



AHA Chapter

THE NEWSLETTER OF

# The HUMANIST ASSOCIATION of CONNECTICUT

May 2004



CSH Affiliate

## Calendar of Events

### MAY, 2004

Sun., 2	15th Anniversary Meeting, USNH, 700 Hartford Turnpike, Hamden	3:00 p.m.
	Coffee and Conversation	3:00 p.m.
	Main program. Joseph Gerstein, MD, president of the Humanists of Massachusetts — <i>Cultural Cycles and Humanism.</i>	3:30 p.m.
Mon., 3	Dinner at Pasta Fair, 262 Boston Post Road, Orange	7:00 p.m.
Sun., 9	Board meeting, USNH, 700 Hartford Turnpike, Hamden	2:30 p.m.
Mon., 17	Monthly meeting, USNH, 700 Hartford Turnpike, Hamden	7:30 p.m.
	Coffee and Conversation	7:30 p.m.
	Main program. M. Terry Sullivan, RN, MSW, MSN, CMC — <i>Independence and Aging: It's All About Being Informed</i>	8:00 p.m.
Wed., 26	Dinner at the Curtis House, 506 Main Street South, Woodbury	7:00 p.m.
Thu., 27	Special Meeting, USNH, 700 Hartford Turnpike, Hamden	7:30 p.m.
	Coffee and Conversation	7:30 p.m.
	Main Program, USNH, 700 Hartford Turnpike, Hamden. Eugene Kogan — <i>The Case for Multilateralism</i>	8:00 p.m.

### JUNE, 2004

Mon., 14	Dinner at Pasta Fair, 262 Boston Post Road, Orange. Humanist Institute information and discussion.	7:00 p.m.
Sat., 19	Book discussion — <i>The Worldly Philosophers: The Lives, Times And Ideas Of The Great Economic Thinkers</i> by Robert L. Heilbroner.	2:30 p.m.
Sun., 20	Annual Picnic at the Raffords' in Middlebury. The board will meet briefly at the very beginning of this meeting.	12:00 noon to 4:00 p.m.
Wed., 30	Dinner at the Curtis House, 506 Main Street South, Woodbury	7:00 p.m.

[WWW.CTHUMANIST.ORG](http://WWW.CTHUMANIST.ORG)

## **Memorial Service for Lois Woodrow**

Long-time member Lois Woodrow lost her battle with cancer on Wednesday, April 21. A memorial service will be held for her on Sunday, May 16, at 2:00 p.m. at USNH, 700 Hartford Turnpike.

We read Lois' poem, "Ode to the Tilt," annually at our solstice party. She will be missed.

We would like to publish her obituary, so please save it if you see it and forward it to June Schafer or Carol Stone.

## **Book Discussion Scheduled**

Our first book discussion, held at the home of Douglas Peary and Gabriella Brand, was such a success that we've decided to do it again!

Dr. Joseph and Miriam More have been kind enough to invite us to their lovely home in Cromwell Connecticut at 2:30 p.m. on Saturday, June 19 for the next book discussion. We will discuss chapters one through five of *The Worldly Philosophers: The Lives, Times And Ideas Of The Great Economic Thinkers* by Robert L. Heilbroner. These five chapters cover Adam Smith, Malthus and Ricardo, and the utopian socialists (Robert Owen, Saint-Simon, Charles Fourier, and John Stuart Mill). Although this book covers the essential economic ideas of the ages very quickly, it has been an inspiration to many influential people over the decades since it was first published. Pick any edition you can get your hands on, borrow one from the library or buy one used for \$3.50 at Amazon. We should all be able to read five chapters in seven weeks!

More information and directions will be in the next newsletter.

## **Helen Flores, 78**

Former Director of Social Services for the Town of Weston, Actress, Community & Political Activist and 45-year Norwalk resident died peacefully in her sleep in Bayside, Wisconsin on February 28 of natural causes. She earned her MSW from Smith College of Social Work and her BA in education from Queens College CUNY. She was a member of the National Association of Social Workers, the League of Women Voters, the Norwalk Reform Democrats, the Connecticut Humanists, The Unitarian Church of Westport, the Friends of Music, and many other professional, political, cultural and civic organizations. Her career also included senior staff positions as a psychiatric social worker at Catholic Family Services of New Haven, Hallbrooke Hospital of Westport, White Plains Hospital, White Plains, NY, the Hawthorne School, Hawthorne, NY and the Jewish Board of Guardians, New York, NY. Recent acting achievements which gave her great joy included a featured extra role as a homeless woman in the movie "Reckless", which starred Mia Farrow, a leading role as May Logan, the bag lady, in the Wilton Playshop Production of "Eastern Standard," as well as playing the role of Yenta the Matchmaker in three local community theater productions of "Fiddler on the Roof."

Helen was the beloved mother of Pamm and Dr. Glenn Flores, the loving grandmother of her cherished Talia, the adored sister of Henry Rosenberg, the loving aunt of Steven, Gail and Carol Rosenberg, the beloved mother-in-law of Alisa Flores, and the cherished long-time companion of Dr. Leonard Eisner. Raised in a foster home and group homes, she was a lifetime fearless crusader for and champion of the underprivileged, the emotionally challenged, the mentally ill and the under-served. Her passion for politics and culture was exemplified by her work as a community and political activist, actress, artist, writer and musician. In addition, she was an avid swimmer, a health & nutrition enthusiast, an accomplished hostess and gourmet cook. Helen was an independent spirit who cared deeply about the people in her life and the causes she believed in. Her 100 per cent 24/7 devotion to her family, friends, clients, colleagues and associates was second to none, as was her commitment to putting her beliefs into action, and her tremendous warmth, wit, humor, vivacity, eternal youthfulness, intelligence, generosity, courage and selflessness which permeated everything she did and brought enormous light to anyone whose life she touched. Helen referred to herself sometimes as a "Jewish atheist" and sometimes as a "Unitarian Jew."

Services were held Thursday, March 4. In lieu of flowers donations may be made in her name to Save the Children, (800) 728-3843.

## ***Our 15th Anniversary Speaker: Dr. Joseph Gerstein on Cultural Cycles and Humanism***

Join us on Sunday, May 2, at 3:00 p.m. when we welcome Joseph Gerstein, MD, of Harvard Medical School, as the featured speaker at our fifteenth anniversary celebration at 700 Hartford Turnpike. Dr. Gerstein specializes in pain management, end-of-life issues, and publicizing scams of pharmaceutical promotion. He is perhaps best known as the founding president in 1994 of the SMART Recovery Self-Help Network of free, science-based, self-help groups for people recovering from substance addiction. He has personally facilitated over 1000 meetings of SR in the community, and almost 600 in prisons. He and his wife Barbara have been

responsible for introducing SR into Scotland and Australia.

President of the Humanist Association of Massachusetts for 15 years and treasurer of the Humanist Chaplaincy at Harvard for 7 years, he has been named, together with Barbara, a Humanist Pioneer for 2004 by the American Humanist Association.

Joe's talk, *Cultural Cycles and Humanism*, will focus on periodic cultural cycles in many civilizations, swinging between Humanism and religious fanaticism, and will ask: Are these cycles inevitable or can they perhaps be blunted by appropriate measures? And what is the scope of Humanism today?

The talk will follow an

informal half-hour of conversation and refreshments that begins at 3:00 p.m. on Sunday, May 2, at 700 Hartford Turnpike. There will be ample time for vigorous discussion, followed by an anniversary reception with a birthday cake. Remember to bring a friend!

## ***The Case for Multilateralism***

Eugene Kogan, a member of the United Nations Association of the USA and the National Council for International Visitors, will make the case for multilateralism in a special meeting of the Humanist Association of Connecticut on Thursday, May 27, at 7:30 p.m. at 700 Hartford Turnpike in Hamden.

An article by Kogan, "The Case for Multilateralism" is published in the March/April issue of the Humanist magazine. He regularly lectures on U.S. foreign policy, and his articles and letters have appeared in Arms Control Today, Foreign Policy Forum, and Issues in Science and Technology.

Most recently Eugene worked as a research intern at the Washington, D.C., office of the Center for Nonproliferation Studies, Monterey Institute of International Studies.

Please join us with a friend on Thursday, May 27 at 7:30 p.m. at 700 Hartford Turnpike for this special event!

## ***Independence and Aging: It's All About Being Informed***

Join us Monday, May 17, at 7:30 p.m. at 700 Hartford Turnpike when Terry Sullivan will answer the questions you always wanted to ask about aging in her presentation, *Independence and Aging, It's All About Being Informed*. What is normal aging? What can I expect? How do I prepare physically, financially and emotionally? Preparing for the unexpected is a major challenge. Alzheimer's Disease is a frightening scenario to contemplate and one of the most frequent topics that individuals want to learn more about. Join us as we discuss these issues and others and explore the opportunities available to help in planning for the future.

Terry Sullivan, RN, MSW, MSN, CMC, has years of experience working with the disabled and elderly population. Currently Terry is a manager at the fee for service care management division of Connecticut Community Care, Inc. and provides training both internally and externally for the company. She has presented locally and nationally on a variety of topics.

Bring your questions, bring your concerns, and bring a friend Monday, May 17, at 700 Hartford Turnpike! Conversation and refreshments begin at 7:30 p.m. followed by Terry's talk at 8:00 p.m.

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

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- President Richard Siddall  
(203) 264-2182  
[president@cthumanist.org](mailto:president@cthumanist.org)
- Vice-President Douglas Peary
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**Committee Chairs**

- Program David Schafer
- Membership Joseph Stachelek
- Development Manny Ratafia
- Publications Carol Stone
- Publicity June Schafer
- Hospitality (shared)

**Newsletter**

- Editor Carol J. Stone  
(203) 264-8546  
[editor@cthumanist.org](mailto:editor@cthumanist.org)
- Production: Richard Siddall  
(203) 264-2182  
[webmaster@cthumanist.org](mailto:webmaster@cthumanist.org)

# The Wait is Over!

Since 1988, Douglas Peary has presented to us eighteen Humanist Heroes, the first seventeen of which are now available in a book! Arranged in birth order, Douglas' book introduces the life and beliefs of influential humanists: Voltaire, Thomas Paine, Ralph Waldo Emerson, Charles Darwin, Walt Whitman, Thomas Henry Huxley, Robert Green Ingersoll, Clarence Darrow, John Dewey, Bertrand Russell, Albert Einstein, Richard Feynman, Isaac Asimov, Walter Kaufmann, Steve Allen, Carl Sagan and Stephen Hawking. These thinkers expound on their views of the natural world and on what we can hope and believe based on the scientific method and discoveries. They fill us with an overwhelming sense of wonder and awe by what they teach about how to view our wonderful world. They teach us to thrill to evolving life and be at peace with ourselves despite the limits of our lives.

The book begins with a quote from David Schafer which is as true today as it was in 1988: "For several years, among the talks most consistently popular with our members have been those in Doug Peary's long-running series, *Humanist Heroes*. We've talked to a number of people about the reason for this. One reason seems to be the emotional intensity Doug brings to his research on each of his subjects, an intensity that continues to reward him, and us, deeply with each of his subjects with each new biography he touches. These are not just interesting stories from and about the lives of Humanists — they are intimate glimpses of more meaningful insights into living, working, loving and dying, profoundly inspirational for Doug and his audiences."

Already available for sale on the Xlibris website, the book will soon be available in both paperback and hardcover editions at Amazon and Barnes and Noble.

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06517-1321. Submissions and requests for permission to reprint articles should be made to this address or to [editor@cthumanist.org](mailto:editor@cthumanist.org). Please include a SASE to have material returned. We welcome letters, articles, photographs, poetry, comic strips, news items,

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The editor would like to thank everyone who contributed to this issue.

<p align="center"><b>MEMBERSHIP</b></p> <p>Adult . . . . . \$35  Family . . . . . \$50  Newsletter Only . . . . . \$10</p> <p>In cases of financial hardship, the association may waive the membership fee. Please mail checks for annual membership payable to Humanist Association of Connecticut to: <b>Humanist Association of Connecticut, 27 Thornton Street, Hamden, CT 06517-1321.</b></p>	<p>Name(s): _____</p> <p>Address: _____</p> <p>_____</p> <p>Telephone: _____</p> <p>E-Mail Address: _____</p> <p>_____</p> <p>Please add me to the e-mail Announce List (circle one): YES NO</p> <p>Comments: _____</p> <p>_____</p> <p>_____</p>
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