



# The Secular Circular

Newsletter of the Humanist Society of Santa Barbara

[www.santabarbarahumanists.org](http://www.santabarbarahumanists.org)

MAY 2019

*Join Us for the May Speaker Meeting at Valle Verde:*

## Nixon's Court—and Ours

Think the confirmation of Brett Kavanaugh was divisive? Laura Kalman provides some historic context with a look at the battles that ensued between 1965 and 1971 when Presidents Johnson and Nixon launched their ambitious efforts to control the Supreme Court—battles that forever changed the Court and still haunt today's nomination and confirmation process.

**Our Speaker:** Laura Kalman is Distinguished Professor of History at UCSB. She received her BA from Pomona, JD from UCLA, and PhD from Yale. She is the author of books about the history of the Supreme Court, legal education, the legal profession, and legal thought. Kalman, a past president of the American Society for Legal History, has taught at UCSB since 1982 and is a native Angeleno.



Dr. Laura Kalman. Source: [www.Cottagehealth.org](http://www.Cottagehealth.org)

**When:** Saturday, May 18, 2019

**Where:** Valle Verde. 900 Calle De Los Amigos, Santa Barbara, CA.

**Parking:** Please park at Veronica Springs Church, 949 Veronica Springs Road. Free shuttle to and from meeting. *No parking at Valle Verde* (except for handicapped parking). Shuttle driver has a dedicated cellphone: 805-679-3660

**Time:** Doors open at **2:30 pm**. Program begins promptly at **3:00 pm**

**Meeting Donation:** \$2 members, \$5 non-members. Students with ID are free.

=====

**After Meeting Buffet Dinner:** Join us for dinner at Valle Verde, \$25 per person. We are required to provide a firm count for dinner therefore **please RSVP to Nan Cisney at [cisneynan@gmail.com](mailto:cisneynan@gmail.com) by noon Wednesday, May 15** if you plan to join us for dinner. Parking lot shuttle also available after dinner.

**For More Info:** Call 805-769-4772

## The President's Column

### Paris is Burning

*By Roger Schlueter*

The massive fire on April 15<sup>th</sup> at the Notre Dame cathedral not only severely damaged the building itself but was also a body-blow to Catholics around the world and especially to the French. The building itself is a masterpiece of medieval architecture and a cultural icon of Paris second only to the Eiffel Tower. Its importance to world history is evidenced by its inclusion on the list of World Heritage sites. The partial loss of Notre Dame is a sad loss that can only be partially recovered by its rebuilding, a process that started before the embers of the fire had even cooled.



*Images provided by Roger Schlueter*

Unfortunately, my sadness was exacerbated by the actions of many people from around the world as they reacted in ways all too common in major tragedies such as this. Although they may be typical of irrational behaviors we all exhibit at one time or another, they are regrettable nonetheless.

The Paris fire brigade chaplain, Jean-Marc Fournier, risked his own life and the lives of others to save a large number of artifacts that are unquestionably world-class examples of religious art but they also expended their primary efforts on two items absolutely central to Catholic dogma surrounding Jesus, namely the Crown of Thorns supposedly worn by Jesus during the crucifixion and a nail that is believed

to have been used.



These relics are used by the Catholic hierarchy to indoctrinate millions of people. There is no evidence whatsoever that these relics are historically genuine items. For example, there is no reliable evidence that Jesus even existed much less that the crucifixion [or resurrection!] actually happened. How could these pieces be known to have been involved in the death of an uncertain person at an uncertain time at an uncertain place? Indeed, the number of nails used in the crucifixion is not even known and there have been countless claims to have found the “real” nails, one of the more recent being that of Canadian film director Simcha Jacobovici.

Now I ask you, which is more likely: that a film maker found a historically and momentarily valuable relic or that he was promoting a film he had made?

Another kind of damaging behavior are the wild, unhinged conspiracy theories that sometimes follow major events. Often these theories are mindlessly silly and can be a form of

entertainment such as those who claim to have been “probed” by little green men from Planet Yqssio. Others are hurtful and may lead to dire consequences, even death. One of the worst examples of this is the idea that the killings at Sandy Hook Elementary School were fake and that the distraught parents were actually paid actors.

The Notre Dame conspiracy theories fall somewhere in between. Some accounts state the fire was intentionally set. Of course, in today’s climate someone was bound to cite Muslim terrorists and link the fire to the 9/11 attacks. Probably nobody will die because of these theories but they do sow seeds of distrust and doubt, thereby creating yet another unjustified claim that has to be debunked.

Finally, numerous donations have been made to assist in restoring the cathedral, most notably from some of France’s wealthiest families/corporations. François-Henri Pinault, whose family controls luxury conglomerate Kering (Gucci and Yves Saint Laurent), pledged €100 million (\$113 million) the day after the fire. Not to be outdone, and to add a tawdry note to the fund-raising competition, the Arnault family (Louis Vuitton, Celine, and Moët & Chandon) are donating €200 million (\$226 million). Stepping up next was the Bettencourt Schueller Foundation (L’Oreal) with another offer of €200 million.

That’s all well and good, but I cannot help but notice the enormous wealth that these families control that could surely be given to the church for far more worthy causes, not the least of which is funding a Justice Foundation for those abused by Catholic priests from the Vatican down to the local parish hall. It also might have helped the cause of the Catholic Church if they had committed to match donations Euro-for-Euro to such a fund out of the Vatican bank itself. Alas, all the Pope really had to offer was yet more prayers.

I am also reminded of the enormous - and growing - wealth gap between the rich and not-so-rich that exists around the world. It is too bad that the noble notion found in parts of the bible that says we should help others does not underpin financial policy around the globe so that wealth is not concentrated in the hands of so few. At the very least, such a proposal might attract millions of €10 donations rather than donations in the €millions by just a few.

In fact, in such a world, even I might donate \$10 for the restoration of that medieval masterpiece... in the name of Humanism, of course!

### **What Not To Forget About the Dementia Epidemic**

Dr. Robert Harbaugh 4-20-19

*By Robert Bernstein*

Dr. Harbaugh is “mostly” retired from medical practice but he is very active with educating about Alzheimer’s and other forms of dementia.

He was very kind to share his slides with us so that we can peruse them later. Here I have posted them all for this purpose. There is a wealth of information in his presentation:  
<http://swt.org/hssb/2019-0420-harbaugh-alzheimers/slides/>



Dr. Robert Harbaugh & Roger Schlueter

*Photo credit: Robert Bernstein.*



Most people raised their hand when asked if they have had close experience with people with dementia and/or they have been a caregiver. His goal was to cover the most frequently asked questions starting with the difference between normal aging versus mild cognitive impairment.

Dr. Harbaugh said that dementia is the "climate change of medicine" today in terms of scale and impact.

Normal brain aging proceeds for decades and is unique to each person. It is modified by task and by time. As we age we compensate for these changes.

He claims that young people can multitask and that as we age we have to focus on one thing at a time. I will note that several studies have shown that almost no one truly can multitask, but instead switch rapidly between tasks so it seems as if they are multi-tasking.

One problem with dementia is that it is hard to get a good baseline measurement. People may already have early dementia in baseline studies which contaminates the data.

For someone in their late 80s or early 90s, measurable cognitive losses are a part of normal healthy aging. At that age, one neither thinks as well (nor sprints as well) as a young person.

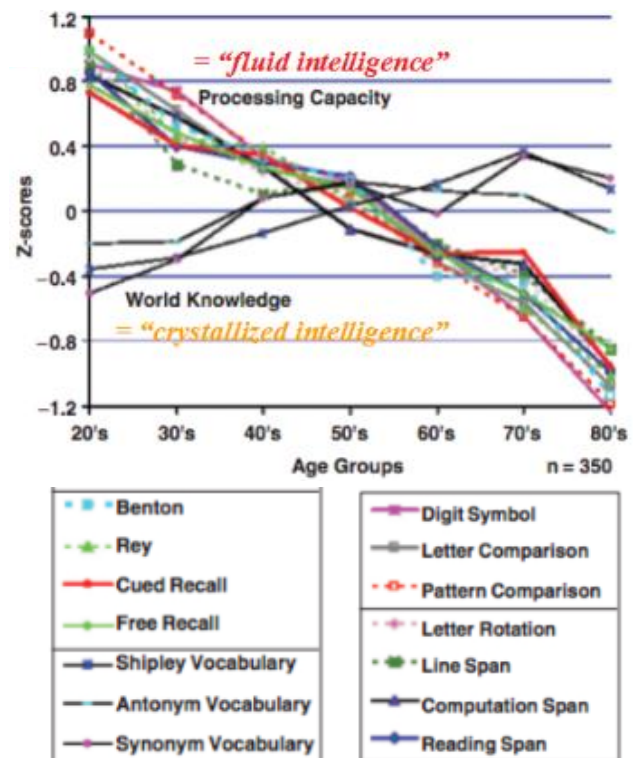
There is some good news. Wisdom is retained with age and gets better. This is called "crystallized intelligence". Surprisingly, recall gets better with age and is more accurate particularly with regard to long term memory. Verbal and language abilities improve along with greater vocabulary.

However, "fluid intelligence" declines with age. This is the ability to understand and process new and complex information. Recent memories are harder to store and recall. Divided attention becomes difficult. Word retrieval can become more difficult. Unfamiliar

problems take longer to solve and overall cognitive processing slows down.

Dr. Harbaugh is 66 and stated that he is already dealing with some of these declines.

This graph shows rising and falling abilities with age:



Source: Dr. Robert Harbaugh.

Where these ability curves cross is the age when people often do their Nobel Prize winning work.

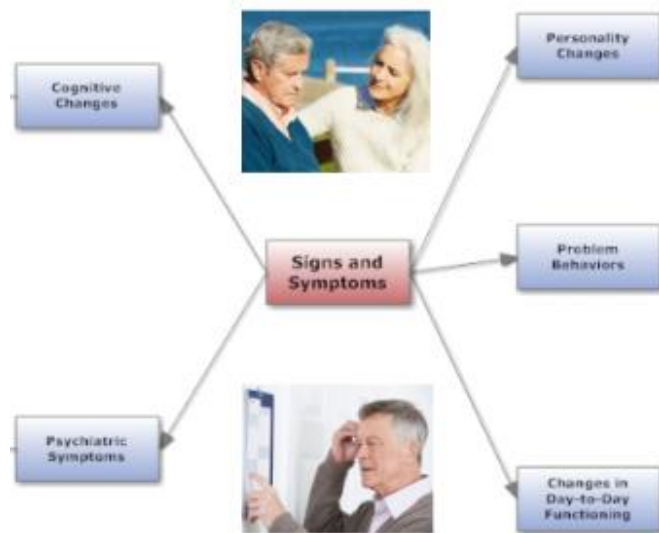
Mild Cognitive Impairment (MCI) is measurable but not disabling. It involved changes in memory, language, thinking, or judgment. It is not a specific disease but a condition.

Few dementias occur suddenly. MCI typically comes about 2 – 5 (but up to 10) years before dementia. Some MCI patients improve. MCI is not specific to Alzheimer's disease (AD) and can be disabling for people who are in critical jobs such as being a pilot or a surgeon. MCI can also make a person more susceptible to scammers because they are in decline but may not yet be aware of it and on guard.

Dementia not only affects memory and cognition; it can also affect behavior, social cognition, and executive function.

A definition of dementia is the inability to live independently. Often the person is blind to their own cognitive loss. One approach to assess whether someone is in the earliest stages of a true dementia would be to ask their spouse, caregiver, or immediate family, "Would you be comfortable leaving this person on his/her own for a week or so, expecting them to remain safe, tend to the needed activities of daily living and deal with minor unexpected day to day events in their lives?" If the answer is "No" you may be dealing with dementia.

The following signs and symptoms indicate that an evaluation for dementia may be appropriate.



Source: Dr. Robert Harbaugh.

Cognitive changes include:

- New forgetfulness
- More trouble understanding spoken and written communication
- Difficulty finding words
- Not knowing common facts (such as the name of the current U.S. president)
- Disorientation

Psychiatric symptoms include:

- Withdrawal or apathy
- Depression, anxiety
- Insomnia
- Fearfulness
- Suspiciousness, paranoia
- Abnormal beliefs
- Hallucinations

Personality changes include:

- Inappropriate friendliness
- Blunting and disinterest
- Social withdrawal
- Excessive flirtatiousness
- Easy frustration, Explosive spells

Problem behaviors include:

- Agitation
- Noisiness
- Wandering, restlessness
- Being out of bed at night

Changes in Day-to-Day functioning include:

- Difficulty driving
- Getting lost
- Neglecting self-care or household chores
- Difficulty handling money
- Making mistakes at work
- Trouble with shopping

Alzheimer's accounts for about 60% of dementia cases. There are many other forms of dementia, including Huntington's, Multiple Sclerosis, Parkinson's and Lewy Body. Over 100 conditions can cause dementia.

Dementia is being called the "Gray Tsunami" and will be a global epidemic by 2050. Age is the main risk factor. Dementia cuts life expectancy in half. Dementia cases are growing exponentially as the world population ages. Every three seconds another individual is found to have dementia. The number of cases will double every 20 years. Each affected person needs a caregiver. The cost in the U.S. is already higher than for any other disease. Given the size

of the affected population, even small benefits are worth a lot. The value of dementia-related care would be the 18th largest economy if it were a country!

On average, we are now living 30-35 years longer than our grandparents. In 1900 tuberculosis or pneumonia were the largest causes of death. Heart disease and cancer top the list today although their rates are declining as preventive measures and effective interventions improve.

We now can say the leading cause of dementia is TMB: Too Many Birthdays!

We are living into the susceptible ages for the development of the common dementias and starting to see the effects of very advanced aging, when natural loss of our intellectual capacities are revealed (90's – 100's). Modern technology, medical innovation, the control of infectious diseases along with a host of other developments has led to dramatic extensions in life expectancy in all parts of the globe.

For reasons not yet understood, the prevalence of Alzheimer's dementia for women exceeds that for men by 3:2. Research is underway to understand this difference.

What is the history of dementia? Dr. Harbaugh showed a photo of Dr. Alois Alzheimer circa 1900. Alzheimer studied people after death. Improved staining techniques allowed better post-mortem observations of brains.

Alzheimer did an autopsy on a woman named Auguste, who was his patient in 1901. This became the first description of the disease that now bears his name. The description lay hidden for 60 years until it was rediscovered.

In 1976 it was discovered that what Dr. Alzheimer observed in Auguste was the most prevalent form of dementia. Research was

aided by new technology available at the time: CAT scans, and later, MRI scans.

The National Institute on Aging was founded at the National Institute of Health in 1974. The Alzheimer's Association was founded in the 1980s. With the 1990s came the Internet and the opportunity to share data widely.

The "Baltimore Longitudinal Study of Aging" followed individuals for years. When a participant died, their brain was studied for research purposes.

Dr. Harbaugh commented that patients and their loved ones appreciate having their disease labeled. It allows them to understand what the future holds and what treatment options they have. It allows them to connect with others who are facing the same issues.

There are many practical issues associated with dementia: genetic issues for the family, safety, driving, and financial management, among others.

We are inaccurate judges of our own cognitive abilities. Dementia impairs our self-awareness.

It helps to ask a spouse or close friend for their input, however, they may not notice the changes if they arise gradually; there is a tendency to "re-normalize" new behavior and think that is just how he/she is. Casual contacts may not notice the changes while someone who knows the person well yet sees them infrequently may be in a better position to detect changes.

Mild Behavioral Impairment (MBI) is not often talked about. It can lead to depression, apathy, or impulse control problems. A person with MBI can become agitated or have odd thoughts or delusions.

Arguing with a person with MBI is not helpful. Meds may help. Brain tumors and infections can

cause similar problems but they come on much faster than MBI.

One in a million people have Creutzfeldt–Jakob disease which is the human equivalent of "Mad Cow" disease. A person with this loses function in the control areas of the brain. They may pee on the carpet or commit crimes. They may also become more creative!



Interested Humanists and Guests listen to Dr. Harbaugh *Photo credit: Robert Bernstein.*

There are 2 million people in the U.S. with Lewy Body disease and another 2 million with Parkinson's. Together these are the second most common types of dementia and they have similar symptoms.

Contact sports with a high incidence of repetitive, even minor, head injuries will have to be curtailed unless there are big changes to the games. Head injuries and alcohol are very likely both worse for good brain health than we realized in the past. The effect is probably linear with "dose". Less of each is better.

For a while it was thought that moderate drinkers are healthier than non-drinkers. It appears that this research was distorted by the fact that teetotalers may be ill for other reasons. It no longer seems to be true that "a few drinks of red wine is good for you." Unfortunately, young people are drinking more.

Dr. Harbaugh highly recommends a twelve to fifteen minute office-based cognition test that assesses several brain regions. It is good to do serial exams with 6-12 month follow ups.

One popular and brief test is the Montreal Cognitive Assessment (MOCA) - it is free to use, but there may be a charge to administer.

Why is there no cure for Alzheimer's or other dementias? The cellular events that lead to brain cell loss and dementia do not seem to occur in other organ systems and are generally not detectable in the blood. Researchers are exploring this possibility.

The actual "cause" of Alzheimer's disease is still unclear at the molecular level, although many of the pathological changes which have been mapped out in detail over the past few decades are now well described. We now know that the changes seen in the brain start 10 to 15 years before any symptoms are apparent.

Exactly how and why the primary pathological changes seen in AD (specifically the accumulation of amyloid plaques and tau "tangles") transpire continues to be assessed and remain debated: what we see after a person dies with AD may reflect the body's attempt to repair or prevent neural degeneration or may be epiphenomena. How these pieces interface and potentially contribute to the disease continue to be explored by many thousands of researchers around the world. Stay tuned!

Amyloid beta plaques can be detected by PET-CT. They can also be detected in spinal fluid.

Diet, exercise and social interaction may help. Many treatments have been tried, but none have proved effective. Anti-inflammatories do not help. Drugs developed in mice have not worked in human Alzheimer's patients to date.



"Supplements" claim to help, but no reputable studies support these claims so far. The FDA is cracking down on these claims.

Dr. Harbaugh supports the Alzheimer's Association. He encouraged us to support more research funding and vote for candidates who will support more research funding.

He trusts information from Pub Med and from NIH. He warned us to be skeptical of other sources.

He was asked about driving risks. Early MCI is about the same risk as being a teen driver. It might be good to limit driving to daytime and back roads. Uber and Lyft are good options for mobility now.

One option to protect an affected loved one financially is to limit check privileges over \$200 and require a second signature. Also consider limiting credit card purchases to a preset, reasonable amount, perhaps \$500. Be aware that dementia can lead to pathological gambling and shopping behavior.

Marian Shapiro asked about the "Prevagen" ads on TV. There is a cease and desist order from the FDA about their claims of a treatment based on an ingredient discovered in jellyfish. The treatment is a protein. Dr. Harbaugh stated that since proteins are digested in the stomach, the claim is not credible.

A suggestion was made that presidential candidates be tested for cognitive decline by an independent physician. This came up in the context of presidents Reagan and Trump during the question period.

I will close this article with two additional points. First, there is research indicating that sleep seems to be important for removing Amyloid Beta. Here is one recent report

<https://www.nih.gov/news-events/nih-research-matters/sleep-deprivation-increases-alzheimers-protein>

I will also note that we had a recent talk on Alzheimer's by neuroscientist Lisa Genova. To promote vital information she took an unusual route for a scientist: She wrote a novel! That novel was made into an Oscar winning film "Still Alice".

Here is my article on her talk:  
<https://www.edhat.com/news/neuroscientist-makes-oscar-winning-film-on-alzheimers>



Source: a Recycled Paper Greetings birthday card crediting mooningduck.com

**Get involved with HSSB:** Have you ever considered running for office or joining the board? Our new fiscal year begins July 1<sup>st</sup>. Contact any board member if you are interested in being part of the leadership team of this great organization. We welcome your participation!



## HSSB Co-Sponsors Santa Barbara Science Salon Featuring Michael Shermer

*By Whitney Detar*

Ever wonder why people believe in UFOs and alien abductions, mind-reading and psychics who talk to the dead, reincarnation and life after death, out-of-body and near-death experiences, urban legends and satanic panics, not to mention Intelligent Design creationism and the pernicious myth that the Holocaust never happened?



Dr. Michael Shermer, the Founding Publisher of Skeptic magazine and a columnist for Scientific American for 18 years, is a genuine ghost-buster, a

relentless crusader against junk science, bad science, voodoo science, pathological science, pseudoscience, and plain old nonsense.

Based on his bestselling book, *Why People Believe Weird Things*, Dr. Shermer's lecture is filled with humor, insight, magic, illusions, and personal anecdotes—a highly entertaining wake-up call that has become a wildly popular presentation at hundreds of college campuses. Students and professors alike rave about Dr. Shermer's show, calling it one of the best presentations ever.

The Humanist Society of Santa Barbara is one of the sponsors of this event.

**When:** Sun, May 19, 2019, 3 – 4:30 PM PDT

**Where:** Unitarian Society of Santa Barbara, 1535

Santa Barbara Street, Santa Barbara, CA 93101



**Cost:** The event will be \$10 cash at the door only. Wine and small bites included. Free childcare on site at Starr-King facilities for ages 2-10. Infants are welcome to be carried in the event. Please email [sbsciencesalon@gmail.com](mailto:sbsciencesalon@gmail.com) to reserve a childcare spot after registering.

Also, mark your calendar for the next session of Santa Barbara Science Salon on June 23<sup>rd</sup>. The topic is "Heavens on Earth: The Quest for the Afterlife, Immortality, and Utopia!"



*Submitted by Ann Rojas*

[Editor's note: Dr. Whitney Detar, a psychology professor at SCU Channel Islands, approached the HSSB board about co-sponsoring a multi-session science salon featuring recent Santa Barbara resident and famous skeptic, Michael Shermer. Dr. Detar felt that there was an untapped opportunity to reach out to a younger humanist demographic by offering free childcare at educational science-related events. The Board welcomed the opportunity to support this effort. Thanks to Whitney Detar for pulling together this great opportunity for our community.]

## National Ask-An-Atheist Day

By Judy Flattery

On Thursday April 19 (“Holy Thursday” for Christians), several members of a local 50-member Science/Skeptic Meet-Up group joined with three HSSB members to set up a table and our HSSB Flag downtown in celebration of “National Ask An Atheist Day”. This event is promoted by the Secular Student Alliance.

Most pedestrians just walked by during the 90 minute event, engrossed in their phone, or conversing with a friend, or on some personal mission. Some gave us curious looks, a very few gave us eye-rolling or dismissive looks, and a few actually stopped to engage in conversation.

I had a substantive conversation with a closet atheist (who publicly calls himself agnostic), with a homeless woman (who claims Jesus cured her 9 times), with an apologetic Christian (who did not want us to be insulted by her beliefs and was very interested in our views), and with an atheist who played devil’s advocate and only revealed he was also an atheist at the end of our interaction.



Ask An Atheist Day on State Street: Rachael Quisel, Deanna Nathan, Colin Purcell, Tom Quisel, Shannon Nicholson, Nan Cisney, Roger Schlueter, Judy Flattery. Source: Colin Purcell

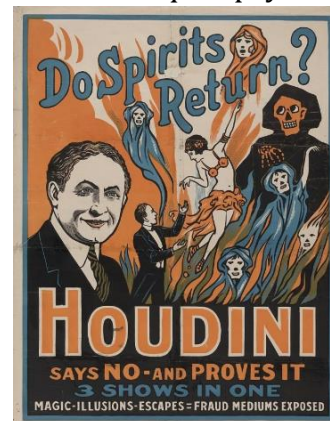
Interestingly, a Jehovah’s Witness group had a table set up a few yards away from us so

pedestrians were exposed to opposite ends of the belief spectrum within the same block. Hail First Amendment!

## Update on Psychics vs. Skeptics

“Forty-one percent of Americans claim to believe in psychics, and the popularity of celebrity psychics and mediums is a keen source of frustration to skeptics,” according to the 3/6/19 edition of *Cause & Effect*, the newsletter of the Center for Inquiry.

On February 25, comedian and social commentator, John Oliver took on celebrity psychics in an excellent segment on his show *Last Week Tonight* ([see it here](#)). The following day, Jack Hitt, a Peabody award-winning journalist, published a [major article](#) in *The New York Times* on work Susan Gerbic and her colleagues do to reveal the techniques psychics use to mislead and fool people. Susan is a fellow of the Center For Inquiry’s Committee for Skeptical Inquiry and head of Guerilla Skeptics of Wikipedia.



Skilled magicians and illusionists are also well-suited to expose the techniques of psychics. In 1926, Houdini testified at the *Hearings on Fortune Telling* held in the House of Representatives. Johnny Carson, a magician prior to his talk show days, revealed, with the assistance of the Amazing Randi, that Uri Geller, a sensational Israeli spoon-bending mentalist, was a fraud in this [classic Tonight Show clip](#).

It seems so much more honorable and interesting for an illusionist to state that something is a trick and challenge the audience to figure out how they did it than to attempt to mislead and scam the vulnerable with claims of super-natural ability.

## Non HSSB Events of Interest

### Upcoming Events in California:

- May 2: The 2019 Arthur N. Rupe Great Debate: *Immigration: A Boon or Bane to US Society*. Campbell Hall, UCSB. <https://artsandlectures.ucsb.edu/Details.aspx?PerfNum=4078>
- May 19: Michael Shermer, *Why People Believe Weird Things* (see pg. 9 for details)
- June 9: SkeptiCal 2019: Northern California conference on science and skepticism. Berkeley. <http://www.skepticalcon.com/>
- July 21: LogiCal-LA: Speakers and schedule TBA. Lakewood. <http://logically.com/>
- June 23: Michael Shermer, *Heavens on Earth: The Quest for the Afterlife, Immortality, and Utopia* (see pg. 9 for details)

### Upcoming Events Outside of California:

- June 7-9: American Humanist Association's 78<sup>th</sup> Annual Conference. This is its first ever virtual conference, streamed live at five select university locations: Carnegie Mellon University, Pittsburgh, PA; Rice University, Houston, TX; Pitzer College, Claremont, CA; University of Miami, Miami, FL; and Medgar Evers College, Brooklyn, NY. Attend in-person or online! <https://americanhumanist.org/events/american-humanist-associations-78th-annual-conference/>
- August 9-11: Skepticon 2019. This is a skeptic/freethinker/educational conference that is held annually in St. Louis. It is the largest, **free**, skeptic conference in the nation. St. Louis, MO. <https://skepticon.org/>

The man who fears no truth  
has nothing to fear from lies.

- Thomas Jefferson

## HSSB Contact Information

### Officers:

*President:* Roger Schlueter, [drrogers@cox.net](mailto:drrogers@cox.net)

*Secretary:* Diane Krohn, [djkrohn@cox.net](mailto:djkrohn@cox.net)

*Treasurer:* Neal Fought, [nfought@verizon.net](mailto:nfought@verizon.net)

### Board Members at Large:

Wayne Beckman, David Echols,  
Judy Flattery, Mary Wilk, Nan Cisney,  
Clover Brodhead Gowing, Colin Gordon

### Newsletter Editor & Submission Deadline

Judy Flattery [sbhumanisteditor@gmail.com](mailto:sbhumanisteditor@gmail.com)

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

**HSSB Speaker meetings** are held on the 3rd Saturday of each month at 3:00 pm, in the Theater Room at Valle Verde, 900 Calle De Los Amigos, Santa Barbara. June and December social events are held elsewhere.

**Speaker Meeting Parking** (with free shuttle service 805.679.3660) **is at Veronica Springs Church**, 949 Veronica Springs Rd., Santa Barbara. **No parking at Valle Verde unless you have a handicapped parking placard.**

Check our web site: [www.SantaBarbaraHumanists.org](http://www.SantaBarbaraHumanists.org) for past issues of SC At meetings, a donation of \$2 from members and \$5 from non-members is appreciated. First-time visitors and students with ID are welcome on a complimentary basis.

**Annual HSSB membership dues** are \$36 for a single person, \$60 for a couple, \$100 for a Society Supporter, and \$300 (or more) for a Society Patron. Non-members may subscribe to hardcopy of this newsletter for an annual fee of \$20. E-mail copies provided at no charge.

**To join HSSB:** Send your contact information and a check for your membership dues to HSSB, P.O. Box 30232, Santa Barbara, CA 93130, Attn: Mary Wilk. For membership information contact Mary Wilk at [mwilk@cox.net](mailto:mwilk@cox.net).

For any information about HSSB, call 805-769-4772. Copies of this and past newsletter are posted on the HSSB website.

Like us on Facebook





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

## HSSB Calendar

**Tuesday May 14:** Board Meeting. 5:30 p.m. Home of Mary Wilk. Members are invited to attend.

**Saturday May 18:** Monthly Meeting 3:00 pm. Speaker: UCSB Distinguished Professor Laura Kalman. "Nixon's Court—and Ours." Location: Valle Verde Theater, 900 Calle De Los Amigos, Santa Barbara.

**Tuesday June 11:** Board Meeting. 5:30 p.m. Home of Mary Wilk. Members are invited to attend.

**Saturday June 15:** Annual HSSB Summer Solstice Picnic. SAVE THE DATE!

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

**Saturday July 20:** Monthly Meeting 3:00 pm. Speaker: **TBD**. Location: Valle Verde Theater, 900 Calle De Los Amigos, Santa Barbara.