

The Hoosier Humanist

Herald

FreeThought Fort Wayne, Inc. Newsletter

Volume 2, Issue 6

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Message from the Technology Director

We have a new addition to the newsletter this month, the “FTFW Member Community News,” in order to help provide a voice for our FreeThought community to inform each other of personal updates they would like to share with one another.

So, if you would like to share any sort of personal news/pics, adventures, new jobs, changes in health, or births/deaths, just shoot us an email (with “Newsletter” in the subject line) and let us know how you would like us to cite your name in the post. I am posting a brief, personal update of my own separate from that section, as this month’s section was blended together with an educational article.



Other great things are coming to FTFW this month, as we ramp things up in preparation for Pride Fest. The [LGBTQ Humanist Alliance](#) was kind enough to send us 100 more “Gay Without God” brochures to pass out during our tabling event on Saturday, July 27th. We are still looking for volunteers to operate the table, so please let us know if you are free to run a ~3-hour shift (10-1 pm, 1-4 pm, or 4-7:30 pm). Additionally, we have placed an order for [PayPal Here](#) to be able to take digital forms of payment on-the go (when selling shirts, accepting donations, or memberships). We would not be able to do any of this without your generous support helping us continue to grow and expand our services to you and the community. Thank you!

Chris Rex, Technology Director of FTFW

FTFW CafePress Shop

The [CafePress storefront](#) for getting your own piece of FTFW merchandise is now open! We have a number of shirts/hoodies and stickers/buttons/magnets/signs currently available, with more products to come! FTFW gets a small commission from each purchase, so we greatly appreciate your contribution!

Karen's Corner



Karen Mizner, Former President of FTFW

Amazon Smile



Do you make purchases on Amazon? Did you know that FreeThought Fort Wayne is now a charitable organization listed on Amazon Smile? Simply use the link on the Amazon Smile logo above or look up the charity, "American Humanist Association," in New Haven, IN (on Amazon Smile) to have Amazon contribute 0.5% of your Amazon purchase (at no cost to you!) to FTFW. You can also find a link to contribute to [our Amazon Smile](#) on the FTFW website under the "Stores" menu.

FTFW Member Community News

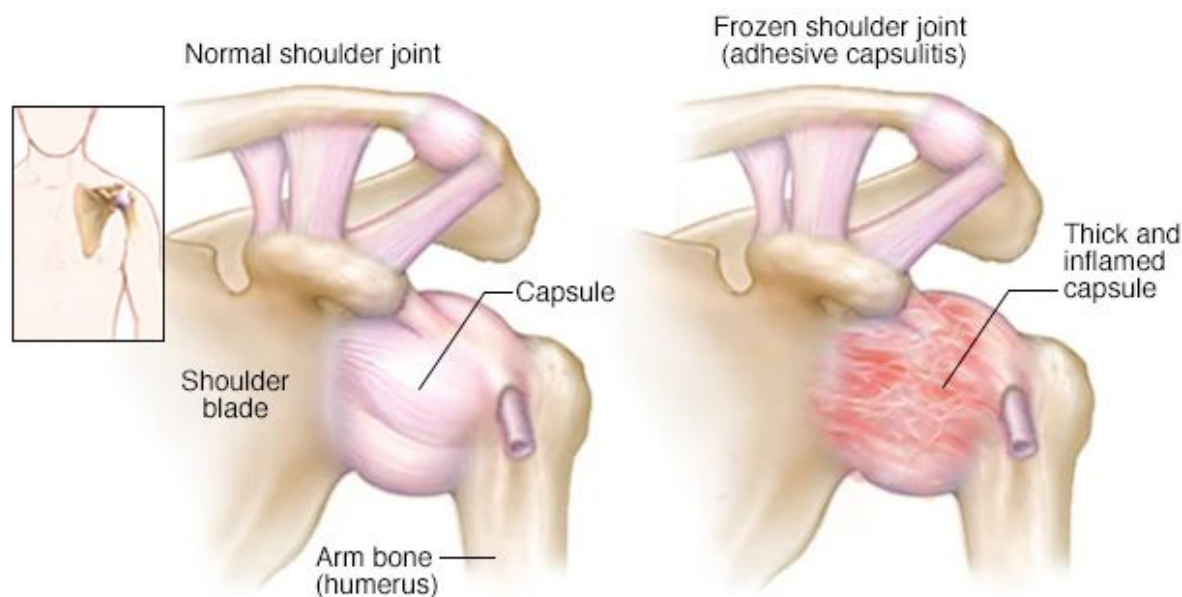
This is a brand-new section of the newsletter, giving you updates/information about fellow FTFW members: where they are, what they are doing, and what is going on in their personal lives. All information is willingly given to us for publication in this newsletter, so if you have an update and/or a picture that you would like to post here, then please submit your contribution using the instructions stated below, under the "Newsletter Submission" section.



For our first bit of news, I would like to share that one of our own board members, Victoria Gipson, has been diagnosed with Frozen Shoulder (also known as adhesive capsulitis). It is a condition that, per the [Mayo Clinic](#), "occurs when the connective

tissue enclosing the (ball-and-socket) joint (of the shoulder) becomes thickened and tight...(resulting in) stiffness and pain...(that) worsen over time and then resolve... usually within 1-3 years.” She has experienced great difficulty in moving her right shoulder/arm in recent weeks. Because folks may be interested to learn more about this condition, we have expanded this section and turned it into an educational article about Frozen Shoulder.

She has been undergoing a series of X-rays and been prescribed cortisone and several pain killers to help alleviate the pain, which still inhibits the usage of her right arm and her getting adequate sleep (as the pain often worsens at night). This condition has limited her ability to fulfill her duties as a Humanist Celebrant, including officiating weddings. Additional treatment for Frozen Shoulder often involves range-of-motion exercises in order to loosen the joint capsule, allowing it to move more freely.



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Unfortunately, our understanding of what “causes” Frozen Shoulder appears to be limited. Men that come down with Frozen Shoulder are nearly always diabetics, while the same is not true for women, who sometimes possess a thyroid dysfunction. Unfortunately, neither case applies to Victoria, which leaves her wondering why such a condition plagues her. It appears as though women, over the age of 40, are more likely to experience this condition. We, as scientists, often struggle with understanding human conditions, and their causes, as we often cannot initiate direct cause-and-effect experiments in humans. Therefore, it is often left up to large, clinical human studies to try and determine what factors may result in, or alleviate, Frozen Shoulder.

Frozen Shoulder often develops in 3 stages: Freezing (where “Any movement of your shoulder causes pain, and your shoulder's range of motion starts to become limited”), Frozen (where “Pain may begin to diminish during this stage. However, your shoulder becomes stiffer, and using it becomes more difficult.”), and Thawing (where “The range of motion in your shoulder begins to improve.”). Let us wish Victoria the best on her road to recover from this condition and "thaw out."

Chris Rex, Technology Director of FTFW

Letter to the Editor and Newsletter Submissions

Have a story to tell?
Have something to say?
Want to write a letter to the editor?



Put your thinking cap on, grab your laptop and pen an article for the “Hoosier Humanist Herald” monthly newsletter. Just 200-300 words and you can be published writer! Submissions due by the 16th of each month. Submissions may be edited for length and content.

Send submissions to: fortwayneaha@gmail.com

Here’s your chance! Have an idea for our group? Have a question for us? Have you experienced frustrations as a non-believer? Do people question you about what Humanism means? Just want to vent a bit? Have a funny story to share? Have a question for our Celebrant, Victoria Gipson? The Hoosier Humanist Herald committee will do its best to respond to your concerns. Submit your letter via e-mail

to fortwayneaha@gmail.com with the subject line of “Letter to the Editor” or “Ask a Celebrant,” then watch for a response in our next month’s newsletter! Alternatively, if you wish to discuss current events or an interesting article, feel free to submit your thoughts as an article in the newsletter! Please note that submissions may be edited for clarity and space (200-300 words).

April showers bring May flowers, which attract June snakes...



...or something like that. I had the pleasure of going hiking for the first time in over a year out at [Chain O’ Lakes State Park](#) (which, if you haven’t had the pleasure of visiting yet, you should definitely stop by, particularly the long, tough, and rewarding trail #9 around Kreiger Lake; pictured below) on Friday, May 31.



Out by the Stanley Schoolhouse is a road that passes right next to one of the Finster Lakes, and often plays host to a number of Northern Water Snakes (pictured below; [Cottonmouths are virtually absent from Indiana](#), save for 2 counties near the southern border).



During this visit, however, I found two other snake species in that exact location at the same time: a Northern Ribbon Snake and an Eastern Garter Snake ([both species look incredibly similar](#)). Although Eastern Garter Snakes (pictured below and the first picture in this section) are one of the most common snakes found throughout the state, [Ribbon Snakes](#) tend to be more difficult to find (and capture).

The Garter Snake below (and whose face is pictured at the top of this article) was undoubtedly the largest of its species (at ~2 ft long) that I have ever found, even though it had lost virtually all of its tail (which comprises ~1/3 of the total length of the snake, meaning that its intact total length was likely ~3 ft). Snakes, unfortunately, often incur such injuries as a result of human actions (taking a shovel to the snake) or activities (mowing, driving). All in all, it was a good day for me, marking some new personal records.



Fort Wayne Movie Club (FWMC) Movie Buzz List

[Fort Wayne Movie Club](#) (FWMC) is a social group on Meetup.com and Facebook, intended mostly to watch and discuss movies, and explore events in Fort Wayne and the surrounding area with other movie lovers, mostly on big screen, but also other venues as opportunity arises.. FTFW board member, Chris Woods, has shared his [Movie Buzz List](#) of movies from March through September 2019.

Upcoming Events

"The Public" Movie Showing

May 29, 2019 (Wednesday): 4:45-7:00 pm at the Cinema Center (Spectator Lounge, 437 E. Berry St., Fort Wayne)

This event, co-hosted by FWMC, will be a showing a movie, "The Public," at the Cinema Center. The movie, itself, is 122 minutes long and we will have a brief discussion afterwards. Some attendees will be going to La Michoacana (1421 N. Wells St., Fort Wayne) afterwards for the after-movie dinner.

LGBT Pride Month

June 2019

This is the month to focus on celebrating LGBT equality, as well as men's health.

Fort Wayne Arab Fest

June 1-2, 2019 (Saturday & Sunday) at Headwaters Park (333 S. Clinton St., Fort Wayne)

Supporting the Arab community, Arab Fest is a two-day event that features music, camel rides, a market with vendors, characters, dancing, and food. Details can be found [here](#).

FTFW Regular Sunday Meetup

June 2, 2019 (Sunday): 11:00-1:00 pm at The Lucky Turtle Grill on 622 E. Dupont Rd. (Fort Wayne)

This is a recurring event for FTFW every Sunday, whereby folks get together for open-ended, casual discussions among friends in the back room.

FTFW Regular Wednesday Meetup

June 5, 2019 (Wednesday): 6:00-8:00 pm at Zianos on 702 E. Dupont Rd. (Fort

Wayne)

This is a recurring event for FTFW every first, third, and fourth Wednesday (every Wednesday that is not Meeting of the Minds), whereby folks get together for open-ended, casual discussions among friends.

FTFW Regular Sunday Meetup

June 9, 2019 (Sunday): 11:00-1:00 pm at The Lucky Turtle Grill on 622 E. Dupont Rd. (Fort Wayne)

This is a recurring event for FTFW every Sunday, whereby folks get together for open-ended, casual discussions among friends in the back room.

FTFW Monthly Board Planning Meeting

June 9, 2019 (Sunday): 1:30-3:30 pm at the Arby's on 333 E. Washington Center Rd. (Fort Wayne)

Current dues-paying members are welcome to join the FTFW board of directors at their monthly planning meeting. Details can be found on our Facebook pages as well as our website calendar.

Meeting of the Minds

June 12, 2019 (Wednesday): 7:00-8:30 pm at the Unitarian Universalist Congregation of Fort Wayne on 5310 Old Mill Rd.

This is a recurring event for FTFW every month on the second Wednesday, whereby folks get together for an open discussion on a particular topic of interest, as moderated by FTFW ex-president Bob Brandt. Be sure to bring your suggested discussion topic ideas and we will vote as a group on which one(s) to talk about.

Astronomy Day

June 15, 2019 (Saturday): ~9:00 pm (dusk) at the StarQuest Observatory on 1720 Webster Rd. (New Haven)

We will join the [Fort Wayne Astronomical Society](#) at their StarQuest Observatory for a stargazing event around dusk. Their members will provide several telescopes and guide you through a tour of the visible stars in the universe. It helps to have a flashlight (or to simply use your phone's flashlight function), as it's very dark to permit better viewing of the stars. Mosquitoes can be a problem, depending on recent weather conditions, so mosquito repellent and darker clothing may both be helpful. Cologne is not recommended, as it often attracts the mosquitoes.

FTFW Regular Sunday Meetup

June 16, 2019 (Sunday): 11:00-1:00 pm at The Lucky Turtle Grill on 622 E. Dupont Rd. (Fort Wayne)

This is a recurring event for FTFW every Sunday, whereby folks get together for open-ended, casual discussions among friends in the back room.

FTFW Regular Wednesday Meetup

June 19, 2019 (Wednesday): 6:00-8:00 pm at TBD

This is a recurring event for FTFW every first, third, and fourth Wednesday (every Wednesday that is not Meeting of the Minds), whereby folks get together for open-ended, casual discussions among friends. Details can be found on our Facebook pages as well as our website calendar.

World Humanist Day

June 21, 2019 (Friday): all day

World Humanist Day is an opportunity for humanists and humanist organisations to publicize the positive values of Humanism and to share the global concerns of the Humanist movement, and we've been celebrating the day since the 1980s.

Humanist groups around the world mark World Humanist Day with a wide variety of activities ranging from activism to parties. World Humanist Day may be recognized with official proclamations or promotional campaigns to educate people about the growth of the secular community and the ethical values of humanists. Groups may run courses or conferences to deepen understanding of the principles of Humanism and programmes run by humanist organisations. They may emphasize their global solidarity by raising awareness and money for a freethought group working in a different country. Or groups may simply throw a party or share a picnic to celebrate. Details can be found [here](#).

Community Harvest Food Bank Volunteering

June 22, 2019 (Saturday): 8:30-11:30 am at the Community Harvest Food Bank on 999 E. Tillman Rd. (Fort Wayne)

FTFW will be helping hand out food to the needy at the Community Harvest Food Bank. We accept non-perishable foods all year long and will deliver them that day. Please keep in mind that only those who are 14+ years old can hand out food, while children 5-13 can work in the grocery store area. The first 30 minutes will be a safety talk, followed by handing out or organizing food. Please wear comfortable clothing that is weather-appropriate, including closed-toe shoes. Be prepared to be on your feet for the entire 2.5 hours. Plastic gloves will be issued to all participants. If you own a [FTFW shirt](#), please wear it to volunteer. Please [register](#) beforehand if you wish to volunteer.

FTFW Regular Sunday Meetup

June 23, 2019 (Sunday): 11:00-1:00 pm at The Lucky Turtle Grill on 622 E.

Dupont Rd. (Fort Wayne)

This is a recurring event for FTFW every Sunday, whereby folks get together for open-ended, casual discussions among friends in the back room.

FTFW Monthly Board Meeting

June 25, 2019 (Tuesday): 6:30-8:30 pm at TBD

Current dues-paying members are welcome to join the FTFW board of directors at their monthly meeting. Details can be found on our Facebook pages as well as our website calendar.

FTFW Regular Wednesday Meetup

June 26, 2019 (Wednesday): 6:00-8:00 pm at TBD

This is a recurring event for FTFW every first, third, and fourth Wednesday (every Wednesday that is not Meeting of the Minds), whereby folks get together for open-ended, casual discussions among friends. Details can be found on our Facebook pages as well as our website calendar.

FTFW Regular Sunday Meetup

June 30, 2019 (Sunday): 11:00-1:00 pm at The Lucky Turtle Grill on 622 E. Dupont Rd. (Fort Wayne)

This is a recurring event for FTFW every Sunday, whereby folks get together for open-ended, casual discussions among friends in the back room.

FTFW Regular Wednesday Meetup

July 3, 2019 (Wednesday): 6:00-8:00 pm at TBD

This is a recurring event for FTFW every first, third, and fourth Wednesday (every Wednesday that is not Meeting of the Minds), whereby folks get together for open-ended, casual discussions among friends. Details can be found on our Facebook pages as well as our website calendar.

Ark Encounter Protest

July 6, 2019 (Saturday): 10:00-1:00 pm at The Ark Encounter (1 Ark Encounter Dr., Williamstown, KY)

This protest is hosted by American Atheists.

FTFW Regular Sunday Meetup

July 7, 2019 (Sunday): 11:00-1:00 pm at The Lucky Turtle Grill on 622 E. Dupont Rd. (Fort Wayne)

This is a recurring event for FTFW every Sunday, whereby folks get together for open-ended, casual discussions among friends in the back room.

Meeting of the Minds

July 10, 2019 (Wednesday): 7:00-8:30 pm at the Unitarian Universalist Congregation of Fort Wayne on 5310 Old Mill Rd.

This is a recurring event for FTFW every month on the second Wednesday, whereby folks get together for an open discussion on a particular topic of interest, as moderated by FTFW ex-president Bob Brandt. Be sure to bring your suggested discussion topic ideas and we will vote as a group on which one(s) to talk about.

Three Rivers Festival

July 12-20, 2019 (Friday & Saturday) at Headwaters Park (333 S. Clinton St., Fort Wayne)

The Three Rivers Festival draws nearly half a million visitors each summer that come together to have some fun, savor tasty treats, and catch up with old friends, all while making new friends and creating great memories! As a not-for-profit entity, Three Rivers Festival generates its revenue from sponsorships, vendor participation fees, ticket sales, gate admission at the Festival Plaza, souvenir sales, and refreshment sales. The Festival strives to keep events at a free or minimal admission fee to keep the festival accessible to the community! Three Rivers Festival offers everything from food to fun. Bring your family and friends and enjoy Food Alley, Art in the Park, the Bed Race, the Three Rivers Festival Parade, Trivia Night, Children's Fest, and so much more! Details can be found [here](#).

FTFW Regular Sunday Meetup

July 14, 2019 (Sunday): 11:00-1:00 pm at The Lucky Turtle Grill on 622 E. Dupont Rd. (Fort Wayne)

This is a recurring event for FTFW every Sunday, whereby folks get together for open-ended, casual discussions among friends in the back room.

FTFW Monthly Board Planning Meeting

July 14, 2019 (Sunday): 1:30-3:30 pm at TBD

Current dues-paying members are welcome to join the FTFW board of directors at their monthly planning meeting. Details can be found on our Facebook pages as well as our website calendar. This will be the first meeting with the new board members.

FTFW Regular Wednesday Meetup

July 17, 2019 (Wednesday): 6:00-8:00 pm at TBD

This is a recurring event for FTFW every first, third, and fourth Wednesday (every Wednesday that is not Meeting of the Minds), whereby folks get together for open-

ended, casual discussions among friends. Details can be found on our Facebook pages as well as our website calendar.

FTFW Regular Sunday Meetup

July 21, 2019 (Sunday): 11:00-1:00 pm at The Lucky Turtle Grill on 622 E. Dupont Rd. (Fort Wayne)

This is a recurring event for FTFW every Sunday, whereby folks get together for open-ended, casual discussions among friends in the back room.

FTFW Regular Wednesday Meetup

July 24, 2019 (Wednesday): 6:00-8:00 pm at TBD

This is a recurring event for FTFW every first, third, and fourth Wednesday (every Wednesday that is not Meeting of the Minds), whereby folks get together for open-ended, casual discussions among friends. Details can be found on our Facebook pages as well as our website calendar.

Fort Wayne Pride Fest

July 26-27, 2019 (Friday & Saturday) at Headwaters Park (333 S. Clinton St., Fort Wayne)

Supporting the LGBTQ community, Pride Fest is a two-day event that features live entertainment, vendor market, a beer tent, food plaza, workshops, tournaments, KidSpace and fun with the Fort Wayne community. Details can be found [here](#). FTFW will have a table setup on Saturday, July 27, 10 am to 7 pm to engage with people, hand out information, collect email addresses from interested parties, and "possibly" sell our FTFW t-shirts. Prior to working the table, we will be participating in the pride march/parade through downtown Fort Wayne at 11:15 am. Stay tuned for more information and please contact a Board member if you would like to volunteer to "work" the booth for a shift (10-1 pm, 1-4 pm, 4-7:30 pm) or march in the parade (as we need at least two people to hold the FTFW banner).

FTFW Regular Sunday Meetup

July 28, 2019 (Sunday): 11:00-1:00 pm at The Lucky Turtle Grill on 622 E. Dupont Rd. (Fort Wayne)

This is a recurring event for FTFW every Sunday, whereby folks get together for open-ended, casual discussions among friends in the back room.

FTFW Monthly Board Meeting

July 30, 2019 (Tuesday): 6:30-8:30 pm at TBD

Current dues-paying members are welcome to join the FTFW board of directors at their monthly meeting. Details can be found on our Facebook pages as well as our

website calendar.

FTFW Regular Wednesday Meetup

July 31, 2019 (Wednesday): 6:00-8:00 pm at TBD

This is a recurring event for FTFW every first, third, and fourth Wednesday (every Wednesday that is not Meeting of the Minds), whereby folks get together for open-ended, casual discussions among friends. Details can be found on our Facebook pages as well as our website calendar.

National Immunization Awareness Month

August 2019

National Immunization Awareness Month (NIAM) is an annual observance held in August to highlight the importance of vaccination for people of all ages.

Communities across the country use the month each year to raise awareness about the important role vaccines play in preventing serious, sometimes deadly, diseases across the lifespan. It is a great time to consult with your doctor or family physician to stay on top of your routine vaccinations, including tetanus, which should be boosted every 10 years for adults. Details can be found [here](#).

FTFW Annual Picnic

August 3, 2019 (Saturday): 11:00-3:00 pm at Foster Park (Pavilion #2) at 3900 Old Mill Rd. (Fort Wayne)

Come one; come all to FTFW's Annual Picnic, which will be a family affair for all members and their families, as well as the general public. The food/drink for this free event is provided by the guests, themselves, so please bring a dish or non-alcoholic beverage (alcohol is prohibited) to contribute! Kids are welcome to join us, as there is a small playground and restrooms nearby. We will have games and fun activities for everyone, including giant bubbles, lawn bowling for kids, Jenga, paper airplanes ready to be colored, water balloons, and squirt guns for those who want to participate. Join us for a fun time with friends and families!

FTFW Regular Sunday Meetup

August 4, 2019 (Sunday): 11:00-1:00 pm at The Lucky Turtle Grill on 622 E. Dupont Rd. (Fort Wayne)

This is a recurring event for FTFW every Sunday, whereby folks get together for open-ended, casual discussions among friends in the back room.

FTFW Regular Wednesday Meetup

August 7, 2019 (Wednesday): 6:00-8:00 pm at TBD

This is a recurring event for FTFW every first, third, and fourth Wednesday (every

Wednesday that is not Meeting of the Minds), whereby folks get together for open-ended, casual discussions among friends. Details can be found on our Facebook pages as well as our website calendar.

National Book Lovers Day

August 9, 2019 (Friday): all day

National Book Lovers Day harnesses all the excitement bibliophiles feel about books into one celebration on this day. A day for all those who love to read, National Book Lovers Day encourages you to find your favorite reading place, a good book (whether it be fiction or non-fiction) and read the day away. From the scent of a rare first edition book found in an old time book collection, to a crisp, fresh book at the local supermarket, the very sight of a book can bring back memories. Reading as a child, enjoying the short stories, the long books and the ability to lose yourself in a story so powerful that at the end your asking yourself where to get the next book in the series. This is for the reader in all of us, the celebration of Book Lovers Day! Details can be found [here](#).

FTFW Regular Sunday Meetup

August 11, 2019 (Sunday): 11:00-1:00 pm at The Lucky Turtle Grill on 622 E. Dupont Rd. (Fort Wayne)

This is a recurring event for FTFW every Sunday, whereby folks get together for open-ended, casual discussions among friends in the back room.

FTFW Monthly Board Planning Meeting

August 11, 2019 (Sunday): 1:30-3:30 pm at TBD

Current dues-paying members are welcome to join the FTFW board of directors at their monthly planning meeting. Details can be found on our Facebook pages as well as our website calendar.

Meeting of the Minds

August 14, 2019 (Wednesday): 7:00-8:30 pm at the Unitarian Universalist Congregation of Fort Wayne on 5310 Old Mill Rd.

This is a recurring event for FTFW every month on the second Wednesday, whereby folks get together for an open discussion on a particular topic of interest, as moderated by FTFW ex-president Bob Brandt. Be sure to bring your suggested discussion topic ideas and we will vote as a group on which one(s) to talk about.

FTFW Regular Sunday Meetup

August 18, 2019 (Sunday): 11:00-1:00 pm at The Lucky Turtle Grill on 622 E. Dupont Rd. (Fort Wayne)

This is a recurring event for FTFW every Sunday, whereby folks get together for open-ended, casual discussions among friends in the back room.

FTFW Regular Wednesday Meetup

August 21, 2019 (Wednesday): 6:00-8:00 pm at TBD

This is a recurring event for FTFW every first, third, and fourth Wednesday (every Wednesday that is not Meeting of the Minds), whereby folks get together for open-ended, casual discussions among friends. Details can be found on our Facebook pages as well as our website calendar.

FTFW Regular Sunday Meetup

August 25, 2019 (Sunday): 11:00-1:00 pm at The Lucky Turtle Grill on 622 E. Dupont Rd. (Fort Wayne)

This is a recurring event for FTFW every Sunday, whereby folks get together for open-ended, casual discussions among friends in the back room.

FTFW Monthly Board Meeting

August 27, 2019 (Tuesday): 6:30-8:30 pm at TBD

Current dues-paying members are welcome to join the FTFW board of directors at their monthly meeting. Details can be found on our Facebook pages as well as our website calendar.

FTFW Regular Wednesday Meetup

August 28, 2019 (Wednesday): 6:00-8:00 pm at TBD

This is a recurring event for FTFW every first, third, and fourth Wednesday (every Wednesday that is not Meeting of the Minds), whereby folks get together for open-ended, casual discussions among friends. Details can be found on our Facebook pages as well as our website calendar.



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