

the Outlook

Unitarian Universalist Church of the
Verdugo Hills
4451 Dunsmore Avenue, La Crescenta,
CA 91214
www.uuverdugo.org
November 2016
Volume 21, Issue 11



Theme for the month: GRATITUDE

Unitarian Universalist Church of the Verdugo Hills

818.248.3954
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Rev. Gordon Clay Bailey
RevGordon@UUVerdugo.org

Minister's Office Hours:
Please call for apt.

AJ Blackwood, M.Div
Intern Minister
Intern@UUVerdugo.org

Elizabeth Brown,
Religious Ed. Coordinator
Gary Clark, *President*
David Hostetter, *Vice-President*
Ann Kleinsasser, *Secretary*
Vivienne Payne, *Treasurer*
Nancy Watkins, *Administrator*



We are Unitarian Universalists:
a people of the open mind,
the loving heart, and the helping
hands.

Welcome to UUCVH!

Nov. 6 "Law Not War" Rev. Gordon Clay Bailey

Beginning in 1945 with his prosecution of war criminals during the Nuremberg Tribunal, the work of Benjamin Ferencz has long focused on issues of international criminal justice and world peace. A strong supporter of the International Criminal Court, Mr. Ferencz advocates steps to replace the "rule of force with the rule of law." This service will look at his life's work and remind us that this world needs activist, committed to Justice if we hope to leave this place better for our having lived.

Nov. 13 "Unitarian Universalist Service Committee Saves Lives" Rev. Gordon Clay Bailey

The UUSC advances human rights through grassroots collaboration. In more than a dozen countries throughout the world, the UUSC fosters social justice and works toward a world free from oppression. Join us as we rejoice in the works of the UUSC its innovative approaches and measurable impact

Nov. 20 "Universal Children's Day" Rev. Gordon Clay Bailey

Americans and Unitarian Universalist recognize Mother's Day, Father's Day... so why not a national Children's Day? A day that revives, celebrates, and commits to our children and their future. Join us at UUCVH as we send a morning engaging, celebrating and enjoying the beauty of children.

Nov. 27 "Thanks ... I Want More!" AJ Blackwood, M.Div

Now that our tummies are full, the dishes are put away, and the kitchen is clean, we can fully engage in the next and final season of 2016 - the dreaded Christmas season of consumerism. Millions of people around the globe, but no more per capita then here in the US, just completed one day of giving thanks and then embarked on two days of shopping, buying and working to acquire more and more. During this service, we will explore what it means to prepare to give and receive gifts of the heart as we enter this season of celebrations of light in the darkness.

Continuing Conversations
Rev. Gordon Clay Bailey
November 2016

“Gratitude can transform common days into thanksgivings, turn routine jobs into joy, and change ordinary opportunities into blessings.”
William Arthur Ward

So my dear church family where are we on this matter? Choosing Gratitude as the theme for this month is easy and yet it often seems that expressing gratitude is difficult. I'm hoping that life has made the possibility of experiencing this extraordinary feeling part of your paradigm for healthy living? If yes, then we will experience and share how it impacts our lives together. If not, then the theme for the month is appropriate.

Did you learn that gratitude is one of the human activities that are essential for your life? I hope so, because then you already have a leg up. If you're already motivated and willing to put in the effort and commitment it takes to be grateful, I'm applauding you. If by chance you haven't realized that gratitude is vitally important, as of yet, I'm recommending it to you as an offering for better living. How exactly you accomplish this is up to you; what's needed is to find at least one activity from a world of possibilities and to put gratitude into action.

One of the things I learned long ago in seminary was to keep a gratitude journal. If you enjoy writing, if you are good at it, or it feels natural to you, then it is a promising way to practice daily. Maybe you're an artist and it's in the creation of your art that you find the expression of this feeling?

Or maybe still you're a deep thinker and you stop in the midst of your busy days to ponder, to bask in, or simply to relish the joys in your life. Who made a difference? Was it the bead maker? Did the auto mechanic rush the service so you could get to work on time? Maybe the girl next door brought in your paper? What I've experienced in life, is a straight line running from the 1960s to now, of the world, people, nature, family, friends, strangers offering me a kindness just because. Wow am I grateful!

The problem at times isn't how kind or how good life has been. The issue more often has been my not taking note of it. Is this you too?

My journal once stopped, has become alive again. I've found my voice, my groove and in it I can see the many blessings more clearly. This month I'm going to express my gratitude to you and to my family and to the many friends, and colleagues that cross my path and smile, give a hand, or provide meaning to my life in some way.

A person I know shared a letter they read in a book. This note sums up a lot - it was sent to a high school English teacher, more than thirty years after being in class.

The main thing I want to tell you is that you were, without question, the most influential teacher I encountered in High School, and that I am extremely grateful for the interest you took in me. You seemed to think I had something on the ball, and trust me on this, that was a minority opinion among the school faculty. Your estimation of my abilities, inflated as it may have been, translated into a certain degree of self-confidence that served me well, I think, in the years that followed.

Perhaps more importantly, you treated me – a pretty unsophisticated 17-18 year old – as an adult, and there is nothing on earth more empowering, to a teenager, than that. Even allowing for the fact that the 1970s were very different times than these, I sometimes find myself thinking “What was she thinking?”

This in some way reveals just how powerful it is to express your gratitude directly to a person in your life. Let me say thank you for allowing me into your lives, for sharing this ministry with me. It is a joy to be here and my dear friends I am grateful!

Have a wonderful season filled with gratitude, compassion and love.

In faith,

Rev. Gordon Clay Bailey



Movie Night

“Stormy Weather” (1943)

Saturday, November 19
6:00pm



The relationship between an aspiring dancer and a popular songstress provides a retrospective of the great African American entertainers of the early 1900s.

RSVP to Paula at
phallowell@gmail.com



Do you have a congregational or community event or notice for the congregation you would like to share? Please send items to communications@uuverdugo.org. We will do our best to place items on Facebook and www.uuverdugo.org. Please Note: If you are intending to use the congregation property all scheduling must still be completed via the appropriate channels such as confirmation with committee chairpersons and Nancy at uucvh@uuverdugo.org. Sending a calendar request does not guarantee space reservations or confirmation of any event. Please contact AJ Blackwood (intern@uuverdugo.org) for more information.

Crescenta Valley Town Council Elections Nov. 18, 19

For those who live in unincorporated La Crescenta and Montrose, this year's CV Town Council elections will be held Fri. Nov. 18, 5:00-8:00 p.m. and Sat Nov 19, 8:00 a.m. to 5:00 p.m. at St. Luke's of the Mountains Episcopal Church, 2563 Foothill Blvd, La Crescenta, CA 91214 (Sadler Hall, parking on Cross Street). For more information see: <http://thecvcouncil.com>
Crescenta Valley Town Council
P.O. Box 8676 La Crescenta, CA 91214-0676
E-mail contact@thecvcouncil.com
Phone: [818-248-9387](tel:818-248-9387)

Message From the Board President

November, 2016

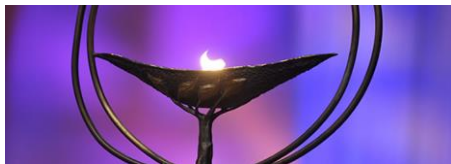
An important election is occurring this month. Democracy and elections are a timely topic this year.

Unitarian-Universalists support the principle of democracy, and elections are an important component of the democratic process. In some places, this may be an issue. Some tactics may seem to transparently favor or suppress one group or another. Are the votes counted honestly? There have certainly been instances of miscounting or additional magical votes since LBJ's Senate election victory in 1948, when 20,000 votes magically appeared. Fake ballots were in existence long before 1948, and they probably did not end in 2012. Are there longer lines in some precincts rather than others, and is the distribution of long lines random? The study of statistics, including clustered sampling, has advanced a lot in the past fifty years. Many Unitarians have professional or other experience applying their analytical abilities. Election results would be a good place to apply those abilities, and I believe UUs should support the scrutiny of election results. Many think voting machines are great. Others think that, just because they are electronic does not mean they cannot be altered. Can electronic voting both 1) be anonymous and 2) produce an audit trail? Can a central processing unit be changed a couple of days before an election? Do voting results seem to be close to predicted results in precincts that use voting machines, compared to precincts that count ballots optically, when statistically corrected for other factors? Are there close ties between management of a firm that produces voting machines and one of the candidates, or their backers?

A new mission statement is in under consideration. Rev Gordon noted that it is good for the vision statement and mission statement to be congruent – that is, to point us in the same general direction. So I invite all to look at the proposed statement in Fellowship Hall.

As we think about all of the things that are wrong with the world, this is traditionally a good month to think about all of the things that we can be grateful for.

Respectfully,
Gary N Clark
Congregation President



On Becoming UU: A History of Unitarian and Universalism Through the Ages

Wednesdays 11/2, 11/16, 6:30 - 8:00 p.m

Neighborhood UU Church Room 5

301 N Orange Grove Blvd , Pasadena, CA 91103

Join our new Ministerial Intern, AJ Blackwood for this informative class. During this workshop series, we will be exploring the history of Unitarianism and Universalism leading up to the 1961 merger creating the Unitarian Universalist Association. Please join us as we connect members of the Neighborhood UU Church and Throop UU Church in learning the stories of our Unitarian and Universalist heritage from the past 2,000 years. The workshop will have both an on-line and on-campus (Neighborhood UU Church) option for attendance. Please contact AJ Blackwood (intern@UUVerdugo.org) or Gregory Carrow-Boyd (gboyd@neighborhooduu.org), Interim Director of Religious Education at Neighborhood UU Church, to register and with any questions.



NOVEMBER INTERFAITH CALENDAR

1

All Saints Day - **Christian**
 Samhain - Beltane **Wicca/Pagan** Northern
 and southern hemispheres
 Birth of the Bab – **Bahí**

2

All Souls Day - **Catholic Christian**
Birth of Baha'u'llah - **Baha'i**

14

Birthday of Guru Nanak Dev Sahib – Sikh

15

Nativity Fast begins - ends Dec. 24 -
Orthodox Christian

20

Christ the King – Christian

24

Martyrdom of Guru Tegh Bahdur - **Sikh**
Thanksgiving - **Interfaith USA**

25

Day of the Covenant * - Baha'i

27

Advent begins through Dec. 24 - **Christian**
 Christ the King - **Christian**
 Ascension of 'Abdu'l-Baha * - **Baha'i**

30

St. Andrew's Day - Christian

Friday, November 11

Food prep begins at 2:00pm for meal service at 6:00pm.

1851 Tyburn Street, Glendale, CA 91204

Ascencia - volunteers needed to prepare food (2:30-5:00 pm) and then serve (5:00-7:00 pm) Friday, November 11. Please contact Reverend Bailey if you are available. Also, we're collecting laundry baskets to take to Ascencia on November 11. If you have one that you need to fill, please contact Nancy in the church office for a list of items and return it by Friday, November 11.

OUR WISH LIST

Thank you for your consideration of in-kind support for Ascencia! Please know that your donation is greatly appreciated and ensures that our limited resources are allocated to their best and highest needs for our clients. We are always in need of the following items:

CLOTHING LINENS, TOWELS, RELATED

New socks and undergarments (for all ages) New bath towels, bedding, pillows, pillowcases
New t-shirts, hats, caps (for all ages) New twin, full, queen mattresses

PERSONAL HYGIENE PRODUCTS HOUSEHOLD (new, unopened, in original packaging)

Laundry detergent, dryer sheets, Shampoo, bar soap, Dishwashing soap, Toothbrush, toothpaste
Bathroom tissues, Combs, razors, tweezers, nail clippers Paper towels, Deodorant Q-tips, band-aids

PANTRY FOR BABIES / TODDLERS

Canned, nonperishable food Diapers, pull-ups, baby wipes, Bottled water, juice boxes Baby formula
Cereal

GIFT CARDS: grocery stores, Target, Walmart, gas

Having a hard time deciding what to donate? If you'd like to help us pay for important items that are not readily anticipated, please consider making a cash donation. You can help us pay for items such as registration fees for job programs or training certificates, boots for work in a specific size, emergency prescription refills or other medical needs. Cash donations also support vital staffing so that we can continue to provide mission-critical services to our homeless clients, such as counseling, housing searches, budgeting and job assistance.

To make a donation online, please visit our website at www.AscenciaCA.org and click the DONATE NOW button on the right side of the page. Checks should be mailed to Ascencia, 1851 Tyburn Street, Glendale, CA 91204.



Want to help the RE children in our program? We need books! Books on emotions, UU faith, social challenges, diversity, social justice.... if it feels UUish, we would love to have it! We always accept gift cards and had a lot of fun shopping at Once Upon a Time in Montrose

BOARD OF Trustees' MEETING

Wednesday, November 9

7:00pm

UUCVH Board Meeting

open to all members.



**OUTLOOK NEWSLETTER
SUBMISSIONS DEADLINE!
SUNDAY, NOVEMBER 13**

Tips to get your message out:

- ✓ Write it yourself.
- ✓ Proofread & correct.
- ✓ Include contact name with phone &/or email.
- ✓ Add date, time, location.
- ✓ Email items to the office

Note that Sunday Orders of Service Bulletin deadline is by the prior Monday.

Eblast requests to be emailed to the office a week in advance

communications@uuverdugo.org

Thanks!



Attention Ralphs Grocery Shoppers!

As part of their program to give back to the community, Ralphs contributes up to 4% of your monthly purchases back to UUCVH. Between 6/1/2016 and 8/31/2016 \$41.54 was contributed to UUCVH. All you have to do is designate UUCVH as your non-profit organization of choice. If you have done this in the past, you must renew in September. To receive funds, an official of the group needs to visit

Here's how to sign up or renew:

- Be sure to have your Ralphs Rewards card handy
- Go to www.ralphs.com and either sign in or register
- Click on My Account > Account Settings > Community Rewards > Edit
- Enter UUCVH's organization **code 83364** and click to search. Click button to select. Click Save to complete enrollment. Click Okay at top of page to save changes.
- If you do not yet have a Ralphs Reward card, they are available for free at the customer service desk at any Ralphs location.
- Do you use your phone number instead or your card at the register? Call Ralphs Rewards Card Hotline 800-660-9003 to get your Rewards Card number.
- Members must swipe their registered Ralphs Reward card or use the phone number that is linked to their registered Ralphs Reward card when shopping for each purchase to count.



Attention Amazon Shoppers Designate UUCVH when you shop at smile.amazon.com (info from Amazon)

What is AmazonSmile?

AmazonSmile is a simple and automatic way for you to support your favorite charitable organization every time you shop, at no cost to you. When you shop at smile.amazon.com, you'll find the exact same low prices, vast selection and convenient shopping experience as Amazon.com, with the added bonus that Amazon will donate a portion of the purchase price to your favorite charitable organization. You can choose from nearly one million organizations to support.

How do I shop at AmazonSmile?

To shop at AmazonSmile simply go to smile.amazon.com from the web browser on your computer or mobile device. You may also want to add a bookmark to smile.amazon.com to make it even easier to return and start your shopping at AmazonSmile.

Can I use my existing Amazon.com account on AmazonSmile?

Yes, you use the same account on Amazon.com and AmazonSmile. Your shopping cart, Wish List, wedding or baby registry, and other account settings are also the same.

How do I select a charitable organization to support when shopping on AmazonSmile?

On your first visit to AmazonSmile (smile.amazon.com), you need to select a charitable organization to receive donations from eligible purchases before you begin shopping. We will remember your selection, and then every eligible purchase you make at smile.amazon.com will result in a donation.

How much of my purchase does Amazon donate?

The AmazonSmile Foundation will donate 0.5% of the purchase price from your eligible AmazonSmile purchases. The purchase price is the amount paid for the item minus any rebates and excluding shipping & handling, gift-wrapping fees, taxes, or service charges.



WOMEN'S GROUP POTLUCK Friday, November 11 @ Noon

Women and those who identify as women,
bring a dish to share & have fun!



Sunday, November 13 MEMBERSHIP COMM. MEETING 9:00am (before Service)

Come help us plan ways to build
connections with other members &
newcomers!

See chair Florence Chase with your interest.



Stay tuned for more information about
UUCVH does Habitat for Humanity and
volunteer opportunities at The Burbank
Temporary Aid Center.

Adult Religious/Spiritual Engagement/Education

All classes take place at UUCVH Fellowship Hall unless noted otherwise

Sunday, November 6 – 12: 15 - 1:00 pm

New to UU .

Bring your questions, come prepared to learn new things about Unitarian Universalism and maybe, just maybe you will want to join us and become officially members of the UUCVH family.

For more information please contact Rev. Gordon Clay Bailey at 818-248-3954 or RevGordon@uuverdugo.org

Light refreshments served.

Tuesday, November 15 - 7-8:30 pm

Spirit of Life

A Tapestry of Faith Program for Adults

Barbara Hamilton-Holway

Spirit of Life workshops offer participants space, time, and community to explore their Unitarian Universalist spirituality. Each focuses on a different aspect of the spiritual life, framed by the lyrics of Carolyn McDade's song "Spirit of Life." Like the song, the workshops are designed to be welcoming to Unitarian Universalists of many spiritual and theological persuasions. Participants are invited to claim an inclusive definition of spirituality and recognize the spiritual aspects of their lives. Reflecting, speaking, and listening are core activities in each workshop.

Intern Update

I am very grateful to have the opportunity to be a part of UUCVH and NUUC as your ministerial intern. I have been welcomed into both of these communities with open arms and hearts. It truly is a wonderful experience to be in your company.

As part of this learning experience, we, students in the ministerial formation process, are asked to establish an internship committee. This committee is to be comprised of a diverse cross-section of the congregation who has a commitment to the growth of Unitarian Universalism. Duties of the committee are to meet with me once a month and assist me with my learning goals as well as provided feedback about my ministerial presence as they experience it. They are also here to serve you, receiving feedback about your experiences with me and my ministry. Lastly, as a collective, the committee will also be providing formal feedback to the UUA Ministerial Fellowship Committee with recommendations about my ministerial process.

I am very grateful and pleased to announce that we now this committee in place.

From UU Church of the Verdugo Hills:

Lisa Bailey
Betsy Burcham
Jesse Silver
Cindy Lopez

From Neighborhood UU Church:

Bill Mejia
Nancy Nielson-Brown
Julian Juarez

Members of both congregations are encouraged to communicate with me directly, Rev Gordon, and Rev Lissa and members of the committee with any feedback you feel appropriate.

As always you can contact me directly at:

ajblackwood@neighborhooduu.org
internminister@uuverdugo.org

Rev Gordon: RevGordon@uuverdugo.org

Rev Lissa: L Gundlach@neighborhooduu.org

Internship Committee: InternshipCommittee@uuverdugo.org

Board Meeting Minutes Summary
October 12, 2016

Present: Gary Clark, Howard Richman, Vivienne Paige, Rev. Gordon, Elizabeth Brown, Cindy Lopez, David Hostetter, A.J. Blackwood, Ann Kleinsasser.

Reports

Minister--Rev. Gordon informed the board of his activities during the month. He will continue and increase efforts to follow-up with members who have not been in attendance and may be in need of pastoral care.

Treasurer--Vivienne submitted the financial reports. On behalf of the Finance Committee, Vivienne requested that we discuss long-term financial sustainability at the next board meeting.

Office administrator--Howard has bought needed supplies as requested by Nancy. Rev. Gordon will ask Nancy to include Sunday sermon topics in the Outlook calendar as was previously done.

Worship Committee--Bonnie Keith will be the new chair. Outside speakers will most likely not be needed this year since Rev. Gordon and AJ will cover most services, and Lisa and Suni will prepare solstice and equinox services. Committee discussed "dressing the sanctuary".

RE Committee--Cindy reported that the committee is planning a service on Nov. 20 for International Children's Day. They are working on better communication between parents, and will be working with Rev. Gordon and AJ on children's story time and plans for a "children's chapel".

RE Coordinator--Elizabeth shared that the RE committee is looking for a more comprehensive program. To foster growth in the congregation, we should focus on growing the RE program so that: existing children will have something to grow into, we can provide a place for young families who are looking for community, and we will have a place for different age groups. Growing the program would require the RE Coordinator to serve more hours. We should also offer more money for the RE Assistant currently being sought. Budget can't be changed this year, but fundraising is possible.

M/S/C to raise the advertised RE Assistant salary to a maximum of \$12/hr.

Old Business

Rev. Gordon emphasized that our Mission Statement/Vision should coordinate with our Strategic Plan. The Strategic Plan task force will draw up a new mission statement with congregational input received, to be voted on at the next salad luncheon.

Strategic Plan task force--David Hostetter (chair), Alan Kleinsasser, Vivienne Paine, Amy Starbin, Gary Clark (board president). A preliminary draft of a 2016-17 Strategic Plan was presented and discussed. Board members are encouraged to send feedback to David. Rev. Gordon will sit in on next meeting.

Meeting adjourned at 8:55.

Respectfully submitted,
Ann Kleinsasser, Recording Secretary



Sunday, November 6
First Sunday Potluck
Following service at 11:30am
Bring a salad luncheon dish
to share!



SUNDAY VOLUNTEERS

November 6:

Ann Kleinsasser, Greeter
Carol Holst, Usher
Howard Richman, Sound Tech

November 13:

Celia Eiben, Greeter
Paul Kopit, Usher
Alan Kleinsasser, Sound Tech

November 20:

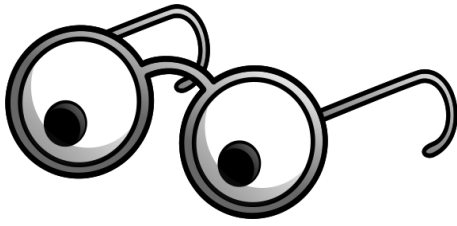
Julie Tveden, Greeter
Gary Clark, Usher
Jesse Silver, Sound Tech

November 27:

Ann Rillo, Greeter
Howard Richman, Usher
Sound Tech



Friendship Dinners
Saturday, November 5



The Social Action Circle is collecting used eyeglasses to donate to the Lions Club which will be refurbished for distribution to people in need of glasses. Please bring your old glasses to church on Sunday, November 20. Thank you.



Children's Religious Education
Elizabeth Brown

UUCVH is growing and we have more children attending church with their families than we have had in a long time! We are excited about this change and are hopeful that our congregation will help us to celebrate this growth by supporting the development and expansion of children's programming. In an effort to help connect our congregation to our children, we will be celebrating Universal Children's Day at our November 20th service. We are looking forward to finding ways to reminisce on our congregation's childhood and celebrate the incredible (young) beings in our church! It will be a very special, and sort of different service, but one that will help us give our inner children the opportunity to come out and play! We hope you will join us :)

In this newsletter we will be exploring what Universal Children's Day is and why it is so important for us to focus on our littlest citizens... after all they are truly our future.

The History of Universal Children's Day

Universal Children's Day was first announced by the General Assembly of the United Nations in 1954. Originally, there were 2 goals this day was to help achieve: to encourage children of all races, creeds and religions to spend time together, getting to know each other and appreciating each other's differences, and to prompt governments worldwide to pay more attention to the welfare of their youngest citizens. Although Universal Children's Day takes place on November 20th, each country that participates in the festivities has its own date set aside for this purpose—in South Sudan, for example, Children's Day is celebrated on December 23rd, in Cuba on the third Sunday of July, and in Poland on June 1st. Since its establishment as a holiday, Universal Children's Day has been tied to many different, honorable causes, such as the commitment to stopping HIV/AIDS by 2015. Another one of the goals Secretary-General Ban Ki-moon of the United Nations aspires to reach is for every child to have access to an education and be able to attend school. Promoting peace, respect and concern for the environment among the world's children are also considered to be of utmost importance.

How to Celebrate Universal Children's Day

- Volunteer to read to a group of children at your local library
- Spend a bit of extra time with the special children in your lives
- Attend a service or celebration to learn more about what Universal Children's Day is all about
- Try something new with a child... go for a hike, connect with nature, take a short road trip
- Read information about current events in our world that are effecting children
- Donate to a cause that helps children worldwide and locally
- Take time to reflect on your childhood, what were some wonderful things, what were somethings you would change
- Contact someone in your life that made a difference in you growing up and thank them

There is so much you can do to celebrate the children in your life, but the most important thing is to advocate for their rights. We are a fast paced, independent society that often forgets to slow down and think about our children's needs. They will help to shape the future of our world... isn't it time to really shift our focus?

November 2016						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2 6:30pm – On Becoming a UU @ Neighborhood UU Church 7:00pm – Comm. On Ministry	3	4	5 7:00pm – Friendship Dinners
6 10:30am Worship Service “ Law Not War” 11:30am – First Sunday Potluck 12:00pm – New to UU 12:15pm – RE Committee	7	8	9 7:00pm – Board Mtg	10	11 VETERAN'S DAY 12noon Women's Potluck Luncheon 2:00pm Guest Chef @ Ascencia, Glendale	12
13 9-10am Membership Committee 10:30am Worship Service “UU Service Committee Saves Lives” NEWSLETTER DEADLINE	14	15 7:00pm – Spirit of Life RE	16 6:30pm – On Becoming a UU @ Neighborhood UU Church	17	18	19 7:00pm – Movie Night – “Stormy Weather”
20 Universal Children's Day 10:30am Worship Service “Universal Children's Day” Please bring used eyeglasses	21	22	23	24 5:00pm – Thanksgiving Celebration	25	26
27 10:30am Worship Service “Thanks... I want More”	28	29	30			

All events take place at UUCVH unless otherwise noted

