



# THE *Mountain* CHALICE

Newsletter of the  
Unitarian Universalist  
Community of the Mountains  
Grass Valley, CA

**November 2012**

We are a GLBT-Welcoming Congregation



**Nov. 4, 11:00am -- “Why Whistling Matters” Guest speaker: Suzi Spangenberg**

Seminarian Suzi Spangenberg reflects on failure, success, and what really matters. *Worship Associate: Jerry Jacoby*

Welcoming Ceremony for New Members

Please remember to bring your donations for the Interfaith Food Ministry and Animal Save

**Nov. 11, 11:00am -- “Climbing the Mountain: the 5th Annual Music Service”**

Come join us for our 5th annual music service! This year’s theme is “Climbing the Mountain”: songs about the struggle to reach that higher goal. Many of our own congregants will be lending their talents for this always special service, so come and enjoy the show! *Worship Associate: Matt Wilson-Daley*

**Nov. 18, 11:00am -- “An Attitude of Gratitude” Guest speaker: Rev. Lynn Gardner**

As we approach Thanksgiving, a holiday with a complicated history, we are reminded of the central practice of offering thanks. Scientists are finding that an attitude of gratitude is a powerful contributor to a happy life. Some believe that it may be the single most effective way to increase happiness. How might we extend a practice of gratitude beyond November? What might this look like in our daily lives, and in our congregation?

*Worship Associate: Gail Johnson Vaughan*

**Nov. 25, 11:00am -- “That Which Transcends Me: A Tapestry of Faith.”**

Continuing with our Tapestry of Faith series, three of our members/friends will share their individual perspectives on ‘That Which Transcends Me’. It is bound to be inspiring to all who are seekers. *Worship Associate: Bev Lyon*

UUCM Choir will sing



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# VISIONS OF RENEWAL

REV.  
MEGHAN



Dear Friends,

I'll not be posting anything in the Mountain Chalice while I am on leave. I'll be taking a photo every day or two and posting them on a Tumblr page on the Internet. You will be able to see my photoblog there:

***<http://meghaninthemiddle.tumblr.com/>***

I thought this would be a nice way both for me to chronicle my adventures, but also for you to see a little of what I'm seeing while we are apart. Just type the address directly into the address bar of your browser.

Blessings and Love,

*Meghan*

*Tucked away between tall buildings in midtown Manhattan are all these little parks with greenery, sculpture, benches and fountains. This one, with a wall of water at the end, was the most dramatic one we found. Standing at the edge with the mist and the roar, the sounds of the city grew faint.*



*For any who were worried about us bringing our dog to the big city here is a typical morning scene in Central Park: nine people walking nine dogs!*

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# NOTES FROM THE PRESIDENT

KEITH  
JOHNSON



Notes from the President

Keith Johnson

By now you know the saga of our traveling outdoor sign. Sometime Friday, October 12 the sign along with our rainbow flag and our earth flag was stolen. Two days later the sign and the flags were returned, with a note which read in part, "quam minimum credula postero." This Latin phrase can be translated as "trust as little as possible in the future."

What is the larger meaning of this mysterious note? Is it friendly or threatening? Your guess is as good as mine. I view it simply as a reminder of the ever changing impermanence of life on this earth. Ironically, Bonnie Bennett addressed similar themes in the talk she gave on the same Sunday the sign and the flags were returned. The title of her remarks was "Faith in Trying Times," and she described her struggles in caring for her dying father who refused to accept his own mortality.

Alice and I can certainly relate to Bonnie's caregiving challenges. We care for Alice's mother who resides in a local retirement community. She is 86, and has had a stroke and two recent hospitalizations. But she insists with every setback that "she will get better soon" as if she was suffering from a temporary childhood illness. Like Bonnie's father, she is in complete denial about her own impermanence.

Actually, I've been thinking about my own impermanence. I will be 64 this month and there are not a whole lot of milestones left except the one where

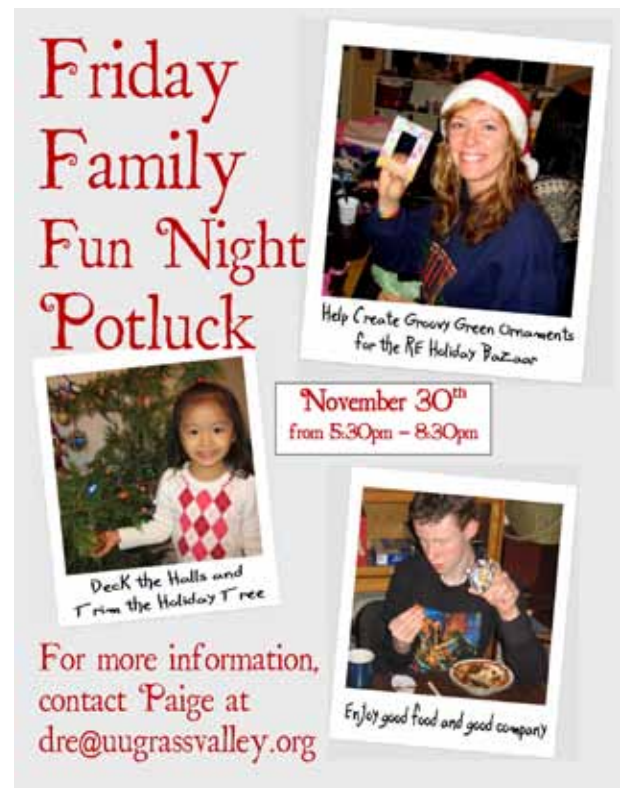
I will be conspicuously absent. So I picked up *The Grace in Dying* by Kathleen Singh from the UUCM library. She explains that we all come into this world thinking we are the center of the universe. We spend our youth developing and then defending our sense of self. We live in complete denial of our own mortality (see examples above). But all this changes when we are dying. Expanding upon the work of Elisabeth Kubler-Ross, Singh asserts that we all go through spiritual stages before dying, including chaos, surrender, and acceptance. A remarkable book that is well worth reading.

Would you like to further explore such issues as impermanence and mortality? UUCM is just the place. You might consider forming your own Chalice Group, or joining the Saturday Spiritual Book Group, or dropping by on Tuesday for meditation. As always, "find us and you shall seek."

Enjoy your tofu and all the stuffings on Thanksgiving.

Peace,

Keith



Friday  
Family  
Fun Night  
Potluck

Help Create Groovy Green Ornaments  
for the RE Holiday Bazaar

November 30<sup>th</sup>  
from 5:30pm - 8:30pm

Deck the Halls and  
Trim the Holiday Tree

Enjoy good food and good company

For more information,  
contact Paige at  
[dre@uugrassvalley.org](mailto:dre@uugrassvalley.org)

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# INTERFAITH FOOD MINISTRY

Pat Paddock

## OPERATION TURKEY

Your \$20 donation to Interfaith Food Ministry will provide a turkey or large chicken (depending on family size), plus all the fixin's, to needy families in Western Nevada County for both Thanksgiving and Christmas.

Please make checks payable to: "IFM Operation Turkey" and deposit in the collection basket or mail to: IFM Operation Turkey, P. O. Box 1174, Grass Valley, CA 95945. You can also donate online through PayPal.



## CARING NOTES

Robin Hart

The tricks and treats have been swept away by the winds of autumn. The glory of the fall color has painted the landscape in the Sierra foothills. Now is the time of the year to gather together in Thanksgiving. May you share the blessings of the season with your friends and loved ones in our UUCM community.



Interfaith Food Ministry's  
**OPERATION  
TURKEY**

Your \$20 donation to Interfaith Food Ministry will provide a turkey or large chicken (depending on family size) plus trimmings to needy families in Western Nevada County

Please send your cash, money orders, or checks payable to:  
Interfaith Food Ministry  
"Operation Turkey"  
P.O. Box 1174, Grass Valley, CA 95945

Interfaith Food Ministry of Nevada County  
is a 501(c)3 non-profit organization

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

# THE SMELL OF THANKSGIVING

By Clarita Nolan

Salty, Sour, Spicy, Sweet, Buttery, Crispy, Toasty, Gingery, Peppery, Tart, Candied, Fresh, Mmmmmm Good!

November is the month of giving thanks. What a better way to do it than with good food! This feast will be on Thursday, November 15th starting at 6pm at Theresa Houtman's home at 418 Chapel St., Grass Valley. Directions from UUCM take Walsh St going up the hill to Pleasant St. turn left continue to Chapel St. The house is where Chapel meets Pleasant St.

Theresa will barbeque a turkey on the grill. We need the side dishes and dessert. Please RSVP to May Lawrence by November 12th. Let her know what you will be bringing. Call 478-9438 or email [maylawrence@sbcglobal.net](mailto:maylawrence@sbcglobal.net).

If you need to bring something to the attention of the Caring Committee, please contact one of our members: Robin Hart (Committee Chair), Corrie Silva, Leal Portis, Gwen Eymann, Alice Johnson, Jerry Jacoby, May Lawrence, Carol Hyndman, Carol Kuzora, or e-mail us at [caringcommittee@uugrassvalley.org](mailto:caringcommittee@uugrassvalley.org)

## Hunger Banquet

**Sponsored by the Soul Explorers and the Social Action Committee**

Join us on Saturday, November 17<sup>th</sup> and-

- kick-off the Guest At Your Table program
- play Social Justice Jeopardy
- learn about some practical things families are doing to end hunger in Nevada County



**Dinner begins at 6:00pm with activities throughout the evening until 8:30pm.**

Admission is free with a canned food item for donation to the Interfaith Food Ministry

For more information, contact Paige at [dre@uugrassvalley.org](mailto:dre@uugrassvalley.org)

*Wanted:*

*UUCM Nursery Teacher*

to be a warm, consistent, educational presence in the lives of our young children.

*For more information about this position or to apply, please contact Paige Anderson Torgrimson at [dre@uugrassvalley.org](mailto:dre@uugrassvalley.org)*





## LIBRARY NEWS AND UPDATES

By Kate Kernitzki

Book art with fanned pages

Now that we are into the cooler Fall weather, it's a great time to check out some new books and DVDs at the UU Library. We've added even more films to our collection:

The Hours

Away We Go

The Brothers Bloom

Mirror Mask

Brisco County Jr. (TV series)

The Lone Gunmen (TV series)

Arrested Development (TV series)

To make room for our ever-expanding DVDs, I've moved most of the Books on Tape to the "Free to Good Homes" shelf, keeping only the following for our collection:

The Bible on Tape (Matthew to Revelation)

Emerson, Thoreau and the Transcendentalist Movement, Parts 1&2

Reclaiming Democracy

Thank God for Evolution (CD)

UU Grass Valley - An Introduction

Other books on that shelf were moved to the top shelf of the bookcase. Please remember, we're always happy to accept any "old" movies or documentaries on DVD that you'd like to donate.

Of course, don't forget that we offer many wonderful books, as well. Now that the weather will be keeping all of us indoors more, it's a good time to think about a new book or movie that can be enjoyed during an autumn evening.

## BREAKING NEWS

by Aneka Torgrimson

My name is Aneka Torgrimson. I am almost 9 years old and I am a Soul Explorer. I love the things we are learning about in our class right now because they are about helping people who don't have enough food to eat. The things I learn about make me want to help people each and every day.

I also really love spending time and being with the other Soul Explorers and going on trips like the retreat to Lake Tahoe. That was awesome! We hiked, we played games, we talked about social justice stuff, and we learned new things about each other. We learned about the things that are important to each other like: planting trees so that all the oxygen doesn't disappear, doing volunteer work, meeting other kids from other UU churches and working on projects together, collecting food for the Interfaith Food Ministry, and making new friends.

My friend at school asked me what does learning about hunger in Nevada County have to do with church stuff. I said that I think the stuff that you do is just as important as the stuff you believe, and that's why I really love Soul Explorers.



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## WALNUT LOAF

By Carol Hyndman

1c finely chopped celery  
1c finely chopped onion  
1/4 c water  
3c whole wheat bread crumbs  
1c chopped walnuts ground in a blender or food processor  
1c tomato juice  
1/2c liquid egg substitute  
1/2c chopped parsley  
1/2 tsp salt

Preheat oven to 350. Simmer onion and celery in water in a skillet over med heat until vegetables are translucent and water is boiled off

In a large bowl combine vegetables and remaining ingredients. Spoon into 4" by 8" pan sprayed with cooking spray

Bake 55 to 65 min until loaf is firm and a wooden toothpick comes out clean. Let stand for 10 min, loosen sides and turn onto a serving platter

This mixture can also be baked in a casserole and served with a spoon.

"Cats seem to go on the principle that it never does any harm to ask for what you want"

Joseph Wood Kutch

## HOSPITALITY HOUSE DINNERS

By Suzanne Ferroggiaro

Thanks so much to all the generous folks who helped bring much-appreciated meals to the guests of Hospitality House in October!

Let's continue our generosity in the month of

Thanksgiving as another way to show our thankfulness for all we are blessed with.

We will need help to serve two dinners; Friday, November 16th and Friday, November 30th.

We thank Janet Dunstan for helping to organize dinners, and will miss her as she moves on to Board Secretary. So here's your opportunity...

We are looking for another person to help Leal and Suzanne organize the dinners.

Please also consider making a donation to Hospitality House this holiday season to help them reach their goal of \$450,000 to renovate the new, permanent facility, "Utah's Place", which they are trying to open in Spring, 2013. There are envelopes in the lobby of the church, or you can contact Suzanne Ferroggiaro.

Please contact us if you can help in any way.

Thanks!

Suzanne Ferroggiaro - [rivertreehouse@att.net](mailto:rivertreehouse@att.net) - 477-5344

Leal Portis - [portis.leal@gmail.com](mailto:portis.leal@gmail.com) - 265-3887

## UU ANIMAL MINISTRY NEWS

By Carol Hyndman



On Saturday, October 20, UUCM members and friends were treated to a tour of Animal Place, the farm for rescued and abused farm animals.

We had a chance to rub a pig belly who rolled on her side like a dog would and sighed with pleasure as her belly was scratched. Some of the pigs were rescued from

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labs.

We got to walk among the rescued hens and rosters and got to feed them. We met “Killer,” a small bantam rooster who rules the roost and will chase you if he feels like it. “Margaret,” an older hen is the protector of some of the smaller chickens.

The turkeys were quite friendly and showed off their beautiful tail feathers like a peacock would. They liked having their chest scratched.

The bunnies were quite shy and didn’t want to be petted, but many came to you if you sat with them and were very quite. Some of the bunnies were also rescued from labs.

The cows were out in the pasture so we couldn’t walk among them, but we did get to scratch some heads when they came to the fence to see us. I hoped “Howie,” one of the farm favorites would come to see us, but he stayed in the field as if meditating. “Howie” is 17 or 18 years old.

There is also a totally vegan garden at the farm, where no animal products of any kind are used to grow lush and tasty veggies. This is a model garden to demonstrate that healthy food can be grown without exploiting animals.

The weather was perfect and the tour was enjoyable and very informative as well. The farm is open for self-guided tours Tuesday thru Saturday, 10-4. These tours are free and maps are available. There is a lot of information about the animals at each enclosure.

Animal Place is located at 17314 McCourtney Road, Grass Valley. 477-1757 [www.animalplace.org](http://www.animalplace.org) They rely totally on donations to do their work. I would encourage you to visit the farm and see the wonderful work being done for these rescued animals.



## MUSIC, MUSIC, MUSIC

By Annie Haymaker

### Choir News

In November our rehearsals will be the first three Mondays, Nov 5, 12 and 19, from 7-8:30 pm, and we sing for the service on Sunday, Nov 25. If you enjoy singing in harmony, come and try us out – you’re welcome to join us for Monday rehearsals without any requirement to sing on Sundays. For more information,



call Janet at 477-8760.

## DRUM CIRCLE @ UUCM

By David Ferrier

Drum Circle for the month of November will be on Wednesday the 7th and 21st. The theme is hand drumming in the African tradition. This gathering is fun for all ages and no experience is necessary. Some drums will be available for use. The Drum Circle at UUCM will meet on the first and third Wednesdays in the UUCM Chapel, 7:00 to 8:30pm. For more information contact David Ferrier 559-5902 [DavidsDrums@gmail.com](mailto:DavidsDrums@gmail.com)



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## DIRECTOR OF MUSIC MINISTRY TAKING A BREAK

This will be my last music column for a while, as I'm taking a break to focus on some health issues; I hope to resume in January or February. During my absence Janet will fill in as temporary choir director, continuing with rehearsals on the first 3 Mondays, and the Worship Committee will organize music for services.

## SOCIAL ACTION NEWS

By Sheila Myers

### Pass the Plate

Last month's Pass the Plate recipient was the Unitarian Universalist United Nations Organization, but as it came up past the newsletter deadline, it will be reported next month.

November's recipient will be The Altar Show. This community organization puts on the remarkable show every year, which UUCM is participating in once again, this time with a separate RE contribution in addition to the usual Green Sanctuary exhibit. Carol Hyndman, chair of the Animal Justice subcommittee, also has an altar on display this year. The Altar Show needs additional monies to keep things going on track next year. So please be your usual generous selves on Sunday, November 4.

The Vegan Supper Club will be having the potluck on the last Saturday, November 24, Thanksgiving weekend. So if you care to bring your favorite vegan holiday delight, please don't hesitate! Holidays are often hard for people with dietary restrictions as well as Vegans and Vegetarians. It can help to share tips and recipes with others.

Are you still not sure about the upcoming ballot issues? The UULM has a few tools to help, which I sent out to UUCM general and visitors last month. In case you did not receive it, here is their website URL: [www.uulmca.org](http://www.uulmca.org).

The RE teens picked out the KIVA loan recipients this year in October, so keep reading over the next few months to find out more about their choices.

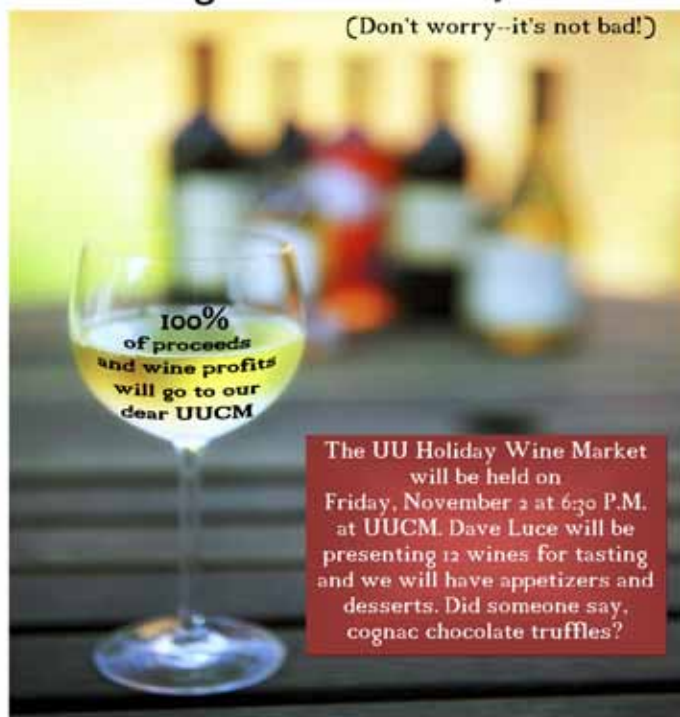
Not much as far as activities in November for Social Action at this writing. Be sure to read the general email for late breaking events. Have a great holiday!

## SECOND SUNDAY FILM SERIES

Second Sunday Cinema presents "Broadcast Blues" an expose of the state of American broadcasting today. In this no holds barred review, veteran (and local) journalist Sue Wilson explains how the predominantly conservative corporations controlling talk radio are influencing American public opinion and actually

### Calling all UU oenophiles!

(Don't worry--it's not bad!)



For your \$20 ticket please contact:

Clarita Nolan	<a href="mailto:photosbyclarita@att.net">photosbyclarita@att.net</a>	575-2229
Meg Luce	<a href="mailto:megtracy7@yahoo.com">megtracy7@yahoo.com</a>	274-0412
May Lawrence	<a href="mailto:maylawrence@sbcglobal.net">maylawrence@sbcglobal.net</a>	478-9438

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changing the way we vote. She details how false and vitriolic hate campaigns are broadcast as legitimate news reports and laments the lack of government controls which should ensure radio and television broadcasters are upholding their public interest obligations. Through a series of vignettes, Wilson shows how corporations, FCC deregulation, and the loss of the Fairness Doctrine, stemming from the Reagan era, have corrupted American news, information, and even public safety. The film's producer, Sue Wilson, will attend and speak to us following the film. See "Broadcast Blues" at the Unitarian Universalist Community of the Mountains, 246 Church Street, in Grass Valley on the Second Sunday, November 11, 2012. Come enjoy the film, and stay for the lively facilitated discussion to follow. Popcorn & refreshments will be available. All proceeds used for expenses of the Peace Center and Social Action Committee of the UUCM. For more information contact the Peace Center at 265-0200 or visit the Peace Center's website at [www.ncpeace.org](http://www.ncpeace.org). Also check Sue's website at [www.suewilsonreports.com](http://www.suewilsonreports.com)

Filmmaker, Sue Wilson's career is about telling important stories which move politicians to act. In the early '90's, she won Emmys for environmental and cultural specials she produced at KCBS-TV in Los Angeles. She then turned the spotlight on wasteful government spending for Sacramento Fox TV station KTXL, where her Emmy-winning stories changed national, state, and local spending policies. In 1998, Wilson broke national TV news of pharmaceuticals appearing in drinking water, which forced the US EPA to begin testing. Her AP, RTNDA, and PRNDI award-winning radio show "Healing Healthcare" at Sacramento NPR station KXJZ in the early 2000's helped put more nurses on the job in California.

Through it all, Wilson recognized that changes in media policy had changed broadcasting for the worse, and so produced a scathing expose, the award winning 2009 documentary film, "Broadcast Blues." As grassroots support of the film spreads, Wilson has been traveling with the film across the country, answering everyone's question, "What do we do about it?" Together with people who attended those screenings, she started the Media Action Center, which recently filed a formal complaint at the FCC during the Scott Walker recall

over broadcasters using radio for their own political purposes; the case is likely to go to the Supreme Court. Local Sacramento area actions are planned for 2013.

Sue edits the blog [SueWilsonReports.com](http://SueWilsonReports.com), and is a frequent contributor to the Huffington Post.



## GREEN POWER POINT

By Anita Wald-Tuttle

### **"Tis a gift to be simple -**

The Simple Living Network offers resources and materials that can help you "transform your life by learning to do more with less." [www.simpleliving.net](http://www.simpleliving.net)

### **Read, Set, Go**

As the mercury starts to drop, remember that there's no benefit - to your vehicle, or to the environment - to letting your car "warm up" before you drive off. Just hop in and go. One exception: climates where the temperature regularly slips below zero degrees Fahrenheit. In such cases, you may want to invest in a block heater, an inexpensive device that warms a vehicle's engine block, allowing an easier start and improving the vehicle's fuel efficiency by up to ten percent.

### **And finally this tip for a leg up**

If you have old nylons or tights hanging around, don't throw them out. Try slipping one leg over the end of a broom for amazing pickup effects; using stockings to dust or polish furniture or to shine shoes; saving them to stake plants, especially tomatoes; or using them in any circumstances where you might employ a bungee cord.

# NOVEMBER 2012 CALENDAR

Th 11/1	8:30am, What's Up Coffee 4pm, Planned Giving Committee	Sa 11/17	6pm, Hunger Banquet
Fr 11/2	7pm, UU Wine Market	M 11/19	7pm, Choir Practice
Sa 11/3	10am, Spiritual Book Group	Tu 11/20	9am, Morning Meditation 10am, Susan B. Chalice Group
Su 11/4	12:30pm, Green Sanctuary Film		1pm, Grandmothers for Peace
M 11/5	5:30pm, Stewardship Committee 7pm, Choir practice	W 11/21	6pm, PFLAG Board Meeting 8:30am, Men's Get-Together 4:30pm, Staff Meeting 7pm, Drum Circle
Tu 11/6	9am, Morning Meditation 10am, Susan B. Chalice Circle	Th 11/22	Thanksgiving Day
W 11/7	8:30am, Men's Get-Together 7pm, Drum Circle 7pm, Reincarnation and Ethics	Sa 11/24	9am, Building & Grounds Work Party 12:30pm, Building & Grounds Committee 6:30pm, Vegan Supper Club Potluck
Th 11/8	8:30am, What's Up Coffee 10am, Writers' Group 7pm, UU Board Meeting	Su 11/25	12:30pm, RE Committee
Su 11/11	12:45pm, Immigration as a Moral Issue 5:30pm, Gold Country Vegans 7:00pm, Second Sunday Peace Center Movie	M 11/26	6:30pm, Music Practice with Bill Nolan
M 11/12	7pm, Choir Practice	Tu 11/27	9am, Morning Meditation 9am, Henry D. Chalice Group 7pm, Worship Committee
Tu 11/13	9am, Morning Meditation 9am, Henry D. Chalice Group 5:30pm, Caring Committee	W 11/28	8:30am, Men's Get-Together <b>1pm – 9pm UUCM Church Directory Member Photo Shoot</b> 4:30pm, Finance Committee 6pm, Membership Committee 7pm, Reincarnation and Ethics
W 11/14	8:30am, Men's Get-Together 6:30pm, Green Sanctuary 7pm, Social Action Coordinating Council 7pm, Reincarnation and Ethics	Th 11/29	8:30am, What's Up Coffee <b>1pm – 9pm UUCM Church Directory Member Photo Shoot</b>
Th 11/15	NEWSLETTER DEADLINE 8:30am, What's Up Coffee 6pm, Women's Study Circle	F 11/30	5pm, Annual Family Holiday Tree Trimming
F 11/16	5:30pm, Hospitality House		



Unitarian Universalist  
Community of the Mountains  
246 So. Church Street  
Grass Valley, CA 95945  
[www.uugrassvalley.org](http://www.uugrassvalley.org)

Return Service Requested

The purpose of our Community is to foster liberal religious living through worship, study, service and fellowship. We seek the enjoyment of religion founded upon devotion to individual freedom as our method, we seek to grow in understanding of ourselves and of our world, to promote and serve the universal human family.

**New to UU?** Comprehensive information on our principles, beliefs within our faith, history, worship practices, congregational life and more is available on the denominational website at [www.uua.org](http://www.uua.org). Click on "Visitors."

**Membership in UUCM** is open to all who see this community as their religious home and the principles for which it stands as their own. To join UUCM, one signs the membership book and supports the community through a financial contribution and regular participation.

**Visitors** are invited to attend a membership class to learn about the UU denomination and this congregation. This two-part series, a orientation brunch followed the next week by a retreat is offered every three months after Sunday services. For more information, about the orientation or membership, please talk with Membership Committee Co-Chairs: Shannon or Andy Dooley-Miller

## UUCM Board of Trustees

President — Keith Johnson  
[president@uugrassvalley.org](mailto:president@uugrassvalley.org)

Vice President — Wally Holtan

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RE Director— Paige Anderson-Torgrimson

Director of Music Ministry — Annie Haymaker

Mountain Chalice newsletter

Production Manager — Brett Torgrimson

Webmaster: — [webmaster@uugrassvalley.org](mailto:webmaster@uugrassvalley.org)

**Minister – Rev. Meghan Cefalu – *on sabbatical***

**For urgent pastoral care requests call:**

**Susan Sanford 265-8289**

**or Keith Johnson 265-0277**

## Committee Contacts

Bldg Access & Rentals: Anita Wald-Tuttle- 274-1675

Religious Education — Jo Waters

Membership — Shannon and Andy Dooley-Miller

Social Action — Sheila Myers

Worship — Matt Wilson-Daley

Building and Grounds — Wally Holtan

Finance — Beth Freedman

Communications — Brett Torgrimson

Caring — Robin Hart

Stewardship — Wally Holtan

Green Sanctuary — Carol Kuczora

Ministry — Susan Sanford

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**Newsletter deadline is the 15th of each month. Send to: [editor@uugrassvalley.org](mailto:editor@uugrassvalley.org)  
Send change of address, phone number or e-mail to: [directory@uugrassvalley.org](mailto:directory@uugrassvalley.org)**