



Vol. XL No. 4
April 2026

HUMANIST Monthly

A Publication of the Capital District Humanist Society
Connecting the Secular Humanist Community of Upstate New York, Western Massachusetts, and Southern Vermont

Sunday, April 12th, 2026

In Person at 12:30 PM and Online at 1:00 PM

Sacred Bliss: A Spiritual History of Cannabis

One of the most important relationships that human beings have with plants is changing our consciousness--consider the plants that give us coffee, tea, chocolate, and nicotine. *Sacred Bliss* challenges traditional attitudes about cannabis by tracing its essential role in the spiritual and curative traditions of Asia, the Middle East, Africa, Europe, and the Americas from prehistory to the present day. In highlighting the continued use of cannabis around the globe, *Sacred Bliss* offers compelling evidence of cannabis as an entheogen used for thousands of years to evoke peak-experiences, or moments of expanded perception or spiritual awareness.



Mark S. Ferrara

Mark S. Ferrara is a professor of English at SUNY Oneonta; he earned his Ph.D. at the University of Denver in 2004. He is author of six additional books, including *Palace of Ashes*, *American Community*, and *The Raging Erie*. His recent work of creative nonfiction, *Living the Food Allergic Life*, chronicles the everyday challenges of living with life-threatening allergies to food. Ferrara has also published fourteen peer-reviewed articles on literary and cultural studies and was appointed Visiting Scholar in the Department of English at University of California, Berkeley during the spring 2015 semester. In addition, he has taught for universities in South Korea, China, and on a Fulbright scholarship in Turkey. His courses are internationally focused, interdisciplinary, and aim to raise critical insight of other cultures through their literature.

The program will take place both in person (at 12:30 PM) and online (at 1:00 PM) via Zoom. The in-person event will be held at Pinnacle Living at 45 Forts Ferry Road in Latham, NY. It is free and open to the public. Light refreshments will be available at the in-person meeting before the speaker's presentation, but **PLEASE BRING YOUR OWN BEVERAGE**. Current paid CDHS members will automatically receive an invitation to the online meeting via email. If you are not a current paid CDHS member, please see the paragraph below to request an email invitation to attend.

ANYONE WHO IS NOT A CURRENT PAID MEMBER of CDHS can attend. Send an email request to: CDHS.Albany@gmail.com. Please send the request several days prior to the meeting.

The Capital District Humanist Society provides a supportive community for exchanging ideas, heightening our knowledge of the world and ourselves, fostering moral and ethical growth, and promoting the principles of secular humanism. CDHS is a member organization for people with humanist values. Our values include commitment to free inquiry, rational thought, lifelong education, democracy, social concern, and fellowship.

Capital District Humanist Society, Inc.

Established 1986

Find us on Facebook at <http://www.facebook.com/CapitalDistrictHumanistSociety>



CDHS is affiliated with:

The American Humanist Association (AHA)

Center for Inquiry (CSI)

Humanists International (HI)

The Secular Coalition for America (SCA)

On Sunday, May 3rd, 2026, 12:30 PM (In Person) and 1:00 PM (Online)

The Capital District Humanist Society Presents:

The Wisdom of the Ants

What lessons can humans learn from ants? These incredible insects have already solved many of the problems we face in modern society. Ant colonies can contain more than 5 million individuals housed inside densely packed, underground nests yet they can survive outbreaks of deadly infectious diseases. They accomplish complex tasks such as building structures equivalent to our tallest skyscrapers, yet they do so without construction blueprints or a leadership hierarchy. Thousands of ants travel back and forth on narrow pathways as they search for food and carry it back to their nests; yet ants don't experience traffic jams. Some ants are farmers, growing fungi on a scale that rivals our modern industrial farms, yet ants grow their crops without the use of pesticides and can still avoid devastating pest outbreaks. In this talk, join a biologist who has studied ants for more than two decades on a quest to follow the ancient advice of King Solomon: "Look to the ant... consider her ways and be wise."



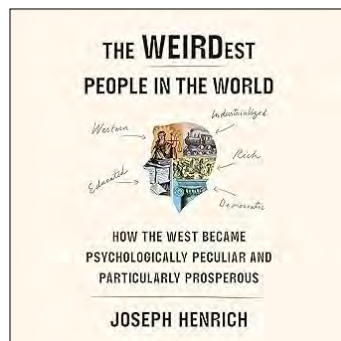
Scott Solomon

Scott Solomon is a Teaching Professor in BioSciences at Rice University and a Research Associate at the Smithsonian Institution's National Museum of Natural History. He has a Ph.D. in Ecology, Evolution, and Behavior from the University of Texas at Austin where his research examined the evolutionary origins of leafcutter ants in the Amazon Basin. He has taught field biology courses in Colorado, Belize, and Tanzania and hosted educational trips to destinations including the Galapagos Islands, Peru, Baja, and Tahiti. His writing and photography have appeared in publications such as [National Geographic](#), [NBC News](#), [Slate](#), [Aeon](#), [Nautilus](#), and [Wired](#). He has written the book *Future Humans: Inside the Science of Our Continuing Evolution*, which was included on the 2017 Best Book List by the American Association for the Advancement of Science. He co-wrote and co-produced a three-part docuseries for CuriosityStream called 'Becoming Martian' and is the host of the podcast 'Wild World with Scott Solomon'. His most recent book is *Becoming Martian: How Living in Space Will Change Our Bodies and Minds*. Dr. Solomon is a Fellow of The Explorers Club, an Associate Editor of the [Journal of Tropical Ecology](#), and a member of the American Association for the Advancement of Science, the Sigma Xi Scientific Research Honor Society, and the Society for the Study of Evolution.

This program will take place both in person (at 12:30 PM) and online (at 1:00 PM) via Zoom. The in-person event will be held at Pinnacle Living at 45 Forts Ferry Road in Latham, NY. It is free and open to the public. Light refreshments will be available at the in-person meeting before the speaker's presentation. Current paid CDHS members will automatically receive an invitation to the on-line meeting via email. If you are not a current paid CDHS member, please see page 1 to request an email invitation to attend

Reminder: June Meeting — Sunday, June 14, 2026

CDHS Book Group is reading *The WEIRDest People In The World: How The West Became Psychologically Peculiar And Particularly Prosperous* by Joseph Henrich. The group meets on the 2nd and 4th Thursdays.



Contact Frank Robinson if you would like to join the spirited and informative discussion.

CDHS Executive Council

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RECAP OF OUR MARCH SPEAKER'S TALK

(by Frank Robinson)

Eric Schnitzer is a Saratoga Battlefield park ranger. His talk was titled “‘Particulars (sic) that I have been Eye and Ear Witness to’: How Nathaniel Bacheller Changed History.”

The past is unchangeable. But history is the study and interpretation of the past, and that can change.

At issue here is the Second Battle of Saratoga, on October 7, 1777, decisive in our Revolutionary War: in particular, the role therein of a certain General Benedict Arnold, who has a bad rep. The conventional story of Saratoga has him on the outs with the commanding General, Horatio Gates, and galloping around madly on his horse until Arnold was wounded in the leg by the enemy.

Nathaniel Bacheller also fought there. Schnitzer's talk centered upon a letter dated October 9, 1777, that Bacheller wrote to his wife, discussing the battle. The letter turned up for sale on eBay, and describes Arnold not as going rogue but, rather, following orders given him by Gates, to attack the British forces, which helped seal our victory.

That does contradict the traditional story, which Schnitzer explained, appeared in later publications. The first was an 1816 memoir by General James Wilkinson, which does not mention Arnold. It indeed ascribed Arnold's actions at Saratoga to Wilkinson himself. The memoir is not considered a reliable source; Wilkinson has a very dubious personal history. And Schnitzer detailed how the Bacheller letter merely confirmed contrary accounts in other documents written shortly after the battle. But those true accounts were eclipsed by later authors less complimentary to Arnold.

Benedict Arnold was indeed a bad guy — but that was later. Until then, he was one of our greatest heroes.

A recording of this presentation can be found on the CDHS YouTube channel: <https://youtu.be/xNUhgs5NjXA>.

“You may encounter many defeats, but you must not be defeated. In fact, it may be necessary to encounter the defeats, so you can know who you are, what you can rise from, how you can still come out of it.” — *Maya Angelou*

Save The Date: April 25

Mark your calendar for Saturday, April 25th to go to the Albany Institute of History and Art. We will be given a docent-led tour from 1:30-2:30 PM of the Dows Dunham and Julia McEntee Dillon exhibits. Julia McEntee Dillon did floral paintings and Dows Dunham was an archeologist whose exhibit shows from the Hudson to the Nile. There is also an exhibit of the work of modernist Blanche Lazzell and an extensive exhibit of artists of the Hudson River School.

If time permits, you can visit the mummies, Hudson River Painters, and the gift shop, to mention just some of what's there.



We have reservations at Café Madison (1100 Madison Avenue, Albany ; <https://www.cafemadisonalbany.com/>) at 11:00 AM. That should give us time to eat and drive to the Museum (125 Washington Avenue, <https://www.albanyinstitute.org/>).

Please RSVP to Dee Fuller via email, candacelf13@gmail.com by Thursday, April 23, 2026.

Dr Hannah Critchlow awarded 2026 Rosalind Franklin Lecture Medal

(from Humanists UK, March 6, 2026)

Humanists UK hosted the 2026 Rosalind Franklin Lecture, titled 'The Science of Fate', delivered by neuroscientist, broadcaster, and author Dr Hannah Critchlow. Chaired by journalist and broadcaster Samira Ahmed, the lecture explored how our biology, our brains, and our experiences shape who we are – and what that might mean for ideas of free will, identity, and human connection.

Hannah began by asking a deceptively simple question: what makes us who we are? From our habits and beliefs to our relationships and emotional lives, she said, neuroscience is increasingly showing how many of our complex behaviours are deeply biologically ingrained. Reflecting on her early experience working as a nursing assistant on adolescent psychiatric wards, she described how this first sparked her desire to understand the brain better – both to improve treatment, and to answer deeper questions about what creates our individual life stories.

Hannah staged what was a Humanists UK first: a live electroencephalogram (EEG) demonstration. With an audience volunteer wired up on stage, the room watched the electrical activity of the brain in real time – the 'electrical dance' of billions of neurons, measured as waves of different frequencies. As our volunteer moved and tried to meditate, Hannah used the display to explain how neuroscientists have studied the brain's activity for over a century, and how different patterns of activity relate to movement, calm reflection, creativity, and sleep.

Brain waves and the 'same wavelength'

Hannah then turned from the individual brain to groups of brains working together. When people collaborate well, she said, their brain activity can begin to synchronise – literally putting them on the 'same wavelength'. Eye contact, singing, and exercising together can all help increase this brain-to-brain synchrony, which in turn supports bonding, learning, and cooperation.

She linked this to a larger theme running through the lecture: that humans are not solitary minds, but profoundly social thinkers. Rather than being like the sea squirt – a creature that settles in one place and digests its own nervous system once it no longer needs to move or interact – human beings have evolved to explore, communicate, and learn from one another. That drive to exchange ideas, Hannah argued, has been central to our success as a species.

What biology can shape

Hannah explored how far genetics and brain structure can influence human behaviour. Traits such as schizophrenia, intelligence, sociability, and even ideology, she said, all appear to have some degree of heritability, though environment remains crucial too. She highlighted research suggesting that extroverts and introverts may differ partly in the structure of the orbital frontal cortex, and argued that both cognitive styles play important roles in society: introverts helping sustain close, supportive communities, and extroverts helping carry ideas between groups.

She also discussed research suggesting there may be biological influences on political orientation, pointing to studies linking ideological tendencies to different patterns of brain activity and structure. But far from reducing people to biology, Hannah stressed that diversity of minds is one of humanity's greatest strengths. No two brains are the same, she said, and this immense variation in experience, wiring, and temperament underpins both our individuality and our collective success.

Trauma, plasticity, and change

One of the most striking parts of the lecture focused on epigenetics – the study of how experiences can leave chemical marks on DNA that affect how genes are expressed. Hannah described the landmark 2014 mouse experiment by Kerry Ressler, in which mice were conditioned to fear the smell of cherries, and their descendants appeared to inherit that fear response. Similar mechanisms may exist in humans, she said, with research suggesting trauma can leave epigenetic traces across generations.

But Hannah was equally clear that biology is not destiny. Drawing on her own PhD research into synaptic plasticity, she emphasised the brain's lifelong capacity to change. New experiences, learning, and supportive environments can all help create new neural pathways, even if our biology places limits on how easily change comes. This, she suggested, should encourage greater compassion: some people may face much steeper biological challenges than others, and understanding this can help us respond with more humanity rather than blame.

A 'great evolutionary transition'

In the closing part of the lecture, Hannah suggested humanity may now be undergoing a 'massive evolutionary transition'. Technology, she argued, is linking billions of minds together into an increasingly connected 'brain pool', where ideas can be shared, debated, and refined in real time. From planes and Zoom to social media and artificial intelligence, our tools are accelerating a new kind of collective intelligence.

For Hannah, this was ultimately a hopeful vision. If our brains are shaped by genes, ancestors, and experience, they are also shaped through connection with others. The more we understand the diversity of minds and the conditions that help them flourish, the better equipped we are to build a more compassionate and collaborative society.

After a lively Q&A – which ranged from ageing and memory loss to social media, online connection, and neurodiversity – Samira Ahmed presented Hannah with the 2026 Rosalind Franklin Lecture Medal. The medal was awarded for her 'fearless exploration of the thorny concept of free will', and for showing how understanding the constraints on our choices may help us shape a better future.

Being a Humanist When You Lose Faith in Humanity

by Darin Stewart, March 25, 2026, The Humanist

It is a hard time to be a humanist. How do you trust in the ultimate goodness and unlimited potential of human beings when humanity seems to be doing everything in its power to prove you wrong? Our politics are toxic. Our economics are oppressive. Our environment is on the verge of collapse. Rather than recognizing and addressing these challenges, those in power—or striving to gain power—use them to turn us against one another instead of uniting us in common cause.

Whether the threat is environmental collapse, economic or political catastrophe, or an AI-fueled apocalypse, it can be difficult to believe that humanity has a future at all—much less the inclusive, healthy future Humanism strives to bring about. Society seems to be actively rejecting the goals and values of Humanism. So how do you remain a humanist when you lose faith in humanity?

When discouraged or despairing over the state of society, it is easy to forget that Humanism is personal as well as societal. Each of us is a member of that species and society we are hoping to transform. As Julian Huxley—an influential early humanist thinker—put it, “Humanism is not merely a social or political program, but a personal philosophy of life.”

Being a humanist means living a life grounded in reason, inquiry, integrity, empathy and humility. Cultivating these attributes and living them consistently is itself a life-long endeavor. Though this standard is self-imposed, with none to answer to but our own conscience, it is difficult to achieve and maintain. Regardless of how well we succeed in this endeavor, the effort itself results in a better life.

The more we strive for rationality, the further removed from superstition we become. The more empathetic our worldview, the less anger and hate we feel. The more questions we ask and answers we find, the less ignorance we endure and the more wonder we experience. In the process, the frustration and dismay we feel toward the state of the world often gives way to compassion, if not pity.

Even so, in today’s cultural climate it is easy for even the most grounded humanist to feel isolated and discouraged. Despite years of decline, it feels as though religious affiliation is on the rise, particularly in the most toxic brands of theology. About 30% of Americans now qualify as Christian nationalism adherents (10%) or sympathizers (20%) and their political influence continues to grow. The “manosphere” couches its grievance and misogyny in biblical terms backed by divine authority. Formerly fringe theologians now preach from the White House.

As disheartening as these trends are, remember that they are a backlash to the gains made towards humanist goals. Though society is backsliding, it can only do so because progress has been made. It is difficult to find a pundit, political or theological, who doesn’t lament, in the words of Christian author Tim Lahaye, “the stranglehold” humanism has on America. The unifying motivation of religious populists and Christian nationalists is winning the country back from the forces of secularism. This in itself is revealing. The rallying cry, “Take Back America for God!” unintentionally acknowledges that it has already been lost.

At the moment, however, power resides with those who actively oppose humanist values and goals. Laws are disregarded. Institutions are being dissolved. Science is being ignored. Opposing voices are ridiculed and often forcefully silenced. The odds are definitely stacked against us.

A sensible response to the current social and political climate would be to surround ourselves with likeminded individuals, hunker down in our self-created enclaves of rationality and wait for the tide to shift. Unfortunately, this is not an option if we are to remain true to our values.

Two of The Ten Commitments of Humanism are “Peace & Social Justice” and “Service & Participation.” For those who take those commitments seriously, activism is an important part of our lives. The current environment can make that activism seem futile or even punishing, like Sisyphus pushing the boulder up the mountain with no hope of ever reaching the summit. But sometimes reaching the summit isn’t the point. In the words of Camus, “The struggle itself is enough to fill a man’s heart. One must imagine Sisyphus happy.”

There is a term in Sanskrit, Nishkāmakarma (निष्कामकर्म), that means desireless action, or doing what is right without clinging to the results. This is not passivity; it is engagement without illusion. This worldview is a saving grace for humanists in these difficult times. We do what is right, because it is right, not because success is assured. We live as we do because our values call us to do so. It is essential to the world that we succeed, but at an individual level, if we are true to our values, we already have.



Join the bunch for lunch! We'll be dining again at the Olive Garden, 178 Wolf Rd, Colonie, NY 12205 (<https://www.olivegarden.com/>) on April 16th at 12:00 Noon. In May, we'll meet on Thursday the 21st. Please let Rosina Ansaldo know by Wednesday evening if you'll be joining them.

NOTE: If you know of a great local eatery, please don't be shy; recommend it! We'd like to give our local restaurants a chance by rotating them every few months and returning to the ones that get enthusiastic thumbs up. Please send ideas to Rosina Ansaldo. Thanks!

Trump Has Lost The Men

New polling shows a critical shift that matters not just for November, but for a whole generation to come.

by Jay Kuo, [The Status Kuo](#), Substack, March 26, 2026

It's finally happened: Trump has lost the men. And it's by a lot.

An aggregate of Marist and Quinnipiac polling by CNN's Harry Enten shows male voters abandoning Trump in droves. This is terrible news for Trump because he owes his election to those male voters. They picked him over Kamala Harris by 13 points in 2024. Today, he's seven points underwater with that same group.

Dig into the numbers and it gets worse for the GOP—while also presenting an opportunity for Democrats to alter the future of our politics for generations to come.

Seven points down and sinking

The 13 point spread over Harris that Trump once enjoyed is gone. In its place is a seven point net disapproval of Trump among male voters. Granted, this is not an apples-to-apples comparison. The +13 number is from a match-up between two candidates, while the latter -7 figure is a straight up net approval rating. But with a majority of men now disapproving of Trump—and women doing so in even greater numbers—the GOP faces a major electoral problem. Republicans only won in 2024 because of the male vote.

More specifically, they won because men under 45 chose Trump over Harris by five points. This seismic shift was unusual for younger voters, who historically tend to vote more to the left. Trump won men in this group in 2024 thanks in large measure to manosphere influencers, who proved decisive in his victory.

Those same influencers who carried water for Trump in 2024—including Joe Rogan, Theo Von and Andrew Schulz—have turned sharply negative on Trump. Here are some choice quotes from these recent anti-Trump converts:

Rogan riffing on ICE: "You don't want militarized people in the streets just roaming around, snatching people up, many of which turn out to actually be U.S. citizens... Are we really going to be the Gestapo? Is that what we've come to?"

Von on Epstein, remarking after playing a clip of JD Vance on his show calling on the files to be released: "Yeah what changed?"

Shultz on broken Trump promises: "I voted for none of this. He's doing the exact opposite of everything I voted for. I want him to stop the wars — he's funding them. I want him to shrink spending, reduce the budget — he's increasing it."

Among men under 45, Trump is now a whopping 19 points underwater, per Enten. This cooling of young men toward Trump is backed up by a survey by Third Way, a self-described centrist organization. It polled 1,462 registered voters and found that two-thirds of young men ages 18-29 disapproved of Trump's job performance.

Drilling down, the disapproval numbers among white men mirrored those of Latino men, at 63 percent strongly or somewhat disapproving, while 79 percent of Black men disapproved.

Unsurprisingly, 97 percent of young Democratic male voters disapproved of Trump, while only 27 percent of young Republican male voters did. But notice where Trump lost the most support: independents. Sixty-eight percent of young male independent voters surveyed disapprove of Trump, mirroring larger studies showing independents have turned against him by a factor of two-to-one.

What this portends for November

The loss of support from men is a crushing weight upon Republicans' electoral chances—and that's just where things stand today. The numbers are likely going to worsen the longer the war in Iran drags on, while prices for gas, food and utilities continue to rise.

Indeed, per Enten, Trump's net approval among young men on the issue of affordability is now a net negative 30 points. Those are catastrophic numbers on the very question voters cite as most important to them. This was a key advantage Trump held over Harris in 2024, with men favoring Trump over Harris on the question of the cost of living by 10 points.

If men pull the lever for Democrats in November—or if they simply don't show up at all—Speaker Johnson can kiss his majority good-bye. Indeed, if these numbers still hold come the midterms, the Senate will also be in play.

What this might mean for our future

When the experts finished sifting through the results and demographics of the 2024 election, the hardest lump in my gut was seeing how many young men had shifted to vote Republican. It's one thing to lose a hugely consequential election. It's another to fear we've lost our future—that the next generation will be worse.

The numbers today show that all hope is not lost. In fact, we have strong reason to hope anew. Beyond this election, a deeper question emerges: Might young men not only abandon Trump but actually return to the Democratic side, if the right candidates can speak to their concerns and present them with real solutions?

We've seen glimpses of that possibility with the election of Zohran Mamdani in New York City, as well as Abigail Spanberger in Virginia, Mikie Sherrill in New Jersey, and recently James Talarico in Texas. These candidates all emphasized affordability in their successful campaigns.

Meanwhile, Trump remains dismissive of affordability and continues to gaslight voters by claiming things like gas prices aren't really on the rise. But that's the thing about those prices: they're a daily billboard for voters who fill their tanks regularly. They know what they're paying.

Young male voters form a third side of a key electoral triangle which, once pieced together, could unlock an era of electoral gains. Democrats are working to win back Latino voters traumatized by Trump's draconian immigration enforcement and to persuade independent voters tired of Trump's broken promises, corruption, incompetence and warmongering.

With men, and particularly young men, now abandoning Trump in large numbers, a new broad coalition is forming. If properly cultivated, it could sweep the GOP from power for a generation.

With the support of these voters, we can begin to imagine a post-Trump world. One where, if we elevate the right messengers, we deliver a New Promise for America—where ordinary people can thrive and get ahead, instead of always fighting to stay afloat; where we look out for and protect our neighbors and the most vulnerable among us; and where we revere our Constitution and the rule of law, instead of allowing one man and his cronies to run roughshod over them.

This vital work has already begun, and the pace will pick up soon. And I want to level with you here: It's going to take strategic discipline and focused attention, to ensure our collective energies and resources are spent achieving the best national outcome. Look to this space next month for my first targeted recommendation of key candidates to support to flip the House and the Senate.

In the meantime, talk to the men in your lives, especially the young men, preferably without judgment or I-told-you-sos. Even if they have supported Trump before, they may be ready, like many of their peers, to walk away from him now.

Imagine how good that would feel.

NO KINGS - TOMORROW!



Below is a current list of No Kings demonstrations for tomorrow. Please go if you are able and bring your signs (Indivisible organizations discourage profanity, as much as we might be tempted to use it). If you have mobility issues, please check with organizers, as there may be areas designated for your safety as well as that of other demonstrators and/or passersby. To sign up, go to: <https://www.facebook.com/indivisibleguide>.

- Albany: March 28th at 1 p.m.
- Ballston Spa: March 28th at 10 a.m.
- Chestertown (ADK Triple Play): March 28th at 11:30 a.m.
- Clifton Park: March 28th at 1 p.m.
- Glens Falls: March 28th at 10 a.m..
- Granville: March 28th at 11:30 a.m.
- Greenwich: March 28th at 11:30 a.m.
- Hilltowns: March 28th at 1:00 p.m.
- Hudson: March 28th at 2:00 p.m.
- Johnstown: March 28th at 1:30 p.m.
- Lake George (ADK Triple Play): March 28th at 1:30 p.m.
- Salem: March 28th at 10 a.m.
- Saratoga Springs: March 28th at 2 p.m.
- Schenectady: March 28th at 11 a.m.
- Schroon Lake (ADK Triple Play): March 28th at 10 a.m.
- Schuylerville: March 28th at 10 a.m.
- Troy: March 28th at 9:30 a.m.
- Waterford: March 28th at 12:00 p.m.

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The Capital District Humanist Society (CDHS) is an independent, non-profit (and non-prophet), non-partisan and strictly non-religious educational and social organization for those who share humanist values: commitment to education, rational and free inquiry, democracy, social concerns and fellowship. CDHS is affiliated with the four major humanist organizations - the American Humanist Association (AHA), the Council for Secular Humanism (CSH), the Secular Coalition for America (SCA) and the Humanists International (HI).

There are five types of CDHS member support: Individual, \$50/yr.; Family, \$80/yr.; Sustaining, \$100/yr.; Patron, \$150/yr.; and Lifetime Member, one contribution of \$1000 or more.

Members receive our publication, *The Humanist Monthly*, and vote each September on the make-up of the governing Executive Council. Members are eligible for election to the Executive Council and may also serve as appointed officials. Members are welcome to attend Executive Council meetings.

The IRS recognizes CDHS as a tax-exempt organization under Section 501(c)(3) of the Internal Revenue Code. Therefore, all donations, both cash and materials with established "fair market value", qualify as charitable contributions for income tax purposes.

Donations are gratefully accepted to help speed our growth. CDHS is a tax-exempt 501(c)(3) organization under the IRS Code. Financial disclosure information and our annual report are available upon request.

If you know of someone who may be interested in CDHS, please pass this newsletter along or give us the name; we will send a sample copy or two with no obligation.

We value your input. In the best humanist tradition, CDHS has no rigid picture of itself. We ask you to join us, not follow us. What activities and services would you like CDHS to provide its members? Send us your suggestions, questions, and comments.

Paths to Humanism

CDHS members gathered at Pinnacle Living in Latham on March 21 to hear how three of our members, June Hendricks, Alan Koslow, and Suzanna Hunter, found their way to become Humanists. Everyone enjoyed the individual stories and discussions followed each member's talk. Below are a few photos of the gathering:



“We are here, not because we are law-breakers; we are here in our efforts to become law-makers.” — *Emmeline Pankhurst*



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<https://www.humanistsociety.net>

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All this information will be included in our Directory, which is distributed to members only, unless you request otherwise by checking and signing here: I do not want to be listed in the CDHS Member Directory _____

Levels of Member Support	Annual Payment	Date ____/____/____
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Please send me additional information