



Humanists of Sarasota Bay, Inc.
Sarasota, Florida

HUSBAY NEWSLETTER

AUGUST 2022

Welcome To the Anthropocene - The Age Of Human Die-offs

By Thom Hartmann

We are stumbling — seemingly oblivious — into the bared teeth of the Anthropocene, a new geological epoch driven by humanity itself. We are walking straight into it and pretending it's not



here.

The world today is on the verge of a major food emergency, provoked in part by Russia's attack on Ukraine but more broadly by the damage heat from global warming is doing to crops worldwide. This is both a crisis and an opportunity.

Let's start with the basics. Food is the raw material that makes people. More food, more people; less food, fewer people.

This is a basic law of nature. The insect-eating bird population around us, for example, is a fraction today of what it was 20 years ago because its food — the insect population — has been decimated by pesticides and loss of habitat (*their* food source), over the past few decades.

Pick any species and the law of nature is the

same: more food produces population growth while less food shrinks population (often in brutal ways). It's why areas like desert and scrub that produce little food were, over the past millennia, lightly populated, whereas areas rich with food like forests and seacoasts carried large human populations.

Throughout our lifetimes (and the past four centuries) human population has steadily grown because we hadn't yet hit the new ceilings the agricultural and industrial revolutions gave us to produce and distribute food.

However, this halcyon era is coming to an end because of the climate crisis, provoked by 60 years of senior executives in the fossil fuel industry lying to us and buying off politicians while making trillions pouring their poisons into our atmosphere.

This should not shock us when it happens all around us and millions are starving and homeless, although it almost certainly will because most of the human race has lived for so long within the food abundance created by the widespread use of fossil fuels starting in the 19th century.

Humans reaching the limits of food's ability to sustain population is not a new story; it's as old as humanity itself.

As I wrote in [*Threshold: The Crisis of Western Culture*](#), eight hundred years ago a group of Melanesians sailed to the islands they called Aotearoa and we now call New Zealand. When they first arrived, around the year AD 1200, humans had never before inhabited that island paradise.

For the rest of the article click [HERE](#)

Haiku Quintets: dandana.us/fivepalms

Now

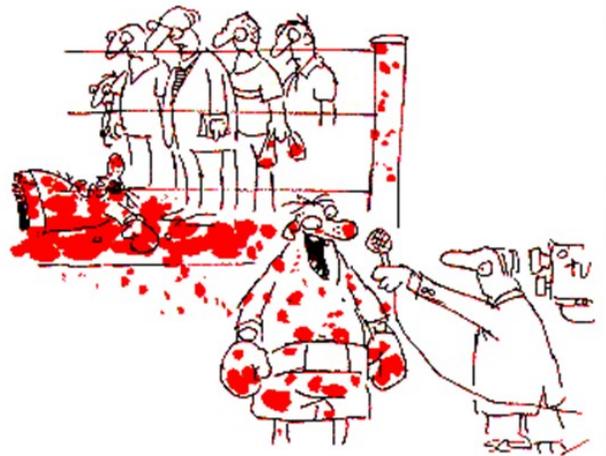
wishing there were words
to meet this morning's moment,
to preserve its truth

pelicans diving
for breakfast of chilled herring,
starting their day, too

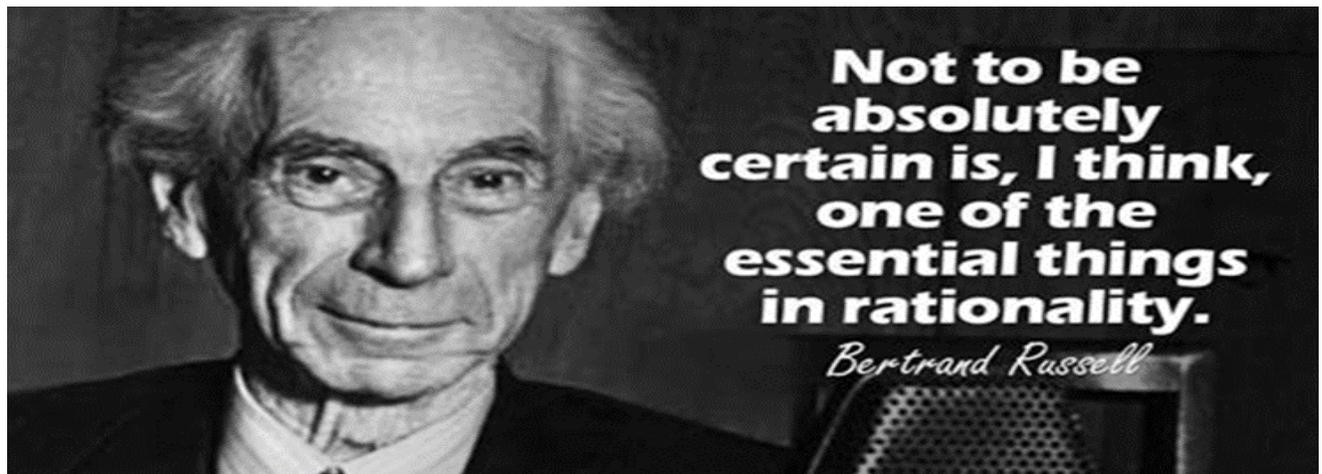
blue herons flying
to their bayshore hideaway,
knowing their way back

our world is spinning,
giving us this fine morning,
moon's nightshift is done

this eternal now
cannot be captured and kept
for there are no words



"First, I want to thank God and my personal savior Jesus Christ for giving me the strength, the courage and will to win."



Humanism is a progressive philosophy of life that, *without theism or other supernatural beliefs*, affirms our ability and responsibility to lead ethical lives of personal fulfillment that aspire to the greater good. To learn more go [here](#).

Us: Getting Past You and Me to Build a More Loving Relationship (Goop Press)

Reviewed by Karen Koenig

“This life-altering book stands head and shoulders above the countless how-to guides aiming to teach couples how to repair broken relationships.”

This life-altering book stands head and shoulders above the countless how-to guides aiming to teach couples how to repair broken relationships. Its brilliance lies in both its macro-analysis of how cultural over-valuing of the individual undermines loving partnerships, and its detailed strategies to get back on track by learning to hold the well-being of the union above the happiness of each member. Written in plain language, the author’s generous sharing of therapy sessions will make readers cry with his clients and laugh at themselves.

Terrence Real, LICSW, internationally recognized family therapist, speaker, and multi-book author, is the founder of the Relational Life Institute. The power of his message comes from professional wisdom, topnotch writing, deep introspection, and exceptional frankness about the challenges he’s faced to become not only the man his wife would like him to be, but the man he, himself, wants to be.

With a foreword by Bruce Springsteen and numerous notable endorsements, *Us* speaks directly to couples who know their relationship is in trouble and are seeking ways to fix it. It’s also a teaching manual for therapists on using the principles of Relational Life Therapy (RLT) to bring the couples they treat to a place of “us-ness” they have never before experienced. Real explains that RLT instructs people on “how to live skilled relational lives—lives of radically honest, fearlessly assertive, passionate connection to themselves and to those they love.”

He describes how couples fight repeatedly over the same issues that never get resolved because they’re not really addressing what ails them. The major problem, he maintains, is how we think of relationships in terms of “you and me” rather than “us.” We’ve been taught to focus on ourselves—*our* needs, *our* fears, *our* desires—rather than on what will benefit the couple as a unit.

Real explains how we get into relational trouble. Growing up in a dysfunctional family, our “Adaptive Child” struggles to survive emotionally by stuffing feelings, lying, withdrawing emotionally, rebelling, becoming defensive or entitled, taking on others’ shame, bullying, stonewalling, or tuning out. He then describes how using these childhood reactive responses when trying to love and be loved in adulthood will always lead to heartbreak.

For successful relationships, he explains, we need to access the “Wise Adult” within us to express ourselves authentically and effectively resolve our problems. He cautions that reducing reactivity is especially challenging for people with traumatic childhoods. To protect themselves emotionally as children, they learned to automatically shut down or lash out and now need to seek and practice healthier, more mature ways to take care of themselves in relationships.

Real sees our problems in relationships as stemming from how much our culture over-values individualism. Focusing on what’s best for “the one” rather than “the many”—family, workplace, neighborhood, country, or world—encourages us to think about ourselves first and others second, if at all. In large part, this self-only orientation has fostered our narcissistic, entitled, “rights”-driven culture and is a death knell to “us-ness.” This pervasive mindset is a major barrier to intimacy, as we are meant to care for and co-regulate each other, that is to consciously and unconsciously rely on our partner to help us support our strengths and manage our weaknesses just as we do for them.

Real doesn’t stop his critique of individualism with couples. He shows how its insidious roots are deeply sunk into our prejudices about people who are different from us—from the color of their skin to their sexual orientation to their religion. He puts patriarchy at the top of the list of factors that undermine healthy relating based on its belief in *power over* rather than *power with*. And he wonders how we will ever learn and teach our children to value what is beyond and different from ourselves without a shared vision of the common good.

For the rest of the review click [HERE](#)

Special Interest Groups

Here is a list of Special Interest Groups (If you have an idea for one, please let us know).

SIG Names

Current Affairs (CAF):

Life's Experiences (LEX):

Non-Fiction Review (NFR):

Creativity (CRE):

Roundtable (RT):

Science Technology & Medicine (STM): What have you learned, and would like to share

Open Forum (OF):

Focus of the Group

Events discussed during the current news cycle

Your memorable experiences to share with the group

Reviews of non-fiction books, magazine articles, films and TV

Includes short stories, poetry, blogs; in other words fiction writing (including reviews) as opposed to non-fiction review.

A discussion of a topic selected by the SIG hosts

What have you learned, and would like to share

This SIG will happen on dates when no one has stepped up to do a presentation on any of our previously existing categories.

Check our website for specific information by clicking [HERE](#).

We need members to step up and help us develop programs for our SIG (Special Interest Group) meetings! Do you have a story to tell? A book to review? A rant? Do you have a career experience or hobby to share? A talk about a technology you like? A topic you would like covered? (We can find a speaker.) Have you written a book? Let us know ASAP!

Please respond to Dave Helgager at dbhelgager@comcast.net or

Barry Zack at barryzed@gmail.com

Monthly Meetings

ALL LECTURES, UNLESS OTHERWISE INDICATED, WILL BE AT THE CENTER FOR ARTS AND HUMANITY, 1226 N. TAMIAMI TRAIL, SARASOTA 34236 (Corner of 13th and Tamiami Trail) Suggest if coming west on Fruitville, you turn right at Coconut and proceed to 13th St., turning left. All lecture dates are on Mondays.

SPECIAL NOTE: Summer lectures under consideration and will be announced sometime in 2022.

Chat & Chew

Meets every 2nd and 4th Tuesday of the month at Perkins restaurant at Fruitville and Cattlemen at 12noon.

The SIG is meeting for chat and discussion at the Super Buffet restaurant at Fruitville and Honore, every 1st & 3rd Wednesdays at noon. SIGs will be presented via ZOOM. Watch your email for announcements.



President's Message

Aug 2022

The first lectures of the season will be this October with information regarding the program's forthcoming. We do have Brian Dunning who is nationally known for his skeptoid podcast. Please note that will be on Monday, November 14. December is in the works as well.

We are giving afternoon lectures a try this season beginning at 3pm. The Board made this decision based on a poll we conducted of the membership.

Look forward to seeing everyone at those lectures. They will be held at the Center for Arts and Humanity our usual venue. A complete list of the lectures and speakers will be provided in the September newsletter.

It's been very nice to see many members at our luncheons, particularly since we are trying a new location for the Wednesday luncheons and a new schedule. Please let us know what you think.

This month's Darwin Award goes to a missionary from Alabama who decided to bring Jesus to some natives in a remote island somewhere in India. He

brided six fishermen from Delhi to take him to the island to contact the tribe who has existed for 60,000 years. He said he needed to bring eternal life to them. He pictured them around the throne of God singing. He was warned that they have no love for anyone coming to their island. The fishermen dropped him off but would not go on the island. When he arrived, he was greeted with arrows and kept walking toward the tribe as arrows rained down on him. They eventually dragged him by the neck along the shore. His remains remain unrecovered to this date.

(Honoring Charles Darwin, the father of evolution, Darwin Awards commemorate those who improve our gene pool by removing themselves from it in the most misapplication of common sense and spectacular way possible. Him or her must die in the process and must be the cause of her or his own demise.)

If you have a Darwin Award to share, please email them to me at dbhelgager@comcast.net. I'm looking for some great Florida awards to give.

The Board and I thank all members for their support of HUSBAY events!

Dave Helgager

THE BEAST BELOW THE BULLSHIT by Robert Magill

Beneath the layers of nonsense, violence and arbitrary decisions that constitute much of human awareness/consciousness lives a perfectly functioning beast. A creature with built in instincts and abilities sufficient to live and thrive on this planet.

Eons ago this beast experienced a rude awakening from a dreamlike state, perhaps with the aid of certain psychotropic vegetation,(a topic for other attention elsewhere, regards to Dr. Jung). However it happened, our beast had to now face a new reality. Beast below and a brilliant light show atop, enough to rattle any creature. Such a burden, oy veh.

Has our friend handled it well? Since several thousand years of human history can be perused, the record is not very good. Most of human history and the stories we tell ourselves and others qualify as BS. Our kind have been able to

survive because the Earth is large enough and fertile enough to endure our disrespect for it; our only home. But...

It's beginning to look like the planet fears for its future welfare because of us. All eight billion of us. The number reached in response to, among other things, a desire on the part of powerful actors, over time, to create more customers. Remember *Green Revolution*, to increase crop productivity worldwide to better feed the babies? Things don't look so green now and every usable inch of the planet contains a hungry mouth.

Our misguided activities threaten the Earth's Biosphere, that thin envelope that controls life or death for every living thing. Yes, our actions now imperil all life on Earth. Perhaps that ongoing string of plagues, covids and poxes is a not so gentle prompting by the Biosphere to knock it off. Our housekeeping is terrible and neatness counts. More than we know, perhaps .

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This is Vol 4 Issue 7 of the HUSBAY

Newsletter edited by Bob La Salle.

It is published monthly and delivered by email to our members. If you have anything you would like published herein, please send it to:

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Next on the SCOTUS Chopping Block: Meaningful Ways to Address Climate Change

BY [KATE UESUGI](#) • 26 JULY 2022

From the Humanist Magazine

The Supreme Court of the United States had a busy term for 2021, managing to deliver some heavy blows in May and June to abortion access, religious rights, gun laws, and more. One opinion will have detrimental consequences on our ability as a nation to address one of the most pressing issues of our time: climate change.

On June 30, 2022, the Supreme Court released its opinion in *West Virginia v. Environmental Protection Agency*. With a 6-3 vote, the Court ruled that Congress did not, in fact, give the Environmental Protection Agency (EPA) the authority to reduce power plant emissions as proposed by the Clean Power Plan, a now-repealed plan put into place by the Obama Administration. The Court uses the “major questions doctrine” as a main point of argument. The doctrine demands that Congress explicitly decides on significant changes to the US economy rather than decide on broad strokes of the changes while leaving the details to regulatory agencies like the EPA. The ruling further narrows the authority of the EPA to set broad plans that shift electricity generation away from coal and to further help mitigate climate change.

This ruling severely affects America’s efforts to fight climate change, an issue that will only worsen unless we start cutting emissions drastically and immediately. According to Saleemul Huq, director of the International Centre for Climate Change and Development in Bangladesh, this decision “flies in the face of established science and will set back the US’s commitment to keep global temperature below 1.5C,” a reference to the internationally-agreed-upon goal to limit global heating before it becomes truly disastrous.

The Intergovernmental Panel on Climate Change (IPCC) reported earlier this year that “nations and industries need to make faster, deeper cuts to heat-trapping pollution,” and that “average annual greenhouse gasses in the last decade were the highest in human history.” The report, which describes what scientists consider to be the most effective steps, lists some important steps toward keeping global average temperatures from “rising to catastrophic levels”: renewable energy, like solar and wind power; carbon sponges, like plants and soils, to remove some of the carbon dioxide emissions already in the atmosphere; and changing human lifestyles. If we don’t manage to limit global warming to the international goal of 1.5 degrees Celsius, we will see increasingly dangerous heat waves, floods, and storms, which will be detrimental to millions of people.

Although the drastic effects of climate change will be felt by everyone, already socially vulnerable populations will be disproportionately affected. The EPA reported in 2021 that Black and African-American indi-

viduals, compared to all other demographic groups, would face higher impacts of climate change for all six impacts analyzed and are forty percent more likely to currently live in areas with the highest projected increase in extreme-temperature-related deaths. Hispanic and Latine populations already have high participation in weather-exposed industries and, with global warming, are forty-three percent more likely to currently live in areas with the highest projected reductions in labor hours due to extreme temperatures.

“The impacts of climate change that we are feeling today, from extreme heat to flooding to severe storms, are expected to get worse, and people least able to prepare and cope are disproportionately exposed,” said EPA Administrator Michael S. Regan.

Considering all of this, and that drastic changes should have been made much earlier, this Supreme Court opinion couldn’t have come at a worse time. At first glance, it might not seem like a crucial situation. But by putting the power in Congress’ hands, the Court has only complicated the process to get anything done. Trusting Congress to make these decisions, instead of the climate scientists and experts who work at the regulatory agencies, is a risky move, especially since landmark legislation has stalled in Congress, especially in our particular polarized times.

The US is the largest historical emitter of greenhouse gases and, although the Biden Administration has made big promises to work on emissions, the US continues to be slow to implement a comprehensive plan. And, with this ruling as a latest example, we’ve seen over and over again the extreme political right push an agenda that ties the hands of scientists and experts fighting the climate crisis while promoting the interests of the fossil fuel industry.

In her dissent to the Supreme Court’s recent decision, which was joined by Justice Stephen Breyer and Justice Sonia Sotomayor, Justice Elena Kagan commented, “Whatever else this Court may know about, it does not have a clue about how to address climate change. And let’s say the obvious: The stakes here are high.” She continues, “The Court appoints itself—instead of Congress or the expert agency—the decision maker on climate policy. I cannot think of many things more frightening.”

We need action now. We need the administration to start making clear commitments toward a comprehensive climate action plan before it is too late. But we also need to raise our voices to make sure they give us the future we want and need. This ruling and our government’s continued inaction can be disheartening, but we need to continue to encourage local, immediate action and to keep fighting.

Humanists recognize that this is the only world we have and, although time is running out, it can still be saved. Humans are responsible for creating the climate crisis and it is only through strong and sustained personal and collective human action that the crisis can be stopped. The threat of climate change is an inherently humanist issue and we must face it as a community.

If you would like more resources, information, and ways you can get involved, check out [hereforclimate.org](https://www.hereforclimate.org).