

A photograph of a forest path in autumn. The path is covered in fallen leaves and leads into a dense forest. The trees are heavily laden with vibrant yellow and orange autumn foliage. A person is visible in the distance, walking along the path. The overall scene is serene and picturesque, capturing the beauty of the fall season.

The Renaissance
Society of Sacramento
fall.catalog.2025

welcome

Welcome to Fall 2025



We hope you had a wonderful summer filled with travel, family, and friends. As we return to classes, we're sure you will enjoy sharing these experiences with your Renaissance friends.

We wrapped up the 2024-2025 year with over 1,800 members. These members were able to select from 71 seminars, 133 single presentations, 46 Shared Interest Groups, 20 Community Presentations, and 26 Forums.

Our goal is to reach 2,000 members in 2025-2026. To meet our expenses, as you know, we increased our annual dues by only \$20 to \$120 per year—an incredible value! If we can meet this goal, and with your generous donations to "Give Something Extra", we will be able to continue offering opportunities for all members to *Learn* and *Connect* with others while we *Share* our time, treasure, and talents with fellow members, students, and our community.

Please help us reach our goal of 2,000 members by recruiting friends, neighbors, and family to share all that the Renaissance Society has to offer. There is no age limit and no geographic limit for our membership—we have members living in other cities and even other states or countries. Our online programming allows members to participate from anywhere! We continue to prioritize inclusivity and welcome all who are interested in continuing to learn and explore topics, ideas, and experiences regardless of education levels, economic status, or background. Invite them all to join us!

We are always interested in hearing what types of presentations and activities interest our members the most. We are eager to learn how our members would like to share their knowledge and skills, and how they might contribute their talents to the Renaissance community. We welcome your opinions about future programs and how we can enhance our social activities. Most importantly, we want to know what we are doing well and where we can do better. Please contact me anytime!

We have an exciting fall ahead, with lots of great presentations, seminars, Forum speakers, and plenty of fun. Thank you for all you do! We look forward to seeing you in class or on Zoom!

Deanna Hanson, Renaissance Society President

the program committee covenant

"Anyone who stops learning is old, whether at 20 or 80. Anyone who keeps learning stays young."

— Howard Zinn, 2005

The Renaissance Society Program Committee and staff work diligently to provide Renaissance Society members with a variety of program options in our sustaining efforts to support our members' aspirations to expand their understanding of the nuances of the changing world around us that affect how we navigate life in this contemporary society.

Our Mission also coincides with the former Surgeon General's identification that Seniors need to be able to make social connections to remain healthy. So, in addition to learning, our members have many opportunities to socialize and make connections with other members in One-time Presentations, Seminars, and Shared Interest Groups. We hope you enjoy the program offerings for the Fall.

—**Jackie Lamb, Ralph Paladino**, Program Committee Co-Chairs

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calendar of events

IMPORTANT DATES FOR FALL 2025 SEMESTER

AUGUST 4 Fall 2025 Catalog Published	NOVEMBER 11 Veterans Day
AUGUST 8 Orientation and Open House	NOVEMBER 17 Mid-year Renaissance Society Membership Registration Begins
AUGUST 11 Fall 2025 Program Sign Up Begins	NOVEMBER 27-28 Thanksgiving Holiday—Campus Closed
SEPTEMBER 1 Labor Day—Campus Closed	DECEMBER 5 Fall 2025 Programs End
SEPTEMBER 2 Fall 2025 Programs Begin	DECEMBER 5 Winter Recess—Campus Closed
SEPTEMBER 27 Program Leaders Workshop	

IMPORTANT DATES FOR SPRING 2025 SEMESTER

SEPTEMBER 22, 2025 EARLY BIRD Spring 2026 Application- to-Teach Forms sent out	FEBRUARY 2 Spring 2026 Programs Begin
OCTOBER 6, 2025 Request for Spring 2026 Catalog Photos	FEBRUARY 16 Presidents’ Day—Campus Closed
OCTOBER 31, 2025 DEADLINE to Submit Spring 2026 Application-to-Teach Forms	MARCH 23 TO 27 Spring Recess—Campus Open to Renaissance Society
NOVEMBER 3, 2025 DEADLINE to Submit Photos for Spring 2026 Catalog	MARCH 31 Cesar Chavez Day—Campus Closed
JANUARY 12, 2026 Spring 2026 Catalog Posted to Website	MAY 8 Spring 2026 Programs End— Annual Meeting Held
JANUARY 16 Orientation and Open House	DATE TO BE ANNOUNCED Program Leaders’ Workshop
JANUARY 19 Martin Luther King Day—Campus Closed	MAY 18-22 Sac State Finals Week
JANUARY 20 Program Sign Up Begins	JUNE 1 Annual Renaissance Society Membership Registration Begins

our various learning programs

We are lucky to be living in a technology-friendly era and will continue to use these tools to deliver our programs, either in-person or 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, co-leaders, 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
- Series of classes initiated and led by fellow RS Members - Wide-ranging subject areas: arts, entertainment, literature, history, social justice, science, technology, contemporary thought, etc. - Weekly courses generally meet for 3 to 13 weeks / semester... starting either in the morning or afternoon - Currently meeting via Zoom or in-person off-campus (M-Th) or in-person on-campus (F)	- Groups initiated and facilitated by fellow RS Members sharing common interests and ideas - Activities typically include writing, art, literature, games, foreign language, food, health, and travel - Meeting times and frequency are set by the SIG facilitator and group - Usually meet off campus, in a variety of settings or on Zoom	- Single, one-time presentations given by RS Members or community-at -large speakers - Wide-ranging, varied topics - Typically, last 1 to 1.5 hours - Partnering with local groups such as ACC, Sac Archaeological Society, Big History - Currently meeting via Zoom or in-person off-campus (M, Tu) or in-person on-campus (F)	- Highly acclaimed speakers, community leaders, and recognized topic experts - Addressing diverse issues of critical concern and intense interest - Fridays—3-4 pm (no schedule conflicts with any other programs) - Presentations with interactive Q & A - Currently 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; **Z** = Zoom-only; **IP**=In-person only; **H** = Hybrid (IP + Z) program; **IP+R** = In-person (live) & recorded; **R** = Program recorded; **NR** = Program not recorded; **SE** = Selective enrollment; **WI** = Walk-in program—enrollment helps us notify you of changes, seats available first-come/first-served

Program Definitions

- Seminars**—led by one or more members, range from 3-13 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 single presentations by member and guest speakers.
- Monday Big History Series enrollments are open to non-members.
 - Tuesday Speaker Series, Friday Morning Series; and Friday Afternoon Series require membership to attend.
- Forums**—Friday’s premier speaker program held at 3 pm and features prominent community leaders who address newsworthy issues.

Program Identifiers and Delivery Formats

- Diversity (D)** programs address in detail or in part, issues encompassing various aspects of culture, race, ethnicity, religion, gender, age, ability, sexual orientation, or social economics, to foster mutual understanding, which is essential for creating inclusive environments where all individuals feel valued and respected.
- In-person and Recorded (IP+R)** programs are offered live in-person but not live on Zoom. They are recorded for future viewing.
- Selective Enrollment (SE)** programs are Friday in-person and hybrid Seminar and SIG groupings that are offered on the same dates and times. Members can sign up for in only one of the programs in each of these groupings. All other programs allow for overlapping enrollment. **NOTE: Recorded Friday Seminars are no longer included in the Selective Enrollment groupings.**
- Walk-in (WI)** programs allow you to enroll in advance, which allows us to notify you of last-minute program changes. However, available seats are first-come/first served.

MONDAY PROGRAMS AT A GLANCE

	Time	Title	Leader Name	Dates	Pg#
Seminars					
Z/R	12–1pm	How to Invest in this Market and Economic Cycle (6 weeks)	Sanjay Varshney	Oct 27-Dec 1	17
Shared Interest Groups					
Z/NR	9:30–11am	Third Monday Book Club (year-round monthly)	Marian Kile	Sep 15-Nov 17	35
IP/NR	10:30am–12:30pm	Friends of The New Yorker Magazine (Year-round weekly) (KOH Library, The Center at 2300)	Judy Day David Bowles	Sep 8-Dec 1	34
Z/R	3–4pm	Qi Gong	David Mitchell Marilyn Bradford	Sep 8-Dec 1	34
One-Time Presentations—Monday Big History Series					
D/Z/R	10–11:30am	Monday Big History Series—Innovations and Innovators	Ranny Eckstrom	Sep 8-Dec 1	47



TUESDAY PROGRAMS AT A GLANCE

	Time	Title	Leader Name	Dates	Pg#
Seminars					
Z/R	9–10am	The Use and Misuse of the Diagnostic and Statistical Manual (DSM) (6 weeks)	Don Nikkel	Sep 2-Oct 7	18
D/Z/R	10–11am	Plastics: The Good, The Bad, and The Ugly—Revised and Expanded	David Lewis	Sep 2-Dec 2	18
Z/R	1–2:30pm	Irish Immigration to America (3 weeks)	Catherine Minicucci	Oct 7-Oct 21	18
Z/R	1–2:30pm	You're Dead. Now What? (5 weeks)	Patricia Pavone	Sep 9-Oct 7	19
D/Z/R	1–3:30pm	Indigenous Voices in Film: A Global Perspective	Chip Zempel	Sep 2-Dec 2	17
Shared Interest Groups					
Z/NR	9:30–11am	Third Tuesday of the Month Book Club (Year-round monthly)	Marian Kile	Sep 16-Nov 18	37
Z/NR	10–11:30am	First Tuesday Book Club (Year-round monthly)	Linda Rahn	Sep 2-Dec 2	36
D/IP/NR	10am–12pm	Digital Photography—A Creative Journey (Arden-Dimick Library)	Jay McKeeman	Sep 9-Nov18	36
IP/NR	12–2pm	Writers Workshop (Year-round weekly)	Anita Adams Ruth Rezos	Sep 2-Dec 2	38
D/IP/NR	12:30–2pm	Mysterious Books: How Do We Get Hooked by Them? (Year-round monthly) (Rancho Cordova Public Library)	Jeanie Wilcox	Sep 2-Dec 2	37
IP/NR	1–3pm	Chess for Beginners and Intermediates (Year-round bi-monthly) (Raley's)	Ivy Hendy	Sep 2-Dec 2	35
IP/NR	1–3:30pm	Insight Meditation: A Three Afternoon Workshop (3 days: Tue/Wed/Thu)	Dennis Warren	Oct 14, & 15, & 16	37
D/Z/NR	7–9pm	Art of the Self-Portrait (View also Fri SIGs for last class—Do You See What I See—Artists' Salon) (8 weeks)	Julia Stagg Linda Stagg-Brown	Sep 9-Nov 17	35
One-Time Presentations—Tuesday Speaker Series					
D/Z/R	1–2:30pm	Opposing the Authoritarian Takeover—Strategies	Duane Campbell	Sep 2	47
D/Z/R	1–2:30pm	How to Win the Money Game	Nhu Nguyen	Sep 9	48
D/Z/R	1–2:30pm	Northern California's Chinese Immigrant History	Jeff Ferreira-Pro	Sep 16	48
D/Z/R	1–2:30pm	Cancer Prevention: Fueling Up on Low Calorie Foods	Linda Middlesworth	Sep 23	48
Z/R	1–2:30pm	The Geological Grain of California	Will Harris	Oct 28	49
D/Z/R	1–2:30pm	Let's Get All Kids Reading!	April Javist	Nov 18	49
Z/R	1–2:30pm	Can AMD Be Stopped from Progressing or Even Reversed?	Laurel Kolar	Dec 2	49

See Abbreviation Key for Delivery Formats

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

WEDNESDAY PROGRAMS AT A GLANCE

	Time	Title	Leader Name	Dates	Pg#
Seminars					
Z/NR	10 am–12 pm	The Country Girls Trilogy—Famous and Infamous (Monthly)	Louise DiMattio	Sep 10-Dec 3	19
D/Z/R	3:30–5 pm	Why Do We Do What We Do? (6-weeks)	Lori Bean	Sep 3-Oct 8	22
Shared Interest Groups					
IP/NR/	9:25–11:30am	Walkabouts	Donna Eash Alan Wong	Sep 3-Dec 3	40
D/IP/ NR	10–11:30am	Singing for Fun	Michael Hersher	Sep 10-Dec 3	40
D/IP/ NR	10am–12pm	Intro to Walking Meditation Using a Labyrinth (1 day)	Christie Braziel	Sep 24	39
IP/NR	10am–12pm	Le Cercle Français (Boardroom, Campus Commons)	Ruth Scodel Ana Facio	Sep 3-Dec 3	39
D/IP/	5:30–7:30pm	Dining Together (Year-round monthly) (Second Wednesdays)	Susan Wheeler Marge Tarbell Susie Fogg	Sep 10-Dec 3	38

See Abbreviation Key for Delivery Formats

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THURSDAY PROGRAMS AT A GLANCE

	Time	Title	Leader Name	Dates	Pg#
Seminars					
Z/R	10–11am	The Benign Cover-Up of the Assassination of JFK (6 weeks)	Jim Hodges	Sep 4-Oct 9	20
Z/R	10–11:30am	Reframing the US Constitution	Robert Benedetti	Sep 4-Dec 4	20
Z/R	1–2:30pm	A Wine Journey: From the Grape to the Glass (8 weeks)	Lester Bennett	Sep 4-Oct 23	22
Z/NR	1–3pm	Relationships: How to Build Strong, Healthy, Loving Relationships	Nanci Kuzins Anamaria Pasquiers	Sep 4-Dec 4	21
Z/R	3:30–5pm	Explore Artificial Intelligence with ChatGPT (3 weeks)	Lori Bean	Sep 11-Sep 25	20
Shared Interest Groups					
D/IP/ NR	10am–12pm	Intro to Walking Meditation Using a Labyrinth (1 day)	Christie Braziel	Oct 2	41
Z/R	2–4pm	Promises and Threats of Artificial Intelligence (AI) (First Thursday of the Month)	Melissa Green	Sep 4-Dec 4	42
Z/NR	7–8:30pm	The Economist	Wayne Luney	Sep 4-Dec 4	41
IP/NR	Varies	A Cook's Tour of Sacramento and The Adventurers (Year-round days, dates, times vary)	Maryellen Burns Dan Cross Martha Mathison	Sep 4-Dec 4	42

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FRIDAY PROGRAMS AT A GLANCE

	Time	Title	Leader Name	Dates	Pg#
Seminars					
IP+R/WI	9–10:30am	The Art of Persuasion in the Pursuit of Justice: An Exploration of Courtroom Dramas and Social Issues (6 weeks)	Jean Iacino	Sep 5-Oct 10	24
IP/NR/WI/SE	9:30–11:30am	Raymond Chandler's Works as Films	Rita Rippetoe	Sep 5-Dec 5	30
D/IP/NR/SE	9:30am–12pm	Great American Trials and the US Constitution	Joel Primes	Sep 5-Dec 5	26
IP/NR/WI/SE	10–10:45am	Life-improving Skills	Richard Kowaleski	Sep 5-Dec 5	27
IP/NR/SE	10–11:30am	The American Short Story (6 weeks)	Michael Storey	Oct 24-Dec 5	24
IP+R/WI	10–11:30 am	Our Climate is Rapidly Changing! Here's Some Things You Can Do About It (5 weeks)	Diana Cassady	Sep 5-Oct 3	29
D/NR/WI/SE	10–11:30 am	The College Scholar Athlete Program	Greg Beale	Sep 5-Dec 5	26
IP/NR/SE	10–11:30 am	The Poetry of Robert Frost (6 weeks)	Michael Storey	Sep 5-Oct 10	29
H/R/WI	10–11:30 am	Topics in Revolutionary America	Cathy Minicucci Kevin Collins	Sep 5-Nov 7	33
D/H/R/WI	9:45–11:30 am	Hooray for Hollywood Musicals: From Astaire to Hamilton	Mike Agron	Sep 5-Dec 5	27
D/IP+R/WI	10am–12pm	Living Well to 101 and Beyond (Monthly)	Helen Justice Lou Basinal	Sep 19-Nov 21	28
IP/NR/WI/SE	11am–12pm	World Population Collapse: The Next Apocalypse? (6 weeks)	Greg Dewey	Oct 24-Dec 5	33
IP/NR/SE	11am–12:30pm	Three Great Poems (3 weeks)	Catherine Civello	Sep 5-Sep 19	32
H/R	12–2:30pm	Preserving Democracy	Ken Cross	Sep 5-Dec 5	30
D/IP/NR/WI/SE	12–2:45pm	The Supremely Talented Mr. Sorkin—The Sequel	Alan Miller	Sep 5-Dec 5	31
IP/NR/SE	12:30–2pm	Classical Music	Gordon Garcia Leo Eylar	Sep 5-Nov 21	25
IP+R/WI	1–2pm	Rediscovering One (6 weeks)	Griffin O'Shea	Sep 5-Oct 10	31
H/R/WI	1–2:30pm	Active Retirement Investing	Nash Bailey Bill Bailey	Sep 5-Nov 21	23
D/IP/NR/WI/SE	1–2:30pm	Becoming Human: Sex Differences, Orientation, Ears (3 weeks)	Dennis McFadden	Oct 31-Nov 14	25

See Abbreviation Key for Delivery Formats

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FRIDAY PROGRAMS AT A GLANCE (CONT.)

	Time	Title	Leader Name	Dates	Pg#
Seminars (cont.)					
D/IP+R/WI	1–2:30pm	North and South Korea: A Tale of Two Nations (3 weeks)	Janet Heath	Sep 5-Sep 19	29
D/IP+R/WI	1–2:30 pm	American Protest Songs	Michael Hersher	Sep 5- Dec 5	23
D/IP/NR/SE	1–2:45 pm	Appreciating Our Elder Years (6 weeks)	Karen Gierlach	Oct 24-Dec 5	24
IP/NR/WI/SE	1–2:45pm	The Beatles: Like You've Never Heard Them Before	David Abelson	Sep 5- Dec 5	25
IP/NR/WI/SE	1–2:45pm	Critical Thinking	Richard Kowaleski	Sep 5- Dec 5	26
D/H/R/WI	1–2:45pm	Hidden Treasures of Folsom (6 weeks)	Alan Wong	Oct 24-Dec 5	27
IP+R	1–2:45pm	More Real Rock	Bob Lang	Sep 5- Dec 5	28
D/H/R/WI	1–2:45pm	3T's: Technology's Challenges to Truth and Trust! (6 weeks)	Dale Good	Sep 5-Oct 10	32
Shared Interest Groups					
IP/NR/WI/SE	9:30–11:30am	Knitting with Friends	Barbara Kletzman	Sep 5- Dec 5	44
IP/NR/SE	10–11:30am	Exploring Spanish (Year-round weekly)	Sandy Britton	Sep 5- Dec 5	43
D/IP/NR/SE	10–11:30am	Travel and Adventure	Frederick Chapman Cindi Matsumoto	Sep 5- Dec 5	46
D/IP/NR/SE	11am–12:30pm	Hot Topics (Year-round weekly)	Erika Wasser Laura Middleton	Sep 5- Dec 5	44
IP/NR/WI/SE	12–12:45pm	Social Dancing	Richard Kowaleski	Sep 5- Dec 5	45
D/IP/NR/SE	12–2:30pm	Watercolor Studio	Judy Hawkins Kathleen Ellertson	Sep 5- Dec 5	46
D/IP/NR/WI/SE	12:30–2pm	Do You See What I see Artists' Salon—Self-Portraits by Renaissance Society Artists (1 day)	Julia Stagg Linda Stagg-Brown	Nov 7	43
IP/NR/WI/SE	12:45–1:45pm	English Country Dance (Year-round weekly)	Ruth Scodel	Sep 5- Dec 5	43
IP/NR/SE	1–2:30 pm	Take your best shot: Digital Photography 101 (6 weeks)	Sandy Britton	Sep 5-Oct 10	45

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FRIDAY PROGRAMS AT A GLANCE (CONT.)

	Time	Title	Leader Name	Dates	Pg#
One-Time Presentations—Friday MORNING Series					
D/ IP+R/ WI	10–11:30am	Media Meltdown Fueled by Social Media Inflammation	Alan Miller	Sep 5	50
D/ IP+R/ WI	10–11:30am	A New Way to Understand Religion	Elaine Earl	Sep 12	50
D/ IP+R/ WI	10–11:30am	The Evolution of Folsom History	Jeff Ferreira-Pro	Sep 19	51
D/ IP+R/ WI	10–11:30am	A Greener Goodbye: Intro to Green Burial	Stephanie Brow	Sep 26	51
D/ IP+R/ WI	10–11:30am	The Current Cuba Reality and How to Travel to Cuba	Paul Bardwil	Oct 3	51
D/ IP+R/ WI	10–11:30am	Power of Presence: Being. Belonging. Becoming	Maureen White	Oct 10	52
IP+R/ WI	10–11:30am	The Geological Grain of California	Will Harris	Oct 17	52
D/ IP+R/ WI	10–11:30am	Navigating the Senior Care Maze	Christine Grmolyes	Oct 24	53
D/ IP+R/ WI	10–11:30am	People Live Here—Stories They Tell Me	Barrie Burr	Oct 31	53
D/ IP+R/ WI	10–11:30am	The Underground Railroad—The Road to Freedom	Anne M. Rewell	Nov 7	53
IP+R/ WI	10–11:30am	No Snooze: You Lose	Lydia Wyrzes	Nov 14	54
D/ IP+R/ WI	10–11:30am	Acoustics, Audition, and the JFK Assassination	Dennis McFadden	Nov 21	54
IP+R/ WI	10–11:30am	The Least Known Important President	Milo Turaylich	Dec 5	54

D = Diversity program; **Z** = Zoom-only; **IP**=In-person only; **H** = Hybrid (IP + Z) program; **IP+R** = In-person (live) & recorded; **R** = Program recorded; **NR** = Program not recorded; **SE** = Selective enrollment; **WI** = Walk-in program—enrollment helps us notify you of changes, seats available first-come/first-served

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FRIDAY PROGRAMS AT A GLANCE (CONT.)

	Time	Title	Leader Name	Dates	Pg#
One-Time Presentations – Friday AFTERNOON Series					
D/H/R/ WI	1–2:30pm	DEI Does Not Disparage American History Heroes	Darryl O. Freeman	Sep 5	55
D/H/R/ WI	1–2:30pm	Part 1: Beyond Fortune Cookies and Fengshui: Daoism and Confucianism Through the Ages	Mrea Csorba	Sep 12	55
D/H/R/ WI	1–2:30pm	Part 2: Beyond Fortune Cookies and Fengshui: Daoism and Confucianism Through the Ages	Mrea Csorba	Sep 19	55
D/H/R/ WI	1–2:30pm	Fantastical History of the Swastika	Gopal Kapur	Sep 26	56
D/H/R/ WI	1–2:30pm	Why Black Lives Matter	Ginger Rutland	Oct 3	56
D/H/R/ WI	1–2:30pm	Session 1: Awareness and Action: The Uncomfortable Truth	Kyle Williams	Oct 10	56
D/H/R/ WI	1–2:30pm	Session 2: Interrupting Ignorance: The CPR Protocol	Kyle Williams	Oct 17	57
D/H/R/ WI	1–2:30pm	Session 3: From Conversation to Action	Kyle Williams	Oct 24	57
D/H/R/ WI	1–2:30pm	Living and Learning with Dyslexia: A Family Journey	Jess Arce	Nov 7	58
D/H/R/ WI	1–2:30pm	Many Journeys, Unequal Paths: Rethinking Immigration in America	Jeff Ferreira-Pro	Nov 14	58
D/H/R/ WI	1–2:30pm	Acoustics, Audition, and the JFK Assassination	Dennis McFadden	Nov 21	59
D/H/R/ WI	1–2:30pm	Out Here Film Screening and Discussion Panel	Leslie Silver	Dec 5	59



FRIDAY PROGRAMS AT A GLANCE (CONT.)

Forums					
H/R/WI	3–4pm	The State of Our City	Kevin McCarty	Sep 5	60
H/R/WI	3–4pm	California’s Focus on Wildfire Preparedness	Daniel Berlant	Sep 12	60
D/H/R/WI	3–4pm	Ear Hustle: Telling Stories from Prison	Nigel Poor	Sep 19	61
D/H/R/WI	3–4pm	The Journey of the Sacramento Philharmonic and Opera: An Orchestra and Opera Company for the 21st Century	Giuliano Kornberg	Sep 26	61
D/H/R/WI	3–4pm	Public Policy Institute of California	Tani Cantil Sakauye	Oct 3	61
D/H/R/WI	3–4pm	Painting Around the World	Jerald Silva	Oct 10	61
D/H/R/WI	3–4pm	The Poet and the Silk Girl: A Memoir of Love, Imprisonment, and Protest	Satsuki Ina	Oct 17	62
D/H/R/WI	3–4pm	Research Across the Globe in French and English	Elaine Russell	Oct 24	62
H/R/WI	3–4pm	What Goes Down the Drain Counts—The Role of SacSewer	Chiho Murray	Oct 31	62
D/H/R/WI	3–4pm	Regional Wellness	Jonathan Porteus	Nov 7	62
D/H/R/WI	3–4pm	Chronicling Sacramento for 46 Years	Steve Martarano	Nov 14	63
D/H/R/WI	3–4pm	The Giving Laws	Scott Syphax	Nov 21	63
H/R/WI	3–4pm	Fall Semester Retrospective with Deanna Hanson	Deanna Hanson	Dec 5	63



programs

seminars

MONDAY TO THURSDAY SEMINARS

How to Invest In This Market and Economic Cycle (Z/R)

Sanjay Varshney, PhD, CFA
Mondays, Oct 27 to Dec 1 (6 weeks)
12 to 1 pm

The year began with strong business and consumer optimism regarding the new administration’s stance toward deregulation, greater business activity, more deal flow, better corporate profits, and a higher stock market. All that was upended quickly by the trade and tariff volatility, sending markets and sentiment into a tailspin as chaos unfolded over what the tariffs would mean for the economy and a possible recession. There was sudden fear and panic. Where are we now, and how do we invest now?

Sanjay Varshney, PhD, CFA brings three decades of proven investment expertise and sophistication to his clients. Prior to founding Goldenstone, he was a senior wealth management executive at Wells Fargo Private Bank, serving as a Senior Vice President and Senior Investment Strategist for California and Nevada, providing thoughtful leadership and investment strategy for over \$200 billion in assets. He also serves currently as Full Professor of Finance at Sac State and Chief Economist.

CLICK HERE TO ENROLL
IN ANY PROGRAM
Starting on August 11 @ 8am

Indigenous Voices in Film: A Global Perspective (D/Z/R)

Chip Zempel
Tuesdays, Sep 2 to Dec 2 (13 weeks)
1 to 3:30 pm

In dramas, coming-of-age comedies, fables, legends, and ghost stories—from the Arctic to the Antipodes, East Asia to the Great American West—Indigenous filmmakers have embraced the language of cinema to convey the richness and resilience of their cultures. Join us as we explore these storytellers’ tales of pre-contact times, colonial eras, the contemporary present...even a dystopian future. Chip’s film appreciation seminars are renowned for their lively discussions that follow the films. We’ll stream the movie over Zoom, then stay afterwards to share our thoughts, insights, and reactions. **Note:** A pre-session on Tuesday, August 26th at 1 pm will introduce the semester’s theme, provide technical tips to maximize your Zoom experience, and end with a short film.

Chip Zempel is a world-renowned scholar and film historian. (Just kidding, he loves watching movies and talking about them.) He’s in his tenth year leading film appreciation seminars with Renaissance Society, and they still haven’t kicked him out. His eclectic tastes are reflected in the topics his seminars have covered, including romcoms, samurai films and Westerns, time travel, documentaries, classic horror and sci-fi, film noir, coming-of-age movies, animation, magical realism, dance, and more!



Irish Immigration to America (Z/R)

Catherine Minicucci
Tuesdays, Oct 7 to Oct 21 (3 weeks)
1 to 2:30 pm

Between 1845 and 1851, the potato famine in Ireland claimed 1 million lives from starvation and disease. 1.5 million immigrated to America for a better life. Ireland lost one quarter of its population. This three-part class will cover the underlying causes of the potato famine, the immigration experience, and life for the Irish immigrants once they arrived. My great grandfather, Christopher Murphy, immigrated with his family at age 4. I will trace his story to illustrate the immigrant experience.

Cathy Adams Minicucci graduated from UCLA with a BA in Anthropology and received a Master's degree from Harvard. She served as education policy staff for the California Senate and Assembly. For 30 years, she led Minicucci Associates, an evaluation consulting firm focused on programs for children and youth. Cathy has led seminars on *Turning Points in American History*, *Profiles in American Leadership*, *The Great Famine and Irish Immigration to America*, and *The American Revolution*.

Plastics: The Good, The Bad, and The Ugly—Revised and Expanded (D/Z/R)

David Lewis
Tuesdays, Sep 2 to Dec 2 (13 weeks)
10 to 11 am

This 13-week seminar on the latest developments in plastics builds upon the Fall 2024 Wednesday Science Series seminar. This revised and extended program offers an update on the world of plastics. You will learn about advancements in alternative plastic raw materials, understand the escalating concerns surrounding plastic pollution, and learn about the effect of microplastics/nanoplastics on your health. In addition, there are new plastics legal developments in several US states, including California.

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, where he is currently the co-Leader and tech host. This is his fourth year with the Renaissance Society as a presenter and tech host. Contact him at stuff619@gmail.com or call (916) 626-2795.

The Use and Misuse of the Diagnostic and Statistical Manual (DSM) (Z/R)

Don Nikkel
Tuesdays, Sep 2 to Oct 7 (6 weeks)
9 to 10 am

For seventy years, the Diagnostic and Statistical Manual (DSM) of the American Psychiatric Association has guided the help available for those with psychological difficulties, but not without controversy. The DSM provides official disorder definitions, but some say it unfairly labels people. Others say it helps people get the help that they've needed for years. Others say it has become a tool for the pharmaceutical industry. This class provides an overview of how the DSM came into existence, how it's changed over time, and how it works today. We'll cover depression, anxiety, childhood disorders, substance use disorders, personality disorders, and other categories. And we'll talk about alternative ways to describe mental disorders.

Don Nikkel is a retired clinical social worker and marriage and family therapist. He spent thirty-five years working as a counselor, clinical supervisor, and manager in programs serving youth, families, and those with mental health and substance use disorders. He went on to spend sixteen years teaching at the community college and graduate program levels. This course will focus on the material from the classes he taught in abnormal psychology.

You're Dead. Now What? (Z/R)

Patricia Pavone
Tuesdays, Sep 9 to Oct 7 (5 weeks)
1 to 2:30 pm

This five-session seminar is about the adventures of a lay Estate Executor/Trustee and the many unintended (sometimes inexplicable) consequences of your best intentions. We will discuss the administrative burdens and issues of managing an estate, the paperwork challenges, and the pitfalls of leaving a lot of your precious stuff to be sorted out by others. We will also discuss some things that you may want to consider (or reconsider) to make life a little easier for the people you leave behind.

Patricia Pavone is a retired public administrator. She worked for the State of California for 35 years and served as the Chief of the Benefits Division at the Department of Personnel Administration and the Chief of the Filing Services Bureau at the Franchise Tax Board. Patricia also taught Public Administration at both Sacramento State University and the University of San Francisco. She has been a lay Estate Executor and Trust Administrator three times, as well as a Grantor and Advisor for a Special Needs Trust.

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Starting on August 11 @ 8am**

The Country Girls Trilogy—Famous and Infamous (Z/NR)

Louise DiMattio
Wednesdays, Sep 10 to Dec 3 (Monthly)
10 am to 12 pm

Join us this fall for a four-month exploration of Edna O'Brien's famous trilogy. We will meet once a month beginning in September with an introductory meeting on Wednesday, September 10, followed by monthly meetings on the second Wednesday of October, November, and December, discussing each of the three novels in the trilogy. Edna O'Brien's trailblazing novels revolutionized Irish literature in the 1960s. Banned by the authorities for being 'indecent and obscene', the novels were instantly notorious for their frank portrayal of young women's lives. More than sixty years later, these novels continue to inspire with their courage, humor, and lyricism. **Note:** The seminar will be held on September 10, October 8, November 12, and December 10

Louise DiMattio is a long-time Great Books Leader and a lover of the written word. She lives in the San Francisco Bay Area and has offered many seminars for the Renaissance Society, including semester-long discussions of *Great Expectations* and *One Hundred Years of Solitude*. Louise uses the Great Books Shared Inquiry discussion method to foster a close reading of the text while striving to include everyone who wishes to participate.

ABBREVIATION KEY

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- IP** In-person only
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- NR** Program not recorded
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The Benign Cover-Up of the Assassination of JFK (Z/R)

Jim Hodges
Thursdays, Sep 4 to Oct 9 (6 weeks)
10 to 11 am

Both the FBI and the CIA have admitted to a cover-up of facts surrounding the assassination of JFK, but they claim it was a "benign cover-up." In this class, we will try to determine what was covered up and ask if it was benign. We will examine the nature of the Cold War at the time and the role in the JFK murder investigation of the FBI, Secret Service, Dallas Police, Dallas County Sheriff, the CIA, the Warren Commission, the news media, the House Select Committee and Assassinations, and the JFK Assassination Records Review Board.

Jim Hodges is self-employed, representing clients in the administrative law proceedings of the California Public Utilities Commission on residential energy issues.

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Explore Artificial Intelligence With ChatGPT (Z/R)

Lori Bean
Thursdays, Sep 11 to Sep 25 (3 weeks)
3:30 to 5 pm

Learn what ChatGPT is, how it works, and why it matters. Join the excitement as the California State University system brings ChatGPT Edu to over half a million students, faculty, and staff across its 23 California campuses. This course introduces artificial intelligence (AI) in plain language and shows how ChatGPT can help with writing, problem-solving, planning, and creative task-making. AI is helpful in everyday life. For computer, iPhone, Android phone, and tablet users.

Lori Bean is a behavioral scientist, Sac State and University of Chicago alumna, and educator skilled in making complex ideas clear and practical. With experience in research, tech, and public policy, she helps adult learners understand AI tools like ChatGPT and their impact on thinking, learning, and daily life. Her engaging style encourages curiosity, digital confidence, and critical thinking in a rapidly changing world.

Reframing the US Constitution (Z/R)

Robert Benedetti
Thursdays, Sep 4 to Dec 4 (13 weeks)
10 to 11:30 am

This class reviews the US Constitution and evaluates suggested changes to it. After an introduction, two weeks will be devoted to each of five aspects of the Constitution: Citizen Rights, States Rights (Federalism), Judiciary, Executive, and Legislative. The first week reviews the current document and the second presents alternatives. After brief lecture presentations, the seminar will encourage class discussion. As some topics may be contentious, class participants will be asked to act in accord with 5-8 on the Dignity Index and its suggested Skills for Dignified Disagreement. (See <https://www.dignity.us>). The final seminar will assemble changes the class favors and hold a vote on the re-framed constitution.

Robert Benedetti held positions at the University of the Pacific as the Executive Director of the Jacoby Center for Public Service and Civic Leadership, Dean of the College, and Professor of Political Science, teaching American government. He was a Research Associate at Sac State's Center for California Studies. He has published on Stockton's bankruptcy and the Sacramento-San Joaquin Delta. He has taught American government as well as Delta topics, and served as Board Secretary for the Renaissance Society.

Relationships: How to Build Strong, Healthy, Loving Relationships (Z/NR)

Nanci Kuzins
Anamaria Pasquiers
Thursdays, Sep 4 to Dec 4 (13 weeks)
1 to 3 pm

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 language of life can reduce stress, decrease anxiety, clear up misunderstandings, and heal old conflicts. Learn how to interrupt when necessary, release resentment when you hear **no**, and let go of any shame, guilt, or fear when you need to say **no** to yourself or someone else.

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 in which 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. Anamaria consults on self-healing methods, spiritual counseling, is a social activist, and an interfaith minister. She has led several spiritual growth groups.



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A Wine Journey: From the Grape to the Glass (Z/R)

Lester Bennett
Thursdays, Sep 4 to Oct 23 (8 weeks)
1 to 2:30 pm

This course introduces participants to the fundamentals of wine appreciation, covering key aspects of viticulture, winemaking, wine styles, and sensory evaluation. Participants will explore wine grape varieties and their global distribution, the influence of vineyard practices, and the decisions made during the winemaking process that affect a wine's final character. We'll also explore the understanding of wine labeling, table, sparkling, and dessert wines, developing tasting techniques, as well as the basics of pairing wine and food.

Lester Bennett has a Master's degree in Enology from Fresno State University and was a commercial winemaker for five years. He was initially a high school biology teacher and also a technical trainer in the software industry. Although he no longer makes wine, he enjoys sharing his knowledge and enthusiasm with others and helping them learn how the appreciation of wine can enrich one's life.

Why Do We Do What We Do? (D/Z/R)

Lori Bean
Wednesdays, Sep 3 to Oct 8 (6 weeks)
3:30 to 5 pm

This course explores how ideas about motivation have changed over the past 100 years from Freud's early theories to today's approaches to understanding and shaping behavior. The class will explore how influential theories and recent scientific findings offer insights into the choices we make, how we manage life challenges, and how external forces in society and technology affect behavior and goals. Guided readings and opportunities for reflection will support students' particular interests.

Lori Bean is a behavioral scientist and Sac State alumna with advanced training from the University of Chicago. She has taught and published on personality, motivation, and adult development in academic, government, and corporate settings. Drawing on leading research, Lori brings fresh insight to the timeless question of human behavior, "why we do what we do," and how those answers shape our lives.

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FRIDAY SEMINARS

Active Retirement Investing (H/R/WI)

Nash Bailey
Bill Bailey
Fridays, Sep 5 to Nov 21 (12 weeks)
1 to 2:30 pm
Eureka Hall (EUR) 113

Financial Planning and Investing can be a challenging, confusing process. Join us as we teach you our simple three-phase process that we use to evaluate, invest, and protect our clients' nest egg. In this in-depth workshop, we will bring our focus to the ins and outs of building an efficient investment portfolio. We will also cover a multitude of relevant topics, including but not limited to, adequate insurance coverages, estate-planning must-dos, and evaluating the need for professional help.

Nashoba Bailey is an Investment Adviser with Wealth Strategies Retirement Asset Management. He is a Chartered Financial Consultant with over eight years of experience in the business and well over a decade's worth of education in the field, having learned about investing from a very young age in his father's office. He specializes in efficient portfolio construction and understanding the behavioral motivators of clients to better serve them in their financial journey.

Bill Bailey has proudly served as a Financial Adviser to the Sacramento area for over 40 years. He holds a Master of Science in Financial Services, has authored several books, and enjoys teaching and sharing his knowledge through the Renaissance Society and other local workshops. Bill's years in the business have seen him through all kinds of market conditions, life events, and learning opportunities. As a result, he brings a wealth of experience, empathy, and compassion to his work.

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American Protest Songs (D/IP+R/WI)

Michael Hersher
Fridays, Sep 5 to Dec 5 (13 weeks)
1 to 2:30 pm
Riverside Hall (RVR) 1015

We will listen to and sing along with a wide range of songs from many eras that carry a message of protest about an issue. Issues will include civil rights, union struggles, gender, environment, Latin American liberation, peace, and justice. We will hear songs "with a message" from many iconic singer/songwriters of the '60s and '70s.

Michael Hersher is a retired public education lawyer with a long history of playing folk music at public events. He has taught classes for the Renaissance Society on the history of American protest songs covering many social and political issues. His favorite thing is getting folks to sing, even when they think they can't.

The American Short Story (IP/NR/SE)

Michael Storey
 Fridays, Oct 24 to Dec 5 (6 weeks)
 10 to 11:30 am
 Mendocino Hall (MND) 1030

The American Short Story is one of the treasures of American literature, created by Nathaniel Hawthorne, E. A. Poe, William Faulkner, F. Scott Fitzgerald, Eudora Welty, John Cheever, and others. The class will read and discuss stories by these and other authors, analyzing the themes, plots, characters, points of view, settings, and various modes, including realism, fantasy, myth, and allegory.

Michael Storey is a retired English professor, having taught for 45 years at Notre Dame of Maryland University in Baltimore, teaching courses in Irish and English Literature, poetry, short fiction, and literary theory and criticism. He has been a member of the Renaissance Society since 2014, where he has taught courses in Irish history, culture and politics; Irish literature; poetry; and short fiction.

Appreciating our Elder Years (D/IP/NR/SE)

Karen Gierlach
 Fridays, Oct 24 to Dec 5 (6 weeks)
 1 to 2:45 pm
 Brighton Hall (BRH) 101

Meet other Renaissance Society students and exchange life stories. Explore questions like: how well did your early life experiences prepare you for this stage of life and for the life still to come? What are the joys and challenges of being an older person in our society? You will exchange life experiences that you are comfortable sharing in small groups, and keep what you hear confidential. Prompts will include poetry, art cards, journaling, and quick sketches.

Karen Gierlach has facilitated Biography and Social Art workshops since retiring from Waldorf teaching. She was born in England, grew up in Germany, and graduated from London University. She has lived in the US since her early twenties, is married, and has two adult children. She has enjoyed teaching courses

with the Renaissance Society for several years and appreciates how receptive the students have always been.



The Art of Persuasion in the Pursuit of Justice: An Exploration of Courtroom Dramas and Social Issues (IP+R/WI)

Jean Iacino
 Fridays, Sep 5 to Oct 10 (6 weeks)
 9 to 10:30 am
 Brighton Hall (BRH) 110

Courtroom dramas have long served as a powerful lens through which society examines significant social issues, using the courtroom as a stage to challenge societal norms and expose systemic ills. Each week, we will watch pivotal courtroom scenes from films that helped frame the debate on topics ranging from war crimes, evolution, and the healthcare system, to discrimination based on race, gender, and sexual orientation. We will discuss the rhetorical styles, emotional appeals, and legal strategies used to sway juries and ignite conversations beyond the screen.

Jean Iacino is a retired public health policy professional. She is passionate about social justice issues and loves good movies and great rhetorical arguments. This is her first time leading a Renaissance Society Seminar.

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The Beatles: Like You've Never Heard Them Before (IP/NR/WI/SE)

David Abelson
 Fridays, Sep 5 to Dec 5 (13 weeks)
 1 to 2:45 pm
 Kadema Hall (KDM) 145

The Beatles are perhaps the best known and 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 will explore the many unique features that make the Beatles' music so timeless and compelling. Each week, we'll 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: Like You've Never Heard Them Before*.

David Abelson is a retired attorney who specialized in environmental law. He has taught a number of semester-long courses and given numerous presentations including *Bob Dylan*, *The Beatles*, 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.



Becoming Human: Sex Differences, Orientation, Ears (D/H/R/WI)

Dennis McFadden
 Fridays, Oct 31 to Nov 14 (3 weeks)
 1 to 2:30 pm
 Brighton Hall (BRH) 208

The seminar starts by describing the processes of human brain development, pre- and post-natal; genetic and hormonal processes that produce two sexes; inactivation of genes on the X chromosome in females; why female is the default sex; some invisible ways that female bodies differ from males (chimerism); and some anomalies of brain and sexual development (CAH and AIS). Next, Dr. McFadden will discuss his own research, by describing the basic structures of the human auditory system; the importance of hearing to human development; the sounds **produced** by human cochleas (otoacoustic emissions, not tinnitus); the effects of sex hormones on the auditory system; and some facts about opposite-sex twins and serendipity in research.

Dennis McFadden, PhD, graduated from Sac State in 1962. After obtaining a doctoral degree in experimental psychology from Indiana University, he became a faculty member at the University of Texas, Austin, where he remained for 40+ years. Dr. McFadden's research on human hearing and sex differences was supported by grants from NIH. Before joining the Renaissance Society, he was a charter member of OLLI in Austin. He now lives part-time in Austin and Sacramento, where he is an avid fan of the American River bike trail.

Classical Music (IP/NR/SE)

Gordon Garcia
 Leo Eylar
 Fridays, Sep 5 to Nov 21 (12 weeks)
 12:30 to 2:30 pm
 Capistrano Hall (CPS) 223

Fall 2025 marks a milestone for the Classical Music Seminar. Bob Seyfried, the founder and long-term leader of the course has passed the baton to Gordon Garcia, while we will continue to be blessed with Leo Eylar's amazing lectures.

As in past years, we will plan to have lectures that include clips or entire pieces of classical music performances. Live performances of classical music will also be presented. The overall aim will be to survey the rich tapestry of this art form by examining its major eras, composers, compositions, and performers. Please note that this seminar has historically been very popular and fills rapidly once enrollment begins.

Gordon Garcia is a retired physician who has played the viola since childhood. He continues to be musically active, playing in two local community symphony orchestras as well as in chamber music groups. He has the unenviable task of trying to succeed the long-time leader of this Seminar, Bob Seyfried.

Leo Eylar is a violinist, conductor, and composer who has co-led the Classical Music Seminar since 2015. Maestro Eylar, currently Music Director and Conductor of the California Youth Symphony, is based in the San Francisco Bay Area. He served on the full-time faculty of the Sac State School of Music for 30 years and is now Professor Emeritus. He brings his great knowledge and expert teaching skills to this seminar.

The College Scholar Athlete Program (D/IP/NR/WI/SE)

Greg Beale
Fridays, Sep 5 to Dec 5 (13 weeks)
10 to 11:30 am
Alpine Hall (ALP) 122

What does it truly mean to be a scholar-athlete in today's shifting landscape of college sports, and how does it affect their future? Greg will share his experience as a Stanford graduate and former football player who played alongside some legendary football figures. He will discuss Stanford and Cal's recent move to the Atlantic Coast Conference (ACC) and argue why this realignment has negatively impacted scholar-athletes by requiring cross-country travel for half of their games—disrupting academics and limiting family attendance and support. He will discuss how today's scholar-athletes are compensated, but some do not complete their degrees, leaving them vulnerable if they're later cut from pro-



fessional teams, as they lack a diploma and may face financial hardship. Join Greg for an honest and passionate discussion about the state of college football and the values we must preserve.

Greg Beale graduated from Stanford University with a BA in Political Science and knows firsthand the demands and rewards of balancing academics with Division I athletics. Following his college career, he devoted himself to education, teaching subjects ranging from US History to Special Education. He has spent decades coaching across various disciplines, especially football.

Critical Thinking (IP/NR/WI/SE)

Richard Kowaleski
Fridays, Sep 5 to Dec 5 (13 weeks)
1 to 2:45 pm
Mendocino Hall (MND) 1026

Hone your ability to make better decisions regarding what to buy, who and what to vote for, how to invest your money, and how to improve your relationships. A very popular seminar for more than 15 years!

Richard Kowaleski taught engineering and mathematics at the United States Air Force Academy and at Sac State.

Great American Trials and US Constitution. (D/IP/NR/SE)

Joel Primes
Fridays, Sep 5 to Dec 5 (13 weeks)
9:30 am to 12 pm
Calaveras Hall (CLV) 141

There will be discussions regarding legal issues and various legal areas. Participants can suggest legal topics and/or cases. There will be two student mock trials.

Joel Primes has practiced law for over 50 years and has been a temporary Sacramento Superior Court Judge and a Mediator for the Third District Court of Appeal.

Hidden Treasures of Folsom (D/H/R/WI)

Alan Wong
Fridays, Oct 24 to Dec 5 (6 weeks)
1 to 2:45 pm
Calaveras Hall (CLV) 123

Folsom's rich history makes it a fascinating destination, from the Gold Rush and railroads to hydroelectric power and its iconic prison, alongside its natural assets like the Folsom Zoo Sanctuary and the American River. This series will showcase these unique aspects through engaging expert presentations. The seminar will highlight Folsom's appeal to visitors and encourage participation in local tours (Powerhouse State Park, Zoo Sanctuary, Folsom History Museum, etc.).

Alan Wong is a lifelong learner and retired aerospace engineer dedicated to sharing his knowledge and enthusiasm with the community. As a seasoned docent, he leads school tours at the Folsom Zoo Sanctuary, Folsom Powerhouse State Historic Park, and the American River Water Education Center. He also co-leads the Sac State Renaissance Society Walkabout Group, fostering a sense of connection to the region's history and culture.

Date	Topics	Presenter
Oct 24	Northern California's Chinese immigrant history	Jeff Ferreira-Pro
Oct 31	The Evolution of Folsom History	Jeff Ferreira-Pro
Nov 7	The Historic Folsom Powerhouse.	Zak Adams
Nov 14	The American River: Then and Now	Zak Adams
Nov 21	Riparian Habitats, American River in the Folsom area	Cinda Christensen
Dec 5	Folsom Zoo Sanctuary	Phyllis McGrath

Hooray for Hollywood Musicals: From Astaire to Hamilton (D/H/R/WI)

Michael Agron
Fridays, Sep 5 to Dec 5 (13 weeks)
9:45 to 11:30 am
Folsom Hall (FLS) 1063

This all-new sequel shifts the spotlight from the score to the songs and lyrical storytelling that gave film musicals their unforgettable sparkle. From the nimble tread of Fred Astaire's feet to the hip hop history of Hamilton, we'll journey through nearly a century of toe-tapping, heartstring-pulling movie magic. Explore the evolution of musicals on screen from the glamour of MGM to bold, socially conscious stories. We'll also trace rock's rise in cinema, including a session on The Beatles' films, spotlight pop, and jukebox musicals of the 21st century, and dedicate a session to jazz in biographical and noir-inspired films. Film fanatic Chip Zempel returns as a featured guest to help this series hit all the right notes.

Michael Agron "Music Aficionado"—Born in LA's entertainment scene. Mike is a former high-tech exec and entrepreneur who now creates and delivers dynamic, story-driven seminars on music and entertainment. With a storyteller's eye and a DJ's ear, he's led 15 acclaimed seminar series, each spotlighting a different facet of music and entertainment, for the Sacramento Renaissance Society and national lifelong learning groups including OLLI, Osher Online, Encore Learning, and more.

Life-improving Skills (IP/NR/WI/SE)

Richard Kowaleski
Fridays, Sep 5 to Dec 5 (13 weeks)
10 to 10:45 am
Mendocino Hall (MND) 1026

Let's get better with our personal finances, shopping habits, health care, and more. A much-requested sequel to my very popular critical thinking seminar. Register early!

Richard Kowaleski taught engineering and mathematics at the United States Air Force Academy and at Sac State.



Living Well to 101 and Beyond (D/IP+R/WI)

Helen Justice
 Lou Basinal
 Fridays, Sep 19 to Nov 21 (Monthly)
 10 am to 12 pm
 Eureka Hall (EUR) 315

Learn three simple strategies for slowing down the aging process. The first part focuses on physical health, disease prevention, chronic symptoms management, and modern lifestyle options. An introduction to the fascinating science and psychology of aging. Discover how to determine your true biological age. The second part is medications, food, nutrition, memory, and mindfulness. Learn how lifestyle factors can influence cognitive health and physical wellness. Tips and strategies for reducing the number of medications and how to have conversations with your doctor about medication management. The third part is money matters, long-term care planning, and designing your retirement for enjoyment. Understand your options and learn.

Helen Justice, GCM, CEO and Founder of Advanced Wellness Geriatric Care Management, Inc., has dedicated her career to helping families navigate the challenges of elder care. Based near Sacramento, CA, Helen and her team specialize in securing relocation, public benefits for seniors, veterans, widows, and their families, including assistance with benefit applications and claims through government and

Veterans Affairs, as the only Geriatric Care Manager in California who is Veteran Accredited.

Lou Basinal, RN, MSN serves as the Area Director of Northern CA Care Planning Council. The council is a nonprofit partnership of professionals and organizations that serve families and corporations dealing with challenges facing the elderly. Every day, hospitals discharge hundreds of chronically ill patients to be cared for at home by families who are not equipped to care for their ill and frail loved ones. Her team brings awareness that every family should plan for care to lower your stress.

More Real Rock (IP+R)

Bob Lang
 Fridays, Sep 5 to Dec 5 (13 weeks)
 1 to 2:45 pm
 Amador Hall (AMD) 150

More Real Rock is an extension of the previous two Real Rock 'n Roll classes. It will explore the development of rock music through the '60s, '70s, and '80s. Included will be selected genres including classic rock, symphonic rock, yacht rock, covers, super groups, and more. Most classes will be composed entirely of classic video performances. A special session will explore plagiarism and copyright issues, and another will be devoted to the music of Ray Charles. As usual, the classes will feature Bob's Bonus Tracks!

Bob Lang has provided music appreciation classes for the Renaissance Society for the last decade, including *Real Rock and Roll* and *All That Jazz*. Lang spent his early career as a radio disc jockey and later as a television producer. He also taught community college media classes, was an equipment trainer, and retired from the California Department of Corrections. He has written three books, including a reference book for aspiring broadcasters, and is a member of the classic rock horn band On Air.

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Starting on August 11 @ 8am

North and South Korea: A Tale of Two Nations (D/IP+R/WI)

Janet Heath
 Fridays, Sep 5 to Sep 19 (3 weeks)
 1 to 2:30 pm
 Amador Hall (AMD) 153

Journey through Korea's inspiring story of resilience. Learn about South Korea's dramatic rise out of war-torn hardship to a high-tech leader, while North Korea struggles in isolation under a totalitarian one-party state. Trace Confucian roots, colonial exploitation, Cold War rifts, and family run mega-conglomerates that shaped two destinies. Each session will spark reflection, dialogue, and fresh insight.

Janet Heath has an avid interest in all things Korean, encompassing both North and South Korea. She finds it a fascinating subject that the world has recently become curious about, often attributed to hi-tech innovations, Kim Jong Un's nuclear threats, devastating famines, and the "Korean Wave" or "Hallyu." Janet spent most of her career working in Universities managing health education courses and conferences for criminal justice, legal, social service, and healthcare professionals, as well as the public.



Our Climate is Rapidly Changing! Here's Some Things You Can Do About It (IP+R/WI)

Diana Cassady
 Fridays, Sep 5 to Oct 3 (5 weeks)
 10 to 11:30 am
 Brighton Hall (BRH) 114

Are you worried about hotter summers, wild-fires, and flooding caused by global warming and a changing climate? Do you wonder about your grandchildren's future in our increasingly hotter world? This seminar is intended to inspire you to action. It begins with an overview of climate science, emphasizing that we have a quickly decreasing window of time to make big changes. Next, speakers will cover how to move your money to fight climate change. The final three sessions explore activism as an American tradition and will provide you with examples of activism, such as lobbying, street theater, letter-writing campaigns, petitions, marches, registering voters, electing climate-friendly leaders, and faith-based organizing.

This seminar features eight speakers from the Sacramento chapter of Third Act, a nationwide organization for people over 60 who are committed to protecting democracy and the climate. All of the speakers are climate activists, including a climate economist and environmental scientist; a couple who have fossil-free bank and investment accounts; and activists leading climate campaigns who are retired from medicine, health care, and teaching.

The Poetry of Robert Frost (IP/NR/SE)

Michael Storey
 Fridays, Sep 5 to Oct 10 (6 weeks)
 10 to 11:30 am
 Mendocino Hall (MND) 1030

In the 20th Century, Robert Frost was called "America's Poet." To many readers, Frost was an optimistic pastoralist, a poet of New England rural life, and a chronicler of American values. But literary critics also saw a darker side to Frost, one in which he was, as the title of one of his poems declares, "Acquainted with the Night." The class will read a variety of Frost's

poems, both optimistic and dark, and examine, in addition to these themes, his use of meter, rhyme, and other poetic elements.

Michael Storey is a retired English professor, having taught for 45 years at Notre Dame of Maryland University in Baltimore, where he taught a variety of courses, including Irish and English literature, poetry, short fiction, writing, and literary criticism. He has been a member of the Renaissance Society since 2014 and has taught courses in Irish history, culture and politics; Irish literature; poetry; and the short story.

Preserving Democracy (H/R)

Ken Cross
Fridays, Sep 5 to Dec 5 (13 weeks)
12 to 2:30 pm
Sequoia Hall (SQU) 301

Explore the past, present, and future of American democracy. Learn how we arrived at our current moment and what the future holds. Discover how you, as an American citizen, can actively preserve democracy in times of change. Reflect on your passions, strengths, and areas of service to help protect democratic values. Design a personal action plan for contributing to the future of democracy and ensuring its survival for generations to come. Join us to find your purpose and make a meaningful impact in these critical times.

Ken Cross graduated in 1974 from the US Military Academy at West Point, NY. He served as an airborne ranger and armor officer in the US Army. Ken worked as a financial planner, manager, and corporate trainer serving career military service members. His final career was as CEO of Habitat for Humanity of Greater Sacramento. In midlife, Ken and his wife Christine took a year-long sabbatical traveling through 42 US states, searching for their life’s purpose. Ken has led *Life’s Purpose* workshops since 1998.

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Raymond Chandler’s Works as Films (IP/NR/WI/SE)

Rita Rippetoe
Fridays, Sep 5 to Dec 5 (13 weeks)
9:30 to 11:30 am
Eureka Hall (EUR) 101

Raymond Chandler created the PI as a knightly figure in seven novels featuring Philip Marlowe. Six of the novels have been filmed, one twice. We will view and discuss the films, the differences between the films and books, the casting, and in particular, the portrayal of Marlowe. We may include a film for which Chandler was a co-writer with Billy Wilder, *Double Indemnity*, from the novel by James Cain. Handouts may include Chandler’s comments on Marlowe and his attitudes about Hollywood.

Rita Rippetoe has led two previous programs, one on detective films and one on western films. She majored in Anthropology as an undergraduate but has a doctorate in English literature with a dissertation on the role of alcohol in the detective genre. Born in Susanville, CA, she has lived most of her life in the Sacramento area, but has also lived in Los Angeles; West Vancouver, BC; Nevada; the San Francisco Bay Area; the Denver area, and Hawaii. She has three children and four grandchildren.

Rediscovering One (IP+R/WI)

Griffin O’Shea
Fridays, Sep 5 to Oct 10 (6 weeks)
1 to 2 pm
Eureka Hall (EUR) 103

How have classic challenges like the Traveling Salesman Problem or the Three-Body Problem influenced innovations in GPS, global logistics, and space navigation? Join theorist Griffin O’Shea as he shares his unique insights into these fascinating mathematical puzzles—alongside the original number theory he has developed. Through engaging talks and interactive installations, he’ll reveal how abstract problems have led to real-world innovations. Each session offers something new and builds on the last. No background in mathematics or computers is required—just curiosity and a willingness to explore.

Griffin O’Shea has always had a knack for solving problems and lending a hand to friends on unique projects around the world. By the time he was just fourteen, he was already creating and applying his own style of math to tackle complex systems and real-world challenges. As both an artist and a mathematician, he loves diving into abstract ideas and finding creative solutions to some of the toughest mathematical puzzles out there.

The Supremely Talented Mr. Sorkin—The Sequel (D/IP/NR/WI/SE)

Alan Miller
Fridays, Sep 5 to Dec 5 (13 weeks)
12 to 2:45 pm
Classroom To Be Announced

Aaron Sorkin is arguably America’s best writer in American theater, film, and television. From his 2002 stage play *A Few Good Men*, which became a memorable film, Sorkin’s crisp dialogue has defined the success of several productions. His superbly hopeful *West Wing* TV series still resonates today amid the toxic culture, as does his three seasons of *The Newsroom*, about what television news should aspire to achieve. This



semester, we will focus on his three seasons of that latter program. The last semester class was the largest and the most enthusiastic of the six taught so far. Class discussions were lively and informative, and participants requested even more of Sorkin’s aspirational work.

Alan Miller is an award-winning editorial writer for *The Detroit News* (1982-1984) and *The San Diego Union Tribune* (1984-2004). His freelance opinion pieces have appeared in *National Review*, *The New Republic*, *The Christian Science Monitor*, *The Saturday Review*, *The Sacramento Bee*, and *The Atlanta Journal-Constitution*. He has guest-lectured at Eastern Michigan University, UC San Diego, UC Davis, and taught several semesters at Monroe County Community College, Sac State, and American River College.



Three Great Poems (IP/NR/SE)

Catherine Civello
Fridays, Sep 5 to Sep 19 (3 weeks)
11 am to 12:30 pm
Academic Information Resource Center
(ARC) 3004

What does it mean to be human? Let's explore ways in which three great poets—John Milton, William Wordsworth, and T.S. Eliot—use their work to grapple with this unanswerable question. Through the eyes of a fallen angel, a disillusioned activist, and a mystical seeker, we will discuss such topics as power, nature, time, and (especially) what it means to be human.

Catherine Civello has been a tenured professor at the University of Houston, as well as a teacher of A.P. English Literature. Not only has her love of poetry permeated decades of teaching, but it has also inspired travel from London and the Lake District to Florence and Dublin. She has written a book on the English poet Stevie Smith.

3T's: Technology's Challenges to Truth and Trust! (D/H/R/WI)

Dale Good
Fridays, Sep 5 to Oct 10 (6 weeks)
1 to 2:45 pm
Alpine Hall (ALP) 138

How do we understand the meaning of truth within our sociopolitical order? How do we define it, and how does it affect us? How does truth or lack thereof affect trust in our institutions? What is the role of technology in truth and trust? How did the internet and social media, with their algorithms, affect truth and trust? What does artificial general intelligence (AGI) and quantum computing (and their combination!) portend for the future, especially with our underlying economic philosophy that values corporate profit without regard to consequences? And what about AI and bad actors, foreign and domestic? Class format is lecture, audio/video clips, and open discussion. This is the second time offered, but updated to keep up with the rapid changes.

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 MN court system and adjunct faculty evenings at a Minnesota 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.

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Topics in Revolutionary America (H/R/WI)

Cathy Minicucci
Kevin Collins
Fridays, Sep 5 to Nov 7 (12 weeks)
10 to 11:30 am
Benicia Hall (BNC) 1025

2025 is the 250th anniversary of the American Revolution; this class will present aspects of revolutionary life. A different presenter will lead the class each week: Sep 5, Kevin Collins: A Respectable Army: How George Washington formed the Continental Army; Sep 12, Cathy Minicucci: The role of religion in revolutionary America; Sep 19, Michele Rickey-Pidd: Abigail Adams and Mercy Otis Warren; Sep 26, Norv Wellsfry: The life and impact of John Adams; Oct 3, Dan Rooney: Benedict Arnold, Patriot and Traitor; Oct 10, Norv Wellsfry: The war in the Southern colonies; Oct 17, Carolyn Martin: Signers of the Declaration of Independence; Oct 31, Michael Hersher: Less known authors of the Constitution; and Nov 7, Darryl Freeman: Smuggling in America.

Cathy Adams Minicucci graduated from UCLA with a BA in Anthropology and received a Master's degree from Harvard. She served as education policy staff for the California Senate and Assembly. For 30 years, she led Minicucci Associates, an evaluation consulting firm focused on programs for children and youth. Cathy has led seminars on *Turning Points in American History*, *Profiles in American Leadership*, *The Great Famine* and *Irish Immigration to America*, and the *American Revolution*.

Kevin Collins has a lifelong interest in the American colonial experience and has spent 30 years participating in the Colonial America Living History community. He is a current member of the Lexington Minute Men and the King's Own 4th Regiment of Foot. Although he recently moved to Lincoln, CA, to escape the New England winters, he is looking forward to participating in events commemorating the 250th anniversary of the start of the American experiment.

World Population Collapse: The Next Apocalypse? (IP/NR/WI/SE)

Greg Dewey
Fridays, Oct 24 to Dec 5 (6 weeks)
11 am to 12 pm
Brighton Hall (BRH) 110

In the early '70s, there were apocalyptic predictions surrounding the Population Time Bomb. Since that time, demographers have reversed this stance and are now predicting the collapse of the human population, starting as early as 2050. This seminar explores the science behind these predictions. A non-technical introduction to the field of quantitative ecology is presented and is used to explain world population models. The socio-economic impact of population decline is discussed in depth.

Greg Dewey, a native of Pittsburgh, attended Carnegie-Mellon University, where he received a BSc in Chemistry. Dewey's doctoral work was in Biophysical Chemistry at the University of Rochester. After postdoctoral studies at Cornell, he accepted his first faculty position in the Chemistry Department at the University of Denver. He subsequently held faculty and administrative positions at the Claremont Colleges, the University of La Verne, and Albany College of Pharmacy and Health Sciences.



shared interest groups (SIGs)

MONDAY TO THURSDAY SIGS

Friends of the New Yorker (IP/NR)

Judy Day
David Bowles
Mondays, Sep 8 to Dec 1 (Year-round weekly)
10:30 am to 12:30 pm
The KOH Library inside The Center at 2300

This discussion group is for those who enjoy reading The New Yorker magazine. Participants read each week's issue in advance of the meeting. We meet for intellectual discussion, but are also a social group—we discuss the articles, enjoy each other's company, and have a good time. **Note:** 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 annual membership fee of \$18 to the Library to use the facility; we can also check out books.

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



Qi Gong (Z/R)

David Mitchell
Marilyn Bradford
Mondays, Sep 8 to Dec 1 (12 weeks)
3 to 4 pm

Qi Gong is an ancient Chinese healing art and practice that combines slow breathing with gentle movement and stretching. It is an excellent way to stay healthy as we age.

David Mitchell has been teaching Qi Gong in the Sacramento area since 2013. A retired airline pilot and Air Force pilot, David discovered Qi Gong through a life-threatening illness in 2011. He received his teacher certification from Lee Holden, a noted Qi Gong master, in June 2013. David is passionate about helping people.

Marilyn Bradford is a retired counselor for Hospice and has integrated different healing modalities, including Reiki, Pranic Healing, and Qi Gong into her healing practice. She is a certified Qi Gong instructor and has taught at numerous venues in the Sacramento area since 2019. Qi Gong is a perfect complement to all healing modalities.

Third Monday Book Club (Z/NR)

Marian Kile
Mondays, Sep 15 to Nov 17
(Year-round monthly)
9:30 to 11 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 nonfiction books that are available in the Sacramento Public library system.

Marian Kile joined the Renaissance Society in 2006 and immediately joined a book club. The next year, she started a new book club closer to her so she didn't have to travel so far. When that book club was in high demand, she helped an enrollee start another book club. She also started this additional book club. She enjoys the variety of genres and books.

Art of the Self-Portrait (D/Z/NR)

Julia Stagg
Linda Brown-Stagg
Tuesdays, Sep 9 to Nov 7 (8 weeks + 1 day)
7 to 9 pm

Embark on an eight-week journey into self-expression and story-telling through the Art of Self-Portraiture in the comfort of your home art studio. Each week we will have a short discussion on historical and contemporary ideas and styles of the portrait, along with work-sharing and feedback if desired from participants. Two guest artists (TBA) will be invited to "show and tell." Materials—paints, pencils, crayon, pastel—your choice. Mixed media welcome: 2D or 3D. **Note:** Artists' Salon—our last meeting—will be held on campus on Friday, Nov 7 to showcase the group's new self-portraits. Guests are welcome.

Julia Stagg is a Sacramento-based visual artist focusing on the narrative and figurative in 2D art—painting, drawing, and mixed media. She enjoys reinterpreting classic fairy tales and mythology. Beyond gallery spaces, Stagg engages with community art initiatives and local school districts.

Linda Stagg-Brown is a semi-retired college professor living the life on the Oregon coast. She enjoys playing with art and technology and is currently forming the women's kazoo collective (WKC) for beach performances.

Chess for Beginners and Intermediates (IP/NR)

Ivy Hendy
First and Third Tuesdays, Sep 2 to Dec 2
(Year-round bi-monthly)
1 to 3 pm

This friendly chess group is geared for people who know a little about playing chess or who know quite a bit but are not interested in becoming chess champions—we're the group for you! We alternate and play with different people each time, and we don't keep score as to who wins or loses. We started off with Renaissance Society members who signed up for a beginning chess seminar. Some of us are getting better. The 'official' time for the meeting is 1 pm though some of us come early and bring our lunch and chat. **Note:** We meet the 1st and 3rd Tuesday of the month upstairs at Raley's Grocery Store, corner Howe and Fair Oaks Blvd., Sacramento. There is an elevator for your use.

Ivy Hendy has led many seminars through the years. The most recent seminar she led was The Joy of Chess. She has been an avid, if not competitive chess player since she was a child, and prefers face-to-face chess to computer chess.

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Digital Photography—A Creative Journey (D/IP/NR)

Jay McKeeman
Tuesdays, Sep 9 to Nov 18 (12 weeks)
10 am to 12 pm
Arden-Dimick Library

Welcome to Digital Photography—A Creative Journey, offered to hone members’ skills in digital photography. This SIG includes using your camera, capturing variety in your photos, and practicing post-shot, photo-enhancement, and development software. Basic photography experience is preferred; see Take Your Best Shot: Digital Photography 101. Equipment ranges from smart phones to SLR equipment. Video photography is not covered. Classes alternate between in-class instruction, and field trips and usually start at 10 am. Field trips are optional and personal transportation is required.

Notes: Suggested \$5/student fee to cover class expenses. Field trips may begin and end at alternate times depending on location and other factors. All classes @ Arden-Dimick Library, 891 Watt Ave., unless otherwise noted.

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

Instruction Dates	Field Trip Dates
Sep 9	Sep 16
Sep 23	Sep 30
Oct 7	Oct 14
Oct 21	Oct 28
Nov 4 (Campus Commons, Sacramento)	Nov 11
Nov 18	No field trip—semester break assignment



First Tuesday Book Club (Z/NR)

Linda Rahn
Tuesdays, Sep 2 to Dec 2 (Year-round monthly)
10 to 11:30 am

The members of the group choose the books to be read. The discussion leader is rotated each month and is based on who recommended the book. We read and discuss a wide variety of books, both fiction and nonfiction, that are available in the Sacramento Public Library system. Members engage in intelligent and comfortable discussions that may include the author’s background, research, plot, and character development.

Linda Rahn is a California native. During her 33-year career in Social Services, she worked for three different counties, and the last one was Placer County, where she worked for 18 years until she retired. Linda and her husband moved to Sacramento County in 1989, settling in the Carmichael area by William Pond Park. She attended her first book club 14 years ago and is still a participating member. Linda loves to work in her rose garden, travel, and read.

Insight Meditation, A Three Afternoon Workshop (IP/NR)

Dennis Warren
Tuesdays, Oct 14
1 to 3:30 pm
Location To Be Announced

This program is made up of three consecutive workshop sessions that run on Tuesday afternoon, Wednesday afternoon, and Thursday afternoon. Each session focusses on evidence-based meditation practices that reduce emotional over-reactions and habitual thought patterns, which interfere with being present, feeling alive, and enjoying our lives. Over the three days, you will develop the ability to experience spontaneous insight, make better choices, and support your efforts to heal and become whole. We will also explore meditative practices that develop kindness, compassion, and joy. You will learn how to create and use meditative awareness in sitting meditation, daily activities, movement, and working with pain. **Notes:** (1) Due to space limitations, you must sign up to participate in this program, (2) by signing up, you are committing to participate in all three workshop sessions, and (3) you will sign up for all three sessions at one time in the Program Registration System.

Dennis Warren has been teaching traditional meditation practices and their contemporary use in performance enhancement and with chronic pain, anxiety, and depression for 25 years. This includes professional, corporate, government, and community settings. He was an Adjunct Professor in the UC Davis Division of Pain Medicine for a decade. He is the Founding Teacher of Sacramento Insight Meditation, a non-profit, secular organization offering meditation courses and retreats for the Sacramento region.

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Mysterious Books: How Do We Get Hooked by Them? (D/IP/NR)

Jeanie Wilcox
Tuesdays, Sep 2 to Dec 2 (Year-round monthly)
12:30 to 2 pm
Rancho Cordova Public Library

Do you love a good mystery? Me, too! Let’s get together, read books you’ve loved or always wanted to read, and discuss why they worked or didn’t, and see if we can figure out the writer’s “hooks, curves, and/or foibles.” **Note:** This SIG will meet at the Rancho Cordova Public Library, 9845 Folsom Blvd., Sacramento, 95827

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

Marian Kile
Tuesdays, Sep 16 to Nov 18
(Year-round monthly)
9:30 to 11 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.



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Writers' Workshop (IP/NR)

Anita Adams
Ruth Rezos
Tuesdays, Sep 2 to Dec 2 (Year-round weekly)
12 to 2 pm
Location Varies

Our members come from a variety of backgrounds and write in a wide range of styles with their own choice of subjects and styles: fiction, memoirs, poetry, travelogues, autobiography, biography, family history, emails to friends, letters to the editor, etc. Expert writing is not required. This is not a learn-to-write class; however, help with style mechanics and presentation will be offered if requested. **Note:** Meetings are held in homes or meeting rooms on a week-by-week schedule; locations are emailed before each meeting. We meet year-round.

Anita Adams is a former executive with The Sacramento Union newspaper that closed in 1994. She went on to be an inspector with the California Dept. of Food and Agriculture, retiring in 2011. She joined the Renaissance Society in 2012. Anita served on the Nominating Committee for several years and for eight years greatly enjoyed mentoring students with the Gerontology Department. Anita has led the Writers' Workshop for the past four years; this group has met for over 30 years.

Ruth Rezos received her BA in English Literature and Medieval Studies from U.C. Davis. She retired after 30 years in public service at Social Security Disability, working as a Claims Examiner, Quality Assurance reviewer, Hearing Officer, and Policy Analyst. She joined the Renaissance Society in 2019 and the Writers' Workshop in 2022. Ruth enjoys writing, walking, volunteering at a writing program for grade school students, and spending time with her husband and beloved cats.

Dining Together (D/IP/NR)

Susan Wheeler
Marge Tarbell
Susie Fogg
Second Wednesdays, Sep 10 to Dec 3
(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. We meet year-round on the second Wednesday of the month at a local restaurant at 5:30pm. Members are encouraged to volunteer to arrange dinners at local restaurants. We try to choose reasonably priced, interesting restaurants, focusing on different cultures. To attend, it is required to be a Renaissance Society member and to RSVP for each dinner. If attendance at a particular dinner is limited, preference will be given to those folks who have signed up for the Dining Together SIG and spots will be reserved in order of RSVPs received. Make sure to note the number of attendees in your group when you RSVP.

Susan Wheeler loves trying new restaurants and sharing her love of food with others. She teaches entrepreneurship classes part-time at American River College. Two years ago, she retired from SMUD where she managed programs that helped people learn about, prepare for, and obtain careers in energy and STEM.

Marge Tarbell has been a Renaissance Society member for seven years, enjoying classes and organizing dining events for A Cook's Tour. Her career included 34 years with San Juan Unified School District, 25 of which were as an

Elementary School Principal. Since retirement 22 years ago, she has been traveling and volunteering.

Susie Fogg is relatively new to Sacramento and the Renaissance Society. She enjoys getting to know the area, the restaurants, and meeting and socializing with a wide group of people.

Insight Meditation, A Three Afternoon Workshop (IP/NR)

Dennis Warren
Wednesday, Oct 15
1 to 3:30 pm
Location To Be Announced

For information about this program, please see the description on [page 37](#) under the Tuesday SIGs. **Notes:** (1) Due to space limitations, you must sign up to participate in this program, (2) By signing up, you are committing to participate in all three workshop sessions, and (3) You will sign up for all three sessions at one time in the Program Registration System.

Dennis Warren has been teaching traditional meditation practices, and their contemporary use in performance enhancement and with chronic pain, anxiety, and depression for 25 years. This includes professional, corporate, government, and community settings. He was an Adjunct Professor in the UC Davis Division of Pain Medicine for a decade. He is the Founding Teacher of Sacramento Insight Meditation, a non-profit, secular organization offering meditation courses and retreats for the Sacramento region.



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

Christie Braziel
Wednesday, Sep 24
10 am to 12 pm
Unitarian Universalist Society of Sacramento

Back by popular demand! Looking for a simple way to let go of everyday stress? Learn another engaging way to meditate, walking an ancient time-tested design known as a labyrinth. Join this two-hour class including a lecture with slides, video, and handouts, followed by a practical walk on a classic 11-circuit labyrinth. You will learn: What is a labyrinth? The difference between a labyrinth and a maze. The three easy stages of walking a labyrinth to get the most benefit, and how to find labyrinths. If you've taken this class but want a refresher, please join us. **Note:** We will meet at the Unitarian Universalist Society of Sacramento, 2425 Sierra Blvd, Sacramento 95825.

Christie Braziel is a Veriditas-certified, trained labyrinth facilitator who has taught and led dozens of workshops and walks. She has actively walked labyrinths since the 1990s.

Le Cercle Français (IP/NR)

Ruth Scodel
Ana Facio
Wednesdays, Sep 3 to Dec 4 (Year-round bi-weekly)
10 am to 12 pm
Campus Commons Clubhouse

Le Cercle Français meets weekly during the semester and occasionally year-round for French conversation. We may listen to a podcast or read a newspaper article, poem, or short story to stimulate discussion. We often read short pieces aloud or share recent experiences. The group is intended for intermediate French

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group is intended for intermediate French speakers, who may not be fluent but can participate in conversations about a variety of topics. (If you are unsure about your level of French, contact Ruth or Ana.) **Note:** Our meeting location in the Clubhouse at Campus Commons is, unfortunately, not ADA compliant, so participants need to be able to manage stairs!

Ruth Scodel, PhD, is a retired professor of Greek and Latin at the University of Michigan. She learned French in high school and is knowledgeable about French culture (and to a lesser extent, Francophone literature). She joined the Renaissance Society and Le Cercle Français in 2022 and is in charge of paperwork and finding materials for us to use as the basis of discussions. Although her French is not advanced, she has extensive experience in language teaching and is good at explaining grammar.

Ana Facio first studied French in school. She has attended intensive courses in Quebec and travelled in France.

Singing For Fun (D/IP/NR)

Michael Hersher
Wednesdays, Sep 10 to Dec 3 (12 weeks)
10 to 11:30 am
Location To Be Announced

Folks will meet weekly to sing popular songs chosen by the group. The songs can be on any theme. If the group is so inclined, we will sing a prepared program at elder residences in the Sacramento area. No special musical ability is required, just enthusiasm.

Michael Hersher is a retired public education lawyer, a life-long folk singer, and guitar player. He loves to lead singing in groups of all persuasions and ages.

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Walkabouts (IP/NR)

Donna Eash
Alan Wong
Wednesdays, Sep 10 to Dec 3 (13 weeks)
9:25 to 11:30 am

Walkabouts is a social walking group meeting Wednesday morning, with stretches at 9:25. Each week we meet in a different location. Locations vary from nature walks to strolls through a city. Volunteer walk leaders design the route and pick a convenient restaurant for walkers who would like to have lunch together. It is a great way to get exercise and socialize with a friendly group of people. Members will have a choice of walking two miles with the "Tortoises" group or four miles with the "Hares" group. The walk location will change every week, and members will be notified of the location via email. No dogs are allowed. For safety, each walker must wear their Renaissance Society badge with emergency contact information filled in.

Donna Eash has been a happy Renaissance Society member and an even happier Walkabouts member/sometimes leader for many years. She enjoys the walkabout combination of walking and talking and eating.

Alan Wong is the technical leader for Walkabouts and a dedicated walker.



The Economist (Z/NR)

Wayne Luney
Thursdays, Sep 4 to Dec 4 (13 weeks)
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.

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

Insight Meditation, A Three Afternoon Workshop (IP/NR)

Dennis Warren
Thursday, Oct 16
1 to 3:30 pm
Location To Be Announced

For information about this program, please see the description on [page 37](#) under the Tuesday SIGs. **Notes:** (1) Due to space limitations, you must sign up to participate in this program, (2) By signing up, you are committing to participate in all three workshop sessions, and (3) You will sign up for all three sessions at one time in the Program Registration System.

Dennis Warren has been teaching traditional meditation practices, and their contemporary use in performance enhancement and with chronic pain, anxiety, and depression for 25 years. This includes professional, corporate, government, and community settings. He was an Adjunct Professor in the UC Davis Division of Pain Medicine for a decade. He is the Founding Teacher of Sacramento Insight Meditation, a non-profit, secular organization offering meditation courses and retreats for the Sacramento region.



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

Christie Braziel
Thursday, Oct 2
10 am to 12 pm
Unitarian Universalist Society of Sacramento

Back by popular demand! Looking for a simple way to let go of everyday stress? Learn another engaging way to meditate, walking an ancient time-tested design known as a labyrinth. Join this two-hour class including a lecture with slides, video, and handouts, followed by a practical walk on a classic 11-circuit labyrinth. You will learn: What is a labyrinth? The difference between a labyrinth and a maze. The three easy stages of walking a labyrinth to get the most benefit, and how to find labyrinths. If you've taken this class but want a refresher, please join us. **Note:** We will meet at the Unitarian Universalist Society of Sacramento, 2425 Sierra Blvd, Sacramento 95825.

Christie Braziel is a Veriditas-certified, trained labyrinth facilitator who has taught and led dozens of workshops and walks. She has actively walked labyrinths since the 1990s.



Promises and Threats of Artificial Intelligence (Z/R)

Melissa Green
Thursdays, Sep 4 to Dec 4 (Monthly)
2 to 4 pm

Renaissance Society members discuss AI...Part book club and part coffee klatch—a place to share perspectives and experience with artificial intelligence through demonstration, discussion, and suggestions on this constantly evolving technology. Our website—<https://rsthoughtsonai.blogspot.com> includes links to reading, viewing, and listening references, and a form where you can share your interests, which will help shape our future discussions. In four Zoom sessions, we will showcase and delve into art, healthcare, privacy, and other considerations of AI. With just one meeting a month, we use the Padlet online environment for participant interaction in-between classes. **Note:** Promises and Threats of AI will meet on Sep 4, Oct 2, Nov 6, and Dec 4. We will have a Meet & Greet on Aug 28 at 2 pm.

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 coordinator from Sacramento City College where her focus was training faculty and staff to use computers and teach online. Melissa says the artificial intelligence tsunami is here. Her favorite quote is from futurist Amy Webb: “The future will show up no matter how uncomfortable you are about it.”

A Cook’s Tour of Sacramento and The Adventurers (IP/NR)
Maryellen Burns, Dan Cross, Martha Mathison
Days Vary
(Year-round monthly, dates and times vary)

A Cook's Tour of Sacramento is now a year-round adventure. We host monthly breakfasts, lunches, coffees, happy hours, and occasional dinners in diverse places around the region. We also venture out to music, theater, museum, and art venues when the urge grabs us. Days, dates, and times vary, but generally something is happening almost every week. Attend those that interest you. **Notes:** (1) Some cost is involved for food, drink, or entry. Feel free to invite a guest or two. Members who sign up will receive a newsletter with specifics. (2) This program is year-round—Dates vary. It officially begins on Thursday, September 4 at 3 pm at a local eatery to be announced. Times vary after that and are announced through a monthly newsletter.

Maryellen Burns and **Dan Cross** have led A Cook’s Tour for several years. Maryellen is a historian and author/editor of books and articles on food, culture, and regional history. Dan is a seasoned traveler who knows how to find the hidden places most of us didn’t know existed.

Martha Mathison is spearheading The Adventurers—the travel component of A Cook’s Tour and the occasional pop-up music or theater event.

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FRIDAY SHARED INTEREST GROUPS

Do You See What I see Artists’ Salon—Self-Portraits by Renaissance Society Artists (D/IP/NR/WI/SE)

Julia Stagg
Linda Stagg-Brown
Fridays, Nov 7 (1 day)
12:30 to 2 pm
Mendocino Hall (MND) 1020

Come join the conversation and excitement in viewing the final self-portraits from our eight-week Zoom class. This one-day culmination of our program is a celebration of what we have created. Meet and chat with the 12 artists to learn how they created what they did.

Julia Stagg is a Sacramento-based visual artist focusing on the narrative and figurative in 2D art—painting, drawing, and mixed media. She enjoys reinterpreting classic fairy tales and mythology. Beyond gallery spaces, Stagg engages with community art initiatives and local school districts.

Linda Stagg-Brown is a semi-retired college professor living the life on the Oregon coast. She enjoys playing with art and technology and is currently forming the women’s kazoo collective (WKC) for beach performances.

English Country Dance (IP/NR/WI/SE)

Ruth Scodel
Fridays, Sep 5 to Dec 5 (13 weeks)
12:45 to 1:45 pm
Shasta Hall (SHS) 132

If you’ve seen movies based on Jane Austen’s novels, you’ve seen English Country Dance (ECD). It requires no special footwork or partner. Anyone who can walk can dance. Each dance varies or recombines standard figures to make a repeating pattern. Some were published in 1651, others are new. ECD combines social interaction, music (classical/folk with sometimes a hint of jazz), movement, and mental effort. The class uses recordings, but two dances nearby each month have a live band.

Ruth Scodel, PhD, emerita professor of Greek and Latin, has been active in both Scottish and English Country dance for over 40 years and has attended many camps and workshops. She is a member of the board of the Sacramento Country Dance Society.

Exploring Spanish (IP/NR/SE)

Sandy Britton
Fridays, Sep 5 to Dec 5 (Year-round weekly)
10 to 11:30 am
Eureka Hall (EUR) 309

Build your Spanish skills and boost your confidence in a fun and relaxed atmosphere. Improve your Spanish grammar, vocabulary and pronunciation with interactive practice—listening, speaking, reading, and writing. For the best experience, participants should already have a basic Spanish vocabulary and understand elementary Spanish language concepts such as verb conjugation and noun gender, i.e., high beginner to intermediate level.

Sandy Britton recently returned from 12 years living in Mexico, where she immersed herself in the language and culture while working to become fluent in Spanish. For the past eight years, she has also been teaching Spanish. She uses her own experience of learning the language to help English speakers navigate the challenges of learning Spanish.





Hot Topics (D/IP/NR/WI/SE)
Erika Wasser
Laura Middleton
Fridays, Sep 5 to Dec 5 (Year-round weekly)
11 am to 12:30 pm
Mendocino Hall (MND) 1002

Hot Topics, formerly Cracker Barrel, is a year-round weekly discussion group that emphasizes dialogue on current political, social, economic, and cultural issues. Participation in class discussions is not required but encouraged. Prerequisites include tolerance and patience for the values and beliefs expressed by others.

Erika Wasser, LCSW joined the Renaissance Society and Cracker Barrel in 2020. She enjoys lively discussion and different points of view as well as following politics. She is an LCSW by profession and retired from the Sutter Health System. Experienced in leading support and health education groups, she continues to be an active support group leader for the Alzheimer’s Association.

Laura Middleton has been a member of the Renaissance Society since 2013. She appreciates the variety of classes offered and has discovered many new interests since joining the Renaissance Society.

Knitting With Friends (IP/NR/WI/SE)
Barbara Kletzman
Fridays, Sep 5 to Dec 5 (13 weeks)
9:30 to 11:30 am
Mendocino Hall (MND) 3007

Bring your knitting or crocheting with you and spend two hours on your craft, chatting with your fiber friends at all levels of experience. There are no instructions on how to knit or crochet, but help is always available from one another. Join us and meet some new friends.

Barbara Kletzman joined the Renaissance Society in 1999, and co-led several knitting groups as well as Ted Talks for four semesters. She started knitting at 12 years old. In 2005 she started a 10- year project recruiting volunteers to knit baby blankets dropping off at least 30 blankets monthly to local hospitals.

Social Dancing (IP/NR/WI/SE)
Richard Kowaleski
Fridays, Sep 5 to Dec 5 (13 weeks)
12 to 12:45 pm
Shasta Hall (SHS) 132

Learn or improve your skills for dancing swing, Latin, country, and more. No partner required. For beginners and experienced dancers alike. A noon-time favorite for more than 15 years—check it out!

Richard Kowaleski teaches social dancing throughout the Sacramento area. His unique methods and sense of humor have students easily learning patterns that look great on the dance floor.

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**CLICK HERE TO ENROLL
IN ANY PROGRAM
Starting on August 11 @ 8am**

Take your Best Shot: Digital Photography 101 (IP/NR/SE)
Sandy Britton
Fridays, Sep 5 to Oct 10 (Session 1: 6 weeks)
1 to 2:30 pm
Eureka Hall (EUR) 413C

Discover how to take control of your camera and bring your creative vision to life in your photographs. This course covers the fundamentals of digital photography, including how to use manual settings such as aperture and shutter speed, principles of photo composition, and an introduction to photo editing software. While the focus is on digital cameras with adjustable settings, many principles also apply to smartphone cameras. Each session combines classroom instruction with hands-on practice (bring your camera to class!) to help you build skills and confidence behind the lens.

Sandy Britton has been an avid digital photography enthusiast since obtaining her first digital SLR camera 15 years ago. She enjoys sharing what she’s learned over the years with those who want to expand their photography skills.



Travel and Adventure (D/IP/NR/SE)

Frederick Chapman
Cindi Matsumoto
Fridays, Sep 5 to Dec 5 (13 weeks)
10 to 11:30 am
Mendocino Hall (MND) 3011

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

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

Cindi Matsumoto recently retired and the Renaissance Society membership was an amazing gift. With all of her new free time, she hopes to travel to many new places.

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Watercolor Studio (D/IP/NR/SE)

Judy Hawkins
Kathleen Ellertson
Fridays, Sep 5 to Dec 5 (13 weeks)
12 to 2:30 pm
Kadema Hall (KDM) 268

This class is an in-person course devoted to both experienced and beginning watercolor artists. Course members will determine their own subject material and style of execution while sharing their knowledge and experience with other class members. No formal instruction is planned; for beginners an introduction to paper, paints, and brushes will be provided. The studio environment encourages class member interaction. Artistic resources—videos, books, magazines, etc., will be shared.

Judy Hawkins has been painting in watercolor for the last several years. She is a retired public school teacher and high school art teacher. She has been a member of the Renaissance Society and participated in the Watercolor Studio class for the last eight years, and enjoys learning about and sharing the joys of watercolor with others.

Kathleen Ellertson is an art historian who has painted for many years. She has been a Renaissance Society member since 2018, enjoying enrichment classes like the Watercolor Studio. She is also the founder of the Veteran Art Institute, a free online gallery for veterans who are artists. Kathleen has curated nationwide veteran art exhibits since 2012.



one-time presentations

monday big history series

Monday Big History Series (D/Z/R)

Ranny Eckstrom
Mondays, Sep 8 to Dec 2
10 to 11:30 am

Welcome to a deeper exploration of the forces that continue to shape our world. This semester, we focus on the accelerating pace of change—from revolutionary inventions and global exchanges to the powerful ideas and movements that redefined societies. Our presenters will guide us through key turning points

that sparked innovation, challenged old systems, and inspired resistance and adaptation. Get ready to view history not just as a timeline of events, but as a living narrative of human ingenuity, struggle, and resilience that echoes into our present and future.

Since joining the Renaissance Society in 2009, Ranny Eckstrom has co-led over 20 seminars. She is a retired Civil Engineer with a passion for the Big Picture...how did we humans get here?

tuesday speaker series

Opposing the Authoritarian Takeover—Strategies (Z/R)

Duane Campbell
Tuesday, Sep 2
1 to 2:30 pm

We have learned a great deal about the Trump/MAGA movement, and many are participating in the resistance. We choose to defend our democracy. Resistance requires thoughtful analysis of the situation, of tactics, and of strategies, and it requires solidarity. The takeover did not begin with Trump. We will share materials and insights from the Spring seminar and SIG on Opposing the Authoritarian Movement.

Duane Campbell is an emeritus Professor of Education at Sac State and the founding chair of the Department of Bilingual/Multicultural Education. He taught courses in Multicultural Education and in Peace and Conflict Resolution Studies from 1969 to 2008. After retiring,

he facilitated seminars in the Renaissance Society including The Authoritarian Challenge to our Democracy. He is currently active in the resistance. He also offers a Zoom seminar on Opposing the Authoritarian Challenge.



How to Win the Money Game (Z/NR)

Nhu Nguyen
Tuesday, Sep 9
1 to 2:30 pm

We will go through some rules of growing money: the rule of 72, compound interest, zero floor protection, tax advantages, etc. **Note:** This presentation will not be recorded.

Nhu Nguyen is happily married and a proud mom of two daughters in Elk Grove. As a grateful immigrant with an accounting background, after 6 years of practicing in the insurance industry, Nhu understands the importance of making, protecting, growing, and enjoying money. (It must be in that order!) Nhu’s passion is empowering women to take ownership of their financial future and defend their lives from unexpected disruptions, such as divorce, illnesses, disability, and retirement.

Northern California’s Chinese Immigrant History (D/Z/R)

Jeff Ferreira-Pro
Tuesday, Sep 16
1 to 2:30 pm

Our region is among the most ethnically diverse in the nation. One element of that diversity is the less often remembered story of our Chinese American community. Folsom History is working to open a third museum focused on Folsom’s Chinese immigrant history and how that story plays into the cultural diversity of Folsom and the Sacramento region today. Key Themes: Blending Innovation with Historical Integrity, Centering Local Stories with Universal Impact, and Advancing Equity Through Education.

Jeff Ferreira-Pro worked in technology, healthcare, community development, and finance for 35 years. Alongside that, he has been an active volunteer advocate on the Folsom History Board of Directors since 2006 where he served as Board Chair for 10 years. He launched Folsom History’s project to create a new museum focused on the history of Chinese settlers in the Sacramento region and how their experience contributes to the cultural diversity that is a defining element of our region today.

Cancer Prevention: Fueling Up on Low-Calorie Foods (Z/R)

Linda Middlesworth
Tuesday, Sep 23
1 to 2:30 pm

This presentation is designed by the Physicians Committee for Responsible Medicine.. There will be a video by Dr. Neal Barnard explaining how a whole food, low fat plant exclusive diet works to prevent cancer. There are flyers as well as copies of the recipes that will be demonstrated in another video.

Linda Middlesworth, aka the VeganMentor, has lived as an ethical vegan for over 37 years. At age 81, among Linda’s many accomplishments are creating the Sacramento Vegan Society in 2008 which boasts 5,650 members, and obtaining her certification in Plant-Based Nutrition from eCornell and the T. Colin Campbell Foundation. She was also awarded a board membership of the prestigious Center for Nutritional Studies by Dr. T. Colin Campbell. She is a Certified Food for Life Nutrition and Cooking Instructor, PCRM.



The Geological Grain of California (Z/R)

Will Harris
Tuesday, Oct 28
1 to 2:30 pm

Have you noticed that California’s Sierra Nevada, Central Valley, and Coast Ranges are roughly parallel? This has everything to do with the evolving margin between tectonic plates. Using the California landscape and its gold as our model, we’ll explore how continental drift theory led to plate tectonics. We’ll learn that the tectonic margin that once gave us volcanoes and the granite core of the Sierra Nevada has shifted, so to speak, to what we know today as the San Andreas fault.

Will Harris is a California-licensed professional geologist. For nearly 20 years he provided geological consulting services and subject matter expertise to California State Parks. He advised on trail design, slope stability, Valley Fever spore exposure, coastal dune formation, and flood impacts on Parks’ infrastructure. He has led geology tours and provided content design for exhibits and interpretive panels at various parks, including those at the Oceano Dunes Visitor Center south of Pismo Beach.

Let’s Get All Kids Reading! (Z/R)

April Javist
Tuesday, Nov 18
1 to 2:30 pm

More kids cannot read at grade-level than can. Right now, only 38% of 3rd grade students in Sacramento can read at grade-level! As adults, these struggling readers will have a hard time applying for a job, securing a home, and casting a vote. Reading and not reading, is linked to nearly every positive and negative life outcome. Come learn what Mississippi did to achieve an 85% grade-level reading rate, and learn how you can work with our local Literacy community to help all our kids read.

April Javist, Executive Director of the Sacramento Literacy Foundation, is passionate about the work the Foundation is doing to get all kids reading. April will not hesitate to step up and tell all who will listen how important it is

for organizations to join together and support the science of reading in the classrooms.

Can AMD Be Stopped from Progressing or Even Reversed? (Z/R)

Laurel Kolar
Tuesday, Dec 2
1 to 2:30 pm

Have you been diagnosed with Age-Related Macular Degeneration (AMD)? Your doctor has most likely told you about Anti-VEGF injections and AREDS vitamins, but there’s much more you can do to help stop the progression of AMD. Hear what one doctor believes is the cause and the possibility of a complete reversal. While no results can be guaranteed, information is empowering. Common foods in the typical American diet are now known to be toxic to the macula. Join us to find out if any of them are in your kitchen cupboard!

Laurel Kolar graduated from SFSU with a degree in Writing and worked as a freelance writer. After receiving an AMD diagnosis she began researching if anything could be done to stop its progression. A publication explaining the cause of AMD started her on her present path to educate others on how to prevent it or slow its progression in those who have it. She continues to strive for a reversal for a better quality of life and to encourage others that it might be possible.

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friday morning series

Media Meltdown Fueled by Social Media Inflammation (D/IP+R/WI)

Alan Miller
Friday, Sep 5
10 to 11:30 am
Eureka Hall (EUR) 107

The fractious media landscape is a real and present danger to our democracy. Several decades ago, then Federal Communications Commission Chairman, Newton Minow, called TV programming a "Vast Wasteland." His speech in 1961 set off a firestorm reaction among broadcasters because he was addressing banal programs and misinformation. He wasn't looking to curb speech, but to promote thought-provoking programs that served the public interest rather than polarize by appealing to the lowest-common denominator.

Alan Miller is an award-winning editorial writer for The Detroit News (1982-1984), and The San Diego Union-Tribune (1984-2004). His freelance opinion pieces have appeared in the National Review, The New Republic, The Christian Science Monitor, The Saturday Review, The Sacramento Bee, and the Atlanta Journal-Constitution. He has guest-lectured at Eastern Michigan University, UC San Diego, and UC Davis, and taught several semesters at Monroe County Community College, Sac State, and American River College.

A New Way to Understand Religion (D/IP+R/WI)

Elaine Earl
Friday, Sep 12
10 to 11:30 am
Eureka Hall (EUR) 107

If we drive around any city, we see places of worship for different religions existing at the same time, giving the impression that they are separate choices for worshipping God. That is

an illusion. The reality is that all these houses of worship originated with Founding Figures who were far, far separated in time! We then begin to see religion not as a "smorgasbord of static choices," but as the story of God's Unfolding Word over time through His Divine Messengers. This talk will tell that story.

Elaine Earl, PhD, retired from her career as a science communicator in 2021 at age 77 (PhD in Chemistry from UC Berkeley, science reporter for California Public Radio, head of PR for one of the first two biotech companies in the US, sales rep for HP Analytical, and writer/editor for high tech and business communications projects). As a member of the Baha'i Faith, she then turned to learning and speaking about the teachings of the seven major world religions.

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The Evolution of Folsom History (D/IP+R/WI)

Jeff Ferreira-Pro
Friday, Sep 19
10 to 11:30 am
Eureka Hall (EUR) 107

As a board member of the Historical Society Board, Jeff has had the privilege of seeing Folsom History become more diverse in both the audience they serve and the experiences they have delivered over the last 19 years. The topics he will cover include: From preservation to participation; Broadening who history is for; and A future rooted in relevance.

Jeff Ferreira-Pro has over 30 years of change management and leadership experience across multiple industries. He retired in 2020 after co-founding VSP Global's Innovation Lab in Sacramento. Jeff was Project manager for the Folsom Historic District's revitalization project from 2005 to 2010, joined the Historical Society Board in 2006, and served as Board Chair from 2014 to 2023. Jeff is a Senior Fellow with the American Leadership Forum (ALF).

A Greener Goodbye: Intro to Green Burial (D/IP+R/WI)

Stephanie Brow
Friday, Sep 26
10 to 11:30 am
Eureka Hall (EUR) 107

Explore the growing movement of green burial and its role in creating a more sustainable, and meaningful end-of-life experience. This course introduces the history, principles, and practices of natural burial, highlighting how it supports both ecological conservation and personal legacy. Learn about conservation cemeteries, biodegradable materials, and cultural shifts around death care. This class is for you whether you're a curious learner, a professional in the death care field, or just someone considering greener choices.

Stephanie Brow is the Cemetery Manager at Morgan Oaks Eternal Preserve, a conservation burial ground located in the Sierra Foothills of California. She is a passionate

advocate for natural end-of-life practices and brings a compassionate, community-centered approach to her work in green burial. At Morgan Oaks, Stephanie oversees daily operations, supports families in planning and carrying out meaningful, eco-friendly burials, and leads outreach efforts to educate the public about conservation burial.

The Current Cuba Reality and How to Travel to Cuba (D/IP+R/WI)

Paul Bardwil
Friday, Oct 3
10 to 11:30 am
Eureka Hall (EUR) 107

Bardwil will discuss the current Cuban reality that exists with the exodus of Cubans in the last three years and why. Cuba faces challenges with energy shortages, water shortages, and basic services in general. We will look at their current medical system and educational systems that are free. Cuba still has a longer life expectancy than the US and a more favorable infant mortality rate. Even with all these issues, Cuba is still a fascinating country to visit.

Paul Bardwil is an expert in Cuba business and travel. He has traveled to Cuba over 100 times. Bardwil's first group to Cuba was Sac State in 1999. Bardwil has worked with Sac State, Sonoma State, UC Davis, UC Berkeley, SF City College, and Folsom Community College to name a few. Bardwil holds a business degree from SMU as well as a law degree and has worked with entrepreneurship classes, Spanish classes, and general cultural classes.





Power of Presence: Being. Belonging. Becoming (D/IP+R/WI)

Maureen White
Friday, Oct 10
10 to 11:30 am
Eureka Hall (EUR) 107

We are in a crisis of loneliness and distraction, disconnecting us from being present with and for others in relationships and communities. Sharing stories and practicing presence with compassion and curiosity = co-creating cultures with conscious connection that transform belonging: discerning when, where, and how to be with the vulnerability of pain, grief, trauma, conflict, anxiety, diversity, diagnosis, hope, holding safe, sacred space for healing, and who we are becoming in the process.

An Interfaith Minister, **Rev Chaplain Dr. Maureen White** served as a Clinical Chaplain at Kaiser Hospital during the pandemic, holding sacred space with patients, families, and healthcare heroes. A consultant and educator emeritus, her passion and expertise were workforce, economic, organization and career development, HR; managing programs and projects in public, nonprofit, and private sectors; facilitating and presenting in areas of conflict mediation, change management, intercultural, customer service, leadership, and team skills.

The Geological Grain of California (IP+R/WI)

Will Harris
Friday, Oct 17
10 to 11:30 am
Eureka Hall (EUR) 107

Have you noticed that California’s Sierra Nevada, Central Valley, and Coast Ranges are roughly parallel? This has everything to do with the evolving margin between tectonic plates. Using the California landscape and its gold as our model, we’ll explore how continental drift theory led to plate tectonics. We’ll learn that the tectonic margin that once gave us volcanoes and the granite core of the Sierra Nevada has shifted, so to speak, to what we know today as the San Andreas fault.

Will Harris is a California-licensed professional geologist. For nearly 20 years he provided geological consulting services and subject matter expertise to California State Parks. He advised on trail design, slope stability, Valley Fever spore exposure, coastal dune formation, and flood impacts to Parks’ infrastructure. He has led geology tours and provided content design for exhibits and interpretive panels at various parks, including those at the Oceano Dunes Visitor Center south of Pismo Beach.

Navigating the Senior Care Maze (D/IP+R/WI)

Christine Grmolyes
Friday, Oct 24
10 to 11:30 am
Eureka Hall (EUR) 107

Whether you are planning for the future or currently making life-changing decisions, this presentation will provide an overview of the senior care industry and give you important tools to advocate for your aging loved one or yourself. Learn about the spectrum of in-home care, out-of-home placement, and how to proceed; the importance of knowing your options; and how to make care transitions as successful as possible. Being armed with knowledge and tools will help you stay calm and coordinate the best possible care for your loved one.

Christine Grmolyes is a Geriatric Care Manager at Senior Care Solutions, where she has helped thousands of families find the right care for over 18 years. With 26+ years in the senior care field, she holds a BS from Sac State and certificates in Gerontology and Geriatric Care Management. Christine also volunteers with several senior-focused nonprofits and has personal caregiving experience with her mother and grandmother-in-law.

People Live Here—Stories They Tell Me (D/IP+R/WI)

Barrie Burr
Friday, Oct 31
10 to 11:30 am
Eureka Hall (EUR) 107

This presentation is derived from my book called People Live Here. The book was written from the life stories and experiences told to me during visits to more than 36,000 homes in the suburbs of a large Midwestern city. The people in these stories were applying for life insurance and were required to have a medical exam to qualify. Some people were rich and/or famous. Some were struggling financially. Many people loved to tell me stories both humorous and tragic that changed their lives forever.

Barrie Burr has assumed various positions in the medical field for over 50 years. Trained as

a medical assistant and phlebotomist, she ran clinics and then became a medical insurance examiner, doing medical exams in the homes of more than 36,000 people.

The Underground Railroad—The Road to Freedom (D/IP+R/WI)

Anne M. Rewell
Friday, Nov 7
10 to 11:30 am
Eureka Hall (EUR) 107

This presentation will explore the various routes utilized by people seeking freedom. Individuals who collaborated to assist, secret networks, and places. This endeavor brought together a diverse group of people in the fight against slavery. From the deep south, the journey to Canada and sometimes to Mexico was perilous for all involved, requiring significant courage and ingenuity.

Anne M. Rewell joined the Renaissance Society in 2015 and has given numerous lectures on various subjects for the Society. Born in Australia, she lived in London for two years before moving to the US in 1972, and she has been a resident of Sacramento since 1974. Anne was a Tax Manager at the international accounting firm Deloitte, later running a local tax practice in Sacramento. Now retired, she spends much of her time traveling to visit family in Australia and Europe.

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No Snooze: You Lose (IP+R/WI)

Lydia Wyrzes
Friday, Nov 14
10 to 11:30 am
Eureka Hall (EUR) 107

We will focus on why we sleep/lack of sleep and if it matters. The importance and function of sleep stages and "cyclicity" will be explained. We will discuss some common sleep disorders that can interfere with good sleep. There will be a lively round of "sleep myth busters:" things we all "know" about sleep that may not be true. Everyone will leave with tips for getting a better night's sleep.

Lydia Wyrzes, MD is a board-certified neurologist/sleep specialist who is the medical director of the Sutter Sleep Center Sacramento. She is a graduate of the University of Cincinnati College of Medicine. Residency training was at the Cleveland Clinic and University of Massachusetts followed by fellowship in neurophysiology at the U. of Washington. She has extensive clinical experience in treating all sleep problems. She has lectured widely on sleep topics to both medical and lay audiences.

Acoustics, Audition, and the JFK Assassination (IP+R/WI)

Dennis McFadden
Friday, Nov 21
10 to 11:30 am
Eureka Hall (EUR) 107

Earwitnesses to the assassination of Pres. Kennedy disagreed about the location of the gunman. In 1978, the House Select Committee on Assassinations conducted a partial re-enactment of that assassination. Marksmen fired rifles from the window of the TX School Book Depository and the grassy knoll, and the echo patterns were recorded. The confusion of the earwitnesses can be explained by considering the acoustics of rifle bullets and humans' ability to localize sound sources (psychoacoustics). Attendees will learn how the results of that re-enactment provided acoustical and psychoacoustical explanations for the confusion of the earwitnesses in 1963.

Dennis McFadden, PhD, graduated from Sac State in 1962. After graduate work at Indiana University, he became a faculty member in experimental psychology at the University of Texas, Austin, where he stayed for 40+ years. Dennis' research was on human hearing and sex differences. Before joining the Renaissance Society, he was a charter member of OLLI in Austin. He was a consultant for the government's partial re-enactment of the JFK assassination in 1978. He is a frequent user of the American River bike trail.

The Least Known Important President (IP+R/WI)

Milo Turaylich
Friday, Dec 5
10 to 11:30 am
Eureka Hall (EUR) 107

This presentation will cover the life of our eleventh president, James Polk. The focus will be on his political career and how he became president. I will present what his campaign promises were and how he achieved his goals. I will also include how presidents are rated by historians.

Milo Turaylich has been a Renaissance Society member since 2007. Milo has given presentations at the Renaissance Society classes. He has also given presentations at local libraries and at a senior center. His main area of interest is US and world history. He loves the Renaissance Society and the people he has met in the Renaissance Society.

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friday afternoon series

DEI Does Not Disparage American History Heroes (D/H/R/WI)

Darryl O. Freeman
Friday, Sep 5
1 to 2:30 pm
Mariposa Hall (MRP) 1001

Diversity, Equity, and Inclusion (DEI) initiatives in public and private educational institutions are often perceived as critical of traditional American history teachings. This one-day presentation will explore how we educate our youth without disparaging our historical heroes, and share evidence that supports the argument that DEI initiatives complement and enrich historical education rather than contradict or disparage it.

Darryl Omar Freeman recently retired as an adjunct professor at Sac State. He has an MA degree in Government from Sac State, an MA degree in Ethnic Studies from San Francisco State University, and PhD studies at Washington State University, Pullman. He has published contributions in journals regarding American Ethnic History and recently published an e-book highlighting the contributions of ethnic groups to the development of our American democratic experiment.



Part 1: Beyond Fortune Cookies and Fengshui: Daoism and Confucianism Through the Ages (D/H/R/WI)

Mrea Csorba
Friday, Sep 12
1 to 2:30 pm
Mariposa Hall (MRP) 1001

We focus on Daoism in part 1 of two illustrated presentations on China's historically intertwined religious philosophies. Dipping deep into prehistoric history, we explore the foundational roots of early Daoism, its codification into the written word by Lao Tzu (Laozi) in the later 1st millennium BCE, and its breach of cultural bounds to inform a Western practice today.

Mrea Csorba, PhD, earned three degrees in Art and Architectural history from the University of Pittsburgh (PhD 1997). For 28 years, she taught her specialties in East Asian art at her alma mater, Duquesne University, and as a visiting professor at Carnegie Mellon University. Relocating to Sacramento in 2020, Mrea continues to give presentations and gallery tours at the Crocker Museum and for other Sacramento institutions. She began her series on religious art and architecture for the Renaissance Society in fall 2024.

Part 2: Beyond Fortune Cookies and Fengshui: Daoism and Confucianism Through the Ages (D/H/R/WI)

Mrea Csorba
Friday, Sep 19
1 to 2:30 pm
Mariposa Hall (MRP) 1001

The second part of two illustrated presentations explores China's stages of development of Confucian philosophy as embedded in urban planning centered around ancient kings in China's state formation period. Codified into a political system by Confucius (Kong Fu Zi) and followers in the later 1st millennium BCE,

it lends hierarchical structure to state governance and social system based on the concept of "filial piety" within the traditional patriarchal construct. We look at the plan and buildings of the historic Forbidden City, as well as smaller residential architecture from more recent centuries, to see how the Confucian order still informs the daily lives of Chinese citizens.

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Fantastical History of the Swastika (D/H/R/WI)

Gopal Kapur
Friday, Sep 26
1 to 2:30 pm
Mariposa Hall (MRP) 1001

The swastika (Sanskrit, meaning well-being) has been a symbol of peace and joy in India for about 6,000 years. It was held in high regard by the ancient Druids, Celts, Teutonic Knights, Nordic tribes, the Second Temple in Jerusalem, Christian catacombs in Rome, and the former San Francisco mint. Before the 1930s, the swastika was a popular design in the West; many Native American tribes incorporated the swastika into their blankets, baskets, jewelry, rugs, and painted it on ceremonial pottery. We will explore the fantastical journey taken by this organic design and its ignoble use in Germany.

Gopal Kapur consults, writes, and educates on management excellence. He graduated summa cum laude with a diploma in Civil Engineering from Thapar Polytechnic, India. He authored three college-level textbooks and lectured at Harvard University, the Brookings Institution, UC Berkeley, and UC Davis. He was awarded the Distinguished Achievement Award by the President of India. He is the

founder of the Kapur Foundation, Inc., a not-for-profit, with the mission to deliver a program of nutrition education and EndLocalHunger.

Why Black Lives Matter (D/H/R/WI)

Ginger Rutland
Friday, Oct 3
1 to 2:30 pm
Mariposa Hall (MRP) 1001

In her presentation, Ginger Rutland will explain what the controversial slogan "Black Lives Matter" really means.

Ginger Rutland is a retired journalist. She was a TV reporter first at KCRA in Sacramento and then at KRON4 in San Francisco, where she won an Emmy for her documentary on the Diablo Canyon nuclear power plant. She ended her career as an editorial writer for the Sacramento Bee. While at The Bee, she was a regular commentator for Capitol Public Radio. Since her retirement, Ginger has written and produced the play When We Were Colored, A Mother's Story.

Session 1: Awareness & Action: The Uncomfortable Truth (D/H/R/WI)

Kyle Williams
Friday, Oct 10
1 to 2:30 pm
Mariposa Hall (MRP) 1001

This session kicks off a three-part anti-racism series featuring an interactive experience that centers around personal stories, reflection, and historical context. Participants will explore the uncomfortable truth behind American racism through guided conversation and shared insights. This is not just education; it is activation.

Kyle R. Williams is the creator and Chief Empowerment Officer of A Long Talk About The Uncomfortable Truth. A lifelong educator with over 25 years of experience, he has led more than 25,000 people across schools, companies, and communities through critical conversations on race, history, and accountability. Kyle equips individuals with tools to drive change and fosters honest dialogue that leads to real action.



Session 2: Interrupting Ignorance: The CPR Protocol (D/H/R/WI)

Kyle Williams
Friday, Oct 17
1 to 2:30 pm
Mariposa Hall (MRP) 1001

In this interactive workshop session, participants will learn and practice the CPR Protocol (Clarify, Probe, Redirect), a practical tool for interrupting ignorance without conflict. Through guided dialogue and breakout rooms, attendees will develop the confidence to respond in real-time to biased or problematic statements.

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Session 3: From Conversation to Action (D/H/R/WI)

Kyle Williams
Friday, Oct 24
1 to 2:30 pm
Mariposa Hall (MRP) 1001

This final session focuses on mobilization and planning, helping participants turn learning into meaningful action. The group will explore strategy sharing, community organizing ideas, and ways to stay connected through A Long Talk's broader programming. Attendees will leave with clear, actionable next steps they can take in their own communities.

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Living and Learning with Dyslexia: A Family Journey (D/H/R/WI)

Jess Arce
Friday, Nov 7
1 to 2:30 pm
Mariposa Hall (MRP) 1001

This heartfelt and informative talk will help lifelong learners understand dyslexia, why many bright individuals have struggled silently, and how learning differences often go unrecognized. Jess will demystify common myths about dyslexia, explore its impact on reading, writing, memory, and self-esteem, and discuss the societal implications, including high rates of undiagnosed dyslexia in prisons. Attendees will leave with insights, tools, and a deeper understanding of how to support loved ones.

Jess Arce is a proud dyslexic and mother to four neurodivergent adult children. She is the founder of 3D Learning Experts, which

provides personalized online instruction for students with dyslexia, dysgraphia, and dyscalculia. A best-selling author and public speaker, Jess draws from her personal, parenting, and professional journey with learning disabilities to empower families and raise awareness about the challenges and strengths of the dyslexic experience.

Many Journeys, Unequal Paths: Rethinking Immigration in America (D/H/R/WI)

Jeff Ferreira-Pro
Friday, Nov 14
1 to 2:30 pm
Mariposa Hall (MRP) 1001

This talk challenges the myth of a singular immigrant experience, revealing instead a history shaped by race, class, and origin. From exclusionary laws to selective opportunities, it explores how U.S. policies and perceptions have created unequal paths to belonging, and how immigrant communities have responded with resilience and impact. Key Themes: Diverse experiences, privilege and exclusion, and resilience and contribution.

Jeff Ferreira-Pro worked in technology, healthcare, community development, and finance for 35 years. Alongside that, he has been an active volunteer advocate on the Folsom History Board of Directors since 2006, where he served as board chair for 10 years. He launched Folsom History's project to create a new museum focused on the history of Chinese settlers in the Sacramento region and how their experiences contribute to the cultural diversity that is a defining element of our region today.

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Acoustics, Audition, and the JFK Assassination (D/H/R/WI)

Dennis McFadden
Friday, Nov 21
1 to 2:30 pm
Mariposa Hall (MRP) 1001

Earwitnesses to the assassination of President Kennedy disagreed about the location of the gunman. In 1978, the House Select Committee on Assassinations conducted a partial re-enactment of that assassination. Marksmen fired rifles from the window of the TX School Book Depository and the grassy knoll, and the echo patterns were recorded. The confusion of the earwitnesses can be explained by considering the acoustics of rifle bullets and humans' ability to localize sound sources (psychoacoustics). Attendees will learn how the results of that re-enactment provided acoustical and psychoacoustical explanations for the confusion of the earwitnesses in 1963.

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ABBREVIATION KEY	
D	Diversity program
Z	Zoom-only
IP	In-person only
H	Hybrid (IP + Z) program
IP+R	In-person (live) and recorded
NR	Program not recorded
SE	Selective enrollment
WI	Walk-in program—enrollment helps us notify you of changes, seats available first-come/first-served

Out Here Film Screening and Discussion Panel (D/H/R/WI)

Leslie Silver
Friday, Dec 5
1 to 2:30 pm
Mariposa Hall (MRP) 1001

Out Here is a story of redemption as social worker, Mark, who has emerged from his troubled past, works to house his Sacramento neighbors. But, as we see Mark "piecing shit together" to get people off the streets, *Out Here* tells a larger story about how human connection and personal conviction can offer hope when policy and politics fail.

Leslie Silver, PhD, is a clinical psychologist and the producer of the documentary short *Out Here*. Leslie assembled a film team in 2017 and started filming the stories of people experiencing homelessness, as well as people on the front lines working to help the unhoused. *Out Here* is one of these stories. Leslie hopes her film will humanize the unhoused and advance the dialogue around the homelessness problem.



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 Society 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 4 pm when few other Renaissance Society seminars, SIGs, or presentations are offered. And all Forums are walk-in programs. Although enrolling in advance allows us to inform you of any changes, available seats are first-come/first-served. Speakers encourage the audience to ask probing questions about their topics. Forums speakers for Spring 2025 will give in-person presentations **(Mendocino Hall (MND) 1005)**. In addition, the new hybrid technology will enable these presentations to be simulcast via Zoom and viewable in real-time from home. **Note:** To access any of the previous Forums that are on our YouTube Channel, go to: <https://www.youtube.com/@therenaissancesociety-foru8188/featured>

September 5

KEVIN MCCARTY

The State of Our City (H/R/WI)



Mayor Kevin McCarty will discuss the State of the City, share his vision, and outline his priorities for the future. A lifelong Sacramentan, McCarty has represented California since 2014, serving until 2024 in the State Legislature, representing our 6th Assembly District. As an Assembly member, McCarty authored over 90 measures that became law: The Universal Preschool Act, Voting Rights for Formerly Incarcerated, the Financial Literacy Act, and the American River Parkway Conservancy Act, among others. His chairmanship of the Assembly Budget Subcommittee on Education and Finance saw historic increases in public education, college access, and affordability.

September 12

DANIEL BERLANT

California's Focus on Wildfire Preparedness (H/R/WI)



State Fire Marshal Daniel Berlant reviews how CAL FIRE partners with federal, state, and local agencies and jurisdictions in addressing the growing challenges of wildfire response. In the last decade, more than 70,000 homes and buildings in California have been destroyed by wildfires. CAL FIRE has a detailed strategy for community wildfire preparedness, emphasizing the importance of working together as a state to combat California's escalating crisis and protect communities and natural places from the impacts of catastrophic wildfires. Berlant has been with CAL FIRE for more than two decades, and for many years was the principal media spokesman for the agency during multiple major fires.

September 19

NIGEL POOR

Ear Hustle: Telling Stories from Prison (D/H/R/WI)



An artist, author, and photography professor at Sac State, Nigel Poor is co-founder of the award-winning Ear Hustle podcast, launched in 2017 as the first podcast created and produced in prison, featuring stories of the daily realities of life inside San Quentin State Prison, shared by those living it. Co-founded by Poor with then-prisoners Earlonne Woods and Antwan Williams, the podcast now tells stories from inside and outside prison post-incarceration. The phenomenally popular podcast was named a Pulitzer Prize finalist in audio reporting in 2020 for bringing audiences "a consistently surprising and beautifully crafted series on life behind bars."

September 26

GIULIANO KORNBERG

The Journey of the Sacramento Philharmonic and Opera: An Orchestra and Opera Company for the 21st Century (D/H/R/WI)



What does it mean to be an orchestra and opera company in the 21st century? And how has the Sacramento Philharmonic and Opera (SP&O) transitioned from an insolvent organization to one that is thriving for its community? CEO Giuliano Kornberg traces the organization's journey: Lessons learned, trials and tribulations, and motivating factors. He invites audiences to examine how it serves as a model for what a modern orchestra and opera company can be. One of the youngest symphony CEOs in the country, he has been with SP&O for nearly 10 years, previously serving as Chief Revenue and Development Officer, vastly increasing revenue through subscriptions, donations, and fundraising.

October 3

TANI CANTIL-SAKAUYE

Public Policy Institute of California (D/H/R/WI)

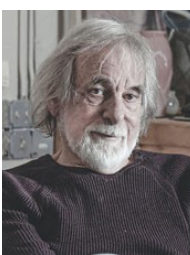


Tani Cantil-Sakauye is president and CEO of the Public Policy Institute of California, and Walter and Esther Hewlett Chair in Understanding California's Future. As the 28th Chief Justice of the California Supreme Court, she was the first person of color and the second woman to chair the Judicial Council, the constitutional policy and rule-making judicial body. Her career spans over 20 years on California appellate and trial courts, including appointments to higher office by three governors. She earlier served as a deputy district attorney for the Sacramento County District Attorney's Office and on the senior staff of Governor Deukmejian. She holds a BA and a JD from UC Davis.

October 10

JERALD SILVA

Painting Around the World (D/H/R/WI)



Jerald Silva, artist, was born in Sacramento in 1936. He attended Sacramento Junior College, Chouinard Art Institute, and Sac State. His paintings have been exhibited at the Crocker, the California State Fair, Kingsley Show, Palace of Legion of Honor, and in Los Angeles, New York City, and London, as well as in homes such as Michael Jordan's and in his words, "beautiful neighbors' homes in Sacramento". Mr. Silva will share a 2025 video of his work.

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October 17

SATSUKI INA, PhD
The Poet and the Silk Girl: A Memoir of Love, Imprisonment and Protest (D/H/R/WI)



Satsuki Ina was born in the Tule Lake Segregation Center, a WWII maximum security prison camp for Japanese Americans designated by US authorities as “disloyal.” She is co-founder of Tsuru for Solidarity, a nonviolent, direct-action project of Japanese American social justice advocates, working to end detention sites and support front-line immigrant and refugee communities targeted by racist, inhumane immigration policies. She has produced two award-winning documentary films, *From A Silk Cocoon* and *Children of the Camps*. She is author of *The Poet and the Silk Girl: A Memoir of Love, Imprisonment, and Protest*, published by Heyday Books in 2024. Dr. Ina is a psychotherapist specializing in community trauma.

October 24

ELAINE RUSSELL
Research Across the Globe in French and English (D/H/R/WI)



Elaine Russell is an award-winning author of three historical novels and six children’s books. She will speak about her historical novel, *When the Tamarind Tree Blooms*, set in 1931 French colonial Laos: An orphaned métisse (half Lao/half French) searches to discover her past while trying to determine where she fits into the deeply divided Lao and French societies. This unique period of history offers a captivating setting and tells the untold story of how the French treated the métis. Elaine’s close connection to this beautiful country began as research at home in California, then travel to Laos and France, using resources in both English and French.

October 31

CHIHO MURRAY
What Goes Down the Drain Counts—The Role of SacSewer (H/R/WI)



Chiho Murray, an Environmental Specialist with the Sacramento Area Sewer District, has spent over 23 years diving into all things wastewater (figuratively). Her experience spans laboratory work, pretreatment inspections, permitting, incident response, and public outreach. She currently serves in the district’s Wastewater Source Control Section, making sure only the right stuff goes down the drain. Chiho holds a Bachelor of Science in Environmental Science from the University of Hong Kong and has a knack for turning “eww” topics into “ah-ha” moments. She enjoys helping people understand how sewers work, why it matters, what not to flush (it’s a long list), and why latrines are a part of life.

November 7

JONATHAN PORTEUS, PhD
Regional Wellness (D/H/R/WI)



The greater Sacramento region is home to approximately 2.5 million people, 1 million of whom are insured by Medi-Cal, California’s version of Medicaid. WellSpace Health CEO Dr. Jonathan Porteus, a clinical psychologist, will share his vast experience with regional wellness and how his organization has grown to meet the needs of those insured by Medi-Cal, uninsured individuals, and those who are commercially insured but rely on community health programs. A widely praised, nonprofit community health system, WellSpace Health provides medical, dental, behavioral health, and supportive services to 130,000 people, with some 1,400 people receiving comprehensive care each day in a coordinated network of care facilities.

November 14

STEVE MARTARANO
Chronicling Sacramento for 46 Years (D/H/R/WI)



Veteran Sacramento photo-journalist Steve Martarano shares highlights from his 46-year media career—from covering the Dorothea Puente boardinghouse murders, to serving as chief state spokesperson during the massive northern pike eradication at Lake Davis, to photographing Tom Petty’s Golden 1 Center show a month before he died, and covering virtually every professional sports team in Sacramento. His many articles for *Comstock’s Magazine* include three cover articles, the most recent on the former Oakland Athletics’ arrival in West Sacramento. His popular *Off the Beaten Track* monthly *Comstock’s* feature took First Place for Tourism/Travel reporting at last year’s California News Publishers Association awards. He started his career as a reporter for the *Sacramento Union*.

November 21

SCOTT SYPHAX
The Giving Laws (D/H/R/WI)



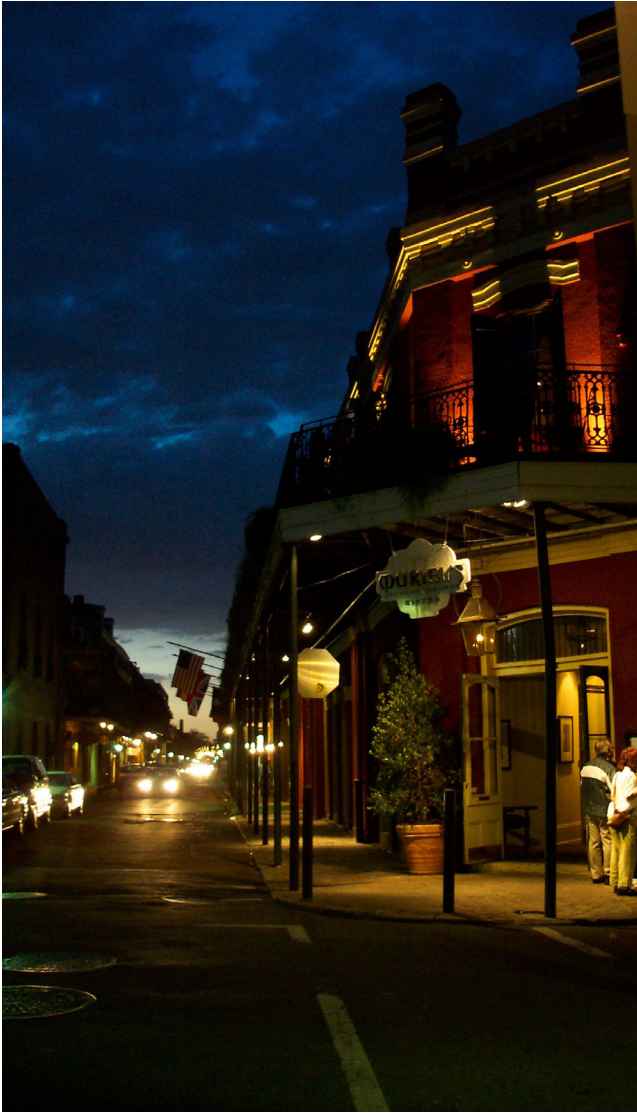
In “The Giving Laws,” Scott Syphax, President of Syphax Strategic Solutions, invites audiences to explore the radical, transformative act of giving—without expectation or agenda. Through powerful storytelling and hard-earned wisdom, he challenges the transactional mindset of modern life and reveals how generosity, trust, and service can unlock purpose, impact, and prosperity in ways we never imagined. His work in real estate development, creating homeowner opportunities, and mentoring emerging civic leaders has been profiled in many publications, including the *Wall Street Journal* and the *New York Times*. He hosts PBS KVIE’s *Studio Sacramento* highlighting issues and newsmakers that shape California and the nation.

December 5

DEANNA HANSON
Fall Semester Retrospective with Deanna Hanson (H/R/WI)



Join with Renaissance Society President Deanna Hanson as we look back and celebrate the accomplishments and fun we experienced during the Fall semester and thank all those who made it happen. We also look forward to hearing from Sac State President Luke Wood.



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fall 2025 directory

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Presentations—Monday Big History Speakers Series

Coordinators: Ranny Eckstrom (BHSC LH@gmail.com) and [David Lewis \(stuff619@gmail.com\)](mailto:David Lewis (stuff619@gmail.com))

Presentations—Tuesday Speakers Series

Coordinator: Phil Sexton (pesexton@gmail.com)

Speakers

Duane Campbell	Linda Middlesworth	Laurel Kolar
Nhu Nguyen	Will Harris	
Jeff Ferreira-Pro	April Javist	

Presentations—Friday Morning Speaker Series

Coordinator: Dale Good (dalewgood@gmail.com)

Speakers

Alan Miller	Maureen White	Lydia Wyrzes
Elaine Earl	Will Harris	Dennis McFadden
Jeff Ferreira-Pro	Christine Grmolyes	Milo Turaylich
Stephanie Brow	Barrie Burr	
Paul Bardwill	Anne M. Rewell	

Presentations—Friday Afternoon Speaker Series

Coordinator: Deborah Seiler (deborah.seiler2@gmail.com) and Diana Cassady (dlcassady@comcast.net)

Speakers

Darryl O. Freeman	Ginger Rutland	Jeff Ferreira-Pro
Mrea Csorba	Kyle Williams	Dennis McFadden
Gopal Kapur	Jess Arce	Leslie Silver

Forums

Coordinator: Forums Committee (deannahanson@gmail.com)

Speakers

Kevin McCarty	Jerald Silva	Steve Martarano
Daniel Berlant	Satsuki Ina	Steve Syphax
Nigel Poor	Elaine Russell	Deanna Hanson
Giuliano Kornberg	Chiho Murray	
Tani Kornberg	Jonathan Porteus	

Closed Programs (For information—in program registration system only)

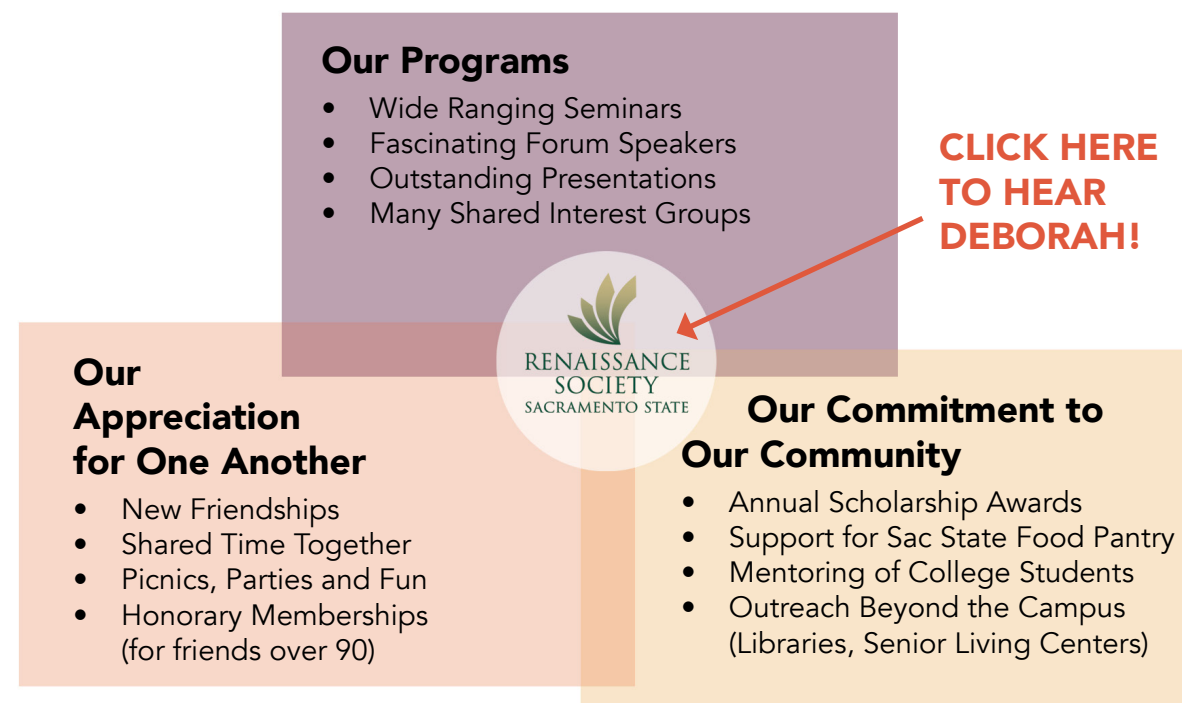
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who we are

The Renaissance Society community offers:

- A lively community of curious adults eager to pursue their passion for lifelong learning, community, and service. Click on the Renaissance Society Logo below to hear our own Past President, Deborah Seiler, speak about the Renaissance Society in an interview with Chris Nichols on Capital Public Radio's Insight.
- Unlimited access to hundreds of engaging seminars, talks, discussions, workshops, presentations, documentaries, hands-on activities, and community forums offered five-days a week, on campus, off campus, and on Zoom.
- Exciting ways to connect with friends, old and new, through our Renaissance Society Facebook page; X; 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, leading or 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.



how to join if you are a new or returning member

Our Renaissance Society Membership fees are \$120 for an Annual membership and \$70 for a Mid-year membership. Both memberships also include our free Summer Programs.

- Our Annual Membership Registration Portal opened on June 2, 2025.
- Our Fall 2025 Catalog is posted on August 4, 2025.
- The Program Enrollment Portal opens on August 11, 2025 @ 8am
- Fall programs begin on September 2, 2025.
- Our Mid-year Membership Registration Portal will open on November 17, 2025.

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.
 - Click [here](#) to apply by mail.

Renaissance Society Code of Conduct

Revision 2024

The Renaissance Society is dedicated to providing a welcoming and supportive environment for all people, regardless of background or identity. By participating in activities and events sponsored by the Renaissance Society, participants accept to abide our Code of Conduct and accept the procedures by which any Code of Conduct incidents are resolved. The Renaissance Society does not tolerate behavior that is disrespectful or that excludes, intimidates, or causes discomfort to others. We do not tolerate discrimination or harassment based on characteristics that include, but are not limited to, gender identity and expression, sexual orientation, disability, physical appearance, body size, citizenship, nationality, ethnic or social origin, pregnancy, familial status, veteran status, genetic information, religion or belief (or lack thereof), membership of a national minority, property, age, education, socio-economic status, technical choices, and experience level.

Everyone who participates in seminars, workshops, forums, and presentation activities is required to conform to this Code of Conduct. It applies to all spaces managed by or affiliated with the Renaissance Society. Program hosts/leaders are expected to assist with the enforcement of the Code of Conduct. By participating, participants and program leaders indicate their acceptance of the procedures by which the Renaissance Society resolves any Code of Conduct incidents,

Standards of Conduct

All participants in our events and communications are expected to show respect and courtesy to others. All interactions should be professional regardless of platform: either online or in-person. In order to foster a positive and professional learning environment we encourage the following kinds of behaviors in all Renaissance Society events and platforms:

- Use welcoming and inclusive language and discussion.
- Be respectful of different viewpoints and experiences.
- Gracefully accept constructive criticism.
- Show courtesy and respect towards Renaissance Society members and guests!

Unacceptable Conduct

Examples of unacceptable behavior by participants at any Renaissance Society Programs include:

- Engage in written or verbal comments, which have the effect of excluding people on the basis of membership of any specific group.
- Silence, prevent, or limit participation of members.
- Cause someone to fear for their safety such as by stalking, following, or intimidation.
- Violent threats or language directed against another person.
- The display of sexual or violent images.
- Nonconsensual or unwelcome physical contact.
- Sustained disruption of talks, events, or communications.
- Using insults, put downs, sexist, racist, homophobic, transphobic, disability discrimination, or exclusionary jokes.
- Excessive swearing.
- Continuing to initiate through actions or interaction (including photography or recording) someone after being asked to stop.
- Publication of public or private communication without consent.

Consequences of Unacceptable Conduct

Purported violations should be reported to the Renaissance Society Program Committee Chair. If the Program Committee Chair determines that the violation cannot be resolved by verbal communication, the issue will be submitted to the Program Committee for further investigation and arbitration. Members are asked to stop any code of conduct violations as determined by the Program committee immediately. In serious circumstances where a resolution cannot be accomplished or violations continue, a member may be asked to leave the event or program. In the case of unresolved violation(s) by program leader(s), the Program Chair will report such violations to the full Renaissance Society Board, which may impose appropriate sanctions such as non-acceptance for the Renaissance Society Catalog of Programs and or denial of sanctioning by the Renaissance Society.

orientation and open house

Whether you are 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 Orientation and Open House will be held Friday, August 8, 2025, from 10 am to 12:30pm in the Ballrooms in the University Union.

Orientation and Open House Program Agenda

Orientation—Come to this live event to hear what goals our President, Deanna Hanson, has in store for Renaissance Society. Tech Committee Chair, Kevin Collins will demystify getting connected to Renaissance Society through Zoom and more. Program Committee Co-chairs, Jackie Lamb and Ralph Paladino, will highlight the exciting offerings coming this fall. Whether you are a new or returning member, you are bound to learn something new.

Question and Answer Session—Renaissance Society 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. Returning members may email renaissa@csus.edu 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.



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 2025-2026 academic year, you will be able to purchase a new \$42 parking permit. This parking permit is valid until June 30, 2025. 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 the Renaissance Society registration system: You must pay through [University Transportation and Parking Services \(UTAPS\)](#).

Online Option

You can find the parking permit information at the link above. 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 \$42 option if you see multiple choices for permits. If your Renaissance Society membership is current, but you do not see the Renaissance Society Parking option, please contact UTAPS.

In-person Option

This permit enables members to park in parking structures or lots, where you can park in student or employee spaces. And, if you have a handicap permit or placard, the paid parking permit plus your handicapped placard allows you to park in all designated spaces. **Note:** The Renaissance Society permits are valid for Fridays and Saturdays ONLY. They are NOT valid for Faculty, Staff, or Student Residence lots. The current fine is \$55.

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.

wi-fi tips for on campus and at home

Connecting to Sac State Wireless on Campus

When on campus you can connect to the free Sacramento State Guest wireless network. This will allow you to text, check your emails, or browse the internet before classes start or on breaks.

To connect to the guest wireless network, follow these steps.

- 1. Open the Settings app on your phone
- 2. On iPhone Click on the Wi-Fi tab and select SacLink Guest Network Access.
- 3. On Android phones click on Network & Internet then Internet
- 4. Your browser should automatically open and you should be prompted to enter an email address.

Sac State Guest Login

Email Address:

Log In

- This should be your personal email address, not a Sac State one.
- 5. Click the Login button
 - 6. Once completed, you should now have wireless access.

Reminder—Your wireless access must be renewed every 4 hours.

****Note**—If your browser does not automatically open, open your browser manually and enter this link, <https://wireless.webhost.csus.edu/> then enter your email address and proceed to Step 5.

Getting a Stronger and More Secure Wi-Fi Signal at Home

If you use Wi-Fi to connect with your Renaissance Society Zoom meetings at home, you may enjoy these tips to improve the strength and security of your Wi-Fi signal:

Router Location: Place your router in a central location in your home, ideally off the floor on a shelf or desk. This helps the Wi-Fi signal reach all parts of your home with less interference from walls and furniture.

Wi-Fi band: Most home routers transmit on two Wi-Fi bands: 5 GHz and 2.4 GHz. The 5 GHz band offers faster speeds but shorter range, while the 2.4 GHz band offers better range but slower speed. Your device may choose the best band automatically, but if it doesn't, use the Wi-Fi signal bars to select the stronger choice.

Router security: Turn the router's power off and then back on again occasionally. This will improve its performance and eliminate some malware. Keep your router's software up to date. If the router's website is no longer providing software updates for your router, consider replacing it with a newer model.



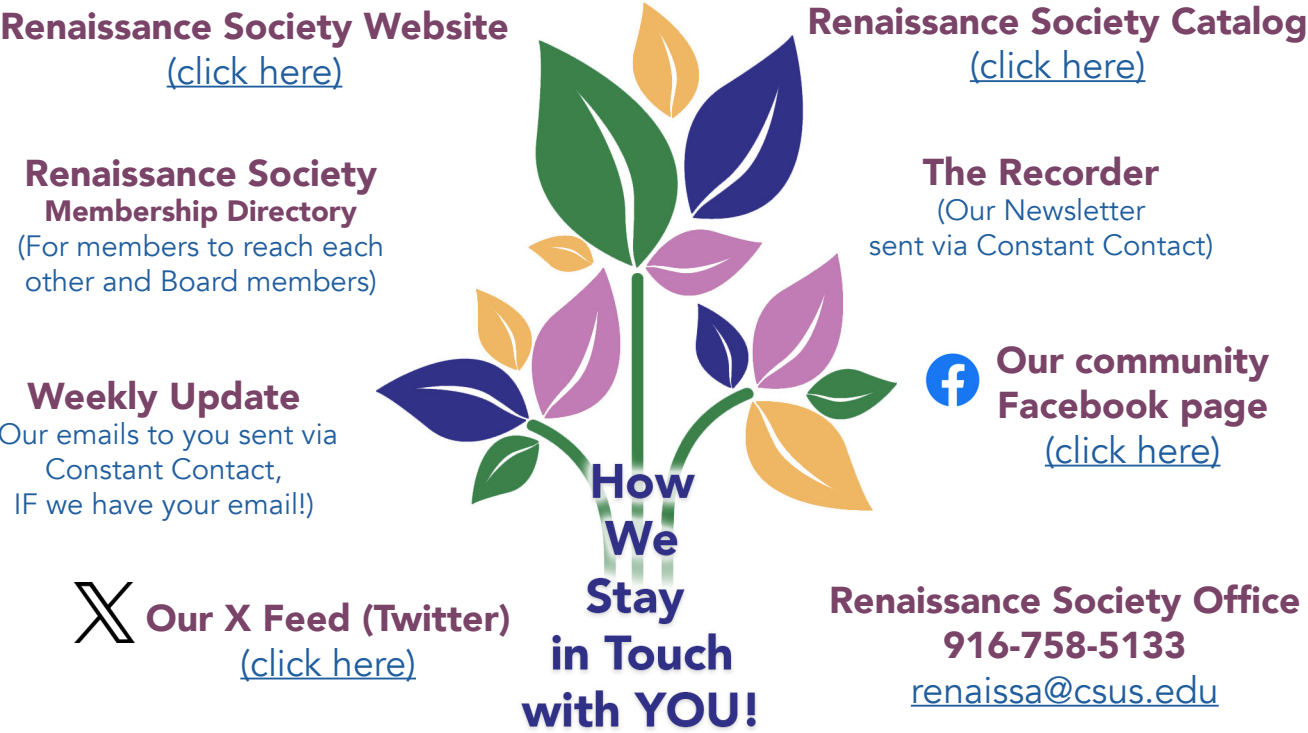
enrolling in programs

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 Society Members



2025-26 Renaissance Society

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

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	Janet Heath	916-397-1509	jheath2108@gmail.com
	Marian Sheppard	916-806-1530	marian.sheppard.lmft@gmail.com
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	Janet Heath	916-397-1509	jheath2108@gmail.com
Historian	Vacant		
Long-Range Planning	Vacant		
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	Vacant		
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	Ralph Paladino	203-710-9680	ralph.paladino@icloud.com
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Senior Clerk	Lorene Sarne	916-661-6981	lorene.sarne@csus.edu
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Are you interested in making a difference at the Renaissance Society?

Hear what Deanna Hanson has to say about becoming a Board member. Listen to Deanna Hanson share her experience [here](#).

renaissance society 2023-2024 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, co-leaders, and presenters

What You Can Offer

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

- Semester seminars that last three to thirteen 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, co-leaders, 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 Society leaders, co-leaders, 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

4 Ways Your Donations Can Make a Difference

1. Gifts to the **Renaissance Society Scholarship Fund*** provide scholarships to Sac State students; we currently award seven \$3,000 scholarships annually.
Donate online at the [Sac State Make a Gift page](#) or by check made out to University Foundation/Renaissance Society with the designated fund 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>
*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. 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 recipient’s 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 or the Spring semester. A gift certificate is available on request.



gift form

name		
address		
city	state	zip
email	phone	

\$_____ Renaissance Society Scholarship Fund (Tax Deductible)
(payable to University Foundation at Sacramento State—note, RS Scholarship)

\$_____ Renaissance Society Operations Fund
(payable to Renaissance Society—note, RS Operations Fund)

\$_____ Total Gift

• I wish my gift to remain anonymous. ____yes ____no

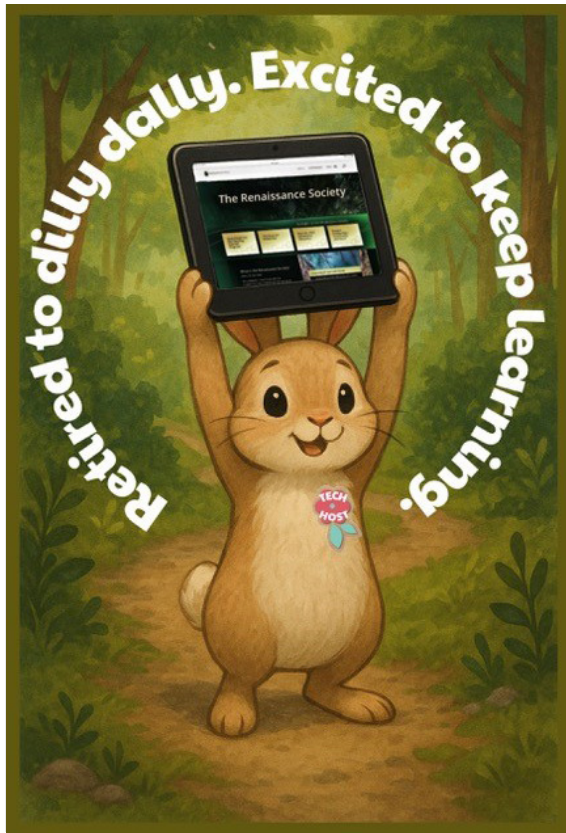
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Address City State Zip

Mail checks to: The Renaissance Society
California State University, Sacramento
6000 J Street—Mail Stop 6074
Sacramento, CA 95819-6074

consider volunteering to be a Zoom tech host



Hey there! Have you ever considered stepping up as a Zoom tech host? It may not be glamorous, but you get warm and tender feelings from giving of your time. Tech Support is absolutely essential for the smooth flow of our online seminars, presentations, and shared interest groups. Think of it as the perfect gig for someone who retired to dilly dally... but excited to sit still and keep on learning!

Are you using Zoom and joining online meetings? Do you feel comfortable with computers, tablets, or smartphones? Can you keep cool when something unexpected pops up onscreen?

If you're nodding yes, then we'd love to welcome you aboard! We're looking for curious, engaged tech hosts who enjoy supporting others and keeping things running behind the scenes. You'll enroll in a class, get the tools you need, and take on key tasks like launching meetings, helping participants, and closing things out smoothly.

Before each semester, we offer tech host training along with monthly Tech Host User Support group meetings led by seasoned coaches. Explore our [Renaissance Society Online Learning Resources page](#) for easy training videos and handouts on commonly used Zoom features. Skip the idle moments—get trained and make a real difference in helping our program leaders shine!

Not quite ready for the full assignment? No problem. You can start by shadowing the tech host in one of your programs and later take the reins as a backup. It's a great way to get comfortable and build confidence while keeping your tech skills sharp and add to our shared online experience.

Ready to jump in? Reach out to RenSoc Tech Committee at rensocit@csus.edu. We'll connect you with program leaders in need and answer any questions. Let's turn tech support into your next whimsical adventure in learning!

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
- 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 Society members. Below are some ways you can participate.

Volunteer Opportunities to Support Sac State Students

Renaissance Society members are part of the Sac State community and are actively involved in supporting Sacramento State students in a variety of ways:

- Mentor a Gerontology student enrolled in the Strategies for Optimal Aging class. In-Person or Zoom meetings with Gerontology students three times during the semester to discuss questions on life and your insights into the aging process. A rewarding interpersonal connection with students that enriches the lives of Renaissance Society members and Sac State students alike. Email Professor Jenny Stevenson at j.stevenson@csus.edu by **Aug 15** with questions, or to sign up.
- Support students experiencing food insecurity by volunteering at the ASI Food Pantry or special events such as the Friendsgiving Feast. Renaissance Society members are a major source of donations through the first Friday brown envelopes circulated at in-person classes, or on-line at the [Renaissance Society website Donations link](#).
- Assist the Theater Department by volunteering to usher at the student theater and dance productions offered each semester. Renaissance Society members also support the Theater Department with their enthusiastic attendance at campus productions.

- Meet the volunteers involved in these activities at the Open House event on August 8, 2025. Additional volunteer opportunities appear frequently in the Weekly Update circulated to Renaissance Society members via email.
- Questions? Please reach out to Carol Barake, Volunteer Services Coordinator at cmbarake@comcast.net.

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 Society 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 Deanna Hanson at deannahanson@gmail.com.

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 [82-83](#) for contact information.

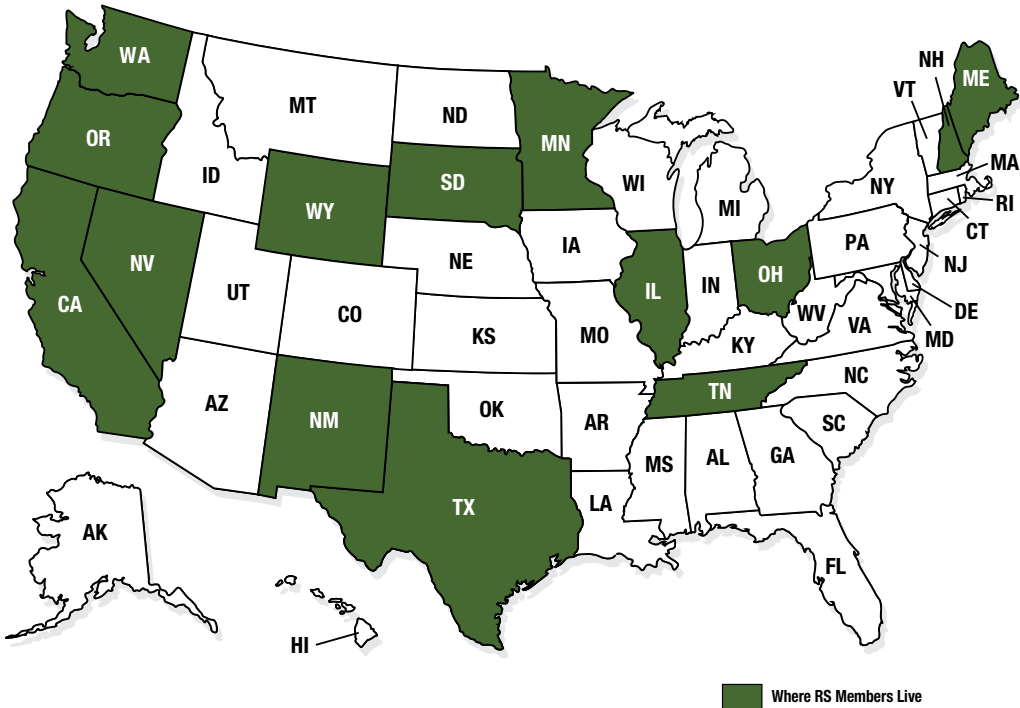


partnerships

We continue to expand our partnerships to provide discounts, promotional opportunities, and other benefits to our members and partners. We have several arts and entertainment partners, and we look to grow beyond the arts to sports and other recreational and historical opportunities for our members. Be sure to read the Weekly Update, the Recorder Newsletter, and check our website for current partnerships and discounts. And thanks to Clara Studios, our board has a new meeting place for our monthly meetings. If you have ideas, contacts, or questions, please contact Susan Wheeler, Membership Committee Chair at swheeler55@gmail.com.

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 the 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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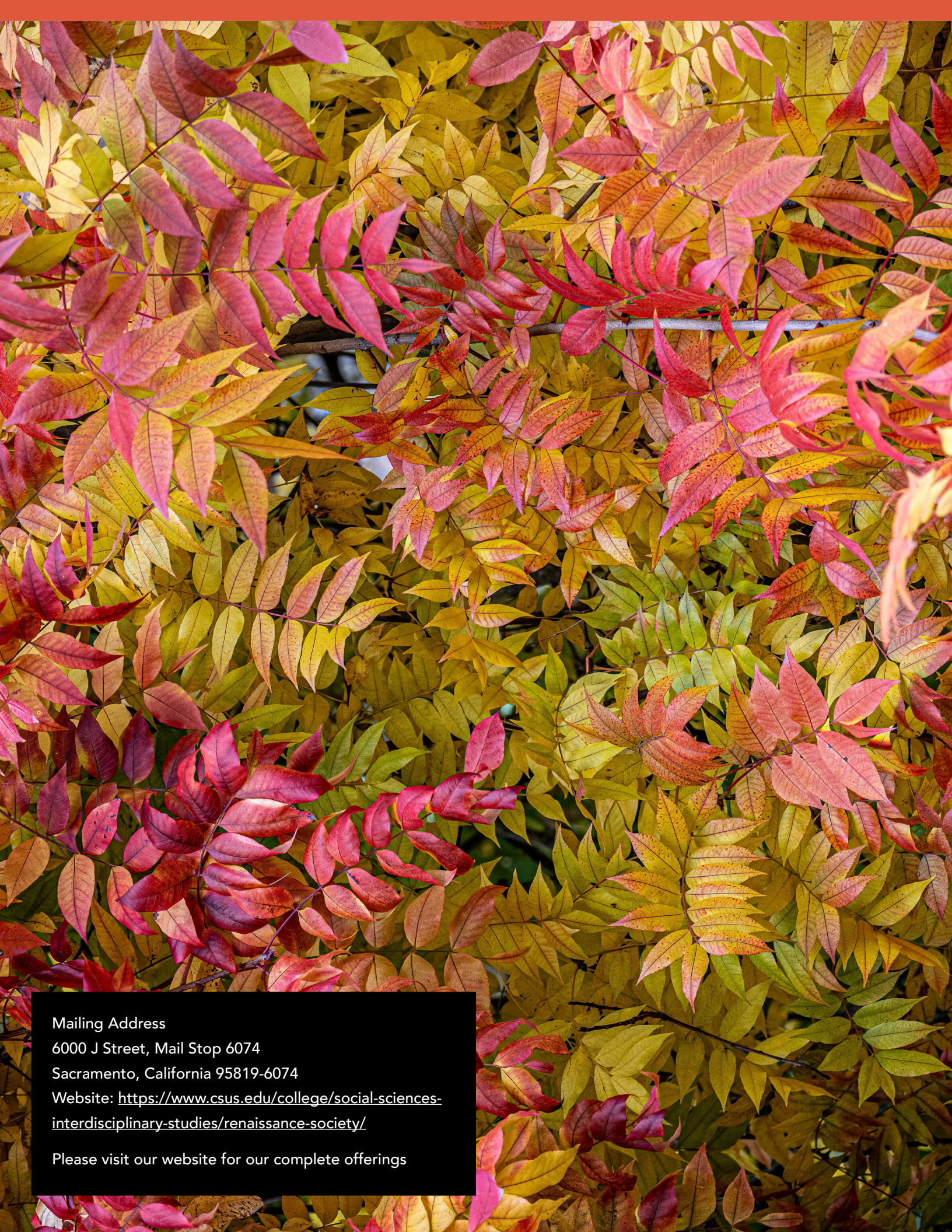
The images in this catalog were provided by our talented Renaissance Society members who are listed below. The Program and Catalog Committees would like to thank you for submitting your art work and photographs for the Fall 2025 Catalog. The art work and photographs are copyrighted and belong to the member who submitted them. Thank you for sharing your wonderful art and photos!

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Website: <https://www.csus.edu/college/social-sciences-interdisciplinary-studies/renaissance-society/>

Please visit our website for our complete offerings