



The Renaissance
Society of Sacramento
fall.catalog.2023

welcome



Reflections and Visions, Mirrors and Crystal Balls

Hold up a mirror on our 2022-23 academic year and celebrate! Over 1700 members, nearly 300 programs, two of our seven scholarships now fully endowed, a second Golden Plate Award from the ASI Food Pantry, another year of successful partnerships with the Gerontology and Physical Therapy departments, and a revived partnership with the Psychology Department.

Members more than doubled our donation goal for our scholarship donations during the spring Give Sac State Day fundraiser. Our social events gained renewed vigor and enriched the lives of our members.

What glorious accomplishments and a fine legacy.

Our summer program celebrated the diversity of the community to which we belong. Our speakers were from the Native American, African American, Hispanic, Latinx, Asian, and LGBTQ communities. Our Juneteenth presentation was featured on Capitol Public Radio and a local television station. We had tours of the CA Indian Museum, the Planetarium, campus art murals, affinity centers, and greenhouses. We even had a tour of the CA State Archives. Our stunning grand finale was an invitation to a Gospel Choir and gospel music at the St. Andrews AME church where we bonded with the congregation and performers over a catered lunch.

Whether you are a prospective, new, or long-standing member, I invite you to reflect on and rejoice over 37 years of learning, connecting, and sharing!

Reflecting in those mirrors gives us a glimpse into a new crystal ball. Let's look at the future of our organization. Yes, we can build our membership back to pre-COVID levels. Yes, we can reach out to the many diverse communities in the Sacramento and surrounding areas to draw them in. Yes, we can endow more scholarships. And yes, we can be a catalyst for more community engagement.

I invite you to look into our crystal ball, this Fall Catalog. Join the momentum, help further our goals, and contribute your ideas and efforts.

Si, se puede!



Deborah Seiler
Board President

learning and innovation

Learning and Innovation go hand in hand. The arrogance of success is to think that what you did yesterday will be sufficient for tomorrow.

—C. William Pollard

Since the catalog development process, as well as the product itself, is modified every semester, we take comfort in Pollard's words. We listen to your suggestions with the belief that there is always room for improvement, and relish compliments when we succeed. As you read the Fall 2023 Catalog look for these innovations and ideas:

WHAT'S NEW?

- [Page 67](#) introduces you to the benefits of the Sac State library card
- [Page 68](#) states the badge policy and Zoom identification etiquette
- **For the Monday Big History and Wednesday Science Series:**

Click just one button to enroll in each series for the entire semester

The series' coordinators will share their semester schedules and update you weekly with important information

You can then pick and choose which weeks to attend
- The Covid Protocol has changed! Masks, vaccination cards, and weekly attestations no longer come into play

WHAT'S NOTEWORTHY?


- **Help Desk:**
The first two Fridays of the semester. Pick up badges and maps.
- **Like to socialize?**
Join members on Fridays for lunch at Engrained restaurant or sit with the Brown Bag Lunch Bunch in the food court of Union Hall

First Friday Round Table Pizza Parties at 4:15 pm. Come join the fun!
- **Share your time and skills:**
Join a committee, offer a program, serve as a tech host, mentor a Sac State student or an RS program leader or tech host, usher a performance, assist the office staff, become a member at large, or plan an event. such as the Open House or Program Leader Workshop

We look forward to seeing you on Zoom and on campus. Keep sending your suggestions. It's how we learn what meets your needs. Innovation does not happen in a vacuum.

Pam O'Brien and Kathryn Tobias, Program Committee Co-Chairs

contents

The **page numbers** are live links.
If you click on them, you will be
directed to the first page of the
applicable section in the catalog. 

learn

Our Learning Programs	6
At-A-Glance Program Schedule	7
Seminars.....	14
Monday to Thursday.....	14
Friday	21
Shared Interest Groups [SIGs]	32
Monday to Thursday.....	32
Friday	38
One-Time Presentations.....	42
Forums	51
Diversity, Inclusion, and Social Justice	55
Program Index.....	57
Directory of Leaders, Coordinators, and Presenters	60

connect

Who We Are	64
How to Join If You are a New or Returning Member	65
Orientation and Open House.....	66
Sac State Library Services for Members	67
Why Badges?	68
Parking Permits	68
Look Your Best in Zoom	69
Enrolling in Programs and Ways to Connect.....	71
Board Members, Committee Chairs, Sac State Liaison, Office Staff.....	72

share

Annual Report	74
Renaissance Society Values.....	74
Join Our Team of Leaders, Coordinators, and Presenters	75
Make a Difference by Giving.....	76
Consider Volunteering as a Zoom Tech Host	78
Volunteer to Work with Sac State Students and our Community.....	79
Volunteer for a Committee.....	80
Membership Map.....	81
Acknowledgments.....	82

calendar of events

IMPORTANT FALL 2023 DATES

JUNE 1 Annual membership registration starts	SEPTEMBER 4 Labor Day – Campus Closed
JULY 1 Online Parking Permit Portal Opens	SEPTEMBER 5 Fall 2023 Programs Begin
AUGUST 7 Fall 2023 Catalog posted to RS Website	NOVEMBER 10 Veterans’ Day – Campus Closed
AUGUST 14 Program Enrollment Starts	NOVEMBER 23 AND 24 Thanksgiving Holiday – Campus Closed
AUGUST 18 Orientation and Open House	DECEMBER 8 Fall 2023 Programs end

IMPORTANT SPRING 2024 DATES

AUGUST 21, 2023 Invitation Requesting Applications for Spring 2024 Programs	JANUARY 15 Martin Luther King Day – Campus Closed
SEPTEMBER 22, 2023 Submission deadline for Spring 2024 Program Application Forms	JANUARY 22 Spring 2024 Program Enrollment Starts
AUGUST 28, 2023 Invitation requesting Photos for Spring 2024 Catalog	JANUARY 19, 2024 Program Leaders’ Workshop
OCTOBER 8, 2023 Submission deadline for Photos for Spring 2024 Catalog	JANUARY 26 Orientation and Open House
NOVEMBER 15, 2023 Mid-year membership registration starts	FEBRUARY 5 Spring 2024 Programs Begin
DECEMBER 25 — JANUARY 1 Winter Break – Campus Closed	MARCH 18 – 22 Spring Break – Campus Closed
JANUARY 8 Spring 2024 Catalog posted to RS Website	APRIL 1 Cesar Chavez Day – Campus Closed
	MAY 10 Spring Programs End
	MAY 17 Program Leaders’ Workshop

SOCIAL EVENTS

Pizza Parties, Round Table Pizza in University Union — September 8; October 6; November 3; December 1
Fall Picnic in Arden Park to Honor Hispanic and Latinx Cultures: September 17



our various learning programs

We are lucky to be living in a technology-friendly era and will continue to use these tools at our fingertips to deliver the majority of our programs, either in hybrid mode on campus or by Zoom in the safety and comfort of our own homes. Zoom is not difficult to use, and you’ll discover new avenues of connecting with classmates through discussion groups, breakout rooms, and other interactive tools. You will get directions from your program leaders, facilitators, or tech hosts, or in the user-friendly materials developed by our Tech Committee. As a note, many of our programs will also be recorded and available for viewing later on our member website. We offer four types of programs—Seminars, Shared Interest Groups (SIGs), One-time Presentations, and Forums.

SEMINARS	SIGs (Shared Interest Groups)	ONE-TIME PRESENTATIONS	FORUMS
<ul style="list-style-type: none">Series of classes initiated and led by fellow RS MembersWide-ranging subject areas: arts, entertainment, literature, history, social justice, science, technology, contemporary thought, etc.Weekly courses meet for 3 to 12 weeks/ semester.... begin at 10 am, 1 pm, or 2 pmCurrently meeting via Zoom (M–Th) and on Campus (F)	<ul style="list-style-type: none">Groups initiated and facilitated by fellow RS Members sharing common interests and ideasActivities typically include writing, art, literature, games, foreign language, food, health and travelMeeting times and frequency set by the SIG facilitator and groupUsually meet off campus, in a variety of settings	<ul style="list-style-type: none">Single, one-time presentations given by RS Members or community-at -large speakersWide-ranging, varied topicsTypically, last 1 to 1.5 hoursPartnering with local groups such as Sac. Historical Society, local libraries, Senior Living FacilitiesCurrently meeting via Zoom (M, Tu, W) and on campus (F)	<ul style="list-style-type: none">Highly acclaimed speakers, community leaders, and recognized topic expertsAddressing diverse issues of critical concern and intense interestFridays—3-4 pm (no schedule conflicts with any other programs)Presentations with interactive Q & ACurrently meeting on campus in hybrid mode

at-a-glance
program schedule

This At-a-Glance organizes programs by day of week, time of day, and type of program. Use the Abbreviation Key below to identify each program’s delivery format and recording status.

D = Diversity program; **FS** = Program fully subscribed; **H** = Hybrid (IP + Z) program; **NR** = Program not recorded; **OE** = Overlapping enrollment; **R** = Program recorded; **WI** = Walk-in program — use online system to enroll or check with leader; **Z** = Zoom-only; IP = In-person only

Seminars — led by one or more members, range from 3-12 weeks, and focus on one subject.
Shared Interest Groups (SIGs) — facilitated by members, offer activities centered on what people enjoy doing together. These groups usually meet off campus or on Zoom.
One-Time Presentations — feature a variety of speakers by member and guest presenters. Community Presentations and Monday Big History Series enrollments are open to non-members. Tuesday Speaker Series, Wednesday Science Series, and Friday On-Campus Speakers require membership.
Forums — Friday’s premier speaker program held at 3pm and features prominent community leaders who address newsworthy issues.

Program Identifiers and Delivery Formats
Overlapping Enrollment (OE) allows members to enroll in Monday – Thursday, Zoom-only programs, even if the programs overlap in time.
Fully Subscribed programs (FS) are currently full and are listed for informational purposes only. If you have questions, contact the program leaders directly.
Walk-in programs (WI) use online system to enroll or check with leader

Do You Need a Paper Schedule? Pick Up One (or More) in the Office
Use this document to look for programs and then find in-depth program descriptions and leader bios in the catalog on our website. Take one or more to share with your friends. Both the flipbook and the PDF Catalog versions allow you to print any page.

Parking on Campus — Now Virtual!
Sac State no longer issues parking stickers. To find information about the new License Plate Recognition system type www.csus.edu/rensoc into your browser to access the Renaissance Society Home Page and click *Virtual Parking Permits*.

See Abbreviation Key for Delivery Formats

Link to a **Page No.** for the course description

MONDAY PROGRAMS AT A GLANCE

	Time	Title	Leader Name	Dates	Pg#
Seminars					
Z/R/OE	12–1pm	Understanding How to Invest in This Market	Sanjay Varshney	Sep 11–Oct 16	14
Shared Interest Groups					
Z/NR/OE	9:30–11:30am	Kindle Unlimited Book Club (year-round monthly)	Marian Kile	Sep 18–Dec 18	32
D/IP/NR	10am–12pm	Native American Study and Activities	Allan Keown	Sep 11–Dec 11	33
IP/NR	10:30am–12:30pm	Friends of The New Yorker Magazine	Judy Day David Bowles	Sep 11–Dec 4	32
Z/NR/OE	3–4pm	Qi Gong — Zoom	David Mitchell Marilyn Bradford	Sep 11–Dec 4	33
One-Time Presentations—Community Presentations					
IP/NR	11am–12pm	Everyday Gourds Become Incredible Artwork	Kathy Hart Carol Des Voigne Mary Hufft	Nov 6	44
One-Time Presentations—Monday Big History Series					
Z/R/OE	10–11:30am	Monday Big History Series - Cities	Ranny Eckstrom Dave Lewis	Sep 11–Dec 4	44

TUESDAY PROGRAMS AT A GLANCE

	Time	Title	Leader Name	Dates	
Seminars					
D/Z/NR/OE	9:45–11:30am	American Criminal Justice	Ron Tochtermann Melissa McElheny Albert Locher	Sep 5–Dec 5	14
Z/R/OE	10–12pm	Gardening with California Natives	Bonnie Gault-Blue	Sep 5–Sep 19	15
	CANCELED	Threads and Walls of Space-Time	Gus Koehler	Sep 5–Oct 10	16
Z/R/OE	1–3:30pm	Movies That Scared Us as Kids	Chip Zempel	Sep 5–Dec 5	15
Shared Interest Groups					
Z/NR/OE	9:30–11:30am	Third Tuesday of the Month Book Club (Year-round monthly)	Marian Kile	Sep 19–Dec 19	34
IP/WI/NR	10–11:30am	Digital Photography	Jay McKeeman	Sep 12–Nov 28	33
Z/NR/OE	10–11:30am	First Tuesday Book Club (Year-round monthly)	Gwen Bedient	Sep 5–Dec 5	33
IP/NR	12–2pm	Writers Workshop II (Year-round weekly)	Anita Adams Lani Hahn	Sep 5–Dec 5	34

See Abbreviation Key for Delivery Formats

Link to a **Page No.** for the course description

TUESDAY PROGRAMS AT A GLANCE (CONT.)

One-Time Presentations—Tuesday Speaker Series					
Z/R/OE	2–3:30 pm	Tuesday Speakers Series	Jack Jennings Cathy Adams Minicucci Jennifer Kerr	Sep 5–Dec 5	45

WEDNESDAY PROGRAMS AT A GLANCE

	Time	Title	Leader Name	Dates	
Seminars					
Z/NR/OE	10am–12pm	Great Expectations: The Book and the Movie	Louise DiMattio Gerry Camp	Sep 13–Nov 15	17
Z/NR/OE	10:30–11:30am	Mastering Your iPhone	Tom Holt	Nov 1–Dec 6	18
Z/R/OE	12–1:30pm	History of the Ancient World's Religions	Ed Sherman	Oct 18–Nov 29	18
Shared Interest Groups					
IP/NR	9:25am–12:30pm	Walkabouts (Year-round weekly)	Lance Muller	Sep 6–Nov 29	36
FS/H/R	9:30–1:30am	Photography as Art	Roger Klemm	Aug 30–Nov15	41
IP/NR	10am–12pm	Intro to Walking Meditation Using a Labyrinth	Christie Braziel	Sep 13	35
IP/NR	10am–12pm	Le Cercle Français (Conversational French)	Debra da Costa Tiffany Urness Ana Facio	Sep 6–Dec 6	35
IP/NR	5:30–7:30pm	Dining Together (Year-round monthly Second Wednesdays)	Cheryl Nelson	Sep 13–Dec 6	35
One-Time Presentations—Community Presentations					
H/R/OE	10–11:30 am	Morning Coffee	Maryellen Burns	Sep 6–Dec 6	42
IP/R/OE	6–8 pm	Alter Egos (year-round days, dates, times vary)	Maryellen Burns Christie Braziel	Sep 13	42
Z/R/OE	11am–12pm	Six Pillars of Brain Health	Kathy Hart Kris Ritualo	Sep 20	43
Z/R/OE	11am–12pm	Beginner-Friendly Watercolor Tutorial	Kathy Hart	Oct 11	43
One-Time Presentations—Wednesday Science Series					
Z/R/OE	2–3:30pm	Wednesday Science Series — The Human Immune System	David Lewis	Sep 6–Dec 6	46

D = Diversity program; **FS** = Program fully subscribed; **H** = Hybrid (IP + Z) program; **NR** = Program not recorded; **OE** = Overlapping enrollment; **R** = Program recorded; **WI** = Walk-in program — use online system to enroll or check with leader; **Z** = Zoom-only; **IP** = In-person only

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Link to a **Page No.** for the course description

THURSDAY PROGRAMS AT A GLANCE

	Time	Title	Leader Name	Dates	
Seminars					
D/Z/ NR/OE	10–11:30am	Recognizing and Reducing Implicit Bias	Stacie Walton	Sep 7–Dec 7	19
D/Z/R/ OE	10–11:30am	Voting in America: History and Current Debates	Robert Benedetti Deborah Seiler	Sep 7–Dec 7	20
D/Z/ NR/OE	10am–12pm	The Authoritarian Challenge to Our Democracy: More	Duane Campbell Carl Pinkston	Sep 7–Dec 7	19
Z/NR/ OE	10am–12pm	World of Engineering	Richard Dabrowiak	Sep 7–Dec 7	21
Z/NR/ OE	1–3pm	Relationships — Build Strong, Healthy, and Loving Ones	Nanci Kuzins Anamaria Pasquiers	Sep 7–Dec 7	20
Shared Interest Groups					
FS/Z/ NR	9:30–11:30am	Writer's Group I	Curtis Nelson Marian Kile	Sep 7–Dec 7	41
IP/NR	10am–12pm	Advanced Spanish Conversation	Beatrice Hildebrand Susan Dlugach	Sep 7–Dec 7	36
IP/NR	10am–12pm	Intro to Walking Meditation Using a Labyrinth	Christie Brazier	Sep 21	37
FS/H/ NR	10am–12pm	iPhone Studio Multimedia Collective	Melissa Green	Sep 7–Oct 12	41
IP/NR	1–3pm	Games for Entertainment	Roberta Frieze Judy Keaton	Sep 7–Dec 7	37
IP/WI/ NR	1:30–2:30pm	Partners in Crime (monthly)	Lynda Cassady Pat Stokes	Sep 28–Nov 16	38
FS/D/Z/ NR	2–4pm	Great Books	Jean Cawood Dan Rooney	Sep 7–Dec 7	40
Z/NR/ OE	3:30–5pm	The Music of Your Life	Loretta Burdeaux Lester Bennett	Sep 7–Dec 7	38
Z/NR/ OE	7–8:30pm	The Economist (Year-round weekly)	Wayne Luney	Sep 7–Dec 7	36
One-Time Presentations—Community Presentations					
H/NR/ OE	6–8 pm	A Cook's Tour of Sacramento and Beyond (year-round, days, dates, times vary)	Maryellen Burns Dan Cross Marge Tarbell	Sep 14 - Dec 7	43

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Link to a **Page No.** for the course description

FRIDAY PROGRAMS AT A GLANCE

	Time	Title	Leader Name	Dates	
Seminars					
IP/WI/ NR	9:30–11am	California Emigrant Trail and California Passes	William Sullivan	Sep 8–Dec 8	23
IP/WI/ NR	10–10:45am	Android Basics	Carol Limbaga	Sep 8–Dec 8	22
H/WI/ NR	10–11:30am	History of US Firearms Policy	William Vizzard	Sep 8–Sep 22	26
IP/WI/ NR	10–11:30am	Substance Abuse: From Despair to Hope	Jon Parro	Sep 29–Nov 3	30
IP/WI/ NR	10–11:30am	Travel and Adventure	Fred Chapman Chris Smith	Sep 8–Dec 8	31
H/R	10–11:45am	The Magic of the Brill Building Era — The Sound of Rock and Pop in the 50s and 60s	Michael Agron	Sep 8–Oct 13	27
IP/WI/ NR	10–11:45am	Great American Trials and Constitutional Law	Joel Primes	Sep 8–Dec 8	25
IP/WI/ NR	10–11:45am	Irish Literature: Classic and Contemporary	Michael Storey	Sep 8–Dec 8	26
IP/WI/ NR	10–11:45am	Medical Rights and Medical Wrongs	Howard Slyter	Sep 8–Dec 8	28
IP/WI/ NR	10–11:45am	The Wild World of Pablo Picasso	Theo Goodwin Anne Rewell	Sep 8–Sep 22	31
IP/WI/ NR	10am–12pm	Even More Fun with Jane: Emma on Page and Screen	PJ Jones Gretchen Jung	Sep 8–Oct 13	25
IP/WI/ NR	11am–12:30pm	Cracker Barrel	Christine Lewis Per Ostlund	Sep 8–Dec 8	24
IP/WI/ NR	12–1:30pm	History of Fashion: Dress and Discontent	Taylor Anderson	Sep 15–Sep 29	26
H/WI/R	12–2:30pm	Life's Purpose: Finding Joy and Happiness in the Next Chapter of Life!	Ken Cross	Oct 20–Dec 8	27
IP/WI/ NR	12–2:45pm	<i>More Cinematic Classics: Themes and Variations</i>	Alan Miller	Sep 8–Dec 8	28
IP/NR	12:30–2:45pm	Classical Music	Robert Seyfried Marjorie Wade Leo Eylar	Sep 8–Dec 8	23
H/R	1–2:30pm	The Beatles: As You've Never Heard Them Before	David Abelson	Sep 8–Dec 8	22
IP/WI/ NR	1–2:30 pm	Creating Flash Fiction	Susan Osborn	Sep 8–Oct 13	24
IP/NR	1–2:30pm	<i>Medieval England: Normans to the Tudor Conquest</i>	Jeff Hendy	Sep 8–Dec 8	28
H/WI/R	1–2:30pm	The Second American Revolution: 1781 to 1790	Cathy Adams Minicucci	Oct 13–Oct 27	30

See Abbreviation Key for Delivery Formats

Link to a **Page No.** for the course description

FRIDAY PROGRAMS AT A GLANCE (CONT.)

	Time	Title	Leader Name	Dates	Pg#
Seminars					
IP/WI/NR	1–2:45pm	Active Retirement Investing	Bill Bailey Nash Bailey	Sep 8–Dec 8	21
D/H/WI/R	1–2:45pm	America's History of Protest: A Singalong	Michael Hersher	Sep 8–Oct 13	22
IP/NR	1–2:45pm	Critical Thinking	Richard Kowaleski	Sep 8–Dec 8	25
D/H/WI/R	1–2:45pm	1970s Economists Broke Capitalism: Can We Save It?	Dale Good	Sep 15–Oct 20	29
IP/WI/R	1–2:45pm	Real Rock, Part 3 - More Classic Rock	Bob Lang	Sep 8–Dec 8	29
Shared Interest Groups					
IP/NR	9:30–11:30am	Knitting With Friends	Barbara Kletzman Jeanie Wilcox	Sep 8–Dec 8	39
IP/WI/NR	10–11:30am	Technology Workshop (Every Other Friday)	Ashu Singla John Pierron	Sep 8–Dec 8	39
FS/H/NR	10–11:45am	High Intermediate Spanish	Melody Flores	Sep 8–Dec 8	41
IP/WI/NR	11–11:45am	English Country Dances (Non-progressive)	Ruth Scodel	Sep 8–Sep 29	38
IP/NR	12–12:45pm	Social Dancing	Richard Kowaleski	Sep 8–Dec 8	39
IP/WI/NR	12–12:45pm	Watercolor Studio Lab	Colleen Wong Steve Wittmann	Sep 8–Dec 8	40
One-Time Presentations—Friday On-Campus Speakers Series					
IP/NR	10–11:30 am	So, You Want to Redo the Landscape in Your Yard?	Mary Jane Sutliff	Sep 8	46
IP/NR	10–11:30 am	American Melodrama: Trump, the Media, and the Court	Alan Miller	Sep 15	47
IP/NR	10–11:30 am	How to Prevent and Reverse Diabetes	Linda Middlesworth	Sep 22	47
IP/NR	10–11:30 am	The Life and Paintings of John James Audubon	Theo Goodwin	Sep 29	47
IP/NR	10–11:30 am	Mineral Concentration at Laboratory Scale	Robert Boyer	Oct 6	48
D/IP/NR	10–11:30 am	Preserving the Legacy of Gold Mountain	Phil Sexton	Oct 13	48
IP/NR	10–11:30 am	Navigating Conflict and Difficult Conversations	Donna Montgomery	Oct 20	48
IP/NR	10–11:30 am	The History of Ukraine: Caught in the Middle	Helena Kanderka	Oct 27	49
IP/NR	10–11:30 am	Fish of California's Sacramento-San Joaquin Delta	Alice Low	Nov 3	49

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Link to a **Page No.** for the course description

FRIDAY PROGRAMS AT A GLANCE (CONT.)

	Time	Title	Leader Name	Dates	Pg#
D/IP/NR	10–11:30 am	Killers of the Flower Moon — The Osage Murders Story	Greg Beale	Nov 17	49
D/IP/NR	10–11:30 am	Street Art	Anne Rewell	Dec 1	50
D/IP/NR	10–11:30 am	Hidden Defects in FBI and State Public Safety Record that Weaken Gun Safety	Dale Good	Dec 8	50
Forums					
D/H/R	3–4pm	California's Chief Law Officer Addresses Our Most Significant Legal Challenges	AG Rob Bonta	Sep 8	51
D/H/R	3–4pm	What's Up in Sacramento?	Mayor Darrell Steinberg	Sep 15	51
H/R	3–4pm	The First Proof That a Fusion Energy Source Is Possible: Creating a Star on Earth	Tammy Ma	Sep 22	52
D/H/R	3–4pm	Behind the Scenes of The Lake at the Bottom of the World	Kathryn Kasic	Sep 29	52
H/R	3–4pm	The Virus Chasers: Confronting Emerging Infectious Disease in the Face of Accelerating Global Change	Christine Kreuder Johnson	Oct 6	52
D/H/R	3–4pm	The End of Lake Tahoe as We Know It	Geoffrey Schladow	Oct 13	53
D/H/R	3–4pm	Human Trafficking: The Sacramento Connection	Nilda Valmores	Oct 20	53
D/H/R	3–4pm	Perfect Spy — The Arc of Pham Xuan An's Life from War to Peace	Larry Berman	Oct 27	53
D/H/R	3–4pm	Stacking Hearts: Redemption Coffee's Mission Behind Bars and Beyond the Gates	Jaime Mason	Nov 3	53
D/H/R	3–4pm	Supporting Struggling Readers Through Volunteer Service	Ryan Mallory	Nov 17	54
H/R	3–4pm	Celebrating Warner Brothers 100th Anniversary	Michael Troyan	Dec 1	54
H/R	3–4pm	Renaissance Society End of Semester Meeting	Deborah Seiler	Dec 8	54

D = Diversity program; **FS** = Program fully subscribed; **H** = Hybrid (IP + Z) program; **NR** = Program not recorded; **OE** = Overlapping enrollment; **R** = Program recorded; **WI** = Walk-in program — use online system to enroll or check with leader; **Z** = Zoom-only; IP = In-person only

programs

seminars

MONDAY TO THURSDAY SEMINARS

Understanding How to Invest in This Market (Z/R/OE)

Sanjay Varshney
Mondays, Sep 11 to Oct 16 (6 weeks)
12 to 1 pm

The Fed has raised rates numerous times to combat inflation. But the downside has been a major slowdown in the economy and markets selling off steeply in 2022. Is a recession imminent? Can 2023 close on a positive note for investors? If you are retired or close to retirement, how do you navigate these treacherous markets? What should you know about trends in the stock and bond markets that can help you better prepare for downturns? Are you ready to invest wisely and avoid pitfalls and mistakes?

Sanjay Varshney, Founder and Principal of Goldenstone Wealth Management, is a Professor of Finance at Sac State. He earned an undergraduate degree from Bombay University, a master's degree in economics from the University of Cincinnati, and a PhD in finance from Louisiana State University. In addition, he holds the Chartered Financial Analyst designation. Dr. Varshney also serves as the Chief Economist for the *Sacramento Business Review* and is widely quoted in the media.

**CLICK HERE TO ENROLL
IN ANY PROGRAM
Starting on August 14th**



American Criminal Justice (D/Z/NR/OE)

Ron Tochterman
Melissa McElheney
Albert Locher
Tuesdays, Sep 5 to Dec 5 (10 weeks)
9:45 to 11:30 am

American Criminal Justice: How and for whom the system works and does not work, and how to fix it. Read and discuss *Just Mercy: A Story of Justice and Redemption*, in which Bryan Stevenson describes his career defending disadvantaged clients. If you have the time and the energy, consider reading *The New Jim Crow: Mass Incarceration in the Time of Colorblindness* by Michelle Alexander.

Ron Tochterman served as a judge of the Superior Court in Sacramento County for 32 years. Before that, he worked as a Deputy District Attorney and Assistant Chief Deputy Attorney in Sacramento County. For 20 of those years, he taught law school courses (Constitutional Law, Evidence, and Criminal Procedure at McGeorge, Lincoln, and UC Davis law schools.

Melissa McElheney served as a Deputy Public Defender in Sacramento County for 35 years, and in 2023 was named Outstanding Public Defender. Melissa, a superb actor, is fearless and charismatic.

Albert Locher served as a Deputy District Attorney in Sacramento for 37 years, becoming an Assistant Chief Deputy, and then the Assistant District Attorney. In 2013, he received the John J. Meehan Career Achievement Award from the California District Attorneys Association.

Gardening with California Natives (Z/R/OE)

Bonnie Gault-Blue
Tuesdays, Sep 5 to Sep 19 (3 weeks)
10 am to 12 pm

California native plants are drought tolerant and well adapted to our environment. They also play an important role in maintaining the life cycle of many native insects that are in danger of dying out. Finding plants that work well in our yards makes the transition to Native gardens much easier. In the first session, we will learn about mostly local California native plants that can be adapted to a yard. In the second session, we will discuss planting and care for California natives.

As an avid lover of nature, **Bonnie Gault-Blue** has been greatly concerned about the great die-off of plants and wildlife. Over the last 15 years, she has been replacing her front yard plants that originated from Europe or the eastern United States with California natives. She has taught classes on gardening at the Renaissance Society for the last few years and also published her memoir of the 5 years she spent at the Findhorn Community in Scotland in the 1980's.



Movies That Scared Us as Kids (Z/R/OE)

Chip Zempel
Tuesdays, Sep 5 to Dec 5 (13 weeks)
1 to 3:30 pm

When your Mom told you not to watch a movie because it would give you bad dreams, did you watch it anyway? This semester we will examine classic horror and sci-fi films from the 30s to the 60s and ask why they scared us then and are they still scary now. Did you know?... *The Mummy* came out amid rumors of *Curse of the Pharaohs* after the opening of King Tut's tomb. *Forbidden Plane* is a loose adaptation of Shakespeare's *The Tempest*. The director of *Invasion of the Body Snatchers* called the film's references to McCarthyism and totalitarianism "inescapable." Censors demanded changes to *The Day the Earth Stood Still* due to allusions comparing the alien to Jesus Christ. And Maria Ouspenskaya never recited the "wolfbane" poem!

Chip Zempel is in his eighth year leading film seminars for Renaissance Society. He seeks out unusual "genre busters" that don't fit standard categories, and his seminars have covered a broad range of themes, everything from samurai films and westerns, to romantic comedies, coming-of-age stories, animation, time travel, as well as magic, myths, and fairy tales.

ABBREVIATION KEY

D	Diversity program
FS	Program fully subscribed
H	Hybrid (IP + Z) program;
NR	Program not recorded
OE	Overlapping enrollment
R	Program recorded;
WI	Walk-in program — use online system to enroll or check with leader;
Z	Zoom-only
IP	In-person only

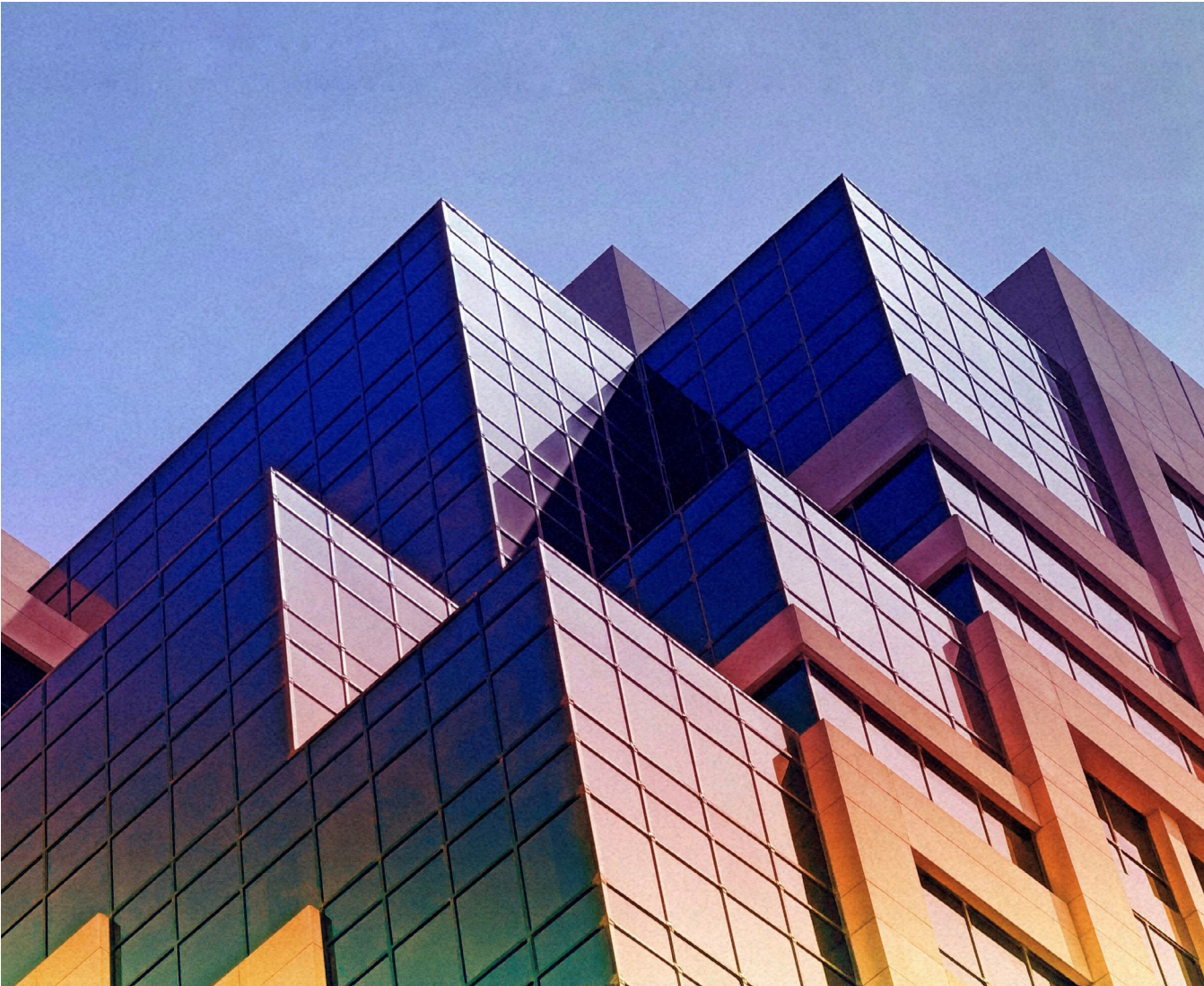
**Threads and Walls of Space-Time
(D/Z/R/OE)**

Gus Koehler
Tuesdays, Sep 5 to Oct 10 (6 weeks)
11 am to 1 pm

We feel that there is a “me” as the main actor on the stage of life, and that this whole “me” show lies on solid ground. We agree that the way we perceive things is true, especially when validated by science. We agree that the socially constructed world is not the only one. Let's start out with the openness of beginners, which is not a conditional or relative truth. Relative truth is not to be rejected, but it is not the whole picture of reality; it is what we agreed to. The intention of this program is to ask useful questions about the nature of our conventional reality's temporal/space dream and experi-

ences. Art, philosophy, dance, and science will guide us in this open-ended quest.
Gus Koehler has investigated space-time from scientific, artistic, somatic, and social belief systems for many years. He has published articles on the subject in academic journals. He has shown his art in local galleries and online. As a Tibetan Buddhist practitioner, he has had several teachers over 50 years. Gus enjoys presenting ideas, hearing those of other people, and then discussing them in a fair and open environment, preferably with coffee.

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**Great Expectations: The Book and the
Movie (Z/NR/OE)**

Louise DiMattio
Gerry Camp
Wednesdays, Sep 13 to Nov 15 (10 weeks)
10 am to 12 pm

We will read Dickens’ greatest novel, *Great Expectations*, reading a chapter or two a week. To facilitate references to page numbers, participants are urged to use the Penguin Classics edition ISBN 9780141439563. We will discuss the week’s reading using the Shared Inquiry method. During discussions, we will view clips of the week’s chapters from David Lean’s classic movie version of the novel.

Louise DiMattio is the current President of the Great Books Council of San Francisco serving Northern California. She has been facilitating book groups for more than 30 years using the Shared Inquiry Discussion Method. Louise resides in San Francisco and is a retired Labor and Delivery Nurse, mother, and grandmother. Her greatest joy is discussing books, short stories, and essays with like-minded adults. Louise led Dickens’ *A Tale of Two Cities* with the Renaissance Society in 2022.

Gerry Camp has spent his adult life as an educator. Beginning as a high school English teacher, he went on to become a teacher of future teachers and a curriculum specialist for the Department of Defense Dependents Schools in Europe. He loves Shakespeare, Dickens, and great movies.

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History of the Ancient World's Religions (Z/R/OE)

Ed Sherman
Wednesdays, Oct 18 to Nov 29 (6 weeks)
12 to 1:30 pm

People in the Ancient Near East and Mediterranean believed in spirits who controlled unpredictable weather, rumbling Earth, crop cycles, animal reproduction, and their own deaths. To alleviate their anxieties and fears, they developed beliefs, rituals, myths, and vivid images of these supernatural forces. That is religion. How mankind adapted itself to “the other”, the invisible, the supernatural. The purpose of this seminar is to promote understanding and empathy for the religious experience of our long-ago ancestors and, perhaps, their modern descendants. **Note:** No class Thanksgiving Week.

Ed Sherman has spent more than 60 years studying and teaching Ancient History at colleges in California and Nevada. In addition, he spent nearly three years wandering around the Mediterranean exploring its antiquities and landscapes. Ed has led seminars for the Renaissance Society for the past 15 years.

Mastering Your iPhone (Z/NR/OE)

Tom Holt
Wednesdays, Nov 1 to Dec 6 (6 weeks)
10:30 to 11:30 am

In this class, you will learn how to get the most out of your iPhone, whether you are a beginner or an experienced user. Each week, we’ll cover a specific topic, such as setting up your device, managing contacts, taking and editing photos, using apps, and more. We will lead you through hands-on exercises and demonstrations to show you the tips and tricks that can help you be more productive, organized, and creative with your iPhone. You will also have the opportunity to ask questions and share your experiences with other learners. At the end of each session, we will reserve time for troubleshooting and Q&A so you can get help with any issues you are having with your device.

Tom Holt is a former IT executive out of Silicon Valley and an Apple technology enthusiast. Many of you know him as a Renaissance Society tech host and seminar leader.

The Authoritarian Challenge to Our Democracy: More (D/Z/NR/OE)

Duane Campbell
Carl Pinkston
Thursdays, Sep 7 to Dec 7 (12 weeks)
10 am to 12 pm

Our political system, democracy, is under assault. What are we going to do about it? We face the danger of a right-wing racist and authoritarian movement seizing state power, producing the loss of what remains of US democracy. This movement has already captured one of the two major political parties, and it is now laying the groundwork for overturning future democratic elections. Our study includes an analysis of the political and economic forces dominating our society and the alternatives available. The course uses breakout rooms to promote dialogue. **Note:** No Class on Thursday, Nov 23rd.

Dr. Duane Campbell is an emeritus Professor of Education at Sac State and the founding Chair of the Bilingual/Multicultural Education Department. He taught courses in Multicultural Curriculum Development from 1969 to 2008. He then facilitated seminars for the Renaissance Society and in 2020 began teaching on-line courses. Duane is active in union and social justice work with several organizations.

Carl Pinkston, the Operations Director of the Black Parallel School Board (Sacramento) and the Director of the African Research Institute, has been co-teaching courses in the Renaissance Society for five years.

Recognizing and Reducing Implicit Bias (D/Z/NR/OE)

Stacie Walton
Thursdays, Sep 7 to Dec 7 (12 weeks)
10 to 11:30 am

In this course, you will: 1) Learn a few fascinating tidbits about how your brain is organized and processes information; 2) Grasp how we live in the Matrix of our minds, constructing a reality that is not quite real or at least perspectives that are pretty unique for each of us;

3) Understand the grave consequences of not exploring our hidden biases since our implicit biases give rise to our hidden beliefs, directly impacting our behaviors and actions; and 4) Walk away with several easy and straightforward tools to both recognize and reduce your implicit biases. **Note:** No Class on Thursday, Nov 23rd.

Stacie Walton (MD MPH), is CEO of The Diversity Doctor, a company that provides training in diversity, equity, and inclusion. She taught Race Conversations for the Renaissance Society and now trains executive leaders in *Inclusive Leadership*. As a keynote speaker, her signature presentation is *Recognizing and Reducing Unconscious Bias: Using Our Knowledge of Neuroscience*. She received her BA in cultural anthropology from Stanford, MD from Columbia, Pediatric training from UPenn, and MPH from UC Berkeley.



Relationships — Build Strong, Healthy, and Loving Ones (Z/NR/OE)

Nanci Kuzins
Anamaria Pasquiers
Thursday, Sep 7 to Dec 7 (12 weeks)
1 to 3 pm

Come learn compassionate communication skills to bring joy and meaning into your relationships. We use games, role-playing, and exercises woven in with *Nonviolent Communication: A Language of Life* by Marshall B. Rosenberg; *The Four Agreements* by Don Miguel Ruiz; *Change Your Thoughts, Change Your Life* by Wayne Dyer; and other resources. This new life language can reduce stress, decrease anxiety, clear up misunderstandings, and heal old conflicts. Learn how to interrupt when necessary, how to release resentment when you hear “No,” and how to let go of any shame, guilt, or fear when you need to say “No” to yourself or someone else. **Note:** No Class on Thursday, Nov 23rd.

Nanci Kuzins is committed to helping people find their self-empowerment and voice so they may develop skills to enrich life for themselves and others through Compassionate Communication. She co-founded Community Skill Exchange Sacramento, a time bank where members exchange skills and services for time instead of money, and all are equal.

Anamaria Pasquiers is committed to helping people gain a deeper understanding of themselves and others. She consults on self-healing methods and spiritual counseling. As a social activist and an interfaith minister, Anamaria has served as a prayer chaplain and has led spiritual growth groups on *Taoism*, *Kundalini Yoga*, and *A Course in Miracles*.

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Voting in America: History and Current Debates (D/Z/R/OE)

Robert Benedetti
Deborah Seiler
Thursdays, Sep 7 to Dec 7 (13 weeks)
10 to 11:30 am

This seminar focuses on voting in America following the Voting Rights Act of 1965. There will be required and suggested readings, presentations by the co-leaders, time for discussion, and reflections by guest speakers. The following topics will be investigated: How are the rules for voting determined; how are elections and registration administered; how are districts determined; how are votes counted; what determines turnout and how people vote; how are campaigns regulated; what reforms are being discussed; what do other countries do?

Note: No Class on Thursday, Nov 23rd.

Robert Benedetti, Emeritus Professor of Political Science, University of the Pacific, recently published *Imaging The Sacramento-San Joaquin River Delta* (Fonthill Media, 2022). He served as Secretary of the Renaissance Society and taught seminars on the Delta and American politics. He edited *More Votes That Count: A Case Study in Voter Mobilization* (Institute for Governmental Studies Press, 2012)

Deborah Seiler, currently President of the Renaissance Society, held positions in the California Secretary of State’s Office, including Chief of the Elections and Political Reform Division. She served as Chief Consultant to the Assembly Elections and Reapportionment Committee as well as a four-year term on the California Fair Political Practices Commission. Before retirement, Deborah was Registrar of Voters for San Diego County and observed elections around the world.



World of Engineering (Z/NR/OE)

Richard Dabrowiak
Thursdays, Sep 7 to Dec 7 (12 weeks)
10 am to 12 pm

From building colossal pyramids in ancient Egypt to erecting modern skyscrapers, mankind’s greatest engineering marvels are documented through the ages. This video-based seminar will clarify how these incredible megastructures were designed and built. Class discussions and supplemental information will reveal basic engineering principles used in the design and construction processes, enabling participants to better appreciate the challenges involved. Participation in discussions is encouraged. **Note:** The seminar will be recorded.

Richard Dabrowiak, a Civil Engineer graduate from Purdue University and a State of California licensed engineer, has 35 years of experience in design and construction of projects all over the world. His professional career portfolio includes nuclear power plants, space shuttle facilities, microelectronics manufacturing plants, and flood control projects.

FRIDAY SEMINARS

Active Retirement Investing (IP/WI/NR)

Bill Bailey
Nash Bailey
Fridays, Sep 8 to Dec 8 (12 weeks)
1 to 2:45 pm
Douglass Hall 106

These seminars simplify your finances into three phases of investing: the financial planning process, new portfolio construction, and the monitoring of your investments, portfolio, and estate reviews. Think of it as reviewing the past, considering actions for now, and objectives for the future.

Bill Bailey graduated from Sac State and went on to earn his master’s degree in financial services. He has been a financial adviser for over 40 years and full retirement is not in sight. The Renaissance Society creates the opportunity to share his lifelong career experiences with others.

Nash Bailey has been immersed in the world of finance and the stock market ever since he was just 12 years old, when his father, Bill, tasked him with managing one of his accounts. He now has many accreditations with lots of initials behind his name. He enjoys assisting his dad with teaching complicated topics in simple ways and feels that everyone should know the basics of investing.

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America's History of Protest: A Singalong (D/H/WI/R)

Michael Hersher
Fridays, Sep 8 to Oct 13 (6 weeks)
1 to 2:45 pm
Sequoia Hall 301

This class takes you on a journey through the history of American musical protest against social, economic, and political injustice. We will sing songs from movements for freedom, peace, unions, women's liberation, the environment, anti-colonialism, and anything else that ticks you off. This is a walk down progressive memory lane, so if you wear a MAGA hat or voted for someone who does, this may not be the right class. Standing up and singing out for justice and peace is patriotic. And fun!! This class is usually 12 weeks, but I have travel plans this fall. So, I will do six weeks in the Fall and then the other six weeks in the Spring. No obligation to take both halves. No musical ability is required — but it couldn't hurt.

Michael Hersher is a retired public education lawyer and mediator. He currently leads singing at Congregation B'nai Israel, Crocker Riverside Elementary School, several elder residences, and any place the audience can't out-run him. He has taught Protest Music in America as a singalong class several times. Most recently, he taught the History of American Civil Rights and the Constitution right here in Renaissance land.



Android Basics (IP/WI/NR)

Carol Limbaga
Fridays, Sep 8 to Dec 8 (12 weeks)
10 to 10:45 am
Douglass Hall 209

On-campus and email only. No Zoom. This seminar is an ANDROID Smartphone, one-on-one, hands-on support class with your own cell phone. We cover basic usage: phone features, settings, make and receive calls, contact info, voicemail, message/text, delete, email, camera, apps in your phone and new from Play Store. We want **your** basic questions! You can sign up on-line or simply email me at climbaga@comcast.net.

Originally from Burlington, Vt, **Carol Limbaga** loves all things science, is curious, tenacious, and enjoys supporting others. She likes being a "Ren life-long learner".

The Beatles: As You've Never Heard Them Before (H/R)

David Abelson
Fridays, Sep 8 to Dec 8 (12 weeks)
1 to 2:30 pm
Kadema Hall 145

The Beatles are perhaps the best known and most widely loved band in popular music history. Whether you're 80 or 8 years old, you most likely know the words and melody to some (if not all) of their songs. This seminar explores the many unique features that make the Beatles' music so timeless and compelling. Each week we will listen to several songs reflecting their ever-evolving music style from 1962 to 1970. Then, with the help of videos and expert analysis, we'll explore the harmonies, instrumentation, and lyrics that created the "magic" these uniquely gifted artists gave to all of us. You don't need any musical training for this seminar, so just enroll and enjoy *The Beatles: As You've Never Heard Them Before*.

David Abelson, a retired attorney, specialized in environmental law. He has taught a number of semester-long courses and given numerous presentations on various topics, including Bob Dylan and Water in California.

David has a deep passion for lifelong learning, and his seminars and presentations have been well-received by a wide variety of audiences.

California Emigrant Trail and California Passes (IP/WI/NR)

William Sullivan
Fridays, Sep 8 to Dec 8 (12 weeks)
9:30 to 11 am
Calaveras Hall 145

This class will explore the "generic" California emigrant experience and will follow the experiences of an individual group of emigrants from 1844. Class content will include historic sights along the trails; famous events, places, and selected emigrants; and their successes and failures. The seminar will also explore the passes used by emigrants to complete their treks to California. Events occurring on and around Donner Pass will be an area of focus, as will follow-ups on the experiences of historic emigrants after arrival (or not) in California. Finally, emigration stories of class members will also be a focus of conversation.

Bill Sullivan has been an amateur Emigrant Trail/Donner Pass area historian for more years than he wants to think about. Previously, he has taught six-week seminars on the *Emigrant Trail* and *California Passes* for Renaissance Society. He has driven the entire Emigrant Trail and spent much time in the Donner Pass area (sometimes lost and sometimes not). He continues to add to his knowledge of emigration history and is always eager to learn more from the family histories of seminar members.



Classical Music (IP/NR)

Robert Seyfried
Marjorie Wade
Leo Eylar
Fridays, Sep 8 to Dec 8 (12 weeks)
12:30 to 2:45 pm
Capistrano Hall 223

Our firm belief is that the more you know about the life of a composer and the age and environment in which he lived the more you will enjoy his music, and this will be the basic principle followed throughout this semester. This semester we will devote each session to the life of one composer recognizing of course that some composers, i.e., Ludwig van Beethoven, might require more than one session. We will begin with a touch of the Baroque Period and proceed through the Age of Enlightenment to the Romantic Period to the early 20th Century. Sessions will be comprised of lecture and recorded and live music. A one-time fee of \$40 will be collected to be used for music student grants.

Bob Seyfried has been a member of the Renaissance Society for 20 years and upon joining he started the *Travel and Adventure* seminar, which is still going strong. About six years later, Bob started the *Classical Music* seminar, and about seven years ago Professor Leo Eylar joined Bob as co-leader, a most fruitful collaboration, and one which Bob hopes will continue for many years. Bob was born in Sacramento but spent his life in San Francisco following graduation from UC Berkeley.

Marjorie D. Wade was Professor of German in the Department of World Languages at Sac State until her retirement in Fall 2020. She graduated with an AB in history from the College of William and Mary in Virginia, completed an MA at Duke University, and received her PhD in Germanic Languages and Literatures

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from the University of Michigan. During her graduate studies in Ann Arbor, she received a Fulbright-Hayes Graduate Fellowship to study for two years at the University of Vienna in Austria. While in Vienna, she began studying the Austrian Concert Zither and has played piano since childhood.

Leo Eylar is in his 33rd season as Conductor/Music Director of the California Youth Symphony. Under his direction, the CYS has attained status as one of the finest youth orchestras in the world. Leo studied conducting at the Hochschule für Music in Vienna and then returned to the US to complete his Master's degree in conducting at the SF Conservatory of Music. Leo is also Professor Emeritus from Sac State following 30 years of teaching and conducting at the School of Music. In addition, Leo is an accomplished composer, and his works have been performed in the US as well as Europe, Japan, and South America.

Cracker Barrel (IP/WI/NR)

Christine Lewis
Per Ostlund
Fridays, Sep 8 to Dec 8 (12 weeks)
11 am to 12:30 pm
Alpine Hall 153

Cracker Barrel is a year-round weekly discussion group that emphasizes dialogue on current political, social, economic, and cultural issues. Participation in class discussion is not required but encouraged. Prerequisites include tolerance and patience for the values and beliefs expressed by others. Participants may treat the class as a drop-in, but registration is needed.

Christine Lewis has been a Renaissance member for many years. Before retiring, she worked in state and municipal governments, news reporting, and health and welfare organizations. She also co-owned a small software company.

Per Ostlund started with *Cracker Barrel* in 2011 and became a moderator in 2016. Prior to joining the Renaissance Society, he was employed by the State Fund of California working with trade associations.



Creating Flash Fiction (IP/WI/NR)

Susan Osborn
Fridays, Sep 8 to Oct 13 (6 weeks)
1 to 2:30 pm
Amador Hall 260

Flash fiction can convey deep truths and universal human emotions in just a few short sentences. When done well, it resonates with readers from all walks of life. This workshop will provide information about how to say in 2000 words or less what others say in a book. You will receive tips gleaned from a wide variety of experts who find that creating short, short stories is fulfilling, fast, and fun. Whether you have been writing your whole life or have never put pen to paper, you will find this seminar rewarding. A bonus is there's a huge market for these gems.

Susan M. Osborn, PhD, MSW, is a flash fiction fan, professional workshop facilitator, and author. She has taught *Business Writing and Communication* at Chapman University and the University of Washington. Her published works include *Awful Bosses Coloring Book*; *The System Made Me Do It: A Life-Changing Approach to Office Politics*; *Assertive Training for Women*; *How Stories Build Teams and Teamwork*; and *Living Alone: Puzzles and Polarities*.

Critical Thinking (IP/NR)

Richard Kowaleski
Fridays, Sep 8 to Dec 8 (12 weeks)
1 to 2:45 pm
Yosemite Hall 127

Hone your ability to think critically about politics, consumer affairs, relationships, alternative medicine, investments, and more. Spot the logical fallacies so common in emotional appeals. This seminar is very popular, so register early online before the seminar is full. Members are encouraged to buy the text, do the weekly homework, and participate in the discussions, but do not make presentations.

Richard Kowaleski has taught at the United States Air Force Academy and Sac State. He shows in an entertaining manner how to think clearly and logically.

Even More Fun with Jane: Emma on Page and Screen (IP/WI/NR)

PJ Jones
Gretchen Jung
Fridays, Sep 8 to Oct 13 (6 weeks)
10 am to 12 pm
Tahoe Hall 1026

Everywhere you go, there she is. Who? Why Jane Austen, of course. Two semesters ago this class explored *Sense and Sensibility* on page and screen. Last semester it moved on to *Persuasion* and the fan-fiction spin-off *Captain Wentworth's Diary* by Amanda Grange, and again viewed two films. Now we explore *Emma*. Let's continue to enjoy a fun, interactive class knowing that all of us together make a better expert than any one of us alone. Never read Austen? Now is the time to start. Hope to see you in class.

PJ Jones earned a BA in History from Sac State. For nearly ten years she has been a member of the Jane Austen Society National Association (JASNA) and the Greater Sacramento JASNA, as well as the Austentacious Book Group. She began reading Jane Austen in 2014 and hasn't stopped. PJ reads lots of fan-fiction based on Austen's plots, ranging from magic and dragons to the retelling of Aus-

ten's familiar storylines. She loved the *Fun with Jane* class and followed up by leading *More Fun With Jane*.

Gretchen Jung (MS, MA), a recent Adjunct Faculty at Sac State teaching *Multicultural Perspectives in American Film*, is excited to turn her attention to the work of Jane Austen. She admits *Persuasion* is her favorite Austen novel. However, for her, this class is all about the films.

Great American Trials and Constitutional Law (IP/WI/NR)

Joel Primes
Fridays, Sep 8 to Dec 8 (12 weeks)
10 to 11:45 am
Amador Hall 314

The class relates to the practice of law - civil, criminal, and administrative - using a variety of cases to showcase the types of legal practices which exist today. United States Supreme Court cases are discussed as they are issued and affect our lives. Student mock trials bring fun to the class, which attempts to keep up with the changing life of the law in California and the nation. Student requests are encouraged.

Joel Primes' professional career as an attorney started in 1968 and continued past his retirement in 2007 from the California Attorney General Office. Since 2009 he has served as a Temporary Sacramento Superior Court judge. In addition to being in private practice, Joel has acted as a mediator for the Third District Court of Appeals and conducted the Great American Trials and Constitutional Law program for at least fifteen years. His classes cover all types of law and usually include a student mock trial.



History of Fashion: Dress and Discontent (IP/WI/NR)

Taylor Anderson
Fridays, Sep 15 to Sep 29 (3 weeks)
12 to 1:30 pm
Mariposa Hall 3001

This seminar studies three instances in Western fashion history where dress served as the medium for expressing grief, dissent, and cynicism. We look at two fashion subcultures: one that surfaced in the aftermath of the French Revolution, and another that emerged in 1990s-Seattle as a music genre, grunge subculture. We also consider mourning dress: the ritualistic rules of Victorian society that dictated attire after the death of a relative. Relevant pieces from the Sac State Costume Collection will be displayed and incorporated in Lectures 2 and 3.

Taylor Anderson, a Lecturer and Costume Collection Manager for the Fashion Merchandising and Management program at Sac State and received her MA in Fashion and Textile Studies from the Fashion Institute of Technology in New York. She worked for several years in the textile industry, designing and merchandising interior fabrics for wholesaler, The Robert Allen Group. In 2022, Taylor curated and installed the exhibition: *Dressing Sacramento: 120 Years of Fashion in the Sacramento State Costume Collection*.



History of US Firearms Policy (H/WI/NR)

William Vizzard
Fridays, Sep 8 to Sep 22 (3 weeks)
10 to 11:30 am
Tahoe Hall 1004

This seminar reviews the historical development and current status of firearms regulation in the US.

William Vizzard served as a deputy sheriff with the Fresno County Sheriff's Department and as an ATF Special Agent, supervisor, and manager. He has a BS in criminology, MS in public administration, and PhD in public administration. He subsequently taught for twenty-one years, retiring as professor and chair of the Criminal Justice Department at Sac State. He is the author of *In the Crossfire: A Political History of the ATF*; *Shots in the Dark: Policy, Politics and Symbolism of Gun Control*; and twenty journal articles.

Irish Literature: Classic and Contemporary (IP/WI/NR)

Michael Storey
Fridays, Sep 8 to Dec 8 (12 weeks)
10 to 11:45 am
Eureka Hall 315

The class will read and discuss a variety of classical and contemporary Irish literature by such writers as W.B. Yeats, William Trevor, Mary Lavin, Seamus Heaney, Colm Toibin, Sebastian Barry, Claire Keegan, and others. Selected pieces will deal with major themes of Irish life, such as famine, emigration, the role of Catholicism, and the "Troubles." Required and recommended texts will be announced shortly after registration begins.

Michael Storey is a retired English professor, having taught courses in poetry, fiction, and Irish literature, among others. He has been a member of the Renaissance Society since 2014 and has taught Renaissance Society courses in Irish literature, history, politics, poetry, and culture.

Life's Purpose: Finding Joy and Happiness in the Next Chapter of Life! (H/WI/R)

Ken Cross
Fridays, Oct 20 to Dec 8 (6 weeks)
12 to 2:30 pm
Folsom Hall 1050

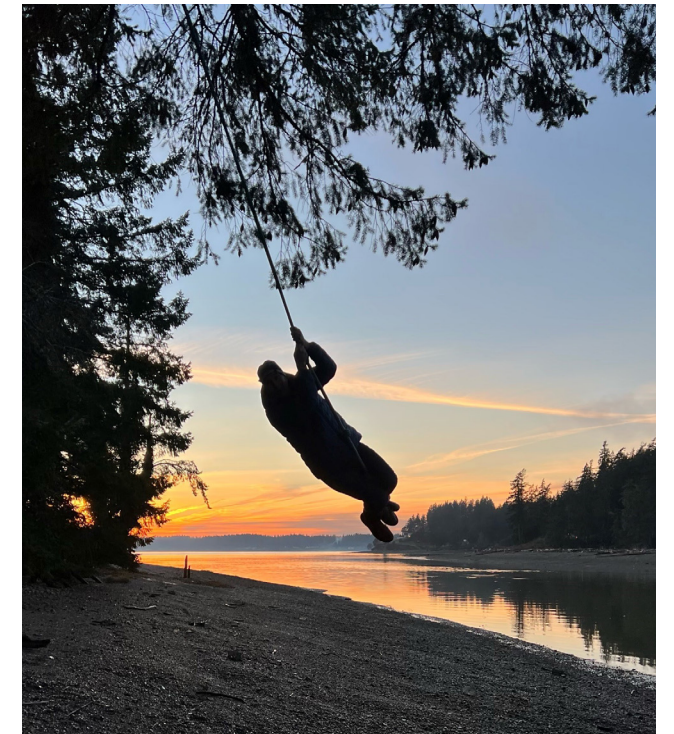
What brings you joy and happiness? Awaken your curiosity and reinvent yourself for exciting new adventures to keep life interesting and meaningful. Reconnect with your passions, talents, and opportunities to serve on your life's journey. Remember your high points where you felt energized, in the "flow," and time stood still. Find what reignites this flame and activates your zest for life. What have you always dreamed of doing, being, and seeing? Tap into your personal wisdom and experience to live a rich, fun, meaningful, and purposeful life. Using film, books, exercises, discussion, expert speakers, and introspection, start envisioning and living this new life's chapter!

Ken Cross graduated from the US Military Academy, West Point, NY in 1974 serving as a US Army airborne ranger armor officer. Ken was a financial planner, manager, and corporate trainer serving career military service members. His final career was as the CEO of Habitat for Humanity of Greater Sacramento. Ken and his wife Christine took a year-long, midlife sabbatical visiting 42 US states searching for their life's purpose, where to live and serve. Ken has led *Life's Purpose* workshops for over 25 years.

The Magic of the Brill Building Era — The Sound of Rock and Pop in the 50s and 60s (H/R)

Michael Agron
Fridays, Sep 8 to Oct 13 (6 weeks)
10 to 11:45 am
Folsom Hall 1063

The adventure begins in New York City, where the echoes of Tin Pan Alley's Great American Songbook still resound. We witness a new generation of talented songwriters, singers, and groups, who filled the airwaves shaping the soundtrack of our lives.



Enjoy the music of legendary songwriters such as Carole King and Gerry Goffin, Neil Sedaka, Barry Mann and Cynthia Weil, Phil Spector, Jerry Leiber and Mike Stoller, Burt Bacharach and Hal David, Neil Diamond, and others. Rediscover the tunes from Elvis Presley, the Coasters, Dion and the Belmonts, the Drifters, Dionne Warwick, the Ronettes, the Shirelles, the Animals, the Monkees, Manfred Mann, Andy Williams, the unforgettable Righteous Brothers, and many others who left us with a treasure trove of great music.

Join me on this journey to delve into the melodies, stories, and vibrant personalities behind the Brill Building era during the late 1950s and 1960s.

Michael Agron grew up in LA, the heart of the recording and entertainment industry. He loved music so much that he wanted to become a recording engineer. Mike ended up with a successful career in hi-tech, including founding a webinar marketing agency. He has been fortunate enough to fulfill his musical and entertainment passions by offering seven unique popular seminars eleven times to members of the Sacramento Renaissance Society and to other OSHER Lifelong Learning organizations across the country.



Medical Rights and Medical Wrongs (IP/WI/NR)

Howard Slyter
Fridays, Sep 8 to Dec 8 (12 weeks)
10 to 11:45 am
Eureka Hall 103

Should doctors always “first, do no harm”? Is pneumonia really “the old man’s friend”? Who should get scarce organs for transplant? What rights do patients have? Should doctors lie to help their patients? With a brief look at the history and principles of bioethics, we will wrestle with these and other challenging ethical questions in medicine. In the process, hopefully, you will come to better understand your own perspectives as well as alternative ways of thinking about ethical dilemmas. Feel free to arrive with strong opinions, but also bring an open mind.

Dr. Slyter is a retired neurologist with nearly four decades of experience serving on, chairing, and teaching hospital bioethics committees. He currently serves on two community hospital ethics committees and teaches bioethics and neurology at California Northstate Medical School. In addition, he is a medical consultant to the Department of Consumer Affairs, investigating doctors who have been reported for alleged incompetence, impairment, or unprofessional behavior.

Medieval England: Normans to the Tudor Conquest (IP/NR)

Jeff Hendy
Fridays, Sep 8 to Dec 8 (12 weeks)
1 to 2:30 pm
Alpine Hall 204

This program focuses on the time period from 1066 to 1485. It covers the transition from Norman to English kings, the Crusades, King John and the Magna Carta, the Hundred Years War, the Flowering of Chivalry, the Black Death, the Peasants’ Revolt, Chaucer and the Rise of English, deposing Richard II, Henry V and Victory at Agincourt, the Wars of the Roses, and daily life in medieval England. It will be a mix of individual research and material from Professor Jennifer Paxton’s Great Course *The Story of Medieval England*. “Once more into the breach, dear friends” Shakespeare, *Henry the Fifth*.

Jeff Hendy retired after forty years in the computer chip business, working in England, the US, France, and Japan, where he was also CEO of several companies. Jeff has been a Renaissance Society member since 2013; and a Board member from 2015 to 2023, where he co-chaired the Technology Committee. Jeff led the *Digital Camera* program for three years. He has given many Renaissance Society talks, many of them about English history. That might be because Jeff was born and educated in England.

More Cinematic Classics: Themes and Variations (IP/WI/NR)

Alan Miller
Fridays, Sep 8 to Dec 8 (12 weeks)
12 to 2:45 pm
Tahoe Hall 1003

A plethora of superb performances by gifted actors, directors, and screenwriters ensure the staying power of classic films such as: Billy Wilder’s *Sunset Boulevard*, Cary Grant in Alfred Hitchcock’s *North By Northwest*, and Stanley Donan’s *Charade* with Audrey Hepburn. Burt Lancaster’s dynamic portrayal of *Elmer Gantry*. The iconic story of Los Angeles’ water thievery in Roman Polanski’s *Chinatown*. Fred

Zinnemann’s *The Day of the Jackal*, Paul Newman’s *The Hustler* book-ended by *The Color of Money*. This class will be long enough to allow additional discussion of the films.

Alan Miller’s dual careers encompass writing award-winning editorials for the Detroit News and The San Diego Union-Tribune and crafting opinion pieces for national publications, including film magazines. He has taught at Sacramento State and American River College, using films to enhance his classes. And he has lectured at UC San Diego and UC Davis.

1970s Economists Broke Capitalism: Can We Save It? (D/H/WI/R)

Dale Good
Fridays, Sep 15 to Oct 20 (6 weeks)
1 to 2:45 pm
Tahoe Hall 1025

Neoliberal capitalist theorists of the Chicago School, Milton Friedman and Friedrich Hayek, deified profit for shareholders over all other stakeholders and values, even dismissing democratic government. Their legacy has been at play for the past 50 years — companies focusing on financialization instead of investing in R&D; racing to offshore labor and production; and, resulting in radical income and wealth disparities, distrust of government, and profound social consequences; anger, and populism. Additional discussions include racial capitalism and the legal roots of “corporate personhood.” We will consider all stakeholders and posit other models

— some that we encounter every day. Format: lectures, audio/video clips, and open discussion.

Dale Good’s varied career includes serving as: a Navy officer, touring countries on both coasts of Africa and throughout the Caribbean; after graduate school (PhD program in judicial process), an executive for the Minnesota court system; an adjunct faculty at the state university teaching constitutional law; and most recently, an executive for the California court system. He has had a lifelong interest in history, political theory, and philosophy and is committed to lifelong learning.

Real Rock, Part 3 - More Classic Rock (IP/WI/R)

Bob Lang
Fridays, Sep 8 to Dec 8 (12 weeks)
1 to 2:45 pm
Mendocino Hall 1003

This is the third installment of the *Real Rock* series—an extension of the classic rock classes. It is essentially a continuation of *Real Rock ‘n Roll*, which dealt with the beginnings of rock music and *Real Rock, Part 2*, which concentrated on genres of the ‘60s and ‘70s. *Part 3: More Classic Rock*, will also highlight music genres and artists with a different area being explored each week via original recordings and classic videos. Planned topics include International Rock, Heartland Rock, Symphonic Rock, Super Groups, Singer/Songwriters, and more. As usual, the class will also feature Bob’s Bonus Tracks.





Bob Lang has provided music appreciation classes for Renaissance Society for nearly a dozen years including two previous *Real Rock* classes and one called *All That Jazz*. Lang spent his early career as a radio DJ and a television producer, taught community college media classes, worked as an equipment trainer, and retired from the California Department of Corrections. He has written three books, one created for media professionals; and is a singer/guitarist with the Sacramento classic rock horn band *On Air*.

The Second American Revolution: 1781 to 1790 (H/WI/R)

Cathy Adams Minicucci
Fridays, Oct 13 to Oct 27 (3 weeks)
1 to 2:30 pm
Brighton Hall 104

After the American victory at the Battle of Yorktown, the Revolutionary War began to wind down. A new crisis emerged as 13 separate states lacked a common national government to raise revenue, pay the Constitutional Army, settle disputes between states, and enter into treaties. This class will cover the important leaders of the Revolution who led America through its Second Revolution to the formation of a new national government as well as the critical issues they faced. Contributions from leaders Madison, Washington, Hamilton, and

John Jay will be described as well as the role of less well-known figures such as Robert Morris.

Cathy Adams Minicucci graduated from UCLA with a BA in anthropology and received a master's degree at Harvard. Cathy worked on the Boston desegregation case and school finance reform. She served as education policy staff for the California Legislature. For 30 years she led Minicucci Associates, an evaluation consulting firm focused on programs for children and youth. Cathy has been a member of the Sacramento Renaissance Society, leading seminars on American history and political leadership.

Substance Abuse: From Despair to Hope (IP/WI/NR)

Jon Parro
Fridays, Sep 29 to Nov 3 (6 weeks)
10 to 11:30 am
Amador Hall 152

Addiction leaves few families untouched. Ninety years ago, Alcoholics Anonymous transformed how we understand and treat those suffering from substance abuse, with millions achieving sobriety through its 12 steps. Advances since AA's founding in addiction research, neuroscience, and therapeutic strategies are again reshaping how we think about addiction and recovery, expanding hope and possibilities for individuals and families. This seminar invites participants to learn about more recent models for understanding addiction and their implications for healing

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while engaging in a journey of self-discovery. Anyone who knows anyone who has ever suffered from addiction, as well as those who are just curious about the field, are welcome.

Jon Parro has been a resident of the Sacramento region for over 20 years, working for most of that time in higher education and healthcare philanthropy. More recently, he served as a substance abuse counselor in both privately and publicly funded treatment programs working with a diverse range of clients, including those with co-occurring mental health disorders. He holds a bachelor's degree in psychology and graduate degrees in education, as well as certification in substance abuse counseling.

Travel and Adventure (IP/WI/NR)
Fred Chapman
Chris Smith
Fridays, Sep 8 to Dec 8 (12 weeks)
10 to 11:30 am
Eureka Hall 107

There has been a Travel and Adventure class since 1999. Guest speakers are generally class members who share their experiences traveling the US and countries from around the world. Slide shows and videos are a great part of each class. There is a question and discussion period after each presentation. While participation is a must in presentations and discussions, there is no requirement for individual students to give presentations. Everyone who loves to travel will find the class very entertaining and informative.

Fred Chapman has been a Renaissance member since 2009 and has hosted or co-hosted three different Renaissance classes since then. He is a frequent traveler in the US, Europe, and other areas of the world, including mountaineering expeditions to the Andes and Himalayas and a 3.5-month world cruise in 2019.

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The Wild World of Pablo Picasso
Theo Goodwin
Anne Rewell
Fridays, Sep 8 to Sep 22 (3 weeks)
10 to 11:45 am
Calaveras Hall 123

We will explore the exciting, creative, and unique world of Pablo Picasso. He lived from 1881 to 1973, as a Spaniard living primarily in France. It is fifty years since his death, ample time to evaluate his artistic achievements, his strengths, and his flaws. In three sessions we will focus on the major aspects of his life and how he dominated the world of art in the 20th century. How was his art original? How did his legacy impact art in the 21st century? This class is intended for people who know a little or quite a bit about Picasso. We will view his work in class and discuss it.

Theo Goodwin, an attorney, retired after practicing law for 43 years in several fields including environmental law. He has taught Renaissance classes on *Reading and Writing Haiku Poetry*, *Emerging Paris in 1890*, and *The Life and Art of John James Audubon*. He writes poetry and plays clarinet and classical guitar. He enjoys reading about the history of music, the arts, and cultural history. Theo loves taking photographic portraits while traveling to exotic lands. He speaks Spanish and French.

Anne Rewell was born and educated in Australia. She left to travel the world, spending two years in London before moving to the US. She worked as a Tax Manager at the international accounting firm Deloitte and later ran a tax practice in Sacramento. Anne also managed a rice farming and drying operation in the Sacramento Valley.



shared interest groups (SIGs)

MONDAY to THURSDAY

Friends of the New Yorker Magazine (IP/NR)

Judy Day
David Bowles
Mondays, Sep 11 to Dec 4 (year-round weekly)
10:30 am to 12:30 pm

This discussion group is for those who enjoy reading the *New Yorker* magazine. Participants read and review each week's issue in advance of the meeting. Members freely discuss articles in the recent issue, share opinions, and gain insight. We meet every Monday, all year long, in the KOH Library, inside The Center at 2300, located at 2300 Sierra Blvd, Sacramento. Group members pay an \$18 annual fee to use the library facility. To join the group, please contact the leader or co-leader to see if space is available. Judy Day may be reached at jbdays2@pacbell.net or (916) 424-3126. David Bowles may be reached at davidbowles@sbcglobal.net or (916) 662-1640.

Judy Day is a California native who grew up in the Bay Area. She graduated from UC Berkeley with a BA in Social Sciences and an MA in Public Policy. She retired in 2005 from the State Department of Finance, where she was a budget and program analyst. Her current interests include reading and politics.

David Bowles recently retired after a 35-year career with Verizon. His focus was executive training, from frontline supervisors to the vice president level. He has led over 75 different classes on a wide variety of topics. He enjoys live music, reading, gardening, and riding his motorcycle.

Kindle Unlimited Book Club (Z/NR/OE)

Marian Kile
Mondays, Sep 18 to Dec 18
(year-round monthly)
9:30 to 11:30 am

If you are already an Amazon Kindle Unlimited member, you might consider joining this club. We will only choose books that are available in Kindle Unlimited, so no additional cost and no running to the library. We will discuss fiction and nonfiction in a variety of genres. The members of the group rotate selecting a book for everyone to read and discuss in an intelligent yet comfortable manner. This Amazon subscription service is \$9.99 a month to Prime Members. The books can be read on a Kindle or any other device by downloading the Kindle app. Currently there are over two million titles available through Kindle Unlimited.

Marian Kile joined the Renaissance Society in 2006 and immediately joined a book club. Now she is starting this specialty club, which will only read Kindle Unlimited books. She enjoys a variety of genres and books.

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Native American Study and Activities (D/IP/NR)

Allan Keown
Mondays, Sep 11 to Dec 11 (12 weeks)
10 am to 12 pm

This SIG will be devoted to the study and appreciation of Native American culture and history at the local, state, and national levels. It will discuss the recent paradigm-shifting tome *The Rediscovery of America* by Ned Blackhawk; visit local museums and exhibits; invite guest presenters; watch videos; travel to Alcatraz; tour the De Young Museum exhibit *Nampeyo and the Sikyatki*; and honor Native American Heritage Month in November. All activities will be decided by consensus.

Allan Keown grew up in Norman, Oklahoma, and attended OU from 1966-70. In 1970 he moved to Berkeley to attend Pacific School of Religion. After then attending Hastings College of the Law, he worked for Matthew Bender, the State Public Defenders Office, and the CA Dept. of Education Legal Office, before retiring and joining the Renaissance Society in 2009. He has taught seminars on documentaries and the *Blue Zones*, among others, and served on the PC, MDCE, and Long-Range Planning Committees.

Qi Gong — Zoom (Z/NR/OE)

David Mitchell
Marilyn Bradford
Mondays, Sep 11 to Dec 4 (12 weeks)
3 to 4 pm

Learn how to cultivate vital energy to assist with self-healing. Qi Gong is an ancient Chinese exercise and healing technique that involves meditation, controlled slow deep breathing, and movement exercises. Qi Gong is sometimes translated as "vital energy cultivation." This gentle movement class will help release tension both physically and mentally. The class will be done standing, although a chair can be used.

David Mitchell has been teaching Qi Gong since 2013. He loves helping those with health issues heal through. And he flew Boeing 747s for a major airline for about 24 years.

Digital Photography (IP/WI/NR)

Jay McKeeman
Tuesdays, Sep 12 to Nov 28 (12 weeks),
Thanksgiving week break
10 to 11:30 am

The *Digital Photography* SIG is offered to hone your skills in the digital photography workspace. This includes the use of camera, capturing variety in your photos, and practice in post-shot photo enhancement/development software. Basic photography experience is preferred. Equipment used ranges from smart phones to SLR equipment. Video photography is not covered. Classes alternate between in-class instruction at Belle Cooledge Public Library (5600 S Land Park Dr Sacramento, CA 95822) and off-site field trips on Tuesdays. Field trips are optional; personal transportation is required; usually starting at 10 am. Class sessions are not recorded.

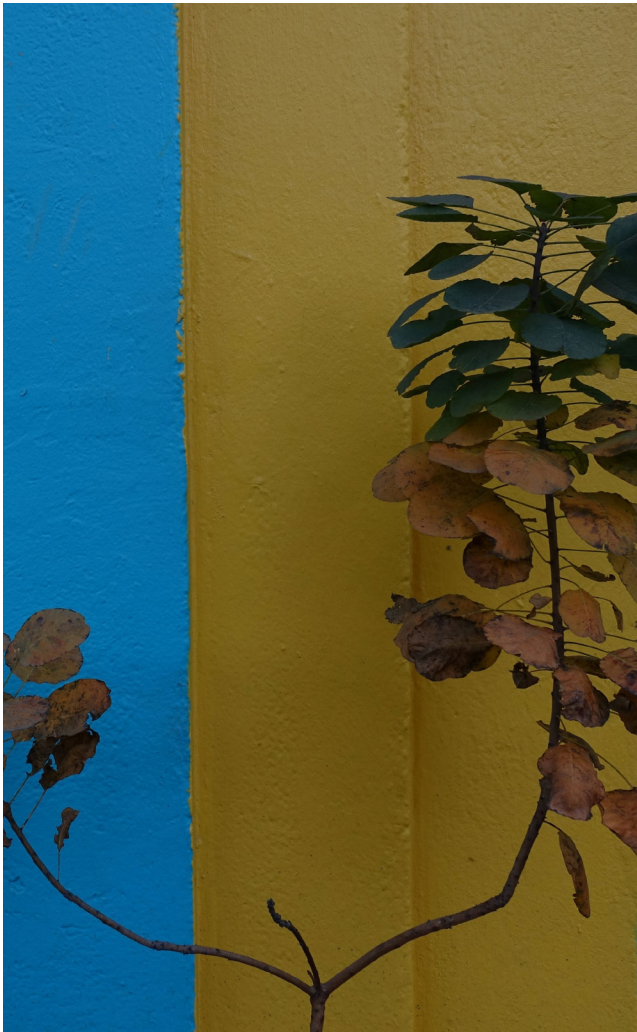
Jay McKeeman has lived entirely in Northern California. He was born/raised in San Francisco and had his initial education there. He attended CSU Chico (BA) and USC (MA in Public Administration). He has been involved in local government land use planning, government advocacy, and trade association administration during his professional career. He holds a life-long fascination with photography.

First Tuesday Book Club (Z/NR/O)

Gwen Bedient
Tuesdays, Sep 5 to Dec 5 (year-round monthly)
10 to 11:30 am

The members of the group rotate selecting a book for everyone to read and discuss. We review a wide variety of both fiction and non-fiction books that are available in the Sacramento Public Library system. Members engage in intelligent yet comfortable discussions about the writing topic and author.

Gwen Bedient is a native of Nebraska. She spent 11 years in the U.S. Foreign Service before retiring in Spring 2021. She has been a part of many book clubs over the years, both in Nebraska and overseas, and is enjoying this one too. Some of her other interests include gardening and travel.



Third Tuesday of the Month Book Club (Z/NR/OE)

Marian Kile
Tuesdays, Sep 19 to Dec 19
(year-round monthly)
9:30 to 11:30 am

The members of the group rotate selecting a book for everyone to read and discuss in an intelligent yet comfortable manner. We review a wide variety of fiction and non-fiction books that are available in the Sacramento Public Library system.

Somewhere around age 30, **Marian Kile** started enjoying reading more and more. When she retired, she had time to join her first book club here at the Renaissance Society, and then she started this one. She enjoys the variety of genres and books that she never would have read without the book clubs.

Writers Workshop II (IP/NR)

Anita Adams
Lani Hahn
Tuesdays, Sep 5 to Dec 5 (year-round weekly)
12 to 2 pm

The members in this off-campus class come from a variety of backgrounds and write with various styles and subjects. We bring copies of our work to share, limiting 1,000 words. Feedback is provided, if requested, as well as encouragement. Registration is required. Maximum: 10 members; a waiting list is maintained. We meet in members' homes.

Anita Adams was an advertising executive with *The Sacramento Union Newspaper*. Her second career was as a food inspector with the State Dept. of Food and Agriculture. A Mid-western transplant, she has lived in Sacramento since 1972 and joined the Renaissance Society after she retired in 2012.

Lani Hahn brings a variety of work experience to the workshop, including being English as a Second Language (ESL) instructor.

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Dining Together (IP/NR)

Cheryl Nelson
Second Wednesdays, Sep 13 to Dec 6
(year-round monthly)
5:30 to 7:30 pm

Dining Together is an opportunity to socialize with fellow Renaissance Society members in an informal, evening setting. Currently, we meet year-round. Members volunteer to arrange dinners at local restaurants. We try to choose reasonably priced, interesting restaurants, hopefully including different cultures. Locations and details are posted in the Recorder each month for the following month. It is necessary to RSVP for each dinner in order to attend. If attendees to a particular dinner must be limited, preference will be given to members of *Dining Together* and first-RSVPed-first-served rules will apply. **Note 1:** Online registration is required for membership. **Note 2:** There will be an organizational meeting Friday, September 1 from 12 to 1pm in Calaveras Hall 134.

Cheryl Nelson has been the lead coordinator for *Dining Together* for several years. She has been a Renaissance Society member for over 10 years, volunteering as seminar leader and Zoom technical host. She enjoys leading this SIG where people can socialize and meet new people.

Intro to Walking Meditation Using a Labyrinth (IP/NR)

Christie Braziel
Wednesday, Sep 13
10 am to 12 pm
Unitarian Universalist Society of Sacramento

Looking for a simple way to let go of every-day stress? Learn another way to meditate by walking an ancient time-tested design known as a labyrinth. Join this one-hour lecture with PowerPoint slides, video, and handouts followed by walking a labyrinth. You will learn: History of labyrinths. What is a labyrinth? Difference between a maze and a labyrinth. Variety of benefits from walking a labyrinth. The three stages of the labyrinth walk. How to find local labyrinths. This one-time class is offered on two different dates at the Unitarian Universalist Society of Sacramento, 2425 Sierra Blvd., Sacramento, CA 95825.

Christie Braziel is a Veriditas-certified, trained labyrinth facilitator. She has been walking labyrinths since the 1990s and teaching this workshop for over five years for the Renaissance Society. She is always excited to present this information about her great passion for this ancient meditation tool. Reviews are consistently positive for those who have taken the class.

Le Cercle Français (Conversational French) (IP/NR)

Debra da Costa
Tiffany Urness
Ana Facio
Wednesdays, Sep 6 to Dec 6 (13 weeks)
10 am to 12 pm
Campus Commons Clubhouse

This SIG meets at the Campus Commons Clubhouse. It is for French speakers at an intermediate level, requiring a working acquaintance with the language through high school or college classes or from living in a French-speaking country. Members share common interests through presentations, reading, and conversation. Registration is required. Seminar size is limited to 12 and a waiting list is maintained.

Debra da Costa has led and co-facilitated *Le Cercle Français* for the past few years. She studied French throughout school and worked and traveled through several Frenchspeaking countries prior to becoming a landscape architect and later, a marketing executive.

Tiffany Urness co-leads *Le Cercle Français*, strategically offering guidance and invaluable lessons through her French fluency, which she gained while living and working in North Africa. She maintains her skills through annual trips to France, along with occasional stints as translator, interpreter, tour leader, and conversation group facilitator.

Ana Facio also co-leads in the capacity of technical and logistical support.

Walkabouts (IP/NR)

Lance Muller
Wednesdays, Sep 6 to Nov 29
(year-round weekly)
9:25 am to 12:30 pm

Each Wednesday morning, we walk at a different location chosen by our volunteer leaders. Stretches are at 9:25 am, followed by announcements, and then that week's *Walkabout*. You will have a choice of two miles with the Tortoises group, or four miles with the Hares group. Afterward, for those who wish to join us, there is a group lunch at a nearby restaurant. Register online at our Walkabouts website — <https://renaissancewalkabouts.weebly.com/> — and click on the *Walkabouts Registration* tab!

We're back again, now doing *Walkabouts* for several decades!



Advanced Spanish Conversation (IP/NR)

Beatrice Hildebrand
Susan Dlugach
Thursdays, Sep 7 to Dec 7 (12 weeks)
10 am to 12 pm

This seminar offers an opportunity for Spanish conversation on various topics, followed by the reading and discussion of literary texts by Spanish or Latino-American authors. **Note:** No Class on Thursday, Nov 23rd.

Beatrice Hildebrand has traveled extensively in Spain, Mexico, Argentina, and Chile. She has a minor in Spanish from Sac State and attended a two-week immersion program in Cuernavaca, Mexico. She has been part of the *Renaissance Advanced Spanish Conversation* class for several years and was its leader during the 2022-2023 academic year.

Susan Dlugach has traveled to many Latin American countries, including Mexico, Costa Rica, Bolivia, Argentina, and Peru, where she even trekked to Machu Picchu. In 2022 Susan spent more than two months in Spain. A life-long learner, she has been involved in Renaissance Society Spanish classes for years.

The Economist (Z/NR/OE)

Wayne Luney
Thursdays, Sep 7 to Dec 7 (year-round weekly)
7 to 8:30 pm

The Economist is arguably the best and most comprehensive weekly news magazine in the English language. It was founded in England in 1843 to advocate for the repeal of the Corn Laws. Today it is global in its coverage. Class members will be expected to read and be prepared to discuss selected articles appearing in the current issue. The class is likely to continue during holiday breaks and between semesters.

Wayne Luney graduated from the UC Berkeley with a degree in Economics. He has facilitated the seminar on *The Economist* since the Fall 2019 semester. During his career at Caltrans, he worked on regional traffic and motor vehicle emissions modeling.



Games for Entertainment (IP/NR)

Roberta Frieze
Judy Keaton
Thursdays, Sep 7 to Dec 7 (year-round weekly)
1 to 3 pm

Card games, word games, dominoes, and team games are played. We are open to learning new games. A basic knowledge of cards and trump is helpful. We spend a few minutes socializing at each meeting before game play starts. Enjoy the opportunity to learn and socialize with people who have similar interests. Our members host and provide refreshments on a rotating basis depending upon their own calendars. You may use the leader's home if your space does not allow.

Roberta Frieze has been a member of the Renaissance Society for more than 12 years, and a multi-year leader of *Games for Entertainment*. She is experienced in playing many games and willing to learn new ones.

Judy Keaton is a long-time member of the Renaissance Society for more than 10 years and is well-experienced in the topic being presented.

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The Music of Your Life (Z/NR/OE)

Loretta Burdeaux
Lester Bennett
Thursdays, Sep 7 to Dec 7 (12 weeks)
3:30 to 5 pm

The *Music of Your Life* is a SIG where we explore different types of music each week. Join us if you want to have fun, learn more about music, and get to know each other by sharing memories and connections to some of your favorite songs. We can teach you how to share your screen in Zoom to play your song, or we can do the screen sharing for you — just provide us with a link for an online video/audio recording of the song of your choice. YouTube is an excellent source for finding music to share. Live performances of your song are welcome too, if you like to sing and/or play an instrument. Examples of past weekly sessions include: The Beatles, Motown, Country Music, Jazz, Duets, Show Tunes, and Classical.

Loretta Burdeaux is a retired educator who enjoys water aerobics, Tai Chi, playing the ukulele, singing with Threshold Choir, and taking Renaissance classes.

Lester Bennett, a winemaker and retired educator, has a strong interest in the history of Pop and Rock 'n Roll, but listens to and loves other genres as well.

Partners in Crime (IP/WI/NR)

Lynda Cassady
Pat Stokes
Thursdays, Sep 28 to Nov 16 (monthly)
1:30 to 2:30 pm

This SIG reads mysteries. At the monthly meeting, members discuss an author's novels. Author selection is rotated among members. Any of the selected author's books may be read. Past authors were Ruth Ware and CJ Box.
Note: Only a few open spots remain.

Lynda Cassady enjoys reading and reviewing mystery novels. She leads the group discussion on an author's style, character development, and story credibility. She promotes frank but considerate comments.

Pat Stokes has been with this group for several years and is an expert in finding interesting authors who bring a new life to writing a good story.

FRIDAY SHARED INTEREST GROUPS (SIGs)**English Country Dances (Non-progressive) (IP/WI/NR)**

Ruth Scodel
Fridays, Sep 8 to Sep 29 (4 weeks)
11 to 11:45 am
Yosemite Hall 187

The most common form of English Country Dance is the longways (and the kind in the movies), in which couples progress up or down a set, dancing one time through a pattern with each couple they meet. This class will instead introduce dances where the dancers do not change positions. Participants need to be reasonably limber, but the dances are not strenuous or high-impact. Some examples:

Hit and Miss (<https://www.youtube.com/watch?v=dzCeWchDLaU>);

Gathering Peascods (<https://www.youtube.com/watch?v=0QMpg9I9-sA>)

Ruth Scodel has been engaged with English and Scottish Country Dance since 1983. She retired as a Professor of Greek and Latin at the University of Michigan. Last semester she offered two Renaissance Society programs, a reading of the *Iliad* and the progressive form of *English Country Dancing*.

**Knitting With Friends (IP/NR)**

Barbara Kletzman
Jeanie Wilcox
Fridays, Sep 8 to Dec 8 (12 weeks)
9:30 to 11:30 am
Academic Resource Center 1011

Bring your knitting or crocheting, spend a few hours on your craft, and chat with your fiber friends with all levels of experience. There are no instructions, but always help from one another. Join us and meet some new friends

Barbara Kletzman joined Renaissance Society in 1999 and co-led several knitting groups through the years as well as led *Ted Talks* for five semesters. She started knitting at 10 years old. In 2005 she started a 10-year knitting project recruiting volunteers to knit baby blankets, dropping off at least 30 blankets per month at local hospitals for newborn babies.

Jeanie Wilcox grew up with a yarn store next to her grandmother's house and started knitting at 7 years old, through high school and college. She gave up knitting through graduate school and until her son was in high school, and has knit daily since then. She is a retired psychologist and has lived in Sacramento since 2020.

**Social Dancing (IP/NR)**

Richard Kowaleski
Fridays, Sep 8 to Dec 8 (12 weeks)
12 to 12:45 pm
Yosemite Hall 183

Learn ballroom, country, line, and even free-style dancing — you choose the mix! Easy-to-learn moves that look great on the dance floor. For beginners and experienced dancers alike. No partner is required.

Richard Kowaleski is a very popular dance instructor and dance host with unique teaching methods and a delightful sense of humor that puts participants at ease so they can quickly learn while also having fun. Please bring smooth-soled shoes with good heel support. A noontime favorite for years — check it out!

Technology Workshop (IP/WI/NR)

Ashu Singla
John Pierron
Every Other Friday, Sep 8 to Dec 8 (12 weeks)
10 to 11:30 am
Yosemite Hall 135

Do you want to know how to use your phone to take a screenshot or to hire Uber? Is your phone camera taking pictures only in B&W? Tech can be challenging! SeniorTechPal aims to remove barriers to improve technology usage amongst seniors by holding tech sessions. You will learn to use your phone to schedule an Uber, take a screenshot, or even store pictures in the cloud. Everyday convenient features that are available on your smartphone, tablet, laptop, and other common devices — we just need to know

how to use them. We will do live demonstrations of these technology features as well as 1:1 troubleshooting to simplify technology for you. **Note:** This SIG will run Sep 8, Sep 22, Oct 6, Oct 20, Nov 3, Nov 17, and Dec 8.

SeniorTechPal was launched by **Ashu Singla**, retired Sr Director of Eng from Intel. The organization started as Gelos (Greek for laughter or joy) and that is the mission — to bring joy to the world by simplifying technology for seniors.

Watercolor Studio Lab (D/IP/WI/NR)

Steve Wittmann
Colleen Wong
Fridays, Sep 8 to Dec 8 (12 weeks)
12 to 2:45 pm
Kadema Hall 268

Watercolor Studio is an in-person course devoted to experienced watercolor painters. Course members will determine their own subject matter and style of execution while assisting each other with their knowledge and experience. No formal instruction is planned — just suggestions from peer artists. Classical music will be played to enhance the artistic environment. Referrals to artistic support resources (videos, internet, books, other instruction, etc.) may be shared by course members.

Steven Wittmann has been painting, mostly in water-based mediums, for the past 15 years, three of them as a Renaissance leader. More recently, Steve has organized bi-weekly open meetups of plein air watercolor painters.

Colleen Wong has been a co-leader of the *Digital Photography* program for the past six sessions until 2023 and a co-leader of the *Watercolor* class for the last three sessions. Ms. Wong believes Renaissance Society sessions should meet all class participants’ artistic interests. Colleen does not consider herself a painter but loves to explore this realm.

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Starting on August 14th

Fully Subscribed Programs

The following programs are fully subscribed. This means that despite being affiliated with the Renaissance Society and participants requiring Renaissance Society membership, they are currently not available for enrollment and are listed here separately for informational purposes only. A Wait List is available to accommodate new participants if a vacancy should occur. If you have questions about these programs, please contact the respective Leaders. You can find their contact information in the directory at the end of this LEARN section.

Great Books (FS/D/Z/NR)

Jean Cawood
Dan Rooney
Thursdays, Sep 7 to Dec 7 (12 weeks)
2 to 4 pm

We use the Great Books ‘Shared Inquiry’ method and rules of discussion set forth by the Great Books Foundation. We will be discussing readings from the following books: *The Civically Engaged Reader*; *Counterparts*; and *Immigrant Voices*. Members are expected to lead a discussion once a year. **Note:** This program is currently full.

Jean Cawood joined the Renaissance Society in 1999 after retiring as a high school Resource Specialist. She has co-led and coordinated the *Great Books* SIG since 2001, the seminar on *Cervantes’ Don Quixote* of 2011-2012 with Jim Gallant, and served as tech host for the seminar on *James Joyce’s Ulysses* for the two semesters of 2021.

Dan Rooney is a retired attorney and has been a member of Renaissance and the *Great Books* SIG since 2006. In 2021, Dan organized and led a two-semester seminar on *James Joyce’s Ulysses* and has been tech host for the *Great Books* SIG on Zoom.

High Intermediate Spanish (FS/H/NR)

Melody Flores
Fridays, Sep 8 to Dec 8 (12 weeks)
10 to 11:45 am
Mendocino Hall 3007

This SIG is participatory and provides a casual environment to support and develop existing high intermediate-level Spanish reading, writing and speaking skills. The class work includes reading and translating the reading material selected. There is also a grammar workbook. We are reading *La Espia* by Paulo Coelho, a novel about Mata Hari. Unfortunately, to be fair to the existing students, we cannot add any participants at this time. This is a year-round SIG. **Note:** This program is currently full.

Melody Flores has facilitated this group for eight years enjoying sharing her knowledge of Spanish. She studied Spanish at Shasta Jr College in Redding and the University of Guadalajara in Guadalajara, Mexico.

iPhone Studio Multimedia Collective (FS/H/NR)

Melissa Green
Thursdays, Sep 7 to Oct 12 (6 weeks)
10 am to 12 pm

Past studio enrollees are encouraged to register as this seminar transitions into participant-led activities oriented toward video production. Continuing to use familiar apps and expanded studio workflow, this semester we add emphasis on the iMovie app. Online shared albums are our critique and learning platform. While six meetings are scheduled for Zoom, presenters may plan in-person photo walks instead. Our public website continues to provide informative articles, demonstration videos, and examples of our artwork at <http://rsiphonephotostudio.blogspot.com>. Please stop by to see what we are all about. **Note:** This program is currently full.

Melissa Green joined the Renaissance Society in 2012 with an interest in digital photography and the Apple iPad and iPhone seminars. She is a retired instructional development co-

ordinator from Sacramento City College where her work focused on training faculty and staff to use computers and teach online. Melissa started the *iPhone Photography Studio* seminar in 2017.

Photography as Art (FS/H/R)

Roger Klemm
Wednesdays, Aug 30 to Nov 15 (12 weeks)
10 am to 12:30 pm

Using art concepts as a guide, this class develops an informed way of seeing. This is not a camera class. Note: For waitlist, contact the leader directly — do not use the Renaissance system. **Note:** This program is currently full.

Roger Klemm is a Preservation Architect, trained in historic and modern architecture, as well as in both classical and modern art and art history. He has been a commercial and published architectural photographer. This seminar will be the 21st he has taught for the Renaissance Society.

Writer's Group I (FS/Z/NR)

Curtis Nelson
Marian Kile
Thursdays, Sep 7 to Dec 7 (year-round weekly)
9:30 to 11:30 am

Members may write on a variety of subjects in any style including poetry, essay, and fiction and non-fiction prose. The other members offer suggestions to help polish the presented piece of writing. We have a pleasant atmosphere for sharing your writing. **Note:** At the present time, this SIG is full.

Curtis Nelson joined the Renaissance Society in 2017 and has attended classes on many subjects. He is currently a member and leader of the *Writer’s Group I*. His writing interests are poetry, short story, and haiku.

Marian Kile has been a long-time member of *Writer’s Group I*. Marian writes personal stories based on her family. She has published three books for her family.

one-time presentations

community presentations

Morning Coffee (H/R/OE)

Maryellen Burns
Wednesdays, Sep 6 to Dec 6
(year-round monthly)
10 to 11:30 am

What is better than getting together with friends to discuss what is happening in the world of food, arts, politics, and culture, at least once a month? Join us for *Morning Coffee* on the first Wednesday of each month, from 10 to 11:30 am, in person at ACC Senior Services, 7443 Park City Drive, in the Pocket Area, and on Zoom, Facebook Live, and YouTube. Other dates may “pop-up” depending on what is going on in the community. We’ll share coffee, tea, and pastries with interesting guests waxing eloquently about wonderfully relevant topics — Does History Matter? Women Artists of the Delta; Coffee House Music of the ‘50s and ‘60; and The Jews’ Love Affair with Chinese Food. Suggestions? Want to be a guest? Join us.



Alter Egos IP/R/OE

Maryellen Burns
Christie Braziel
Thursday, Sep 13
(year-round days, dates, times vary)
6 to 8 pm

Have you wanted to try acting but feel anxious about memorizing a script, or like to share stories, research, operate a video camera, edit, or make simple costumes or props? Have your own story that you’d like to share? Not a lot of time commitment, just a few run-throughs before reciting at a venue — which could be a walking tour or performed or broadcast live. We tell inclusive stories so we need everyone’s voice. Our first production is the much-anticipated *Women of Poverty Ridge* in partnership with ACC Senior Services. It will include a video production and walking tour. **Note:** Our first meeting of the semester will be in person at California Stage on Wednesday, September 13 at 6 pm.

Maryellen Burns has been involved in community theater in Sacramento since high school. A cultural and oral historian, she has produced or performed in reader’s theater, video and radio documentaries, and plays for The California State Railroad Museum, Ardenwood Historic Farm, Knight’s Foundry, Music Circus, California Department of Parks and Recreation, and many other historical, cultural, and theater organizations in Northern California. She currently serves on the board of California Stage.

Christie Braziel graduated from Sac State in 1974 with a BA in Drama. She’s performed in adult, children’s, and church theater. She was an extra in *Ripley’s Believe It or Not*, film in Old Sacramento; talent for ad agencies, a mime for the American Cancer Society, and directed stage and reader’s theater.



A Cook’s Tour of Sacramento and Beyond H/NR/OE

Maryellen Burns
Dan Cross
Marge Tarbell
Thursday, Sep 14
(year-round days, dates, times vary)

A Cook’s Tour of Sacramento and Beyond is a year-round adventure. We host monthly brunches and happy hours, and enjoy lunches and occasional dinners in diverse venues around the region. We also venture out to music, theater, museum, and art venues, when the urge grabs us. Days and times vary. Some costs are involved for food, drink, or entry. Guests are always welcome. **Note:** Although we are year-round, we will hold our first get-together for new members on Thursday, September 14 at 4 pm at a place to be determined.

Maryellen Burns, Dan Cross, and Marge Tarbell are joined by *Cook’s Tour* members to plan activities. Maryellen Burns is a historian and author/editor of books and articles on food, culture, and regional history. Dan Cross has traveled the world and knows how to ferret out the best places to eat and drink. Marge Tarbell is a seasoned organizer who knows how to create community and connection.

Six Pillars of Brain Health (Z/R/OE)

Kathy Hart
Kris Ritualo
Wednesday, Sep 20
11 am to 12 pm

It’s never too late to focus on your brain health! In this interactive session you will learn about the six pillars of brain health, activities that support brain health, and hopefully be inspired by others. This session is a good overview for anyone interested in learning more about brain health and will provide you with information on the latest research on brain health, lifestyle suggestions, and resources to learn more.

Kris Ritualo serves as Senior State & Community Engagement Specialist for AARP CA. She is a Certified Aging in Place Specialist & brings many years of experience leading several initiatives focusing on delivering positive and meaningful social change through community-centered programs. Kris is a Board Director for Sacramento Rainbow Chamber of Commerce and the Sac Asian Chamber of Commerce. She is an alumnus of the Equality California Leadership Program.

Beginner-Friendly Watercolor Tutorial Z/R/OE

Kathy Hart
Wednesday, Oct 11
11 am to 12 pm

Create something beautiful while having fun. This event will be open to the public to promote the Renaissance Society and give back to our community. Supplies: primary watercolor set, watercolor paper or card stock, small and medium paintbrush, water, and paper towel. In-person at the ACC Senior Community Center located at 7334 Park City Dr, Sacramento.

Kathy Hart loves to be creative with Renaissance Members along with the community in hands-on art projects.

Everyday Gourds Become Incredible Artwork (IP/NR)

Kathy Hart
Carol Des Voigne
Mary Hufft
Monday, Nov 6
11 am to 12 pm

An in-person class to review the various ways gourds have been used around the world and to learn how gourd artists transform them into beautiful works of art. This program will be held at 10123 Fair Oaks Blvd., Old Fair Oaks Village. Seating is limited to 25, so sign up early.
Carol Des Voigne has been creating with gourds for 20 years and has taken many classes and attended gourd festivals in different states. She has collected many gourds from different countries.

Mary Hufft has been gourding for over 10 years and loves it because you can create so many different kinds of art with them. She is a certified judge at gourd competitions. Both are members of Folsom Gourd Artists — <https://folsomgourdartists.com/>.

ABBREVIATION KEY

- D** Diversity program
- FS** Program fully subscribed
- H** Hybrid (IP + Z) program;
- NR** Program not recorded
- OE** Overlapping enrollment
- R** Program recorded;
- WI** Walk-in program — use online system to enroll or check with leader;
- Z** Zoom-only
- IP** In-person only

monday big history series

Big History — Cities (Z/R/OE)

Ranny Eckstrom
David Lewis
Mondays, Sep 11 to Dec 4
10 to 11:30 am

Big History (Cosmos, Earth, Life, and Humanity) is a big-picture interdisciplinary view of history, science, and the humanities that explores human existence. This *Monday Big History Series* continues investigations into concepts ranging from the Big Bang to the physical and cultural evolution of humans. It is a look at the big picture of humanity and narrower histories as examples of what was and is happening globally to our species. This Fall the focus is on people in groups — Cities — from ancient Uruk to

New York: how and where they emerged, cultural aspects, and why they did or didn't thrive. Each session is a separate program. By enrolling, every week you will receive a description of the upcoming Monday's program.
Ranny Eckstrom has co-led multiple seminars since joining the Renaissance Society in 2009. Ranny is also a member of the Sacramento Archeological Society, which has a close alliance with *Big History*. She has been hosting *Big History* for over seven years.
David Lewis has been instrumental in developing *Big History*, has been a tech host for several Renaissance Society seminars, and is the host of the *Wednesday Science Series*.

tuesday speaker series

Tuesday Speakers Series (Z/R/OE)

Jack Jennings
Tuesdays, Sep 5 – Dec 5 (12 weeks)
2 to 3:30 pm

We have a great lineup of 12 speakers for the Fall on our usual variety of subjects, ranging from the right-wing assault on higher education in Florida, an analysis of our current economy and its expectations, and reviews of exciting *New York Times* Best Sellers. The full list will be available for signups in the Renaissance Society Online Program Registration System in August. Speakers will include:

Robert Benedetti, former Provost at New College in Florida, on the history and implications of the Florida Governor's assault on Higher Education in that state.
Andres Villegas of Goldstone Capital Management on what to expect from the economy, recession, inflation, the debt ceiling, and more.
Cathy Minicucci on the *New York Times* Best Seller — Stacy Schiff's *The Revolutionary: Samuel Adams*, who was an important figure leading up to the American Revolution.
Jennifer Kerr on understanding the implications of another best seller, Walter Isaacson's *The Code Breaker: Gene Editing and The Future of The Human Race* and how women scientists helped fight Covid.

Date	Time	Presenter Name	Presentation Title
Sep 5	2 – 3:30 pm	Bob Benedetti	The Florida Governor and Higher Education: The New College Story
Sep 12	2 – 3:30 pm	Kim Luke Lum	The Lum Family Saga
Sep 19	2 – 3:30 pm	Cathy Minicucci	The Revolutionary — Sam Adams
Sep 26	2 – 3:30 pm	Christine Hunter	We Can Do This: Sacramento Political Women and the Community They Shaped
Oct 3	2 – 3:30 pm	Norv Wellsfry	Our Sacramento Grand Jury
Oct 10	2 – 3:30 pm	Alan Miller	Media Meltdown
Oct 17	2 – 3:30 pm	Gae Ruddell	Everything is an Opportunity - Finding gifts in life's challenges
Oct 24	2 – 3:30 pm	Andres Villegas	What to Expect from Our Economy — Up, Down, What?
Oct 31	2 – 3:30 pm	Melinda Washington	Using the Wellness Plans of Culture to Heal
Nov 7	2 – 3:30 pm	Darien Davis	El Nino/La Nina, How It Impacts Weather in California
Nov 14	2 – 3:30 pm	Jack Jennings	Only in Hollywood - How The Godfather Saved Paramount Pictures
Nov 21	2 – 3:30 pm	Thanksgiving	Holiday
Dec 5	2 – 3:30 pm	Jennifer Kerr	The Code Breaker: Gene Editing and The Human Race



wednesday science series

Wednesday Science Series — The Human Immune System (Z/R/OE)

David Lewis

Wednesdays, Sep 6 to Dec 6
2 to 3:30 PM

The format for the *Wednesday Science Series* has changed. Instead of signing up for 12 separate courses, you may now sign up for the *Wednesday Science Series* and then pick which session(s) you would like to attend. The topic for the next session will be sent at least a week or more in advance. All sessions will be recorded.

This fall the *Wednesday Science Series* focus will be the human immune system. We will first explore the many levels of protection beginning with the skin, the circulatory system, lymph nodes, and even the microbiome (your gut). Next, we will examine all the various challenges to our immune system including allergies and disease with a focus on Covid 19. Why

did (and do) some die within a week and others are “long haulers”? Also, your immune system doesn’t always get it right. Sometimes it may turn on itself as with autoimmune disorders like Lupus and Rheumatoid Arthritis. Finally, what does tomorrow hold? New therapies such as CRISPR and CAR-T will have a profound impact on the human immune system. Join us on Zoom, Wednesdays, at 2 pm.

David Lewis retired after 35 years in Silicon Valley making computer chips. He then moved to Sun City Lincoln Hills where he taught DNA classes for the Genealogy Club. Next he joined Ranny Eckstrom and the Big History Club and is currently the Co-Leader and Tech Host. This is his third year with the Renaissance Society and his second semester as the *Wednesday Science Series* Coordinator, Presenter, and Tech Host. You may contact him at stuff619@gmail.com or call (916) 626-2795.



employee at Talini’s Nursery.

American Melodrama: Trump, the Media, and the Court (IP/NR)

Alan Miller

Friday, Sep 15
10 – 11:30 am

The controversial former president confronts challenges on several fronts, including the legal system and an energized media. How did this increasingly polarized country come to this crisis and what are the cultural and political consequences for the future? An alarming percentage of people have lost faith in basic American institutions, believe in conspiracy theories, and purchase firearms, with extremists even advocating insurrection. Could the United States be on the cusp of another Civil War?

Alan Miller, whose academic degrees in history and political science and decades of experience as an editorial writer in Detroit and San Diego, has a perspective on where we’ve been and are likely to go from here. He’s also written for conservative and liberal publications, including *The New Republic* and *National Review*.

How to Prevent and Reverse Diabetes, PCRM (IP/NR)

Linda Middlesworth

Friday, Sep 22
10 – 11:30 am

As a Certified Food for Life Nutrition and Cooking Instructor for the Physicians Committee for Responsible Medicine, Linda will review and discuss a video from Dr. Neal Barnardon titled

A Nutritional Approach for Reversing Diabetes. She will provide a prerecorded cooking demo of healthy recipes for diabetes prevention and reversal and will provide some recipes and a quiz to do together. Linda will give you some examples of people who reversed their diabetes by eating a whole food plant diet.

Linda Middlesworth has been vegan for 35 years, beating her cancer, heart disease, and obesity. She is the organizer for the Sacramento Vegan Society now with over 5,190 members and is actively putting on vegan events, Go Healthy LIVE, Get Healthy Sacramento, Go Compassionate LIVE, and Go Sustainable LIVE, and events featuring doctors and leaders in health, animal advocacy, and climate change. She had a graphic design business, Graphic Side, for 25 years in Davis, CA. She is 79 years old. She is a VeganMentor.

The Life and Paintings of John James Audubon (IP/NR)

Theo Goodwin

Friday, Sep 29
10 – 11:30 am

Explore the life and paintings of John James Audubon (1785-1851). Born on a French slave plantation and raised in France and on a small plantation in Pennsylvania, Audubon became America’s first great painter of birds and de facto ornithologist. He kept journals of his explorations of the habits and habitat of wild birds in southern and eastern states. He was a self-educated entrepreneur. Yet at times he was a slaveowner in segregated America. How do we view his artwork and life today?

Theo Goodwin is an attorney who retired after practicing law for 43 years in several fields including environmental law. He has taught Renaissance classes on *Reading and Writing Haiku Poetry*, *Creative Paris in 1890*, and *The Life and Art of John James Audubon*. He writes poetry and plays clarinet and classical guitar. He enjoys reading about the history of music, the arts, and cultural history. Theo loves taking photographic portraits while traveling to exotic lands. He speaks Spanish and French.

friday on-campus speakers series

All these presentations will be offered in Brighton Hall 104. We look forward to seeing you.

So, You Want to Redo the Landscape in Your Yard? (IP/NR)

Mary Jane Sutliff

Friday, Sep 8
10 – 11:30 am

This class will cover the items to consider and in what order to do them. It will also cover what to ask your landscaper, what to plant and when to plant it, soil considerations, weed considerations, and how to address them and irrigation.

Mary Jane Sutliff is an attorney and Master Gardener. She is the former Director of the Sacramento River Valley District Garden Clubs, and Sacramento Native Plant Society, a member of Arden Park Garden Club, and a former





Mineral Concentration at Laboratory Scale (IP/NR)

Robert Boyer
Friday, October 6
10 – 11:30 am

Laboratory concentration of minerals is not something most people will ever learn about. This is an informal talk about procedures and methods of concentration of various minerals. Robert managed a laboratory specifically for this process for over 20 years at the USGS.

Robert Boyer managed a Mineral Concentration Lab at the Western Region Headquarters of the USGS in Menlo Park for more than 25 years. He assisted and trained other scientists in the use of the equipment and lab procedures.

Preserving the Legacy of Gold Mountain (D/IP/NR)

Phil Sexton
Friday, Oct 13
10 – 11:30 am

Chinese immigrants were 85% of the workers who built the western half of the transcontinental railroad in the 1860s, but this history has been neglected, mythologized, and forgotten by most people. Currently, there are efforts underway to accurately document and preserve this history, and a proposal has been made to create a National Historic Landmark to honor the work done building a railroad over the Si-

erra. In this presentation, learn about the work done, and how to separate myth from fact.

Phil Sexton is a consultant/historian for the 1882 Foundation, an educational non-profit that educates people nationwide about the history and legacy of the 1882 Chinese Exclusion Act. As a railroad historian, Phil has worked at the California State Railroad Museum, for the US Forest Service, and for programs at UC Davis and Stanford University. He’s currently involved with interpreting and preserving Chinese Railroad Construction camps at Donner Pass as a proposed National Historic Landmark.

Navigating Conflict and Difficult Conversations (IP/NR)

Donna Montgomery
Friday, Oct 20
10 – 11:30 am

Do you find yourself avoiding difficult conversations? Had a few that really went south, and further damaged the relationship? Join me to obtain an overview of the key ingredients for making your conversations less painful, more positive, and more productive by examining what conflict is and why it’s so difficult, what conflict styles are, changing our habitual ways, and the key planning elements before, during, and after a challenging conversation.

Dr. Donna Montgomery has over 30 years of experience serving clients to achieve personal and corporate transformation. Coaching hundreds of leaders over decades, she understands how to help people move beyond their habits when it comes to managing conflict, to utilizing a conscious and accurate methodology that applies equally to personal and professional life. Donna holds a doctorate in organizational psychology and has designed and taught courses at the PhD and MBA levels.

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The History of Ukraine: Caught in the Middle (IP/NR)

Helena Kanderka
Friday, Oct 27
10 – 11:30 am

Who really “owns” Ukraine? It is a relatively new country, yet its storied history precedes that of Russia. For a millennium, the area served as a ping-pong ball between Poland and Russia. This lecture will cover Ukraine’s unique history beginning with its Slavic, Viking origins—with a few Mongols, Turks, Cossacks, Byzantines, Muslims, and Catholics thrown in along the way. Note: This is essentially the first lecture of Helena’s Eastern European seminar from spring 2023 with some updates.

Helena Kanderka is the author of *Slovakland*, a novel that covers the history of Hungary and Slovakia from the Dark Ages through 1904. She has given lectures on Eastern Europe to the Renaissance Society for the past two semesters. She has a journalism degree from the University of Wisconsin-Madison and received a master’s degree from Sac State. Helena plans to travel to Eastern Slovakia in the summer of 2023 and hopes to gain a perspective on how the war in Ukraine is affecting Ukraine’s neighbors.

Fish of California’s Sacramento-San Joaquin Delta (IP/NR)

Alice Low
Friday, Nov 3
10 – 11:30 am

From the mighty sturgeon and Chinook salmon to the tiny delta smelt, fish in the Sacramento-San Joaquin Delta have major impacts on the state’s economy, including supporting significant sport and commercial fisheries and affecting statewide water project operations. Key species will be described, including habitat requirements, listing status, current population status and trends, and threats to continued survival.

Working as a fishery biologist with the California Department of Fish and Wildlife for over

34 years, **Alice Low’s** career centered on the Sacramento-San Joaquin Delta, including monitoring juvenile fish in the Delta, managing Central Valley Chinook salmon populations, and developing and overseeing a monitoring program for restored tidal wetlands in the Delta.

Killers of the Flower Moon — The Osage Murders Story (D/IP/NR)

Greg Beale
Friday, Nov 17
10 – 11:30 am

The Native American Experience—John Wayne killed Indians to save the plains from the barbarians. Years of lies that stole millions of square miles from their ownership of America. Radical Race Theory, what is that? He will show you what it is. Restorative Justice and why we should give back Oklahoma and Texas and yes, California. Unrealistic? He will show you that we need to pay these people back.

An experienced teacher, **Greg Beale** has presented for many years through in-person and Zoom. Greg presents the unvarnished truth. Native Peoples have been treated worse than other non-Caucasian people. Recently, dozens of children’s corpses were found, and the conflicts with treaties broken are still happening. Greg will uncover the real truth that is uncomfortable, but the truth! *Killers of the Flower Moon*, a movie about yet another genocide will be released in October.

ABBREVIATION KEY	
D	Diversity program
FS	Program fully subscribed
H	Hybrid (IP + Z) program;
NR	Program not recorded
OE	Overlapping enrollment
R	Program recorded;
WI	Walk-in program — use online system to enroll or check with leader;
Z	Zoom-only
IP	In-person only

Street Art (D/IP/NR)

Anne Rewell
Friday, Dec 1
10 – 11:30 am

How the Graffiti artists of the 1970s and 1980s morphed into and were the catalyst of what the world knows today as Street Art. From world-renowned artists such as Banksy, Maya Hayuk, to NYC graffiti artist Phase 2 and Philly’s Cornbread, among others, we will explore the “Graffiti” Street Art movement that has become a mainstream art form in cities around the world.

Anne Rewell, originally from Australia, is a long-term Sacramentan. She has worn many hats in her working career with an accounting background who worked for Sacramento County, a Big 8 accounting firm, and managed a rice farming and drying operation. Anne’s Renaissance presentations have covered a wide variety of subjects.

Hidden Defects in FBI and State Public Safety Records that Weaken Gun Safety (D/IP/NR)

Dale Good
Friday, Dec 8
10 – 11:30 am

State and local justice and public safety agencies (sheriffs, police, courts, prosecutors, probation departments, etc.) collect many records for their own operations. They also provide many of the records to the FBI for national record systems such as criminal history and warrant databases. Some of these records are used in the National Instant Check System (NICS) that supports background checks before a person can purchase a weapon. What are some of the issues with these records and how does it affect gun safety? Are there other issues that can cause racial disparities in the justice system? Dale will describe his observations with this data after many years serving in state court systems and a public safety agency.

Dale Good’s varied career includes serving as: a Navy officer, touring countries on both coasts of Africa and throughout the Caribbean; after graduate school (PhD program in judicial process), an executive for the Minnesota court system; an adjunct faculty at the state university teaching constitutional law; and most recently, an executive for the California court system. He has had a lifelong interest in history, political theory, and philosophy and is committed to lifelong learning.



forums

Forums are a special category of highly acclaimed and high-profile speakers addressing current topics of special interest to a wide variety of our Renaissance members. These esteemed speakers are also seasoned experts in their fields. They bring a diversity, depth, and breadth of topics to inform us about critical issues facing us and our society on an ongoing basis.

All Forums occur on Friday afternoons from 3 to 4pm when few other Renaissance seminars or presentations are being offered. Speakers encourage the audience to ask probing questions about their topics.

Note: Forums speakers for Spring 2023 will give in-person presentations in **Mendocino Hall 1005**. In addition, the new Hybrid technology will enable these presentations to be simulcast via Zoom and viewable in real time from home.

Sep 8

Attorney General Rob Bonta: California’s Chief Law Officer Addresses Our Most Significant Legal Challenges



Growing up as the son of activists during the civil rights movement, and with parents who worked alongside Cesar Chavez for the United Farm Workers, Attorney General **Rob Bonta’s** fight for justice is hardwired into his DNA. In 2012 he was the first Filipino American to win election to the California Legislature, and in April 2021 he became California’s first Attorney General of Filipino descent. Since then, he has worked tirelessly as the “Attorney for the people of California.” Rob has passed major reforms that reversed long-standing injustices, and he will provide us with an update on the most important legal issues that face our grand state of California. This presentation is dedicated to his father, Warren Bonta, a long-time Renaissance Society member, who passed away unexpectedly this past year.

Sep 15

Sacramento Mayor Darrell Steinberg: What’s Up in Sacramento?



Mayor Steinberg is the 56th mayor of Sacramento and has held that office since December 2016. He is one of Sacramento’s most accomplished public servants, serving the Sacramento community for over 20 years. In June 2021, Steinberg was one of 11 U.S. mayors to form Mayors Organized for Reparations and Equity (MORE), a coalition of municipal leaders dedicated to starting pilot Reparations programs in their cities. He will be interviewed by Dr. Kim Nalder (Professor of Political Science at Sac State, Executive Director of Calspeaks Opinion Research, and Director of the Project for an Informed Electorate) on such wide-ranging topics as homelessness and mental health, transportation, reparations, increasing local impacts of climate change, challenges of connecting with our diverse electorate, and future strategies for governing our capital city.

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Sep 22

Tammy Ma: The First Proof That a Fusion Energy Source Is Possible: Creating a Star on Earth



Dr. Ma is Lead for the Inertial Fusion Energy Initiative at the Lawrence Livermore National Laboratory. She is the recipient of a Presidential Early Career Award for Science and Engineering, providing advice to the U.S. Department of Energy's Office of Science on complex scientific and technological issues related to fusion ignition. On December 5, 2022, a team at Lawrence Livermore National Laboratory's Ignition Facility (NIF) achieved fusion ignition for the first time in history. This major scientific breakthrough, decades in the making, paves the way for advancements in national security and a future clean, abundant energy source. This is History-Making news! *See the 60 Minutes video at: <https://www.youtube.com/watch?v=2kh6lk4-yag>

Sep 29

Kathryn Kasic: Behind the Scenes of The Lake at the Bottom of the World



Dr. Kasic is Associate Professor of Film Production at Sac State. Her work has resulted in 100+ productions, including broadcasts on BBC, Discovery, Smithsonian, PBS, and National Geographic, for which she received numerous awards. Professor Kasic field-directed BBC's *Earth Shot: Repairing Our Planet*, featuring David Attenborough and Prince William. She will speak on her role directing *The Lake at the Bottom of the World*, a documentary in West Antarctica, where a team of scientists, struggling against the ferocity of wind and ice, explored a subglacial lake buried 3,600 feet beneath the West Antarctic Ice Sheet. These results have transformed our understanding of the Antarctic continent and the future of the Earth's climate.

Oct 6

Christine Kreuder Johnson: The Virus Chasers: Confronting Emerging Infectious Disease in the Face of Accelerating Global Change



Dr. Johnson is the UC Davis Professor of Epidemiology and Ecosystem Health, and Director of the Epicenter for Disease Dynamics. Her research has pioneered emerging threats and disease dynamics at the animal-human interface in rapidly changing landscapes that constitute "fault lines" for disease emergence and subsequent spread. Her activities support science-based decision-making and public policy for congressional briefings, and testimony before state and federal governments, as well as intergovernmental partners. Disease outbreaks are increasingly more frequent due to accelerated global change. Her research demonstrates that the risk of virus spillover to people is linked to habitat loss and exploitation of wildlife. The COVID-19 pandemic has highlighted major limitations we must face to prepare for and ultimately prevent novel pandemics. *See the 60 Minutes video at: <https://www.youtube.com/watch?v=r-b54OXZMeNs>



Oct 13

Geoffrey Schladow: The End of Lake Tahoe as We Know It



Dr. Schladow is Professor of Water Resources and Environmental Engineering, and the founding director of the Tahoe Environmental Research Center (TERC) at Lake Tahoe. TERC conducts critical scientific research, underpinning the restoration of Lake Tahoe and bodies of water around the world. For over 30 years, his research has focused on the interactions between complex fluid motions found in nature and their impacts on water quality, ecosystem health, and watershed processes. UC Davis has monitored Lake Tahoe continuously since the 1960s, and data showed a decline in its famed clarity. From 2000 to 2020, despite huge expenditures, the clarity did not improve. For unknown reasons, starting in August 2022, Lake Tahoe's clarity suddenly improved to levels not seen in 50 years.

Oct 20

Nilda Valmores: Human Trafficking: the Sacramento Connection



October is Domestic Violence Awareness Month. **Nilda Valmores** is Senior Program Officer for the Sierra Health Foundation. For 18 prior years, she led My Sister's House, a non-profit providing shelter and services to victims of domestic violence, sexual assault, and human trafficking. She continues to address human trafficking issues as a member of Soroptimists Sierra Nevada Region's Human Trafficking Committee. Her presentation will cover aspects of trafficking and what is being done to eliminate it.

Oct 27

Larry Berman: Perfect Spy — The Arc of Pham Xuan An's Life from War to Peace



Dr. Larry Berman (PhD, Princeton University) is Professor Emeritus at UC Davis. He has been featured on prominent programs to discuss his books on the Vietnam War. Dr. Berman received the highest career honor from the UC Davis Academic Senate, that of The Faculty Research Award. Based upon his book entitled *Perfect Spy**, his Forum presentation will consider what is in the heart of a spy. During the Vietnam war, Pham Xuan An was employed by *Time Magazine* as a full-fledged correspondent. None of his colleagues knew that An was really a Vietnamese Communist Agent X6, deceiving everyone about his real identity, providing indispensable intelligence to Hanoi. *See larrybermanperfectspy.com

Nov 3

Jaime Mason: Stacking Hearts: Redemption Coffee's Mission Behind Bars and Beyond the Gates



Jaime Mason is the Director and Chief Empowerment Officer with the Rio Consumnes Correctional Center (RCCC) Coffee Education and Barista Program, which she founded in 2021. Mason has been in the specialty coffee industry since 1995, starting as a teenage mall barista, and as a barista trainer for Bewley's North America. Her unique path and skills have been highlighted in Capital Public Radio's *Insight*, *Barista Magazine*, *Roast Magazine*, and KFBK's *John McGinness Show*. Her unique program equips incarcerated women with valuable coffee skills such as pulling the perfect espresso shot and pouring intricate latte art, thereby allowing her to place her alumna, upon their release, in jobs at major Sacramento roasters including Bewley's and Old Soul.

Nov 17

Ryan Mallory: Supporting Struggling Readers Through Volunteer Service



As the Program Manager for Sacramento's Experience Corps program, **Ryan Mallory** is responsible for a volunteer-based tutoring program that engages literacy tutors for primary grade students.

Ryan combines his experiences as an English language instructor in Bangkok, Thailand, and Expanded Learning Manager at Sierra View Elementary to guide training and professional development for volunteers. Ryan advocates for increased funding for summer reading programs and building home libraries. Ryan represented the Center in the 2022 All-America City Awards alongside leaders in Sacramento's Literacy and Housing organizations. He holds a BA in English from Sac State. This Forum will focus on the literacy landscape of Sacramento, the diversity of student populations, and opportunities for members of the 50+ community to contribute to improved reading outcomes for local children.

Dec 1

Michael Troyan: Celebrating Warner Brothers 100th Anniversary



As a former publicist and archivist at Warner Brothers, **Michael Troyan** will share highlights of the studio's 100 years of extraordinary filmmaking. In his role as a film historian, Troyan served as an archivist at The

Walt Disney Company, Turner Entertainment, and Warner Brothers. He authored *A Rose for Mrs. Miniver*; *The Life of Greer Garson*; *MGM, Hollywood's Greatest Backlot*; and *20th Century Fox*. He recently assisted the Fairbanks family with their release of *Douglas Fairbanks: The Fourth Musketeer*.

Dec 8

Deborah Seiler: Renaissance Society End of Semester Meeting



This Forum will be hosted by current Renaissance Society President **Deborah Seiler**. Previously, Deborah served as Assistant to CA Secretary of State March Fong Eu for Elections and Political Reform and many

other positions related to elections and legislative committees, including an appointment to the CA Fair Political Practices Commission. This meeting will feature an update on Fall 2023 Renaissance Society activities and accomplishments, as well as a preview of the Spring 2024 semester. Newly appointed President Luke Wood will be an invited guest. Following this Forum, a holiday social event will be held at Engrained restaurant in the University Union.



**CLICK HERE TO ENROLL
IN ANY PROGRAM
Starting on August 14th**

Diversity, Inclusion, and Social Justice

Seminars

American Criminal Justice

Ron Tochtermann, Melissa McElheney, Albert Locher, Tuesdays, Sep 5 to Dec 5, 9:45 to 1:30 am

Recognizing and Reducing Implicit Bias

Stacie Walton, Sep 7 to Dec 7, 10 to 11:30am

Voting in America: History and Current Debates

Robert Benedetti, Deborah Seiler, Sep 7 to -Dec 7, 10 to 11:30am

The Authoritarian Challenge to Our Democracy: More

Duane Campbell Carl Pinkston, Sep 7 to Dec 7, 10am to 12pm

America's History of Protest: A Singalong

Michael Hersher, Fridays, Sep 8 to Oct 13, 1 - 2:45pm

1970s Economists Broke Capitalism: Can We Save It?

Dale Good, Sep 15 to Oct 20, 1 to 2:45pm

Shared Interest Groups (SIGs)

Native American Study and Activities

Allan Keown, Mondays, Sep 11 to Dec 11, 10 to 12 pm

One-Time Presentations

The Florida Governor and Higher Education: The New College Story

Bob Benedetti, Tuesday, Sep 5, 2 to 3:30 pm

The Lum Family Saga

Kim Luke Lum, Tuesday, Sep 12, 2 to 3:30 pm

We Can Do This: Sacramento Political Women and the Community They Shaped

Christine Hunter, Tuesday, Sep 26, 2 to 3:30 pm

The Code Breaker: Gene Editing and The Human Race

Jennifer Kerr, Tuesday, Dec 5, 2 to 3:30 pm

Preserving the Legacy of Gold Mountain

Phil Sexton, Friday, Oct 13, 10 to 11:30 am

Preserving the Legacy of Gold Mountain

Phil Sexton, Friday, Oct 13, 10 to 11:30 am

Killers of the Flower Moon — The Osage Murders Story

Greg Beale, Friday, Nov 17, 10 to 11:30 am

Street Art

Anne Rewell, Friday, Dec 1, 10 to 11:30 am

Hidden Defects in FBI and State Public Safety Records that Weaken Gun Safety

Dale Good, Friday, Dec 8, 10 to 11:30 am

Forums

California’s Chief Law Officer Addresses Our Most Significant Legal Challenges

AG Rob Bonta, Friday, Sep 8, 3 to 4 pm

What’s Up in Sacramento?

Mayor Darrell Steinberg, Friday, Sep 15, 3 to 4 pm

Behind the Scenes of The Lake at the Bottom of the World

Kathryn Kasic, Friday, Sep 29, 3 to 4 pm

The End of Lake Tahoe as We Know It

Geoffrey Schladow, Friday, Oct 13, 3 to 4 pm

Human Trafficking: The Sacramento Connection

Nilda Valmores, Friday, Oct 20, 3 to 4 pm

Perfect Spy — The Arc of Pham Xuan An’s Life from War to Peace

Larry Berman, Friday, Oct 27, 3 to 4 pm

Stacking Hearts: Redemption Coffee’s Mission Behind Bars and Beyond the Gates

Jaime Mason, Friday, Nov 3, 3 to 4 pm

Supporting Struggling Readers Through Volunteer Service

Ryan Mallory, Friday, Nov 17, 3 to 4 pm

program index

by program

Seminars

- Active Retirement Investing (Bill Bailey, Nash Bailey) 21
- American Criminal Justice (Ron Tochterman, Melissa McElheney, Albert Locher) 15
- America's History of Protest: A Singalong (Michael Hersher) 22
- Android Basics (Carol Limbaga)
- The Authoritarian Challenge to Our Democracy: More (Duane Campbell, Carl Pinkston) 19
- The Beatles: As You've Never Heard Them Before (David Abelson) 22
- California Emigrant Trail and California Passes (William Sullivan) 23
- Classical Music (Bob Seyfried, Marjorie Wade, Leo Eylar) 23
- Cracker Barrel (Anita Fante, Per Ostlund) 24
- Creating Flash Fiction (Susan Osborn) 24
- Critical Thinking (Richard Kowaleski) 25
- Even More Fun with Jane: Emma on Page and Screen (PJ Jones, Gretchen Jung) 25
- Gardening with California Natives (Bonnie Gault-Blue) 15
- Great American Trials and Constitutional Law (Joel Primes) 25
- Great Expectations: The Book and the Movie (Louise DiMattio, Gerry Camp) 17
- History of the Ancient World's Religions (Ed Sherman) 18
- History of Fashion: Dress and Discontent (Taylor Anderson) 26
- History of US Firearms Policy (William Vizzard) 26
- Irish Literature: Classic and Contemporary (Michael Storey) 26
- Life's Purpose: Finding Joy and Happiness in the Next Chapter of Life! (Ken Cross) 27
- The Magic of the Brill Building Era — The Sound of Rock and Pop in the 50s and 60s (Mike Agron) 27
- Mastering Your iPhone (Tom Holt) 18
- Medical Rights and Medical Wrongs (Howard Slyter) 28
- Medieval England: Normans to the Tudor Conquest (Jeff Hendy) 28
- More Cinematic Classics: Themes and Variations (Alan Miller) 26
- Movies That Scared Us as Kids (Chip Zempel) 15
- 1970s Economists Broke Capitalism: Can We Save It? (Dale Good) 29
- Real Rock, Part 3 - More Classic Rock (Bob Lang) 29
- Recognizing and Reducing Implicit Bias (Stacie Watson) 19
- Relationships: How to Build Strong, Healthy, Loving Relationships (Nanci Kuzins) 20
- The Second American Revolution: 1781 to 1790 (Cathy Adams Minicucci) 30
- Substance Abuse: From Despair to Hope (Jon Parro) 30
- Travel and Adventure (Fred Chapman, Chris Smith) 31
- Threads and Walls of Space-Time (Gus Koehler) 16
- Understanding How to Invest in This Market (Sanjay Varshney) 14
- Voting in America: History and Current Debates (Robert Benedetti, Deborah Seiler) 20
- The Wild World of Pablo Picasso (Theodore Goodwin) 31
- World of Engineering (Richard Dabrowiak) 21

Shared Interest Groups (SIGs)

- Advanced Spanish Conversation (Beatrice Hildebrand, Susan Dlugach) 36
- Book Group: First Tuesday Book Club (Gwen Bedient) 33
- Book Group: Kindle Unlimited Book Club (Marian Kile) 32
- Book Group: Partners in Crime (Lynda Cassady, Pat Stokes) 38
- Book Group: Third Tuesday Book Club (Marian Kile) 34
- Digital Photography (Jay McKeeman) 33
- Dining Together (Cheryl Nelson) 35
- English Country Dances (Non-progressive) (Ruth Scodel) 38
- Friends of The New Yorker Magazine (Judy Day, David Bowles) 32
- Games for Entertainment (Roberta Frieze, Judy Keaton) 37
- Intro to Walking Meditation Using a Labyrinth, (Christie Braziel) 35, 37
- Knitting with Friends (Barbara Kletzman, Jeanie Wilcox) 39
- Le Cercle Français (Conversational French) (Debra DaCosta, Tiffany Urness, Ana Facio) 35
- The Music of Your Live (Loretta Burdeaux) 38
- Native American Study and Activities (Allan Keown) 33
- Qi Gong (David Mitchell, Marilyn Bradford) 33
- Social Dancing (Richard Fuller) 39
- Technology Workshop (Ashu Singla, John Pierron) 39
- The Economist (Wayne Luney) 36
- Walkabouts (Lance Muller) 36
- Watercolor Studio Lab (Steve Wittmann, Colleen Wong) 40
- Writer's Workshop II (Anita Adams, Lani Hahn) 34

Fully Subscribed Programs

- High Intermediate Spanish (Melody Flores) 41
- Book Group: Great Books Shared Interest Group (Jean Cawood, Dan Rooney) 40
- iPhone Photography Experimental Studio (Melissa Green) 41
- Photography as Art (Roger Klemm) 41
- Writers Group 1 (Curtis Nelson, Marian Kile) 41

One-time Presentations

- Community Presentations
 - Alter Egos (Maryellen Burns, Christie Braziel) 42
 - Beginner-Friendly Watercolor Tutorial (Kathy Hart) 43
 - Everyday Gourds Become Incredible Artwork (Kathy Hart) 44
 - Morning Coffee (Maryellen Burns) 42
 - A Cook's Tour of Sacramento and Beyond (Maryellen Burns, Dan Cross, Marge Tarbell) 43
 - Six Pillars of Brain Health (Kathy Hart, Kris Ritualo) 43
- Monday Big History Series
 - Cities (Ranny Eckstrom, David Lewis) 44
- Tuesday Speakers Series (Jack Jennings, Cathy Adams Minicucci, Jennifer Kerr) 45
- Wednesday Science Series
 - The Human Genome (David Lewis) 46
- Friday On-Campus Speakers Series (Dale Good, Greg Beale, Alan Miller)

- So, You Want to Redo the Landscape in Your Yard? (Mary Jane Sutliff) 46
- American Melodrama: Trump, the Media, and the Court (Alan Miller) 47
- How to Prevent and Reverse Diabetes (Linda Middlesworth) 47
- The Life and Paintings of John James Audubon (Theo Goodwin) 47
- Mineral Concentration at Laboratory Scale (Robert Boyer) 48
- Preserving the Legacy of Gold Mountain (Phil Sexton) 48
- Navigating Conflict and Difficult Conversations (Donna Montgomery) 48
- The History of Ukraine: Caught in the Middle (Helena Kanderka) 49
- Fish of California's Sacramento-San Joaquin Delta (Alice Low) 49
- Killers of the Flower Moon — The Osage Murders Story (Greg Beale) 49
- Street Art (Anne Rewell) 50
- Hidden Defects in FBI and State Public Safety Records that Weaken Gun Safety (Dale Good) 50

Forums

- California's Chief Law Officer Addresses Our Most Significant Legal Challenges (AG Rob Bonta) 51
- What's Up in Sacramento? (Mayor Darrell Steinberg) 51
- The First Proof That a Fusion Energy Source Is Possible: Creating a Star on Earth (Tammy Ma) 52
- Behind the Scenes of The Lake at the Bottom of the World (Kathryn Kasic) 52
- The Virus Chasers: Confronting Emerging Infectious Disease in the Face of Accelerating Global Change (Christine Kreuder Johnson) 52
- The End of Lake Tahoe as We Know It (Geoffrey Schladow) 53
- Human Trafficking: The Sacramento Connection (Nilda Valmores) 53
- Perfect Spy — The Arc of Pham Xuan An's Life from War to Peace (Larry Berman) 53
- Stacking Hearts: Redemption Coffee's Mission Behind Bars and Beyond the Gates (Jaime Mason) 53
- Supporting Struggling Readers Through Volunteer Service (Ryan Mallory) 54
- Celebrating Warner Brothers 100th Anniversary (Michael Troyan) 54
- Renaissance Society End of Semester Meeting (Deborah Seiler) 55



fall 2023 directory

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Kathy Hart	Dan Cross
Kris Ritualo	Marge Tarbell
Carol Des Voigne	

One-Time Presentations—Monday Big History Series

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One-Time Presentations—Tuesday Speakers Series

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Kim Luke Lum	Andres Villegas
Cathy Adams Minicucci	Melinda Washington
Christine Hunter, Mayor Heather Fargo, Lauren Hammond, Juliet Terry, Ann Rudin	Darien Davis
Norv Wellsfry	Jack Jennings
Alan Miller	Jennifer Kerr

One-Time Presentations—Wednesday Science Series

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One-Time Presentations—Friday On-Campus Speaker Series

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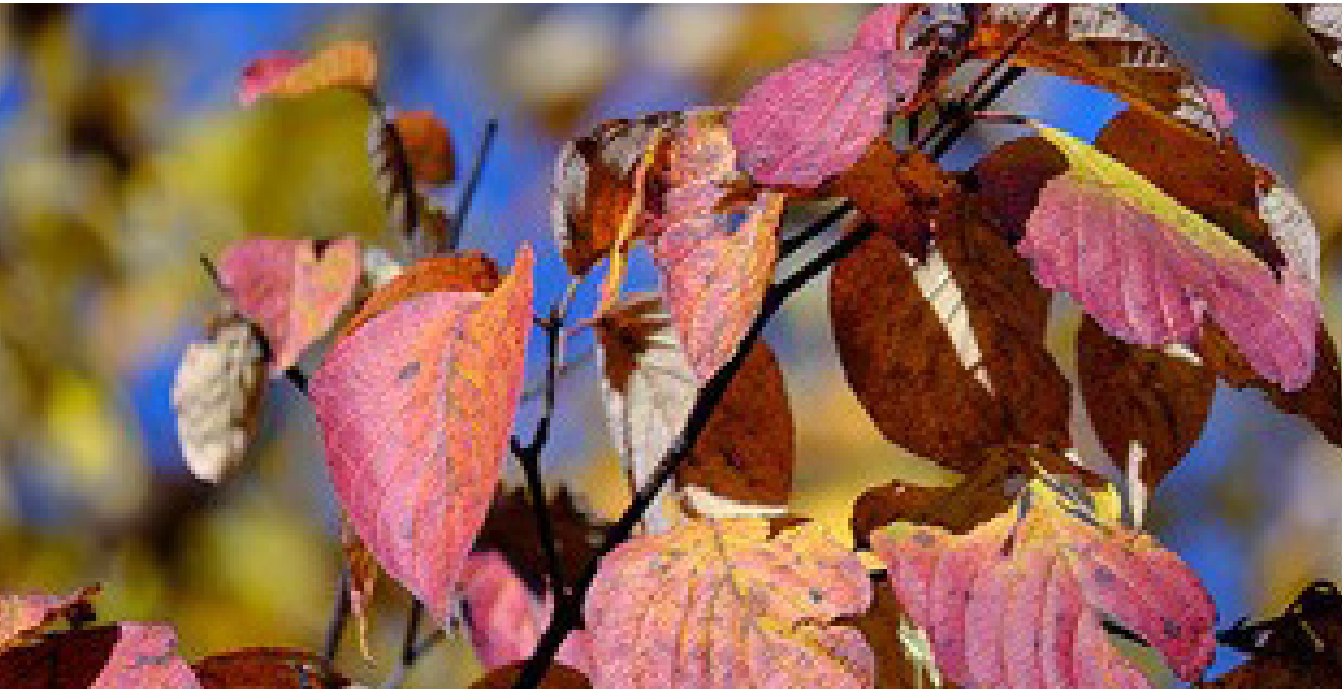
Mary Jane Sutliff	Donna Montgomery
Alan Miller	Helena Kanderka
Linda Middlesworth	Alice Low
Theo Goodwin	Greg Beale
Robert Boyer	Anne Rewell
Phil Sexton	Dale Good

Forums

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Speakers

AG Rob Bonta	Nilda Valmores
Mayor Darrell Steinberg	Larry Berman
Tammy Ma	Jaime Mason
Kathryn Kasic	Ryan Mallory
Christine Kreuder Johnson	Michael Troyan
Geoffrey Schladow	Deborah Seiler





who we are

The Renaissance Society community offers:

- A lively community of curious adults eager to pursue their passion for lifelong learning, community, and service.
- Unlimited access to hundreds of engaging seminars, talks, discussions, workshops, presentations, documentaries, hands-on activities, and community forums offered five-days a week, both on campus and on Zoom.
- Exciting ways to connect with friends, old and new, through our Renaissance Society Facebook page; Twitter; the *Weekly Update*; and *The Recorder Newsletter*. In addition, we offer virtual and in-person hangouts with other aficionados of food, travel, games, books, the arts, film, and other Shared Interest Groups (SIGs).
- Opportunities to give back to the community by joining a committee, coordinating a seminar or program, donating to the ASI Food Pantry and Student Scholarships, and providing services to the University, such as ushering at student theater performances or volunteering as a mentor for students in the gerontology department.

Our Programs

- Wide Ranging Seminars
- Fascinating Forum Speakers
- Outstanding Presentations
- Many Shared Interest Groups

Our Appreciation for One Another

- New Friendships
- Shared Time Together
- Picnics, Parties and Fun
- Honorary Memberships (for friends over 90)



Our Commitment to Our Community

- Annual Scholarship Awards
- Support for Sac State Food Pantry
- Mentoring of College Students
- Outreach Beyond the Campus (Libraries, Assisted Living Homes)

how to join if you are a new or returning member

Our Renaissance Society Membership fees are \$100 for an Annual membership and \$60 for a Mid-year membership. Both memberships also include our free Summer Programs.

- Our Annual Membership Registration Portal opens on June 1, 2023.
- Our Mid-year Membership Registration Portal opens in Mid-November.
- Our Fall 2023 Catalog is posted on August 7, 2023.
- The Program Enrollment Portal opens on August 14, 2023.
- Fall programs begin on September 5, 2023, though we may have a sprinkling of events the week before to tease your appetite.

Two simple registration options:

1. Preferred Method—Online, with a credit card—

- The online process is simple and secure. By following the prompts on each page, the system will ask for your credit card information to make your payment. The information is **NOT** retained once your transaction is complete.
- Click [here](#) to register online.

2. By mail, with a paper application and check made out to the Renaissance Society.

- Print the application form and mail to: Renaissance Society, California State University, Sacramento, 6000 J Street, Mail Stop (MS) 6074, Sacramento, CA 95819-6074 or you can drop it by our office at 350 University Ave. Suite 108. Office Hours: M-F 10-1. Masks are requested.
- Click [here](#) to apply by mail.

orientation and open house

If you are either a prospective, new, or renewing member of the Renaissance Society, please attend this semiannual event to learn more about our current programs and services. Come meet and socialize with other members. The Fall Semester Orientation and Open House will be held Friday, August 18, 2023, from 10 am to 12:30pm in the Ballrooms in the University Union.

Orientation and Open House Program Agenda

Orientation—Come to this Live and Recorded event to hear what goals our President, Deborah Seiler, has set for Renaissance this year. Following her presentation, Vice President and MDCE Chair, Debbie Martinez, will share all the wonderful benefits of being a Renaissance member. Tech Committee Chair, Sarah Ryan-Roberts will demystify getting connected to Renaissance through Zoom and more. Program Chair, Kathryn Tobias will highlight the exciting offerings coming this fall and how to navigate the catalog. Whether you are a new or returning member, you are bound to learn something new. Register for Orientation through Eventbrite [here](#).

Question and Answer Session—Renaissance Leaders respond to your questions regarding what to expect during the upcoming semester.

Open House—Meet our Sac State and Community Partners. Some seek volunteers to work with students, to usher plays and dance recitals, or to join a committee. Others offer ways to extend your commitment to good health or how to meet others who live in Sacramento and around the world. Talk with some of our program leaders to learn more about the Seminars, SIGS or Presentations they plan to offer.

Renaissance Café—There will be a place to take a break with a delicious cookie and beverage while you catch up with friends new and old.



Tours—Take a brief guided tour of the Sac State campus.

Badges—New members may pick up their membership badges. Renewing members must email the office to request a replacement badge. Include your name and emergency contact information.

Survey—Please respond to the survey emailed to you following the event. It helps us improve.

Questions—Call/email the Renaissance Society Office at 916-758-5133 or renaissa@csus.edu.

sac state library services for members

Considering paying for library access?

Purchase a library card if you want limited access to public research computers or to borrow physical materials from the library's general collection. You can borrow books, music CDs, and videos.

What services are associated with a library card?

- 3-week loan period for library materials
- Materials auto-renew every 3 weeks, no need to call or visit the library
- Borrow up to 15 items at a time
- Access to public research computers (2 hours per day)
- Must be a current Renaissance Society member
- Library card expires June 30th of the current academic year

What services are NOT associated with a library card?

- Holds and requests may not be placed on library materials
- Interlibrary loan
- Remote access to research databases
- Access to reserved study room spaces
- Circulating materials dedicated for student use only (e.g. laptops, calculators, etc.)

How do I get a library card?

Step 1: Register with the Renaissance Society Office to become a Renaissance Society member, and pay the associated \$10.00 library card fee. You can pay by credit card or

check. Please mail check to 6000 J St., Mail Stop 6074, Sac CA 95819–6074, or you can drop it by our office at 350 University Ave. Suite 108. Office Hours: Monday-Friday 10-1.

Step 2: Visit the University Library Service Desk (1st floor) to activate your library account and claim your library card.

Step 3: Please bring proof of payment for the \$10 library card fee.

why badges?

For those On-campus: Prior to Covid and at the request of Sac State, Renaissance Society members wore badges to on-campus activities. The badges identify us as a group to the university and as individuals to each other. They also provide the all-important emergency contact information on the reverse side. Our membership forms for new and renewing registrants ask for this information. To order a badge, email your name and emergency contact person’s name and phone number to renaissa@csus.edu.

For Zoom attendees: We ask that you identify yourselves in a such a way that the program leader can find you on the Program Enrollment List. Your emergency contact information appears on all program enrollment lists.

parking permits

If you join or renew for the 2023-2024 academic year, you will be able to purchase a new \$40 parking permit. This parking permit is valid until June 30, 2024. If you do not purchase a parking permit, you will need to pay either \$4 for two hours or \$8 for the day when you are on campus. If you need additional help, you can contact University Transportation and Parking Services (UTAPS) at 916- 278-7275 or parking@csus.edu.

Sac State offers virtual parking permits (no placard in your windshield required). Instead, your car license number will be used and scanned by parking officials when you are on campus. You cannot pay for parking in our registration system, but must pay through [University Transportation and Parking Services \(UTAPS\)](#).

Online Option

You can find the parking permit information here. Click on the Purchase Permit button and either click on Guest Login or Guest Signup. If you purchased a parking permit last year, use the Guest Login button and use your UTAPS email and password

to log in and purchase a parking permit. Use the Guest Signup button if you do not already have an account. Be sure to select the \$40 option if you see multiple choices for permits.

In-person Option

Go to the UTAPS office next door to the Welcome Center just off State University Drive. The Welcome Center is well marked and there is free 30-minute parking while you pick up a parking permit using cash, check, or credit card. This permit allows you to park in ANY lot or structure on campus. And, if you have a handicap permit or placard, the parking permit plus your **handicapped placard** allows you to park in all the designated spaces. **Note:** You may park in lots marked Student or Employee. Do not park in Faculty or Student Residence lots.

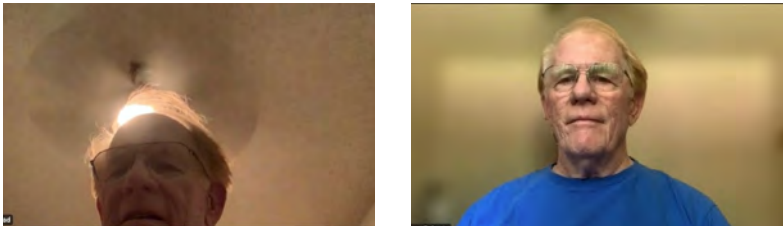
Please view the [campus map](#) for directions. A [printable campus map](#) is also available. View the [Parking and Transportation Visitor Information page](#) for more parking information.

look your best in zoom

In a Zoom session if your video and audio are on, everyone can see and hear you. I’m sure you would like to look your best and communicate effectively with others in the meeting. Here are some tips to help you do just that.

Check your video image

- Don’t be in the dark - be sure there is light on your face so people can see you clearly. A desk lamp pointed towards you or upwards to give you a fill is helpful. At certain times of the day, natural light from a window will work.



- Be aware of what is behind you - watch out for things like bright ceiling lights or a fan “coming out of your head”. Also if people are walking behind you, the other participants will see them. Using Zoom’s **Blur My Background** video feature will hide them and any clutter.

- Your camera should be at eye level - this is particularly noticeable on a mobile device. If using an iPad, tablet, or smartphone, prop it on some books or a stand to get the right height. You don't want anyone looking up your nose, which can happen if you hold your device in your lap.
- Display your name properly - seeing your full name helps the program leader check your name on the class roster. Use the **Rename** feature if your displayed name is something like "My iPad" as seen in the example above.

Turn it off

Each program leader sets their own guidelines or etiquette for how they would like you to participate in the class.

Audio—most will want you to Mute your audio until it is your turn to speak.

Video—most will have you keep it on, but it is suggested you stop your video if there is something distracting in your video (like eating or changing rooms). Your name or profile picture will display instead of your image.

For more information - Send an email to rensocit@gmail.com.



enrolling in programs

After officially registering as a member, you will receive additional information on how to enroll in seminars, SIGs, presentations, and forums. You can enroll in as many programs as you have time for. We offer dozens to choose from. Ready to join us? Click [here](#).

If you are not a member of the Renaissance Society, you can still attend our free Community Presentations and Forums that are open to the public. Information on how to enroll is regularly updated on our website.

ways to connect

Reaching out to Renaissance Members

Renaissance Website
([click here](#))

Renaissance Catalog
([click here](#))

Renaissance Membership Directory
(for members to reach each other and Board members)

The Recorder
(Our Newsletter sent via Constant Contact)

Weekly Update
(our emails to you sent via Constant Contact, IF we have your email!)

 **Our community Facebook page**
([click here](#))

 **Our Twitter Feed**
([click here](#))



 **Our member-only Facebook page**
(members only)

Renaissance Café
([click here](#))

Renaissance Office
916-758-5133
renaissa@csus.edu

2022-23 Renaissance Society

Board of Directors, Committee Chairs, Sac State Liaison, and Staff

Board Officers/Executive Committee			
President	Deborah Seiler	916-704-5735	deborah.seiler2@gmail.com
Interim Vice President	Debbie Martinez	916 802-6530	debralyn78@pacbell.net
Controller	Norv Wellsfry	916-718-6920	nlwellsfry@comcast.net
Secretary	Susan Brackenhoff	217-254-5037	susan.brackenhoff@gmail.com
Past President	Ken Cross	916-995-8288	kencross@kencrossconsulting.com
Members-at-Large	Carol Barake	916-989-5150	cmbarake@comcast.net
	Kevin Bray	916-212-8034	kbrayb@live.com
	Dale Good	916-205-6175	dalewgood@gmail.com
	Janet Heath	916-397-1509	jheath2108@gmail.com
	Frank Martinez	916-260-1780	fmm2@pacbell.net
	Kathryn Tobias	916-447-8002	tobiaskj@comcast.net

Committee Chairs			
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Finance and Administration	Norv Wellsfry	916-718-6920	nlwellsfry@comcast.net
Forums	Michele Finerty	916-730-5506	mfinerty3782@gmail.com
Historian	Vacant		
Long-Range Planning	Ken Cross	916-995-8288	kencross@kencrossconsulting.com
Membership, Diversity and Community Engagement (MDCE)	Debbie Martinez	916-802-6530	Debralyn78@pacbell.net

Committee Chairs (cont.)			
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Programs	Kathryn Tobias	916-447-8002	tobiaskj@comcast.net
Resource Development	Michael Pidd	916-541-5104	mikepidd@sbcglobal.net
Rules	Bob Benedetti	209-603-6281	rbenedetti@pacific.edu
Scholarships	Laurye Brownfield	916-599-2677	lauryebrownfield@gmail.com
Technology	Sarah Ryan-Roberts	916-216-3535	sarahrr@me.com
Volunteer Services	Carol Barake	916-989-5150	cmbarake@comcast.net

Board Liaison Members			
Recorder	Jim Hodges	916-995-7011	jameshodges999@gmail.com
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Weekly Update	Loretta Burdeaux	916-690-2109	lorburdeaux@gmail.com
	Hollis Kulwin	530-219-8142	holliskulwin@gmail.com
	Kristan Sarve-Gorham	951-312-8954	ksarveg@mac.com
Sun City/ Lincoln Hills	Ranny Eckstrom	916-708-0165	ranny44@yahoo.com

Sac State Liaison			
Dean, SSIS	Dianne Hyson	916-278-6504	dhyson@csus.edu

Staff			
Office Manager	Amber Korb	916-758-5133	amber.korb@csus.edu
Senior Clerk	Lorene Sarne	916-661-6981	lorene.sarne@csus.edu
Clerk	Sandy Ward	916-758-5133	s.ward@csus.edu



renaissance society 2021-2022 annual report

Our annual report is available by clicking [here](#). It features descriptions of our programs and activities. We urge you to spend time with it—returning members as well as new recruits. Enjoy!!

renaissance society values

While serving Sacramento's community of lifelong learners since 1986, the Renaissance Society has been nurtured and supported by Sac State. These are the values we celebrate:

- **Member Participation and Connection:** We are a member-driven organization that engages our members in all aspects of Renaissance Society operations.
- **Diversity:** We encourage and support membership diversity, both in racial, ethnic, and social dimensions, and in thoughts, life experiences, and perspectives.
- **Lifelong Learning:** We believe in intellectual curiosity, personal growth, scholarship, research, creativity, and learning.
- **Community Engagement:** We come from many different neighborhoods and communities throughout the Sacramento Region. Since 1986, the Renaissance Society has enjoyed a partnership with Sac State. Our members bring a visible presence. We are another 'student body' when on campus. We are engaged with and supportive of the communities where we live and learn; and extend that support throughout the Greater Sacramento Region.
- **Organizational Integrity:** We provide innovative, affordable, and flexible learning opportunities for our members; and are committed to high operational standards, transparency, accountability, and continuous improvement.
- **Gratitude and Appreciation:** We are a friendly organization and extend a warm welcome to those with whom we come in contact. We believe in and practice the values of gratitude and appreciation for each other and all others with whom we interact.
- **Respect:** We treat each member and Sac State students, faculty, administrators, and staff with the utmost respect.
- **Service:** We are dedicated to serving each other, the Sac State community, and the greater Sacramento region to the best of our ability.

join our team of leaders, coordinators, and presenters

What You Can Offer

Program leaders, coordinators, and presenters form the heart of the Renaissance Society experience. We welcome and appreciate new and returning leaders, coordinators, and presenters, and invite proposals for:

- Semester seminars that last three to twelve weeks,
- Single presentations, and
- Various learning formats for Shared Interest Groups (SIGs): facilitated discussions of books, films, or ideas; informational lectures; presentations; hands-on instruction; and field trips.

From the arts to food to hiking to zoology, we welcome all topics, issues, and activities.

Our peer-to-peer leaders, facilitators, and presenters have found teaching, in some cases for the first time, a rich and rewarding experience. Your selected topic may reflect either vocational expertise or an avocational passion. Invariably, Renaissance Society leaders, co-leaders, and presenters describe how teaching deepens their own knowledge of the subject matter. Participants also bring their own expertise and life experiences to the classroom creating opportunities for lively class discussions.

Traditionally, Renaissance leaders, coordinators, and presenters have come from our membership. However, we also actively seek presenters and speakers from the community who have knowledge of a wide variety of subject matter, sensitivity to different learning styles, and an ability to clearly communicate concepts.

How to Submit a Proposal

Send an email to lorene.sarne@csus.edu or call 916-661-6981 for more information. The Program Committee reviews course proposals and provides instructor support and training. Make note of the date when you will receive the Program Application Form and the deadline for submission-see Calendar on [page 5](#).



your donations make a difference

Giving is not just about making a donation. It is about “making a difference.”
—Cathy Calvin, former President, UN Foundation

5 Ways Your Donations Can Make a Difference

1. Gifts to the **Renaissance Scholarship Fund*** provide scholarships to Sac State students; we currently award seven \$3,000 scholarships annually.
Donate online at the [Get Involved: Donate. Volunteer](#) page or by check made out to University Foundation at Sacramento State with the designated fund(s) indicated in the notes section of your check. If paying by check, please complete the Gift Form and follow the mailing instructions.
2. Gifts to the **ASI Food Pantry*** provide food and personal supplies to Sac State students in need.
Donate online at <https://asi.csus.edu/asi-food-pantry> or by check made out to ASI Food Pantry. If paying by check, please complete the Gift Form and follow mailing instructions.

*Contributions to the the funds listed above are tax-deductible.
3. Gifts to the **Renaissance Society Operations Fund** help us maintain and enhance the high quality of programming that members have come to expect. Since membership dues only cover a portion of the costs of Renaissance Society operations, these donations are essential to our continued growth and sustainability.
Donating is easy. The Membership Application Form includes a section where you can add “a little something extra” to your membership dues, or you can donate anytime by check payable to Renaissance Society. Complete the Gift Form and follow the mailing instructions.
4. If you want your donation to go to **Member Scholarships** for those who cannot afford full membership dues, indicate *Member Scholarship* on the Gift Form and in the notes section of your check.
5. Give the **Gift of Learning**. Share the joy of lifelong learning with someone special to you by giving them a membership in the Renaissance Society. Just fill in the regular Membership Application Form with your recipients details, pay the dues, note member gift in the notes section of the check, and your honoree will enjoy the benefits of Renaissance Society membership for an entire year. A gift certificate is available on request.



gift form

name		
address		
city	state	zip
email	phone	
<p>\$_____ Renaissance Scholarship Fund (Tax Deductible) (payable to University Foundation at Sacramento State—note, RS Scholarship)</p> <p>\$_____ ASI Food Pantry (payable to ASI Food Pantry) (Tax Deductible)</p> <p>\$_____ Renaissance Society Operations Fund (payable to Renaissance Society—note, RS Operations Fund)</p> <p>\$_____ Member Scholarship (payable to Renaissance Society—note, Member Scholarship)</p> <p>\$_____ Give the Gift of Learning (payable to Renaissance Society—note, Member Gift)</p> <p>\$_____ Total Gift</p> <p>• I wish my gift to remain anonymous. ____yes ____no</p> <p>• This gift is: in honor of _____ in memory of _____</p> <p>• Please send notification of my tribute to _____</p>		
Address City State Zip		
<p>Mail checks to: The Renaissance Society California State University, Sacramento 6000 J Street—Mail Stop 6074 Sacramento, CA 95819-6074</p>		

consider volunteering to be a Zoom tech host

For our program leaders to successfully conduct their seminars, presentations, and shared interest groups (SIG) online using Zoom, the assistance of a technical host is essential. These “tech hosts” ensure leaders can concentrate on their content, while they assist with starting the meeting, monitoring participants interactions during the meeting, and ending the meeting.

If you are comfortable with basic Zoom tools and want to help, contact Marian Kile mariankile@yahoo.com or Sarah Ryan-Roberts sarahrr@me.com. We will put you in touch with presenters that need your help. We match tech hosts with a program they would be interested in attending. You can also work with the leader of your program and be a back-up tech host for when their tech host is on vacation or otherwise unavailable. There are lots of options to help if you are technically oriented. Contact us if you just want to talk more about it.

Training videos and handouts are available on the Renaissance Society [Online Learning Resources](#) page, under Basic Training and Guides, that explain the most common Zoom features you’ll need to be acquainted with.

And for on-going support, you can join the **Tech Host User Support (THUS) Group**. The group provides a place for Tech Hosts to practice new skills, discuss technical challenges, and support each other with problem-solving ideas. Tech hosts for the Fall semester will be sent an invite to join the group. We work as a team supporting each other.

So come on and join the fun!



Celebrating at the end of year Tech Host party hosted by the Brownfields. From left to right: (Seated) Laurye Brownfield, Loretta Burdeaux, Michele Rickey-Pidd; (Standing) Jeff Brownfield, Melissa Green, Chris Smith, Tom Nelson, Julia Smith, Sarah Ryan-Roberts, Mel Ryan-Roberts

Photo by Mike Pidd

volunteer to work with sac state students and our community

Our vibrant volunteer culture thrives because our members want to connect beyond the classroom, not only with each other, but also with the students at Sac State and our community. We are a volunteer-led organization and there is always a place for members to get more involved. We offer a variety of opportunities to participate for every interest, ability, and availability. Just a few ideas:

- Teach, lead, coordinate, or facilitate a program
- Coordinate one of our social events
- Help in the Renaissance Society Office
- Serve on the Board or a Committee
- Get involved in Finance or Fundraising
- Write for our publications

Members that volunteer with the students at Sac State say they feel extremely rewarded and fulfilled by the experience. The students learn from us when we share our life experiences with them and we, in turn, learn how resilient, multi-faceted, and amazing the students are. It is an exceptional opportunity for Renaissance members. Below are some ways you can participate.

Ushering

Renaissance Society is proud to offer members the opportunity to volunteer as an usher at a Sac State Department of Theatre and Dance performance--and to see the show for free!

The Theatre Department usually offers three to four productions a semester. Watch for sign-ups at the Open House on January 13th as well as in the Weekly Update.

Duties include scanning tickets, directing patrons to open seating and restrooms, and minding the doors. Free parking is available adjacent to the Shasta Hall Theaters

Our Ambassador Program

The Ambassadors are a group of enthusiastic members who share their love of the Renaissance Society with others as part of our Speaker’s Bureau.

Our Goal: To increase and diversify our membership while raising Renaissance Society visibility in the greater Sacramento Community.

We table at various community events bringing visual displays and printed material showcasing what the Renaissance Society is all about. We give presentations, both virtual and in person, about the Renaissance Society to promote partnerships and to recruit new members. We share personal testimonials of our Renaissance experience and invite others to join so they too can learn, teach, and volunteer. We are always looking for new

Ambassadors. Join us and we will train you! If you are interested, contact Debbie Martinez at Debralyn78@pacbell.net.

U Mentor

Connect with a student through the *Sac State U Mentor* program. This program, run by the office of Student Academic Success and Educational Equity Programs (SASEEP), promotes the following goals:

- Increase student retention,
- Increase the graduation rate, and
- Eliminate the Achievement Gap

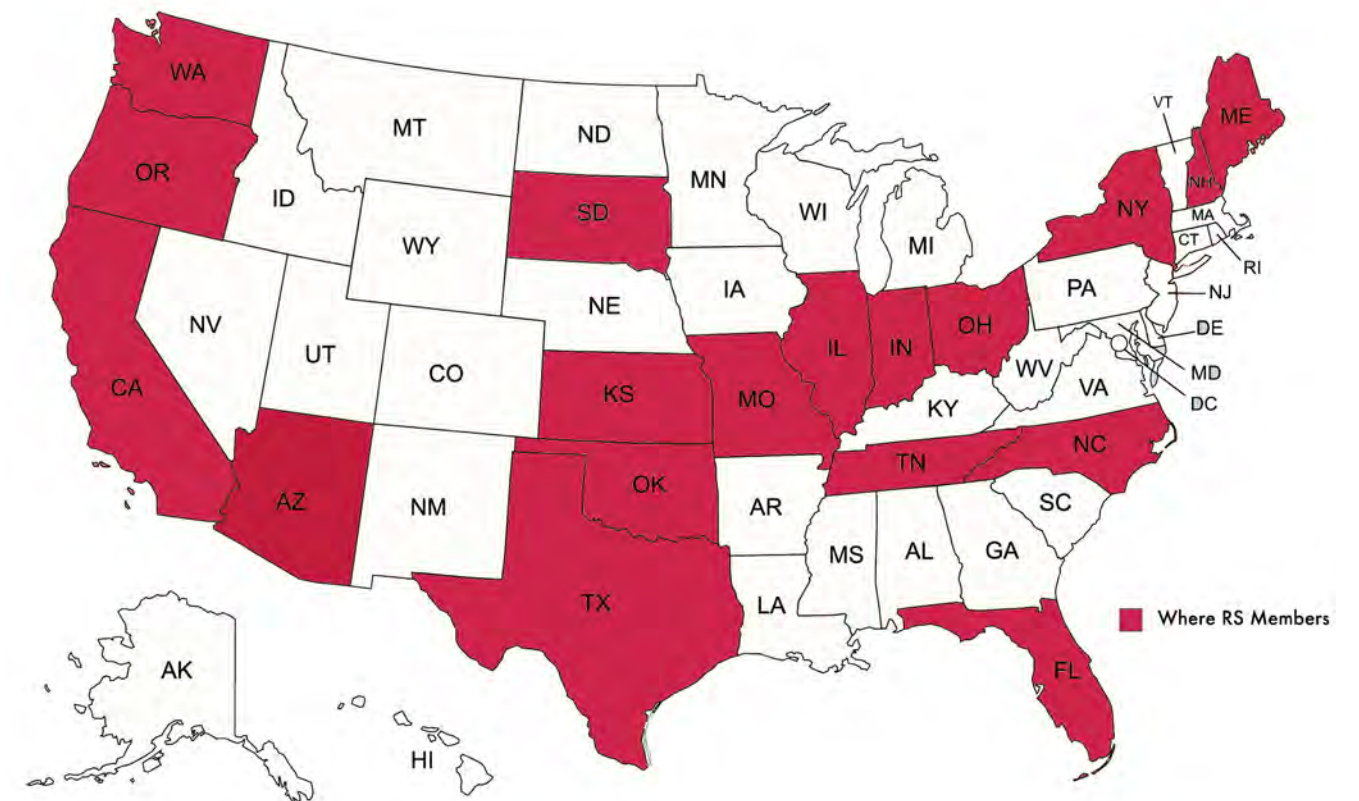
U Mentor matches Renaissance Society members to a student seeking an experienced person to talk with about navigating the challenges of major, career goals, or work/life balance. You benefit by building a relationship with a student and a greater connection to Sac State. With this one-semester commitment, you gain the satisfaction of giving back, sharing your wisdom, and contributing to your mentee's success. No previous experience is necessary. To sign up: Watch for a link in the Weekly Update. Contact Debbie Martinez at Debralyn78@pacbell.net for more information.

volunteer for a committee

As a peer-to-peer learning organization, the Renaissance Society relies on its members in many ways. Committees welcome volunteers and rely on them for their wisdom and willingness to work. Think about where you could be of service and contact the committee chair(s). We welcome new committee members! See pages [72-73](#) for contact information.

membership map

A majority of our members live in the zip codes clustered around Sac State. However, as this map illustrates membership is not limited by geography. When we pivoted to Zoom and hybrid classes in 2020, we added many members from other parts of California and some from other states. Reach out to your friends and associates to share this Renaissance Society lifelong learning opportunity. Imagine being in a Zoom class with your old college roommate who lives in another state! Most of our new members hear about us from a friend. Think about your friends, family, and colleagues that could benefit from Renaissance Society. Now reach out to them by sharing our story and catalog. It's easy to do. Just use the 'share' icon in the flipbook toolbar. This is one of the best gifts you can give someone you value—lifelong learning, service opportunities, and fun.



acknowledgments

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Richard Atkinson, Liz Borland, Christie Braziel, Robert Boyer, Richard Dabrowiak, Mark Dempsey, Dolores Eitel, Mary Elliott-Klemm, Laurene Fitzpatrick, Roberta Gleeson, Theodore Goodwin, Galen Hazelhofer, Janet Heath, Ivy Hendy, Jeff Hendy, Karen Hollan, Gretchen Jung, Allan Keown, Deborah King, Barbara Kletzman, Christine Lewis, Rita Marowitz, Jay McKeeman, Linda Middlesworth, Curtis Nelson, Michael Pidd, Anne Rewell, Deborah Seiler, Irene Slavens, Gary Szydelko.

notes:



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Please visit our website
for our complete offerings