

Rev. Charlie Archibald died on January 2, 2016. Charlie was a member of HSSB for 7 years and made it to most of our meetings and social events all the way from Nipomo, where he lived. He also helped with our Society by getting the official HSSB shirts. Charlie was born in Massachusetts and was a chemist, then became a Baptist minister, then a Methodist minister, and then became a Unitarian minister in 1960 while earning his Master's in Social Work at Florida State University. He was involved with the Freedom From Religion Foundation (FFRF) for over 30 years, and he wrote about their 2013 annual meeting in the November 2013 issue of *The Secular Circular*. Charlie also kept us apprised of the FFRF lawsuit against the Pismo Beach City Council for their sectarian invocations (*The Secular Circular*, May 2014). Charlie last attended our Winter Solstice party in December 2015.

The obituary for Charlie is here: <http://www.legacy.com/obituaries/sanluisobispo/obituary.aspx?pid=177327145>

John Coppejans died January 30, 2016. Here are two remembrances about him, written by HSSB members.



Pat and John Coppejans

John Coppejans died on Jan. 30, 2016 at Serenity House shortly after discontinuing dialysis. He was 96 and-a-half years old and had lived a very adventurous, fulfilling, productive, and successful life. He grew up in Holland, where, as a young man, he had terrifying experiences working underground against the Nazis and almost lost his life. Just last month he had friends of ours enthralled listening to his stories of his encounters with the Nazis invading Holland when he was a fearless young man, using his phenomenal artistic ability to copy papers and signatures to get his fellow Dutchmen out of danger. John was a very gifted man with many skills and talents, including art and poetry. His home was filled with beautiful oil paintings, which he continued doing into his 97th year. A recent *Secular Circular* featured one of his poems, which was quite amazing since English was not his native language.

Fortunately, he had his devoted wife Pat taking loving care of him through his last difficult months when his health deteriorated. We will all miss this wonderful Dutch humanist and are grateful that his friendship so enriched our

lives. He was a real Mensch (Yiddish for a fantastic person of great integrity!).

--Marian Shapiro

John Coppejans was a wonderful human being and a lifelong humanist. For those who didn't know him, John was accomplished in many areas. He spoke several languages and was a self-taught artist whose paintings were of exceptional quality. I had the privilege of reading his autobiography a few years ago. Amazingly, in addition to everything else, John was a skillful writer in a language that wasn't even his native tongue.

John's autobiography reads a little like an adventure novel. In it he describes his love for his wife Pat, his experiences when first coming to the United States, his early life in Europe, and the hair-raising events surrounding his work with the Dutch resistance in World War II.

During the war, John was a hero who probably saved a number of lives through his ability to forge documents (another talent!). John didn't like me calling him a hero. When I used that term once, to his face, he said, "Oh no, many other people did so much more." Maybe so, but John risked his life time and time again to do the right thing.

John also described being apprehended by the Nazis who marched him off to be executed. One of his captors, sensing that war was almost over, let him go. I feel lucky that I got a chance to know this remarkable man--and his equally remarkable wife, Pat.

--Ellen Jackson

Poem John Coppejans

(This poem was given to me by John at our January 2016 HSSB meeting. -Ed.)

I think it's criminal to tell
 little kids that they'll go to hell
 if they don't believe these Bible stories
 that'll fill their minds with all these worries
 about some deity in the sky
 who will watch them 'till the day they'll die
 and if they stray from this religious path
 Then be assured of his terrible wrath.
 We should encourage them to read
 books about the foolishness of their creed
 What proof is there they all should ask.
 I know it's not an easy task
 to let go of what they're told
 and escape from superstitious fold.
 Life would be better on this planet
 if we get rid of religious tenet
 that puts us all in different sects
 and changes the way how it affects
 the way we go through life with our fellow men,
 each in his own superstitious clan.
 So instead to bow to this mythical father
 It would be great that if we rather
 through reason and to use our mind
 a better future we can find
 to make this world a better place
 and do not submit to this mythical haze.
 Be free of thought and dare to question
 every existing religious faction.
 One can be a good and moral being
 and look at life without being forced of seeing
 a heavenly father who controls so they say
 all things that happen from day to day.

If this was true I think he should stop
 For sure he is doing a lousy job!

Why Scalia is Wrong

Luis Granados

(Excerpted from *Rules Are For Schmucks*,
TheHumanist.com, January 7, 2016)

Justice Antonin Scalia spoke at a Catholic high school in Metairie, Louisiana, last weekend about one of his favorite subjects: why it is both OK and a good idea for government to shove religion down Americans' throats, including the throats of the substantial minority of us who aren't religious.

He cites multiple reasons for this. One of his arguments is that God likes all the adulation and gives America goodies as a result. "God has been very good to us," Scalia said. "One of the reasons God has been good to us is that we have done him honor." This logic isn't new; it's the same kind of Pat Robertson reasoning that blamed the September 11 attacks and Hurricane Katrina on America's drift toward more rights for women and gays.

But by this logic, the more honor a nation does to God, the better off it will be. Scalia, a good Catholic and a well-educated man, must know that of all the nations in the twentieth century, the two that did the most honor to God—in the best, true-religion Catholic way—were Ireland and Spain. Both were run as Catholic theocracies until late in the twentieth century. And both were impoverished, backwards, and miserable by any social or economic standard you want to apply, right up until the time they woke up and started to become more secularized.

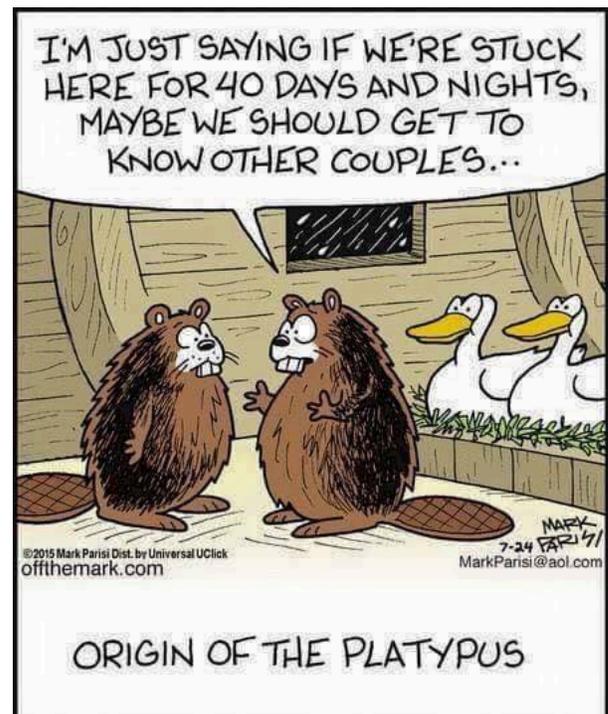
Of all the examples he might have picked of ways in which "God has been good to us," Scalia selected two: that we won the Revolutionary War and that we won the battle of Midway. It's interesting, though, that we fought the Revolutionary War *against* a colonial power with an official state church, in part so that we

could get rid of such government promotion of religion here. Why would God have picked our side in that fight? As for the battle of Midway, that was much less of a miracle from heaven than it was a triumph of ultra-rational American code-breaking science. We knew exactly the Japanese order of battle; they had no idea where we were. Even I could win a battle that way, without any help from above. Besides, if God had really intended to favor us, there are a couple of thousand American families who wish he'd started showing that favor a few months earlier, at Pearl Harbor....

Scalia's most worrisome argument is that when it comes to religion, constitutional protections shouldn't matter, and we should just let the religious majority impose whatever rules it wants on the nonreligious minority...

Read the entire article here:

<http://thehumanist.com/voices/rules-are-for-schmucks/rules-schmucks-scalia-wrong>



Barna Research: 2016 Bible-Minded Cities

The Top Bible-Minded Cities in 2016

As in previous years, the South remains the most Bible-minded region of the country, with all of the top 10 cities located below the Mason-Dixon line. After dropping down to the runner-up position last year from the top spot three years in a row, Chattanooga, Tennessee, reclaims its title as the most Bible-minded city in America. Fifty-two percent of its population qualifies as Bible-minded. Birmingham/Anniston/Tuscaloosa, AL—the most Bible-minded city of 2015—dropped to second place (51%)...

The Least Bible-Minded Cities in 2016

The bottom five cities are primarily in the Northeast or on the East Coast, with the exception of one in the Midwest. The least Bible-minded city in 2016—Albany/Schenectady/Troy, New York—moved up one spot from last year to claim the crown, with only 10 percent of residents qualifying as Bible-minded. Boston, Massachusetts (11%), moved from third to second place while Providence, Rhode Island (12%)—the least Bible-minded city in 2015—dropped two spots to third place. The only Midwest city to make the top five was Cedar Rapids, Iowa (13%), followed by Buffalo, New York (13%), to round out the list...

See the entire article here:

<https://barna.org/research/cities-states/infographic/2016-bible-minded-cities#.VqemV1Lrc5t>

=====

And if there were a God, I think it very unlikely that He would have such an uneasy vanity as to be offended by those who doubt His existence.

---Bertrand Russell

Celebrating Darwin Day, February 12, 2016

Consider reading any (or all!) of these books in recognition of International Darwin Day, February 12:

- *The Autobiography of Charles Darwin*, by Charles Darwin, ed. Nora Barlow: This edition, published one hundred years after Darwin's death and edited by his granddaughter, restores all of the passages expunged from the original 1887 edition.
- *The Beak of the Finch*, by Jonathan Weiner: In this Pulitzer-prize winning book, science-writer Jonathan Weiner follows evolutionary biologists Peter and Rosemary Grant who have studied more than 20 generations of finches and the continuing evolution of their beaks in the Galapagos Islands.
- *Your Inner Fish*, by Neil Shubin: Paleontologist and anatomy professor Neil Shubin examines fossils and DNA to show how our hands resemble fish fins, our heads are organized like long-extinct jawless fish, and major parts of our genomes look and function like those of worms and bacteria.
- *The Third Chimpanzee*, by Jared Diamond: Research biologist Jared Diamond argues that human beings are a species of chimpanzee, albeit with a unique capacity for innovation. He writes about human tendencies for war and environmental destruction, as well as human sexuality, language, art, and agriculture.
- *The Reluctant Mr. Darwin*, by David Quammen: This biography begins after the Beagle landed on English shores, and focuses on the conundrum that presented itself to the famed scientist: when to reveal his discovery?

Non-HSSB Events of Interest

Upcoming Events in California:

- February 7: Donald Prothero: Special Darwin Day Lecture – *Evolution: What the Fossils Say*. Center for Inquiry West, Los Angeles.
http://www.centerforinquiry.net/la/events/evolution_what_the_fossils_say_2-7-16/
- February 21: Michael DeDora: *Political and Legal Strategies: Advocating for Science and Secularism*. Center for Inquiry West, Los Angeles.
http://www.centerforinquiry.net/la/events/advocating_for_science_and_secularism_2-21-16/
- March 6: Teofilo Ruiz: *Reflections on the Terror of History: The Legacy of the Witch Hunt in Early Modern Europe*. Center for Inquiry West, Los Angeles.
http://www.centerforinquiry.net/la/events/legacy_of_the_witch_hunt_3-6-16/
- March 20: Dr. Sean Carroll: *The Serengeti Rules: The Quest to Discover How Life Works and Why It Matters*. Skeptics Society, Cal Tech, Pasadena.
<http://www.skeptic.com/upcoming-lectures/>

Upcoming Events Outside of California:

- May 26-29: American Humanist Association 2016 75th Annual Conference, Chicago, IL.
<http://conference.americanhumanist.org/>
- June 2-5: The Reason Rally, Washington, D.C. (Note: American Atheists is a major sponsor of this rally.)
<http://www.reasonrally.org/>

HSSB Contact Information

Officers:

President: Colin Gordon

colin3@juno.com

Secretary: Suzanne Spillman

urbanfollies@gmail.com

Treasurer: Ron Kronenberg

ronkronenberg1@gmail.com

Board Members at Large:

Wayne Beckman

Anne Rojas

David Echols

Roger Schlueter

Judy Fontana

Pat Ward

Diane Krohn

Mary Wilk

Newsletter Editor:

Diane Krohn

djkrohn@cox.net

Newsletter Deadline:

Deadline for submissions to the Secular Circular is midnight, the last day of each month.

HSSB meetings are held on the 3rd Saturday of each month at 2:30 pm, usually in the Patio Room of Vista del Monte, 3775 Modoc Rd., Santa Barbara. More information is available at our web site: www.SantaBarbaraHumanists.org. At meetings, a donation of \$2 from members and \$5 from non-members is appreciated. First-time visitors are welcome on a complimentary basis. Students are free with a Student ID.

Annual HSSB membership dues are \$36 for a single person, \$60 for a couple, and \$100 (or more) to become a Society Supporter. One may subscribe to our newsletter only for an annual fee of \$20.

To join HSSB, please send your contact information and a check for your membership dues to HSSB, PO Box 30232, Santa Barbara, CA 93130, Attn: Mary Wilk. For membership information contact Mary Wilk at 805-967-3045 or mwilk@cox.net

Copies of this newsletter are posted on the HSSB website. Photos are on the website and available via the link

<http://picasaweb.google.com/Humanist.Society.of.Santa.Barbara>

See us on Facebook





Humanist Society of
Santa Barbara
PO Box 30232
Santa Barbara, CA 93130

HSSB Calendar

Tuesday February 16: Board Meeting: 5:30 p.m. Home of **Mary Wilk**. Members invited to attend.

Saturday February 20: Monthly Meeting: Bill Meller, M.D., will talk about Medical Myths; the Patio Room at Vista del Monte. Meet at 2:30 p.m. for socializing and light refreshments. Talk starts at 3:00 p.m. Optional buffet dinner after the talk at Vista del Monte.

Sunday February 28: (and the last Sunday of every month), 10 a.m., **Secular Sunday Brunch** for humanists, atheists, agnostics, skeptics, freethinkers, singles, couples and families without religion. No cover charge; membership not required. Pay only for your food, drink and tips. Cody's Cafe, 4898 Hollister Ave. in the Turnpike Center, Goleta in the room to the right as you enter the restaurant. For information phone Board member, Mary Wilk at 805-967-3045.

Tuesday March 15: Board Meeting: 5:30 p.m. Home of **Mary Wilk**. Members invited to attend.

Saturday March 19: Monthly Meeting: Chris Seidel will speak on Freedom From Religion Foundation (FFRF) legal activities; the Patio Room at Vista del Monte. Meet at 2:30 p.m. for socializing and light refreshments. Talk starts at 3:00 p.m. Optional buffet dinner after the talk at Vista del Monte.