President's Corner
By John Walker

This summer we successfully added an automated program allowing our members to renew their membership and parking permits electronically, by way of the internet; it certainly went better than anticipated! Nearly two thirds of our members used our new system with very few issues.

Next month I will update you on our meeting with CSU-Sacramento’s new president, Robert Nelsen. We will meet with him on September 4, 2015.

Please remember that we will celebrate our 30th anniversary as Renaissance at our luncheon in the spring. The date and other details will be announced later. Stay tuned!

In the thirty years of our wonderful organization, Renaissance has flourished and grown steadily. Be sure to make it a priority to attend and celebrate the best lifelong learning society anywhere!

Finally, a reminder to wear your name tag with emergency contact information. This helps us to not only remember names, but also lets emergency personnel know who to contact in the event of an accident.

FORUMS
Fridays at 3 p.m.
Del Norte 1004 unless otherwise noted

Oct. 2: Eric Guerra, Sacramento City Councilmember from District: Support for Sacramento’s youth and young adults.
Oct. 16: Kevin Johnson, Sacramento City Mayor
Oct. 30: Jeannine English, President AARP

Travel and Adventure
Library Room 1533, 10:00 a.m. to 11:30 a.m.
Arrive early, seating is limited
Richard Peter, Leader

Oct. 2: Southern Odyssey. In March of 2015, Lynn and Marshall Wilkins traveled to southernmost South America, beginning in Buenos Aires, Argentina and then into Patagonia through El Calafate on the edge of the Southern Patagonia Ice Field and Torres del Paine National Park in Chile. This was followed by a cruise on the Stella Australis for five days, going ashore at Cape Horn. A trip to Iguazu Falls in Argentina wrapped up their journey.

Oct. 9: The Balkans. Terry and JoAnn Moss traveled to Croatia, Slovenia, Bosnia and Montenegro in September, 2014. Formally part of Yugoslavia, these new countries fought the Serbs to secure their independence. Tourism is now in vogue and there is plenty to see. Two memorable sights are Dubrovnik, Croatia and Lake Bled in Slovenia. Dubrovnik is Europe’s best preserved walled city and Bled is a beautiful alpine lake featuring a 1000 year-old castle on its shore.

Oct. 16: Beethoven to Barcelona. This summer Bob Seyfried completed a very pleasant task that he’d been contemplating for years. He traveled solo to Bonn, Germany and then to Vienna, Austria to visit and photograph all the known residences of Ludwig van Beethoven. It proved to be a successful and gratifying 12 days. Following that, Bob flew to Rome where he joined his wife, Jessica, and together they cruised for seven days from Rome to Barcelona. They spent three weeks exploring Barcelona, the Andalusian countryside and the Costa Brava.

Oct. 23: Travel Photography. Drawing on years of travel experience, Tom Blackburn presents a brief survey of travel photography equipment needs, image capture techniques and image organization and storage, as well as effective slide show presentation.

Oct. 30: Indonesian Adventure. Chris and Julia Smith share details of their travels through central Java and Bali, Indonesia. They lived with local families in Bandung and Malang, bicycled down a mountain in Bali and attended a Hindu ceremony among other adventures.
SEMINAR LEADER’S WORKSHOP

By Marty Keale

The Seminar Leader’s Workshop for the Fall 2015-16 Semester was held on Friday, August 21st in the Redwood Room. Just over 80 people attended, including not only Seminar Leaders, but Co-Leaders, prospective leaders and selected members of Renaissance leadership. Audience feedback for the event was very positive, indicating that virtually every presentation hit the mark in terms of interest and effectiveness. And it was noted that, with a full agenda of almost a dozen presentations, the event organizers managed to keep to the schedule throughout.

Photos courtesy of Jeff Hendy

Renaissance Society
New Member Mentor

The New Member Mentor program is designed to assist new members to assimilate into the Renaissance Society. The New Member Mentor counsels, supports, encourages and assists new members to participate in the various activities in the organization. The New Member Mentor will be available for trouble shooting problems identified by the new membership and to provide direct communication to and from new members.

Dolores Eitel is a member of the Membership Committee and is pioneering this role. She can be reached at: doloressurvived@gmail.com, or call her at (916) 952-9369.

A LUNCHTIME FAVORITE

MEN WELCOME

Ballroom & Line Dancing

Please contact Richard Kowaleski at kowaleski@earthlink.net, or see your catalog.
MEET JOHN WALKER
By Bob Schmidt

John Walker, elected president of Renaissance in May, is typical of other members, in that he has had an interesting and varied life.

He was born in Patterson, New Jersey. John’s career included four years of service in the Air Force. After his service, John became a salesman and sales manager for several food sales companies. These include Monarch Foods in Sacramento, where he became president of the company.

John’s prior experience includes work in Stockton, Livermore, Danville, Sacramento and mostly, in the Bay Area. John came to Sacramento after retiring at age 61.

It was his Air Force time at Mather Air Force Base that convinced John that Sacramento was where he wanted to live.

“It was really different from New Jersey,” he said, “and I liked the city, the people, just the appearance and feel of it.”

John joined Renaissance in 2003 after reading an article about it in the Bee. He has been active in its operation right from the beginning. He was chosen Renaissance’s controller in 2005 and held that job until 2012. He joined the Forum Committee in 2006 and became its chairman in 2011.

John is married to Johanna, who is also a member of Renaissance.

IN MEMORIUM

Tom Griffin passed away on August 14, 2015. He had been a Renaissance member since 2004.

Hal Cohen, who was with the singing group for many years, died July 18, 2015. He had been a Renaissance member since 1988. His widow, Anita Ratner, is also a long-time member.

Robert S. Dinsmore, age 80, passed away on July 13, 2015. He was a long-time Renaissance member and supporter of CSU-Sacramento music programs. He had moved to San Antonio, Texas earlier this year.

Lillian Frances Wright passed away on June 22, 2015. She had been a member of Renaissance since January 2012.

RENAISSANCE RECORDER
HELP NEEDED

The Renaissance Recorder is published every month and provides space for new Renaissance activities, committee information and easy to find monthly lists for morning documentaries, mini-seminars, Travel and Adventure and Forums.

We currently have two editors who alternately compile each month’s Recorder for publication. One of the editors is reducing his involvement and we need someone to take his place.

An editor compiles material, edits items submitted for publication and formats the Recorder for final publication. This is a chance for you to exercise your writing skills and to get acquainted with the workings of the Renaissance Society.

The Recorder uses Microsoft Word and Microsoft Publisher. If you don’t have a copy of Publisher we can make one available. The current editors will happily train and offer loads of help in learning to use Publisher. If you are used to Word you can easily learn Publisher, the two are parallel software products.

If you are interested and want to talk about this, contact Dan Keller, dkkl@surewest.net, 916-457-5928 or Jennifer Cummings, jennifer1945@hotmail.com, 916 425-9350.

RENASSANCE ORIENTATION August 28, 2015.
An attentive audience!

Photo courtesy of Jeff Hendy
MINI-SEMINARS
Programs are 10 a.m. to 11:30 a.m. in Library 1522
* Indicates a member requested program
Joy Skalbeck, Leader

*Oct. 2: Greg Goodsell, Senior Docent at the California Automobile Museum, returns for a program on “Automotive Evolution—From automatic transmission to the self-driving car.”

*Oct. 9: "The History of Sacramento." We may have a basic idea of the history of our city, but how well do we know the details of Sacramento's emergence as a major city in California? Sacramento historian Mark Davidson will discuss the history of Sacramento, including some details we may be familiar with and some that may surprise us.

*Oct. 16: "Where We Went and Why – The Plane and the Politics.” Jerry Glasser, SR-71 Instructor Pilot and systems training director, presents a PowerPoint program about Lockheed's “Skunk Works” Blackbird effort.

*Oct. 23: Popular seminar leader Dave Lockwood: “The ‘Science’ of Science Fiction—What Did Authors Get Right & What Did They Get Wrong?”

*Oct. 30: Renaissance Computer Guru: Jeff Hendy will discuss computer safety; other things we should know about computers; and what’s going on in Renaissance “tech-wise.”

VOLUNTEERS NEEDED!
Volunteers needed to join the Mini-Seminar Committee!
We have fourteen wonderful mini-seminars for this semester—and only six committee members to handle the scheduling of presentations.
Please contact Joy Skalbeck at jrskalback@gmail.com if you are interested in participating in this committee.

Why Join a Writers’ Group?
By Marian Kile
I didn’t join because I’m a writer.
I didn’t join because I knew what I wanted to accomplish.
I didn’t join so I could help others.

I joined because I had some family stories I wanted to share.

When I joined Writers’ Group I in 2007, my writing style was pretty much like reading a second grade book. I knew the basics of grammar and could usually spot when something was wrong but I didn’t always know how to correct it.

I found that no one in the group was an expert and they didn’t expect me to be one. They critiqued my writing to improve the readability of the story. I never felt they were criticizing me. I was able to improve my writing simply by doing more writing. I didn’t write every week but I tried to attend each week to experience other members’ writings. As the other writings were read and insights were shared for improvement, I began incorporating those ideas into my own work.

If writing in a group sounds intimidating or maybe you feel you don’t really have anything to write about, consider checking out some of the Renaissance writers’ groups. You might attend one or two meetings of one or several groups to see and hear how the groups function and hear the variety of subjects being written about. I think you will be surprised and encouraged to try some writing of your own. There’s a group out there that will be a fit for you.

Writing Personal Histories: On campus every Friday afternoon, three groups being offered.

Creative Writers Anonymous: Off campus, Wednesdays
Memoirs: Off campus, 1st and 3rd Mondays
Writers Circle: Off campus, alternate Mondays
Writers Group I: Off campus, Thursdays
Writers’ Workshop II: Off campus Tuesdays

If you are interested in checking out a group, call the group leaders as listed in your fall Renaissance Activities Catalog.

Just For Fun
By Ivy Hendy

Renaissance gives people a hand
When it come to the lay of the land
While there is camaraderie
It's like winning the lottery
Where courses are key and are planned
Oct. 2: The Overnighters is a 2014 film that was both a finalist for the 2015 Oscar nominations, as well as a special Jury Award for Intuitive filmmaking at the 2014 Sundance Film Festival. It is an intimate portrait of job-seekers desperately chasing the broken American Dream to the tiny oil boom town of Williston, North Dakota. Pastor Jay Reinke starts a controversial “overnighters” program, allowing desperate workers a dorm and a counseling center. When his project immediately runs into resistance from both his church and neighbors, he must make a decision with shattering consequences that he never imagined. This film tells an electrifying story about the promise of redemption and the limits of compassion. (102 mins.)

Oct. 9: The Case Against 8 is also a 2014 film that was a finalist for the 2015 Oscar nominations and a Grand Jury Award winner for directing at the 2014 Sundance Film Festival. After the California Supreme Court ruled in May 2008 that same-sex couples could marry, Proposition 8 was put on the ballot to amend the state constitution to define marriage as being between a man and a woman. After Proposition 8 passed, its constitutionality was challenged. This film is a clear-eyed account of a tortuous civil-rights case that grips the audience from start to finish. It follows the efforts of the four plaintiffs and their attorneys, David Boies and Theodore Olson, over four years as the case, Perry v. Schwarzenegger, winds its way through the courts—resulting in the US Supreme Court declaring that Proposition 8 violated the U.S. Constitution. The film is a stirring civil rights story that is both cogent and emotionally charged. (112 mins.)

Oct 16: GMO OMG (2014) explores the question, “who controls the future of your food?” It examines the systematic corporate takeover and potential loss of humanity’s most precious and ancient inheritance: seeds. Director Jeremy Seifert investigates how loss of seed diversity and corresponding laboratory assisted genetic alteration of food affects his young children, the health of our planet and freedom of choice everywhere. The film follows one family’s struggle to live and eat without participating in an unhealthy, unjust and destructive food system. (93 mins.)

Oct 23: Code Black (2014), physician Ryan McGarry follows a dedicated team of charismatic young doctors-in-training as they wrestle with their ideals and the realities of saving lives in a complex, overburdened system. Their training ground is “C-Booth,” the L.A. County Hospital’s legendary trauma bay and the birthplace of Emergency Medicine. Code Black offers a tense, doctor’s-eye-view into the heart of the healthcare debate—bringing us face to face with America’s only 24/7 safety net. (82 mins.)

Oct 30: Rich Hill is a 2014 film that won the Grand Jury prize at the 2014 Sundance Film Festival. As compassionate as it is infuriating, it offers a sobering glimpse of American poverty. The setting, Rich Hill, Missouri, could be any of the countless small towns that blanket America’s heartland. But to teenagers Andrew, Harley and Appachey, it is their home. As they ride their skateboards and go to football practice, they are like millions of other boys coming of age the world over. But faced with difficult circumstances—iso lation, instability and parental unemployment—adolescence can be a daily struggle just to survive. With no road map and all evidence to the contrary, they cling to the hope that even they can live the American dream. The film is an irresistibly moving and inspirational portrait of the challenges, hopes and dreams of America’s poverty-stricken youth. (91 mins.)

MAN'S GREATEST ENGINEERING ACHIEVEMENTS
9:30 to 11:30, Library Rm. 3021
Richard Dabrowiak, Seminar Leader

Oct. 2: No Class - Richard is out of town.
Oct. 9: No Class - Richard is out of town.

Oct. 16: World’s Largest Domed Structures
The Oita Dome (Japan), the largest domed structure in the world owes its existence to the progression of domed structures over the ages. Tracing back to the Roman Pantheon a series of engineering developments over a 2,000 year time span has made possible today’s monumental domed structures. Explanations by the Seminar Leader and class discussions will make clear the engineering breakthroughs which made it all possible.

Oct. 23: Panama Canal
Often called one of the seven wonders of the modern world, building the Panama Canal was a project of colossal scope which sought to link the two largest oceans in the world and reduce the sailing time from the East Coast to the West Coast by months. Successful completion of this engineering mega project, despite all the deadly diseases and hardships, established the United States as the leading technological country in the world.

Oct. 30: Evolution of Skyscrapers.
This class documents a series of engineering breakthroughs that made possible the monumental growth of the tallest buildings in the world. The range of featured buildings spans from the 19th century Equitable Building to the present world's tallest building the Burj Dubai Tower. Presentations by the Seminar Leader and class discussions will further amplify the engineering principles that made this progression possible.
Dining Together

Dining Together will once again open its season on Wednesday, October 14th, at Lemon Grass Restaurant at 601 Munroe Street next to Loehmann’s Plaza. We’ll meet at 5:30 and there will be separate checks, but management has asked that we bring cash!

Please call or e-mail Noel Hinde, 482-6724 or noelg@hinde.net; or Fran Stroud, 929-2543 or fbstroud@msn.com for your reservation no later than October 12. Remember your name tag!

2015 Scholarship Winners

We apologize to our six scholarship students, some of whose names were incorrectly spelled in the September Recorder. We are reprinting the photo of our 2015 winners with their correctly spelled names.

Congratulations Students!

Camping and More

Camping and More is an off campus seminar devoted to camping and exploring interesting places with a group. Three or four times a year the group travels to a campground for two or three nights. Members can pitch their own tent or stay in a local hotel.

For 2016 plans are being made to camp at Pinecrest Lake near Sonora, Big Basin Redwoods or Ano Nuevo State Park and Julia Pfeiffer Park at Big Sur.

For the remaining months, local day trips within a 2 hour drive are arranged. The group will travel to The Black Diamond Mines in the East Bay, see the Metropolitan Opera live in a local theater, view a Shakespeare play in the park, kayak on Lake Tahoe and play Monster Golf. A holiday party and dinner or lunch out are often included in the activities.

If you have any questions regarding the Camping and More group, please call Susan Rubinstein at 916-716-8151.

Members of the Camping and More group at a recent trip to Lake Tahoe. Photo courtesy of LaVon Burstriner and Gayle Higgins.
CLINICAL PEARLS
By Dolores J. Eitel, BSN, MA, NYc
Family Nurse Practitioner

Healthy Feet: Preserving and Improving Foot Healthcare

Feet, subjected to enormous amounts of mechanical stress, are the most utilized and neglected parts of the body. Feet support your weight, serve as shock absorbers, maintain balance and push forward with each step when you walk. Healthy feet can prevent falls. Feet are complex structures made up of 26 bones, 33 joints, more than 100 muscles, tendons, ligaments; nerve paths and blood circulation. Basic foot care, and if you have a problem, early intervention from a Doctor of Podiatry (DMP-Podiatrist) will keep you active and independent.

Normal changes that occur in the aging process affect foot health. These changes include a decrease in skin cell turnover, collagen production; thinning and drying of skin, a decrease in the fat layer of skin; decreased skin sensitivity to temperature, feeling and pain; loss of strength in muscles, tendons and ligaments; hormonal changes; decreases in bone density; decreased circulation to extremities; and thicker brittle nails. These normal changes, in addition to stress from daily weight bearing, bring about common problems in the feet such as: skin conditions, cracked heels, decreased arch height, lengthening, increased width, stiff joints and nerve dysfunction.

Other factors such as heredity, lifestyle choices, co-morbidities, occupation, and activity cause foot problems. The number one cause of foot problems in adults over age 65 is ill-fitting or unsafe shoe choices. This fact alone causes falls and fractures in the aging population. Non-natural problems that occur are hammer toes, bunions, clawing, corns, calluses, neuroma, and arthritis of joints.

Tips for Healthy Feet
- Make healthy life style choices: Maintain a healthy weight. No smoking or alcohol abuse. Wear shoes that fit, are cushioned and supportive. Avoid flat shoes, flip flops (except around showers and pools). Wear cotton socks without seams in closed shoes. Know the exact size of your feet and your foot type. Ascertain if your arch is neutral, high, low. Know your walking, running style: determine and correct pronations. Create a footprint (a 3D Scan is the most accurate measurement available in some shoe stores or can be done by a DMP). Alternate shoes daily. Buy new shoes when your feet are the largest (swelling). Be sure to buy the size of your larger foot. New shoes should immediately feel comfortable.
- Have a yearly exam of your feet by a DMP. Examine your feet daily. Do not attempt to self-diagnose and/or treat an infection, remove a foreign body, or any problems. Over-the-counter plasters, fungal ointments, and chemicals, can do more harm than good.
- Never walk barefoot anywhere, even indoors. A new fad, running/walking barefoot is not safe for older adults.
- Protect your feet from hot or very cold temperatures.
- Sit with your legs uncrossed or uncross them frequently.
- Keep feet flexible with exercises (specific exercises can be found on the internet).

Perform Healthy Foot Hygiene:
- Soak feet in warm (92 degree), soapy water or Epsom salt mixture. Rinse & dry thoroughly.
- Remove light calluses with pumice, hindu stone or emery board. Never use a razor.
- Gently push back cuticles with an orange stick. Never cut cuticles.
- Trim toenails straight across, leaving a few millimeters of skin beyond the nail margin. Edge with an emery board.
- Apply moisturizing cream and massage to absorb completely. Use cream with urea in it such as Eucerin. Never leave cream on or in between toes.
- Maintain clean equipment. Sterilize your equipment after each use.

Reference and further reading: www.nia.nih.gov.
Has your e-mail address changed? Phone number?  
Please contact the Renaissance Society office so that their records can be updated.  
Please remember to shred your Renaissance Member Directories when the new ones are mailed out.