



The Renaissance
Society of Sacramento
fall.catalog.2026

welcome



If you are reading this welcome message, you are either thinking about joining the Renaissance Society, have just recently become a member, or are a returning member. We welcome everyone to a new semester of exciting programs with over 20 new Program Leaders.

Classes are just the beginning. Whether you join us on Zoom or in person, we hope you'll take advantage of everything our community has to offer throughout the year.

Beyond the classroom, we host a variety of social gatherings designed to help you connect with fellow members. We encourage you to join the social activities happening throughout the year; they are wonderful opportunities to build friendships and feel more at home in our community. There are also many ways to volunteer, such as joining one of our committees. It was recently stated that, in addition to being a Learning organization, we are a Doing group. Indeed, we are!

This is a special year because it is the 40th Anniversary of the founding of the Renaissance Society. We will be celebrating this anniversary throughout the year with an event each quarter. We hope you will join us in celebrating our organization.

Again, on behalf of the Board of Directors, we welcome you!

Jackie Lamb, EdD , Renaissance Society President

the program committee

"In learning you will teach, and in teaching you will learn."

— Phil Collins

This quote beautifully captures the reciprocal nature of learning. Knowledge is never a one-way street; every exchange enriches both the teacher and the learner.

The Renaissance Society is built on this principle of peer-to-peer learning. Our members are both students and program leaders, moving seamlessly between these roles as they share their knowledge, experiences, and perspectives. This collaborative exchange is one of our greatest strengths.

The Program Committee is committed to offering meaningful, engaging programs while supporting the creativity, expertise, and dedication of our program leaders. Together, we foster a vibrant learning community where everyone has the opportunity to teach, to learn, and to grow.

Recognizing that members seek social connection as well as learning, the Program Committee will partner with other Renaissance Society committees to present tours, day trips, concerts, and additional group events, announced throughout the semester.

We hope you enjoy the Fall offerings and welcome your comments and suggestions.

Debbie Martinez and Sandy Britton, Program Committee Co-Chairs

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calendar of events

IMPORTANT DATES FOR FALL 2026 SEMESTER

AUGUST 10 Fall 2026 Catalog Published	NOVEMBER 16 Mid-year Renaissance Society Membership Registration Begins
AUGUST 14 Discovery Day and Open House	NOVEMBER 26 AND 27 Thanksgiving Holiday–Campus Closed
AUGUST 17 Fall 2026 Program Sign Up Begins	DECEMBER 4 Fall 2026 Programs End
AUGUST 31 Fall 2026 Programs Begin	MAY 18–21 Sac State Finals Week
SEPTEMBER 7 Labor Day–Campus Closed	DECEMBER 25–JANUARY 1 Winter Recess–Campus Closed
OCTOBER 31 Program Leaders’ Workshop (Spring 2027)	Note: The Fall 2026 Semester will last for 14 weeks. Remember, the campus is closed for Thanksgiving, which means there are 13 weeks available for Friday programs.
NOVEMBER 11 Veterans Day	

IMPORTANT DATES FOR SPRING 2027 SEMESTER

JANUARY 11 Spring Catalog Published	MARCH 31 Campus Closed–Farmworkers Day
JANUARY 18 Campus Closed – Marting Luther King Day	NOVEMBER 26 & 27 Thanksgiving Holiday–Campus Closed
JANUARY 19 Spring 2027 Program Sign-up Begins	DATE TO BE ANNOUNCED Program Leaders’ Workshop (Fall 2027)
JANUARY 22 Discovery Day and Open House	MAY 14 Spring 2027 Programs End–Annual Meeting
FEBRUARY 8 Spring 2027 Programs Begin	MAY 17–21 Sac State Finals Week
FEBRUARY 15 Campus Closed–President’s Day	JUNE 1 Annual renaissance Society Membership Registration Begins
MARCH 22–26 CAMPUS OPEN Spring Break*	Note: THE CAMPUS WILL BE OPEN during Spring Break for all Friday Renaissance Society Programs. Program Leaders will advise you if they will hold classes on Friday, March 26.

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 from our program leaders. 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 leader 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, and Eskaton Village - Currently meeting via Zoom or in-person off-campus (M-Th) 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 and Z) program; ***IP-E** = Eskaton Village*; **R** = Program recorded; **NR** = Program not recorded; ***Y** = Year-round*; **WI** = Walk-in program—enrollment helps us notify you of changes, seats available first-come/first-served

Program Definitions

Seminars are led by one or more members, range from 3-13 weeks, and focus on one subject.

Shared Interest Groups (SIGs) are facilitated by members, offer activities centered on what people enjoy doing together. These groups usually meet off campus or on Zoom. Many are year-round and can be found in the *new Year-round section* in the catalog. The **Community Groups** are open to the public.

One-Time Presentations feature a variety of single presentations by member and guest speakers.

- Monday Big History Speakers Series; Tuesday Speaker Series; **New Program**—Eskaton Village Speakers Series; Friday Morning Speakers Series; **New Program**—Speakers in the Morning Series; and Friday Afternoon Speakers Series.

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, 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. This understanding 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.

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.

***NEW PROGRAM* Eskaton Village (IP-E)** programs — Speakers Series and SIGs are offered live, in-person at Eskaton Village, Carmichael.

***NEW PROGRAM* Speakers in the Morning Series (H)** on Friday mornings.

***NEW SECTION* Year-round (Y)** programs are SIGs that continue to run during the Winter and Summer months and that now have their own space in the catalog.

MONDAY PROGRAMS AT A GLANCE

	Time	Title	Leader Name	Dates	Pg#
Seminars					
Z/R	10 am to 12 pm	The Wisdom and Joy of Letting Go	Harold Goldstein	10/19 to 11/30	18
Z/R	1 to 3:30 pm	Movies About Making Movies	Chip Zempel	8/31 to 11/30	18
Shared Interest Groups					
D/IP-E/NR	9:30 to 10:45 am	Yoga for Golden Warriors *(Eskaton Village)	Adelfa Samson	8/31 to 10/12	32
Y/Z/NR	9:30 to 11:30 am	Third Monday Book Club (Year-round monthly)	Marian Kile	9/21 to 12/5	40
D/Z/R	3 to 4 pm	Qi Gong for Health, Energy and Relaxation	CJ Noddings	8/31 to 11/23	32
Community Groups					
Y/IP/NR	Varies	A Cook's Tour of Sacramento (Year-round)	Maryellen Burns Dan Cross	Varies	45
Y/IP/NR	Varies	Conversations (Year-round)	Maryellen Burns	Varies	45
Monday Big History Series					
Z/R	10 to 11:30 am	Monday Big History	Kathryn Tobias	9/14 to 11/16	46
NEW Eskaton Village Speakers Series					
D/IP-E/NR	1 to 2:30 pm	Museums Around the World	Anne Rewell	9/21	51
IP-E/NR	1 to 2:30 pm	How to be Charitable with Your Investments	Nash Bailey	10/19	51
D/IP-E/NR	1 to 2:30 pm	Woman Behind the Canvas: The Story of Jo Van Gogh	Anne Rewell	10/26	52



TUESDAY PROGRAMS AT A GLANCE

	Time	Title	Leader Name	Dates	Pg#
Seminars					
Z/NR	9:30 to 10:30 am	Use and Misuse of the Diagnostic and Statistical Manual of the American Psychiatric Association	Don Nikkel	9/1 to 10/6	20
Z/R	10 to 11 am	Human Immunology	David Lewis	9/1 to 11/17	19
D/Z/R	10 to 11:30 am	The Development of Cultures and Languages in Eurto Asia	Marty Keale	9/1 to 9/8	19
Z/R	1 to 2:30 pm	You're Dead. Now What?	Patricia Pavone	9/1 to 9/29	20
Z/NR	3 to 4:30 pm	Why Do We Do What We Do?	Lorill Bean	9/1 to 10/6	20
D/Z/R	4 to 5:30 pm	Feminist Retelling of Greek Myths (Monthly)	Kathryn Tobias	9/22 to 11/17	19
Shared Interest Groups					
Y/Z/NR	9:30 to 11:30 am	Third Tuesday of the Month Book Club (Year-round monthly)	Marian Kile	9/15 to 12/15	41
Y/Z/NR	10 to 11:30 am	The First Tuesday Book Club (Year-round monthly)	Linda Rahn	9/1 to 12/1	40
IP-E/NR	10 to 11:30 am	Word by Word: Ease Into Writing Fiction or Memoir *(Eskaton Village)	Mary Kay Jennings	10/20 to 11/24	34
IP/ NR	10 am to 12 pm	Digital Photography: A Creative Journey (Ardeno Dimick Library)	Jay McKeeman	9/8 to 12/8	33
Y/IP/NR	12 to 2 pm	Writers Workshop (Year-round weekly)	Anita Adams Ruth Rezos	9/1 to 12/1	41
Y/IP/NR	12:30 to 2 pm	The Tuesday Afternoon Chess Club (Year-round weekly) (Raleys on Fair Oaks Ave.)	Ivy Hendy	9/1 to 12/1	41
Z/NR	7 to 9 pm	Do You See What I See? Self Portraits in Art	Julia Stagg, Linda Stagg Brown	9/1 to 12/1	33

reminder

Sign up for your programs at 8 am on August 17th

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See Abbreviation Key for Delivery Formats

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TUESDAY PROGRAMS AT A GLANCE (CONT.)

	Time	Title	Leader Name	Dates	Pg#
Tuesday Speaker Series					
D/Z/R	1 to 2:30 pm	Understanding Bias: How Our Minds Make Snap Judgements	Stacie Walton	9/15	46
Z/R	1 to 2:30 pm	Democracy or Tyranny: It's a Choice That We Make	Duane Campbell	9/22	46
D/Z/R	1 to 2:30 pm	The History and Culture of Wine	Harold Anderson	9/29	64
D/Z/R	1 to 2:30 pm	How Trauma Shapes Us and How We Heal: A Restorative Justice Approach	Stacie Walton	10/6	47
Z/R	1 to 2:30 pm	Poetry as Gateway to Peace and Tranquility	Marc Ely	10/13	61
Z/R	1 to 2:30 pm	Advance Care Planning and End of Life Options in California	Rita Mason	10/20	48
Z/R	1 to 2:30 pm	Help Reverse Diabetes: Learning the Low Glycemic Foods	Linda Middlesworth	10/27	49
D/Z/R	1 to 2:30 pm	Residual Racism X: Historical Redlining in Sacramento	Kevin Flash	11/3	62
Z/R	1 to 2:30 pm	The History of the Computing Machine	Harold Anderson	11/10	54
Z/R	1 to 2:30 pm	Enriching Your Life Through Volunteerism	Charlotte Stott	11/17	50
Z/R	1 to 2:30 pm	Rethinking End-of-Life Through Green Burial	Stephanie Brow	12/1	50
NEW Eskaton Village Speakers Series					
D/IP-E/NR	1 to 2:30 pm	Many Journeys, Unequal Paths: Rethinking Immigration in America	Jeff Ferreiro-Pro	9/29	64
IP-E/NR	1 to 2:30 pm	Rethinking End-of-Life Through Green Burial	Stephanie Brow	10/13	52

did you know?

The Renaissance Society was started 40 years ago by two Sac State Professors after they retired.

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WEDNESDAY PROGRAMS AT A GLANCE

	Time	Title	Leader Name	Dates	Pg#
Shared Interest Groups					
IP/NR	9:25 to 11:30 am	Walkabouts	Donna Eash Alan Wong	9/2 to 12/2	35
Y/Z/NR	9:30 to 11:30 am	Wednesday Writers Group (Year-round weekly)	Marian Kile	9/2 to 12/2	42
IP/NR	10 to 11:30 am	Singing For Fun	Michael Hersher	9/2 to 12/2	35
Y/IP/NR	10 am to 12 pm	Le Cercle Français (Year-round weekly) (Boardroom, Campus Commons)	Ruth Scodel Ana Facio	9/2 to 12/12	42
IP-E/NR	1 to 2 pm	Arts and Crafts Time! *(Eskaton Village) (Monthly)	Kathy Hart	9/2 to 12/2	34
NEW Eskaton Village Speakers Series					
IP-E/NR	1 to 2:30 pm	Preparing and Advocating for You or Your Loved One's Medical Care	Christine Grmolyes	9/2	53
IP-E/NR	1 to 2:30 pm	Fees, Scams and Cryptocurrencies	David Bach	10/7	53
D/IP-E/NR	1 to 2:30 pm	Iconic Images of America	Milo Turaylich	11/4	53



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THURSDAY PROGRAMS AT A GLANCE

	Time	Title	Leader Name	Dates	Pg#
Seminars					
Z/R	10 to 11 am	The Benign Coverup of the Assassination of JFK	James Hodges	9/3 to 10/8	21
Z/NR	11 am to 12 pm	ChatGPT for Everyday Life	Teri Stone	9/3 to 11/19	22
Z/R	1 to 2:30 pm	A Wine Journey: From the Grape to the Glass	Lester Bennett	9/3 to 10/22	21
Z/NR	1 to 3 pm	Relationships: How to Build Strong, Healthy, Loving Relationships	Nanci Kuzins Anamaria Pasquiers	9/10 to 12/3	22
Z/NR	3 to 4:30 pm	Resilience Under Stress During Life Changes and Challenges	Lorill Bean	10/22 to 12/3	23
Shared Interest Groups					
D/Z/R	9 to 10 am	AI Watch: AI News and What It All Means	Diego Bonilla	9/3 to 12/3	35
Z/NR	10 to 11:30 am	Great Books: How to Use the Shared Inquiry Discussion Method	Louise DeMattio	9/3 to 12/3	36
Y/IP/NR	12:30 to 1:15 pm	Intermediate Contract Bridge (Year-round weekly)	Trent Levinson	9/3 to 12/3	42
Y/IP/NR	1 to 2 pm	Partners in Crime (Year-round monthly)	Lynda Cassady Pat Stokes	9/24 to 11/19	43
Z/NR	3:30 to 5 pm	The Music of Your Life	Loretta Burdeaux Lester Bennett	9/3 to 12/3	36
Z/NR	6 to 7:30 pm	California State Government: Administration Transition 2026/2027	Sean Tracy	9/3 to 12/3	36
Y/Z/NR	7 to 8:30 pm	The Economist (Year-round weekly)	Steve Scott	9/3 to 12/3	43
NEW Eskaton Village Speakers Series					
D/IP-E/NR	1 to 2:30 pm	Introduction to Walking Meditation Using a Labyrinth	Christie Braziel	9/17	54

did you know?

The Renaissance Society's first online catalog was posted in Fall 2020, and we offered members 125 programs? The Fall 2026 semester offers you 146 programs.

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FRIDAY PROGRAMS AT A GLANCE

	Time	Title	Leader Name	Dates	Pg#
Seminars					
IP/R/WI	9 to 10:30 am	Novel Writing: Taking the Mystery Out of Fiction	Jennifer Morita Claire Booth	9/4 to 9/18	28
D/IP/NR	9:30 to 11 am	The Short Stories of Joyce, Faulkner, and Welty	Michael Storey	9/4 to 12/4	30
D/H/R/WI	9:45 to 11:30 am	Jazz After Dark: From the Blues to Cool	Mike Agron	9/4 to 12/4	28
IP/NR/WI	10 to 11:30 am	How to Listen to Classical Music and Enjoy It!	Richard Slocum	9/4 to 10/16	27
H/R/WI	10 to 11:30 am	Topics in Revolutionary America	Cathy Minicucci Kevin Collins	9/4 to 11/6	31
IP/NR/WI	10 to 11:30 am	Improving Your Learning and Memory Skills	Rob Crutcher	11/6 to 12/4	27
IP/NR	10 to 11:45 am	The California Trail: 2000 miles in Seven Weeks	Bill Sullivan	9/4 to 10/16	25
IP/NR/WI	10 to 11:45 am	Water in California: Its Origins, Uses, and Conflicts	David Abelson	9/4 to 12/4	31
IP/NR	12 to 2 pm	Thriving Through Change and Transitions	Luanne Stevenson	9/4 to 11/20	30
H/R	12 to 2:30 pm	Preserving Democracy II	Ken Cross	9/4 to 12/4	29
IP/NR/WI	12 to 2:45 pm	Some More Fascinating Films You Won't Forget	Alan Miller	9/4 to 12/4	30
IP/NR	12:30 to 2:45 pm	Classical Music	Gordon Garcia Leo Eylar	9/4 to 12/4	25
D/IP/NR	1 to 2 pm	Bluin' The Black Keys: Hot Keyboards of the 1920s	Paul Johnson	10/23 to 11/13	24
IP/NR/WI	1 to 2:30 pm	The Beatles: Like You've Never Heard Them Before	David Abelson	9/4 to 11/20	23
IP/NR/WI	1 to 2:30 pm	Retirement Money Mastery	Nash Bailey Bill Bailey	9/4 to 11/20	29
H/R	1 to 2:30 pm	80 Years of Radical Tech Change: OMG What's Next?!	Dale Good	10/23 to 12/4	26
IP/NR/WI	1 to 2:45 pm	Growing Up in the 50s, 60s, 70s	Beth Mann Virginia Sturdevant	9/4 to 11/20	27
IP/NR/WI	1 to 2:45 pm	Critical Thinking	Richard Kowaleski	9/4 to 12/4	26
IP/R	1 to 2:45 pm	Bill Graham Presents: The Life, Music, and Legacy of a Rock Impresario	Mike Pidd	9/4 to 12/4	23
D/H/R/WI	1 to 2:45 pm	Folsom and Beyond: Treasure Revealed	Alan Wong	9/25 to 12/4	26

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FRIDAY PROGRAMS AT A GLANCE (CONT.)

	Time	Title	Leader Name	Dates	Pg#
Shared Interest Groups					
IP/NR	9:30 to 11 am	Conversation Skills in Listening and Story Sharing	Jane Lorand	9/4 to 10/16	38
IP/NR	9:30 to 11 am	Making Sense Amidst Today's Complexity	Jane Lorand	10/23 to 12/4	39
IP/NR/ WI	9:30 to 11:30 am	Knitting with Friends	Barbara Kletzman	9/4 to 12/4	38
IP/NR	10 to 11:30 am	Travel and Adventure	Fred Chapman Cindi Matsumoto	9/4 to 12/4	39
D/Y/IP/ NR	10 to 11:30 am	Exploring Spanish (Year-round weekly)	Sandy Britton	9/4 to 12/4	43
D/Y/H/ NR	10 to 11:45 am	High Intermediate Spanish (Year-round weekly)	Melody Flores	9/4 to 12/4	44
IP/NR	10 to 11:45 am	Chess for Beginners	Jeff Schriebman	10/23 to 12/4	37
IP/NR/ WI	11 to 11:45 am	English and Scottish Country Dance	Ruth Scodel	9/4 to 12/4	38
Y/IP/ NR/WI	11 am to 12:30 pm	Hot Topics (Year-round weekly)	Erika Wasser Laura Middleton	9/4 to 12/4	44
IP/NR/ WI	12 to 12:45 pm	Social Dancing	Richard Kowaleski	9/4 to 12/4	39
IP/NR/ WI	12 to 2:30 pm	Watercolor Studio	Judy Hawkins Kathleen Ellertson	9/4 to 12/4	40
D/IP/ NR	1 to 2:30 pm	Basic Spanish	Sandy Britton	10/23 to 11/20	37
IP/NR	1 to 2:30 pm	The Art of Listening	Karen Gierlach	10/23 to 12/4	37
One-Time Presentations—Friday MORNING Speakers Series					
IP/R/WI	10 to 11:30 am	Presidential Libraries and Museums	Milo Turaylich	9/4	54
IP/R/WI	10 to 11:30 am	The History of the Computing Machine	Harold Anderson	9/11	54
IP/R/WI	10 to 11:30 am	News Flash from 1934	Anne Rewell	9/18	55
IP/R/WI	10 to 11:30 am	107 Days at Sea: The Journey That Changed Everything	Jill Chalsty	9/25	55
IP/R/WI	10 to 11:30 am	Broadway Sacramento: 75 Years of Theater Magic	Margaret Kane	10/2	56
IP/R/WI	10 to 11:30 am	Flowing Forward: History, Challenges, and Future of California's Water Management: Part 1	Gary Reents	10/9	56
IP/R/WI	10 to 11:30 am	Flowing Forward: History, Challenges, and Future of California's Water Management: Part 2	Gary Reents	10/16	57

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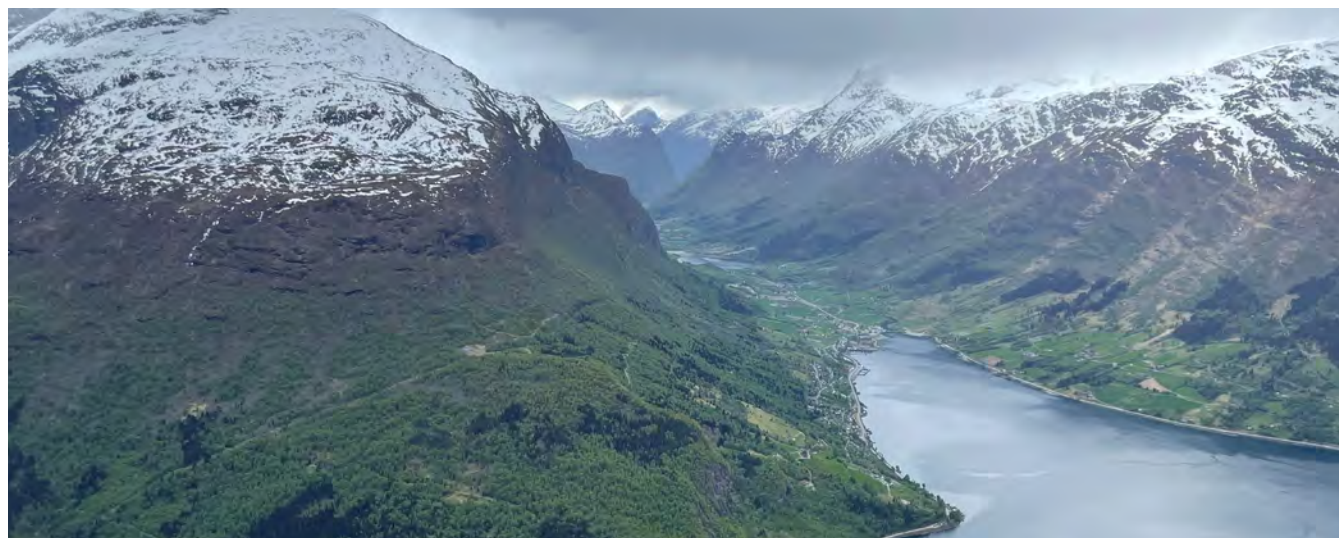
FRIDAY PROGRAMS AT A GLANCE (CONT.)

One-Time Presentations—Friday MORNING Speakers Series (Cont.)					
IP/R/WI	10 to 11:30 am	Financial Planning Participants: Investor Concerns	David Bach	10/23	57
IP/R/WI	10 to 11:30 am	What A Death Doula Does and Why I Need One	Rita Mason	10/30	57
IP/R/WI	10 to 11:30 am	Enriching Your Life Through Volunteerism	Charlotte Stott	11/6	58
IP/R/WI	10 to 11:30 am	The Wonders of Yosemite	Laura Legrand	11/13	58
IP/R/WI	10 to 11:30 am	Das Nibelungenlied: The 13th Century Epic	Marjorie Wade	11/20	58
IP/R/WI	10 to 11:30 am	Are You Ready? Healthy Living: Planning Your End of Life Journey	Dolores Eitel	12/4	58
NEW One-Time Presentations—Speakers in the Morning Series					
H/R/WI	10 to 11:30 am	Your Health, Your Voice: Getting the Most from Doctor Visits	Stacie Walton	9/4	59
H/R/WI	10 to 11:30 am	"Good Night and Good Luck": A George Clooney Obsession	Rick Boek	9/11	59
IP/NR/ WI	10 to 11:30 am	Retirement 101: Taxes In Retirement	Nashoba Bailey	9/18	59
H/R/WI	10 to 11:30 am	Parkinson's Disease: Strategies for Living Fully Beyond the Diagnosis	Lou Basinal	9/25	60
D/H/R/ WI	10 to 11:30 am	Bushy Lake Ecoto Cultural Restoration: Traditional Knowledge, Restoration, and Fire Management	Michelle Stevens	10/9	60
H/R/WI	10 to 11:30 am	Poetry as Gateway to Peace and Tranquility	Marc Ely	10/16	61
H/R/WI	10 to 11:30 am	Aging Well Without Breaking the Bank: Smart Strategies for Managing the Cost of Care	Lou Basinal	10/23	61
IP/NR/ WI	10 to 11:30 am	The Cost of Aging in California: Protecting Your Home, Savings, and Care Options	Helen Justice	10/30	61
IP/NR/ WI	10 to 11:30 am	American Family Life During the Revolutionary Era	Carolyn Raber Deb Ledbetter	11/6	62
H/R/WI	10 to 11:30 am	Are Genetically Modified Foods Good or Bad for Us?	Theo Goodwin	11/13	62
D/H/R/ WI	10 to 11:30 am	Residual Racism X: Historical Redlining in Sacramento	Kevin Flash	11/20	62

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FRIDAY PROGRAMS AT A GLANCE (CONT.)					
	Time	Title	Leader Name	Dates	Pg#
One-Time Presentations—Friday AFTERNOON Speakers Series					
D/H/R/WI	1 to 2:30 pm	The Remarkable Life and Legacy of Willie Brown	James D. Richardson	9/4	63
D/H/R/WI	1 to 2:30 pm	Memories of an American Antislavery Family	James D. Richardson	9/11	63
D/H/R/WI	1 to 2:30 pm	Many Journeys, Unequal Paths: Rethinking Immigration in America	Jeff Ferreiro-Pro	9/18	64
D/H/R/WI	1 to 2:30 pm	The History and Culture of Wine	Harold Anderson	9/25	64
D/H/R/WI	1 to 2:30 pm	Telling Your Story: An Oral Storytelling Workshop: Part 1	Clyde Yamamoto	10/2	64
D/H/R/WI	1 to 2:30 pm	Telling Your Story: An Oral Storytelling Workshop: Part 2	Clyde Yamamoto	10/9	65
D/H/R/WI	1 to 2:30 pm	Meltdown Expected: Crisis and Upheaval at the End of the 1970s	Aaron J. Leonard	10/16	65
D/H/R/WI	1 to 2:30 pm	Woman Behind the Canvas: The Story of Jo Van Gogh	Anne Rewell	10/23	65
D/H/R/WI	1 to 2:30 pm	Cultivating a Culture of Conversation	Kyle Williams	10/30	66
D/H/R/WI	1 to 2:30 pm	The Lost (Burned Down) Chinatowns of California	Joel Leong	11/6	66
D/H/R/WI	1 to 2:30 pm	Korea Before the Divide	Janet Heath	11/13	66
D/H/R/WI	1 to 2:30 pm	War to Worldwide Influence: Korea's Modern Story	Janet Heath	11/20	67
D/H/R/WI	1 to 2:30 pm	Choose and Enjoy Quality Multi-cultural Kid's Books	Kimberly Biddle	12/4	67



See Abbreviation Key for Delivery Formats

Link to a [Page No.](#) for the course description

FRIDAY PROGRAMS AT A GLANCE (CONT.)					
	Time	Title	Leader Name	Dates	Pg#
FORUMS					
D/H/R/WI	3 to 4 pm	The Sacramento Observer: Serving the Community for 64 Years	Larry Lee	9/4	68
D/H/R/WI	3 to 4 pm	Stories of California's Trailblazing Women on the Unfinished Road to Equality	Steve Swatt Susie Swatt Rebecca LaVally	9/11	68
D/H/R/WI	3 to 4 pm	Writing about Food in America's Farm-to-Fork Capital	Benjy Egel	9/18	69
D/H/R/WI	3 to 4 pm	Looking Ahead at the Crocker Art Museum	Agustin Arteaga	9/25	69
D/H/R/WI	3 to 4 pm	Navigating the November Ballot Measures	Steve Maviglio Rob Stutzman	10/2	69
D/H/R/WI	3 to 4 pm	United States Supreme Court Review and Preview	Leslie Gielow Jacobs	10/9	70
D/H/R/WI	3 to 4 pm	The Sacramento Bee: History, Impact, and Headwinds	Chris Fusco Marcos Breton	10/16	70
D/H/R/WI	3 to 4 pm	The Land That Sustains Us: Why California's Rangelands Matter	Michael Delbar	10/23	70
D/H/R/WI	3 to 4 pm	The American River: Then and Now	Zakary Adams	10/30	70
D/H/R/WI	3 to 4 pm	Inside the Sacramento County District's Attorney Office	Sonia Martinez Satchell	11/6	71
D/H/R/WI	3 to 4 pm	What's Happening with Climate Policy and Pollution	Dana Nuccitelli	11/13	71
D/H/R/WI	3 to 4 pm	The November Elections: Postto Election Analysis	Kim Nalder	11/20	71
D/H/R/WI	3 to 4 pm	Semester Review: Accomplishments and Challenges	Jackie Lamb Luke Wood	12/4	71

did you know?

The first online catalog contained 24 member photos.
The Fall 2026 catalog contains 43 member photos in the LEARN section alone.

programs

seminars

MONDAY TO THURSDAY SEMINARS

Movies About Making Movies (Z/R)

Chip Zempel
Mondays, Aug 31 to Nov 30 (14 weeks)
1 to 3:30 pm

Lights! Camera! Action! Come see Hollywood turn the camera on itself, as it makes movies about making movies. We'll watch and discuss films not only about actors, but also about the people we never see: directors, producers, stunt performers, camera operators, and special effects crews. There will be dramas and love stories, satires and comedies, thrillers... and the most clever horror film ever made. Come join us as we watch Hollywood celebrate Hollywood. Cut! Print it! That's a wrap!

Chip Zempel is a world-renowned scholar and film historian. (Just kidding, he loves watching movies and talking about them.) He's in his eleventh year leading film appreciation seminars for the 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, animation, magical realism, food, dance, and more!



The Wisdom and Joy of Letting Go (Z/R)

Harold Goldstein
Mondays, Oct 19 to Nov 30 (Session 2: 7 weeks)
10 am to 12 pm

Even as we experience the changes of aging, we can nourish our hearts and minds, and deepen our capacity for love, connection, and fulfillment. According to ancient teachings, aging is an invitation to ever greater freedom, wisdom, and joy. Let's do it! Together we will explore transformative practices from modern spiritual masters that can help free us from beliefs, ways of thinking, and patterns of relating that keep us from living, and perhaps from dying, with greater ease and contentment.

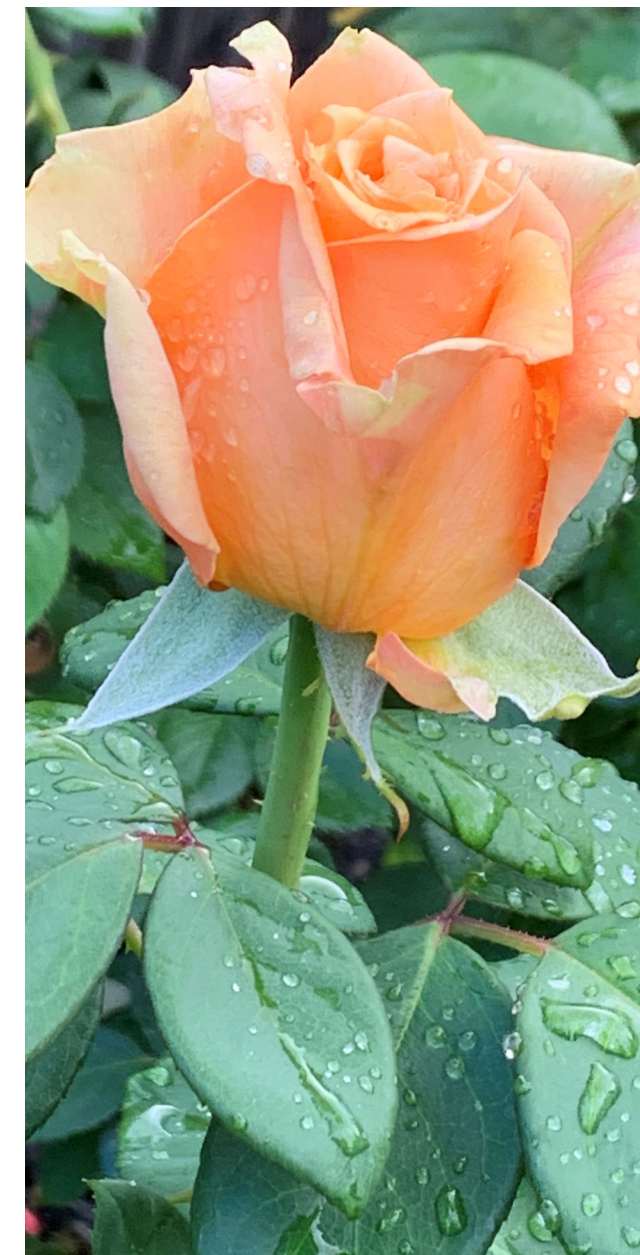
Harold Goldstein has practiced meditation for 35 years and has studied and integrated the teachings and transformative practices of the spiritual masters explored in this course into his own life. He has taught meditation, guided others in contemplative practice, and led mindfulness and compassion-focused retreats. Harold spent 30 years as the founding director of a statewide public health advocacy organization based in Sacramento. He has a doctorate in public health from UCLA.

The Development of Cultures and Languages in Eur-Asia (D/Z/R)

Marty Keale
Tuesdays, Sep 1 to Sep 8 (2 weeks)
10 to 11:30 am

Using charts, maps, and recent genetic findings, we will take a big picture view of the development and migrations of cultures and languages from Central Asia to the Fertile Crescent and Medieval Europe.

Marty Keale has taught or co-taught Renaissance Society classes for over 20 years. His specialty is the development of human cultures and languages.



Feminist Retelling of Greek Myths (D/Z/NR)

Kathryn J Tobias
Tuesdays, Sep 22 to Nov 17 (Monthly)
4 to 5:30 pm

The retelling of Greek myths is not a new idea, but several recent retellings from a feminist perspective have received considerable press and acclaim. We're going to start with reading "CIRCE," arguably one of the best of the crop. Participants are required to read the material, mostly the book itself. The class will include some fun aspects, such as assuming the role of a god or goddess. If this class proves entertaining, we'll move on to another book(s) in the spring semester. **Note:** We will meet on Sep 22nd, Oct 20th, and Nov 17th.

Kathryn J Tobias manages the Big History series at Renaissance Sacramento. She has taught continuing education at UC Davis, taught at McGeorge School of Law (UOP), and undergraduate programs at Sac State and Stanislaus State. She has also spoken at many seminars and conferences.

Human Immunology (Z/R)

David Lewis
Tuesdays, Sep 1 to Nov 17 (12 weeks)
10 to 11 am

It's simple. You have red blood cells and white blood cells, right? Wrong. You have five different kinds of white blood cells, each with a different job to do. And that's the beginning of the Innate immune system. Then there are the adaptive immune cells with over 200 different types of B cells. And that's the easy stuff. See you in September with a LOT more.

David Lewis is a retired Silicon Valley Engineering Manager who loves to learn. David picks science-based projects that interest him. Past topics ranged from satellites to plastics, and last semester, it was genetics. The fall semester will focus on Human Immunology, a fascinating and unbelievably complex system.

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Starting on August 17 @ 8am**

Use and Misuse of the Diagnostic and Statistical Manual of the American Psychiatric Association. (Z/NR)

Don Nikkel
Tuesdays, Sep 1 to Oct 6 (6 weeks)
9:30 to 10:30 am

For 70 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, while others see it as essential for accessing care. Others say it has become a tool for the pharmaceutical industry. This class explores how the DSM came into existence, how it has changed over time, and how it works today. We'll cover depression, anxiety, childhood disorders, substance use disorders, personality disorders, along with alternative ways to describe mental disorders.

Don Nikkel, after receiving his master's degree in social work, he worked for 35 years as a counselor, supervisor, and program manager in the human services field, working with adults and children with mental health and substance use disorders. He has taught classes in psychology, abnormal psychology, and counseling techniques at both the community college and graduate levels for 16 years. This course covers the material he used with his graduate students. He found the Diagnostic and Statistical Manual of the American Psychiatric Association to be both helpful and unhelpful in providing help to those who needed it.



Why Do We Do What We Do? (Z/NR)

Lorill Bean
Tuesdays, Sep 1 to Oct 6 (Session 1: 6 weeks)
3 to 4:30 pm

What motivates human behavior? Why do people think, feel, and act as they do? What psychological, social, biological, and relational influences shape behavior and choices? How are we alike or different from our parents and our children as we move through midlife and later life? This course explores major perspectives from Sigmund Freud to emerging neuroscience, motivation, personality, generational differences, and meaning in a complex society.

Lorill Bean is a Sac State graduate in Psychology and Anthropology. She holds a graduate degree in Behavioral Sciences from the University of Chicago, specializing in Adult Development and Aging. She enjoys guiding thoughtful discussions that connect research knowledge and lived experience about how people grow, change, and live meaningful lives. She has taught university and community learners, conducted behavioral and consumer research, contributed to public policy, and lived and worked in five countries.

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

Patricia Pavone
Tuesdays, Oct 20 to Nov 17 (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 you may want to consider (or reconsider) to make life a little easier for the people you leave behind. **Important Note:** Participants who select the Recording-only option **will not receive** the course materials.

Patricia Pavone is a retired public administrator. She worked for the State of California for



35 years and served as Chief of the Benefits Division at the Department of Personnel Administration and Chief of the Filing Services Bureau at the Franchise Tax Board. Patricia also taught Public Administration at both Sac State 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.

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

Lester Bennett
Thursdays, Sep 3 to Oct 22 (Session 1: 8 weeks)
1 to 2:30 pm

Whether you're a wine enthusiast or simply curious, this course offers a comprehensive introduction to the world of wine. Explore the journey of wine from the vineyard to your glass while learning about grape varieties, vineyard practices, winemaking techniques, and the factors that influence a wine's flavor and character. Through lectures and guided tasting sessions, you'll learn how to develop sensory evaluation techniques, navigate domestic and international wine labels, and taste table and sparkling wines. Discover practical tips on food and wine pairing to enhance your dining experiences.

Lester Bennett has an MS in Enology from Fresno State 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 appreciating wine can enrich one's life.

The Benign Coverup of the Assassination of JFK (Z/R)

James Hodges
Thursdays, Sep 3 to Oct 8 (Session 1: 6 weeks)
10 to 11 am

Both the FBI and CIA admit they worked to cover up facts surrounding the death of JFK because of two rumors. Rumor 1: The killers wanted President JFK replaced by LBJ, and Rumor 2: JFK was murdered by Communists as an act of war. Thus, the FBI and CIA say they participated in a "benign" cover-up to reach "The Best Truth: That Lee Harvey Oswald alone killed JFK for no apparent reason." We will ask, What was covered up? Was it benign? And what, if anything, changed when LBJ became President?

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

ChatGPT for Everyday Life (Z/NR)

Teri Stone
Thursdays, Sep 3 to Nov 19 (12 weeks)
11 am to 12 pm

Curious about ChatGPT but not sure where to begin? ChatGPT can help with everyday tasks like writing texts or emails, planning your week, your meals, your trips, and your exercise plan, making sense of confusing information, comparing purchases, appointment prep, and more. In this lively, 12-week Zoom class, participants meet one hour weekly to explore practical uses of ChatGPT through demonstrations, guided practice, and real-life examples. No technical background required — just curiosity.

Teri Stone enjoys exploring practical ways technology can make life easier, clearer, and more fun. She serves on the Renaissance Society Weekly Update Team and manages the Renaissance Society website. She believes the best results come from asking good questions, trying things out, and staying curious. She has used ChatGPT to write, organize ideas, create graphics, plan projects, and solve everyday problems. She looks forward to learning alongside participants in this friendly, no-pressure introduction to using ChatGPT to help with everyday life.

ABBREVIATION KEY

D	Diversity program
Z	Zoom-only
IP	In-person only
H	Hybrid (IP and Z) program
IP-E	Eskaton Village
R	Program recorded
NR	Program not recorded
Y	Year-round
WI	Walk-in program—enrollment helps us notify you of changes, seats available first-come/first-served

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

Nanci Kuzins
Anamaria Pasquiers
Thursdays, Sep 10 to Dec 3 (12 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 their lives and the lives of 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. Nanci hosts Grateful Gatherings, a way for people to connect in meaningful conversation about awe or joy, imperfection or belonging, grief or play - a different inspiring theme each month. She leads Harvest East Sacramento, an active, fun team that gleans citrus for River City Food Bank.

Anamaria Pasquiers is committed to helping people gain a deeper understanding of themselves and others. Anamaria consults on self-healing methods and spiritual counseling, and is a social activist and an interfaith minister.

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Resilience Under Stress During Life Changes and Challenges (Z/NR)

Lorill Bean
Thursdays, Oct 22 to Dec 3 (Session 2: 6 weeks)
3 to 4:30 pm

How can we move from simply surviving life’s many challenges to thriving in spite of them? Sometimes we face the drip-drip-drip of daily stressors like health concerns or caregiving. Sometimes we face major losses or life changes. Do people who do well despite stress just have good luck, or do they know something we can learn from? Join Lorill and discover the science of resilience and gain new insights to improve living.

Lorill Bean is a Sac State graduate in Psychology and Anthropology who holds a graduate degree in Behavioral Sciences from the University of Chicago, specializing in adult development and aging. She guides thoughtful discussions that connect research knowledge and lived experience about how people grow, change, and lead meaningful lives. She has taught community and university learners, conducted behavioral and consumer research, contributed to public policy, and lived and worked in five countries.

FRIDAY SEMINARS

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

David Abelson
Fridays, Sep 4 to Nov 20 (12 weeks)
1 to 2:30 pm
Kadema Hall (KDM) 145

The Beatles are perhaps the best known and most 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 that reflect their ever-evolving musical 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 many semester-long courses and given numerous presentations on topics including *The Beatles*, *Bob Dylan*, and *Water In California*. David has a deep passion for lifelong learning, and his seminars and presentations have been well-received by a wide variety of audiences.

Bill Graham Presents: The Life, Music, and Legacy of a Rock Impresario (IP/R)

Mike Pidd
Fridays, Sep 4 to Dec 4 (13 weeks)
1 to 2:45 pm
Mariposa Hall (MRP) 1000

Explore the remarkable career of legendary concert promoter Bill Graham through rare concert footage, interviews, music, and stories. This 13-week course examines iconic venues including Fillmore West, Fillmore East, and Winterland, as well as Days on the Green, the Bridge School Benefit, Live Aid, SNACK, and

other historic benefit concerts. Discover how Graham helped shape rock music, live entertainment, and concert promotion while leaving a lasting legacy that continues to influence the music industry today. Take a front-row seat to the greatest era in rock history. Check out my sizzle reel here https://youtu.be/-s_MgxgilDA.

Mike Pidd has been a Renaissance member since Spring 2017 and values its continuing education and community. After a career as a sales manager, Mike retired and focused on volunteering, including 26+ years with the Gold River Community Association, Jesuit High School Booster Board, Loaves and Fishes, and Casa Garden Restaurant. Mike has a degree and teaching credential in Kinesiology and English, played college baseball, and enjoys photography, music, cooking, and healthy living classes. Mike is currently on the Renaissance Society board as Resource Development chair.



Bluin’ The Black Keys: Hot Keyboards of the 1920s (D/IP/NR)

Paul Johnson
Fridays, Oct 23 to Nov 13 (Session 2: 4 weeks)
1 to 2 pm
Mendocino Hall (MND) 1003

Popular keyboard music of the twenties was launched from the rhythmic drive of ragtime and the unique harmonies of the blues. These developments helped make twenties keyboards the most driving and aurally interesting than anything before. We’ll examine four major types of twenties piano: New York stride, South Side Chicago piano, Novelty piano and Boogie-Woogie. We’ll lead with the two major styles that preceded it: piano ragtime and the blues. Importantly, we’ll include recordings from both of the major media. We’ll also take a unique view of a recording of Gershwin’s *Rhapsody in Blue* and one of his solo piano arrangements.

Paul Johnson has had a longtime interest in early 20th-century popular piano from the cakewalk to ragtime to early jazz and novelty piano. He has collected both major media of the time, and is able to provide good examples from each. He has been a featured speaker on the topic for presentations given to Cornell University, USC, UC Berkeley, Stanford’s *Reaction to the Record*, the Scott Joplin Ragtime Festival, the Association of Recorded Sound Collections, and Dartmouth College’s ILEAD adult education series.

The California Trail: 2000 miles in Seven Weeks (IP/NR)

Bill Sullivan
Fridays, Sep 4 to Oct 16 (Session 1: 7 weeks)
10 to 11:45 am
Brighton Hall (BRH) 114

This class will explore the how, what, when, where, and why of the California Trail of 1844. Focus will be on places on the trail that remain visible and the people who made the journey. Significant time will be spent on nearby local emigrant places that can be visited.

Bill Sullivan declares himself to be a “very” amateur historian. He has spent much time in the Donner Pass area (only got lost once) exploring the California Trail, the railroad, the trails, the roads and other passes in the area, and the early residents and settlers. He has also spent time following the entire California Trail from its beginning in Council Bluffs, Iowa, to its end in Wheatland, California.

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Classical Music (IP/NR)

Gordon Garcia
Leo Eylar
Fridays, Sep 4 to Dec 4 (13 weeks)
12:30 to 2:45 pm
Capistrano Hall (CPS) 223

This seminar has been offered continuously for more than 20 years. Leo and Gordon will present a diverse program to examine the rich history of classical music over the centuries. Lectures will focus on specific composers and their works, compositional eras, performers, and the different genres of compositions. Our classes include lectures, slides, videos of performances, and live performances.

Gordon Garcia is an avid amateur musician, playing viola in the Camellia and Folsom Lake Symphonies. He also plays violin in the Mariachi Los Rios at American River College. This is Gordon’s second year teaching this Seminar.

Leo Eylar has co-led the seminar since 2015. He was on the full-time faculty of the Sac State School of Music for 30 years and is now Professor Emeritus. His musical background includes violin performance, conducting, and composing. He has been the Conductor and Music Director of the California Youth Symphony for 36 years.

Critical Thinking (IP/NR/WI)

Richard Kowaleski
Fridays, Sep 4 to Dec 4 (13 weeks)
1 to 2:45 pm
Mendocino Hall (MND) 1026

Hone your decision-making skills to enhance relationships and become a better consumer, voter, and investor. Learn easy-to-remember skills to improve every facet of your life. A very popular Renaissance Society seminar for more than 18 years!

Richard Kowaleski is emeritus faculty at Sac State’s College of Engineering and Computer Science. He previously taught engineering and mathematics at the United States Air Force Academy.

80 Years of Radical Tech Change: OMG What’s Next?! (H/R)

Dale Good
Fridays, Oct 23 to Dec 4 (Session 2: 6 weeks)
1 to 2:30 pm
Calaveras Hall (CLV) 145

Our generation has experienced the most revolutionary technological change in history: nuclear weapons, party landline rotary-dial phones to smart phones, three-channel TV to streaming, the internet and social media, dying retail, and dying formal print news media, to name a few. And now AI and quantum computing — OMG! What have we learned from our history? Can we maintain our social order as the next radical wave is now upon us? Class format: lecture, audio/video clips, and open discussion.

Dale Good served in the Navy on a technical research (spy) ship touring Africa, and as an officer touring the Caribbean. Following graduate studies in a PhD program in judicial process, he became CIO for both the Minnesota court system and the Minnesota public safety agency. He also served as an adjunct instructor at a Minnesota state university, teaching constitutional law. Most recently, he was a technology executive for the California court system. Throughout his career, Dale has maintained a lifelong passion for history, political theory, and philosophy.

Folsom and Beyond: Treasures Revealed (D/H/R/WI)

Alan Wong
Fridays, Sep 25 to Dec 4 (10 weeks)
1 to 2:45 pm
Calaveras Hall (CLV) 123

This seminar series uncovers the hidden history, nature, and culture across Folsom and beyond. Explore Effie Yeaw’s trails/native heritage, El Dorado Musical Theatre, Folsom Prison’s past, the Gold Rush, Nimbus Fish Hatchery, and the Bald Eagle Program. Also covered: Auburn State Recreation Area, the historic Murer House, and Wakamatsu Farm—site of the first Japanese colony in the US. The series ends at Folsom Lake State Recreation Area. Perfect for history buffs and nature lovers, *Folsom and Beyond* reveals the extraordinary hidden in plain sight. **Note:** See the table for the specific topic dates.

Alan Wong, a lifelong learner, is a 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 Sacramento State Renaissance Walkabout Group, fostering a sense of connection to the region’s history and culture.

DATE	TOPICS FOR FOLSOM AND BEYOND: TREASURES REVEALED	PRESENTER
Sep 25	Effie Yeaw Nature Center	Shelley Richardson
Oct 2	El Dorado Musical Theatre	Sarah Waymire
Oct 9	Folsom State Prison	Brian Schroeder
Oct 16	Auburn SRA	Joseph Shanahan
Oct 23	Gold and Human History	Roger Olsen
Oct 30	Nimbus Fish Hatchery	Molly Shea
Nov 6	Bald Eagle Interpretive Program (FOLFAN)	Kathy Kayner
Nov 13	Folsom Murer House	Ellie Perez
Nov 20	Wakamatsu Farm (American River Conservancy)	Melissa Lobach
Dec 4	Folsom Lake State Recreation Area	Zak Adams



Growing Up in the 50s, 60s, 70s (IP/NR/WI)

Beth Mann
Virginia Sturdevant
Fridays, Sep 4 to Nov 20 (12 weeks)
1 to 2:45 pm
Brighton Hall (BRH) 110

Where were you in the 50s, 60s, 70s? How were you influenced by your “growing up” years? This class will be divided into three segments, each covering a decade: State of the World and Politics at Home, Music, Books and Art, Clothing and Hairstyles, Cars, Sports, Technology, Food, Families and Personal Experiences. Each class will consist of a lecture and plenty of time to share personal experiences. Class participation will be encouraged.

Beth Mann is a history buff (and retired trainer) who enjoys developing classes for Renaissance such as *The Silk Road*, *The Maya*, and *The Great Lakes*, and she has co-hosted an array of classes on various topics. Her interests are piqued by travel and a desire to delve into new and interesting topics.

Virginia Sturdevant is a native Sacramentan. She graduated from UC Berkeley with a degree in Criminology. She retired from the State after working as a Fingerprint expert and IT manager. Her passions are learning and travel.

How to Listen to Classical Music and Enjoy It! (IP/NR/WI)

Richard Slocum
Fridays, Sep 4 to Oct 16 (Session 1: 7 weeks)
10 to 11:30 am
Mendocino Hall (MND) 1024

Do you get lost listening to classical music? Many people struggle to notice what makes their favorite works special and why some pieces turn them off. This class will focus on what to pay attention to and how to decide whether you like the music and why, regardless of your previous musical experience. By the end, you will have a much better set of skills for happy listening to any kind of music.

Richard Slocum is a retired music educator, having taught for 45 years at the elementary, middle, and high school levels. His education includes a BM in Music Education, a Master’s in Trombone Performance, and a DMA in Music Education. He has directed orchestra, band, Jazz groups, and pit orchestras for over 40 musical productions. He also taught International Baccalaureate Music for 14 years and worked as a freelance performer in the Washington, DC area.

Improving Your Learning and Memory Skills (IP/NR/WI)

Rob Crutcher
Fridays, Nov 6 to Dec 4 (Session 2: 4 weeks)
10 to 11:30 am
Yosemite Hall (YSM) 117

Discover how our minds learn and remember and how to improve our learning and memory skills. This seminar explores how the different memory systems (sensory, short-term, and long-term) work and why we remember some things so easily but forget others almost immediately. Learn the most effective strategies for acquiring new information, including techniques for learning difficult-to-remember items (e.g., personal names), how to use your visual and spatial abilities to enhance learning, age-related changes in memory, and the importance of exercise and sleep in forming and preserving new memories.

Rob Crutcher is a cognitive psychologist whose academic career has centered on the scientific study of mind and cognition, especially memory, learning, and language processes. He held faculty positions at the University of Illinois, Chicago, and the University of Dayton, where he conducted research on memory as a modifiable skill rather than a static ability. His teaching integrates rigorous scientific findings with accessible guidance, enabling learners to apply cognitive principles to improve memory, enhance learning, and gain deeper insight into their own mental processes.

Jazz After Dark: From the Blues to Cool (D/H/R/WI)

Mike Agron
Fridays, Sep 4 to Dec 4 (13 weeks)
9:45 to 11:30 am
Folsom Hall (FLS) 1063

Step into the warm glow of intimate jazz clubs, concert stages, and late-night jam sessions where jazz found its voice through melodic, cool, and soulful sounds. Drawn from Mike Agron’s lifelong passion for jazz, this immersive series explores how the blues, spirituals, Tin Pan Alley, European harmony, and America’s changing culture helped shape jazz—and the remarkable paths it followed. Through thoughtfully curated music, guided listening, storytelling, rare clips, and surprising musical

connections, you’ll discover how to listen differently, whether you’re a jazz lover or simply jazz curious.

Music enthusiast and storyteller, **Mike Agron**, raised in LA’s entertainment scene, is a former high-tech exec and entrepreneur turned storyteller who crafts dynamic seminars on music and film. He’s led hundreds of engaging sessions for the Sacramento Renaissance Society, numerous OLLIs nationwide, Osher Online, and Encore Learning. This fall, he returns for his 18th seminar series with the Renaissance Society.

Novel Writing: Taking the Mystery out of Fiction (IP/R/WI)

Jennifer Morita
Claire Booth
Fridays, Sep 4 to Sep 18 (3 weeks)
9 to 10:30 am
Amador Hall (AMD) 261

Learn fundamentals of novel writing from Sacramento authors Claire Booth and Jennifer K. Morita. They will take you through important elements of a novel and offer tips on developing multi-dimensional characters, creating settings that feel real, even if they’re not, and crafting a compelling plot with stakes to keep readers turning pages. Learn how to write realistic dialogue that enhances your story, and plant story beats to structure your plot. Leave class with the building blocks to start a full-length novel.

Jennifer Morita believes a good story is like good mochi—slightly sweet with a nice chew. Her first book, *Ghosts of Waikiki*, won the 2025 Lefty and Macavity awards for Best Debut Mystery Novel and was a finalist for the Agatha and Anthony awards. After covering local government for *The Sacramento Bee*, Jennifer now writes articles and social media content for Sac State. When she isn’t plotting mysteries or chauffeuring teenagers, she enjoys reading, cooking, and Zumba.

Claire Booth is a former journalist whose writing career took her from Missouri to Washington, DC, Florida, the Seattle region, and the Bay Area. After years spent covering crimes

so strange and convoluted they seemed more fiction than reality, she had enough of the real world and decided to write novels instead. Her acclaimed Sheriff Hank Worth mysteries take place in Branson, MO, where small-town Ozark politics and big-city country music tourism clash in strange and convoluted ways.

Preserving Democracy II (H/R)

Ken Cross
Fridays, Sep 4 to Dec 4 (13 weeks)
12 to 2:30 pm
Sequoia Hall (SQU) 301

Explore the past, present, and future of American democracy. Learn how we arrived here 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 from the U.S. Military Academy at West Point, NY, in 1974. He served as a US Army airborne ranger, armor officer for 10 years. Ken worked as a financial planner, sales manager, and corporate trainer with military service members. His final career was as CEO of Habitat for Humanity of Greater Sacramento. Ken joined the Renaissance Society in Spring 2016 and started teaching in the Fall. He served on the Renaissance Society Board of Directors from 2018 to 2025, and was the Board President from 2020 to 2022.

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IN ANY PROGRAM
Starting on August 17 @ 8am**



Retirement Money Mastery (IP/NR/WI)

Nashoba (Nash) Bailey
Hunter (Bill) Bailey
Fridays, Sep 4 to Nov 20 (12 weeks)
1 to 2:30 pm
Douglass Hall (DH) 208

Take complete control of your financial future with this practical 12-week seminar designed specifically for retirees who want to understand every aspect of their financial plan. Whether managing investments independently or working with an adviser, you’ll master building portfolios, optimizing income, minimizing taxes, and legacy planning. This hands-on course empowers you to make informed retirement decisions, evaluate professional recommendations, and identify when you need expert guidance. Learn to understand every aspect of your financial plan with confidence. By the end, you’ll have the knowledge and tools to own your financial strategy and navigate retirement with greater peace of mind and control.

Nashoba (Nash) Bailey, ChFC®, is an Advisory Associate with Wealth Strategies Retirement Asset Management. With over a decade of experience, Nash specializes in crafting customized retirement solutions through advanced portfolio construction and an in-depth under-

standing of client behavioral motivators. A dedicated educator, he leads community workshops designed to empower retirees with the clarity and financial knowledge necessary to make confident, informed decisions for their future.

Hunter (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.

The Short Stories of Joyce, Faulkner, and Welty (D/IP/NR)

Michael Storey
Fridays, Sep 4 to Dec 4 (13 weeks)
9:30 to 11 am
Shasta Hall (SHS) 264

Each of these writers creates a fictional world based on a real place but shaped by the writer's imagination: James Joyce's *Dublin*, William Faulkner's *Yoknapatawpha County*, and Eudora Welty's *Mississippi Delta*. The class will read and analyze their stories that give imaginative life to the people and events of these places. Required texts: Modern Library editions of Faulkner's *Selected Short Stories* and Welty's *Selected Stories*, and any edition of Joyce's *Dubliners*.

Michael Storey is a retired English professor and has taught multiple courses for the Renaissance Society, including courses on Irish history, politics and culture; Irish literature; the poetry of Robert Frost; and the analysis of poetry and short stories. He has been a member of the Renaissance Society since 2014.

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Some More Fascinating Films You Won't Forget (IP/NR/WI)

Alan Miller
Fridays, Sep 4 to Dec 4 (13 weeks)
12 to 2:45 pm
Tahoe Hall (TH) 1026

Information about each upcoming film will be provided in advance. Participants first view the film and then discuss it at length. The hallmark will be the lively discussions where students share their perceptions. Some of the films are *3:10 to Yuma*, *They Shoot Horses Don't They*, *Ordinary People*, *The Way We Were*, *Bridges of Madison County*, *Alice Doesn't Live Here Anymore*, *Conspiracy*, and *The Candidate*.

Alan Miller has taught Renaissance Society film seminars for several years. He is an award-winning opinion writer for *The Detroit News* and *The San Diego Union-Tribune*. His freelance pieces have appeared in *The National Review*, *The New Republic*, *The Saturday Review*, *The Atlanta Journal-Constitution*, and *The American Spectator*. Alan taught or lectured at Sac State, American River College, UC Davis, UCSD, and Eastern Michigan University.

Thriving Through Change and Transitions (IP/NR)

Luanne Stevenson
Fridays, Sep 4 to Nov 20 (12 weeks)
12 to 2 pm
Douglass Hall (DH) 106

Join us for an engaging and interactive workshop series designed to support the emotional, practical, and identity shifts of semi-retirement and retirement. Each session blends reflection, group discussion, practical tools for action planning, exploring opportunities, and new directions for a meaningful and energizing next phase!

Luanne Stevenson has extensive experience as a change management professional, coach, and facilitator. She provides participants with tools for successfully navigating change and transition at work and in life. By combining her high level of energy and facilitation experience, Luanne successfully delivers dynamic programs

for improving attendees' awareness of the psychological dynamics of major life transitions and to build a plan with the ability to move forward with confidence and momentum.

Topics in Revolutionary America (H/R/WI)

Catherine Minicucci
Kevin Collins
Fridays, Sep 4 to Nov 6 (Session 1: 10 weeks)
10 to 11:30 am
Amador Hall (AMD) 153

The year 2026 is the 250th anniversary of the Declaration of Independence. This class features speakers on topics related to colonial life, the conflict with Britain, leaders on all sides, and key military decisions. There will be presentations on Benjamin Franklin, Thomas Paine and Common Sense, the Iroquois Confederation, the role of Privateers, Family Life in Colonial America, Signers of the Declaration, Relations with Canada, Hessian soldiers, and the Battle of Yorktown. Class participants engage in discussions following each presentation. This is the fourth semester the Revolutionary War series has been offered.

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 *Topics in 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 enjoying Renaissance Society programs commemorating the 250th anniversary of the start of the American experiment.

Water in California: Its Origins, Uses, and Conflicts (IP/NR/WI)

David Abelson
Fridays, Sep 4 to Dec 4 (13 weeks)
10 to 11:45 am
Solano Hall (SLN) 2002

"Out Here, Whiskey's For Drinkin' and Water's For Fightin'" (Mark Twain). Water is essential for life on Earth. The story of water in California is colorful, complex, and controversial. This seminar will explore many water topics, including: Where does the state's water come from? Where does it go? What service(s) does it provide? How is it captured, controlled, and regulated? Can the many contentious issues over water be resolved? If so, how? If you've got "water on the brain," this seminar is for you!

David Abelson is a retired attorney who specialized in environmental law. He has taught a number of semester-long courses and given numerous presentations on water issues in California. David has a deep passion for life-long learning, and his classes have been well-received by a wide variety of audiences.



shared interest groups (SIGs)

MONDAY TO THURSDAY SIGS

Qi Gong for Health, Energy, and Relaxation (D/Z/R)

CJ Noddings
Mondays, Aug 31 to Nov 23 (13 weeks)
3 to 4 pm

Qi Gong is an ancient practice that is still relevant in our modern society. The practice involves controlled breathing, warm-up exercises, stretches, balance, and flowing moving meditations with intention for the purpose of enhancing our emotional, physical, and spiritual health. Qi Gong means being skilled at balancing our life force energy by clearing out our negative energy and then cultivating the positive. This standing Qi Gong practice will enhance your mood and overall sense of well-being.

After a decade of practicing Qi Gong for health and well-being, **CJ Noddings** decided to deepen her skills and understanding of this relatively easy yet highly effective eastern medical practice. She wanted to share this treasure with others in hopes to enhance their lives as well. Since becoming certified in 2019, she has taught over 500 classes both in person and virtually. She is a Certified Advanced Holden Qi Gong Teacher. She holds a dual BA degree in Health Education and Gerontology in addition to her Qi Gong certification.

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Yoga for Golden Warriors (D/IP-E/NR)

Adelfa Samson
Mondays, Aug 31 to Oct 12 (Session 1: 6 weeks)
9:30 to 10:45 am
Eskaton Village Auditorium

Balancing body, mind and spirit for health, happiness and peace through yoga is a SIG that will consist of various modalities. The main focus will be (1) yoga asana (physical); and (2) breathing techniques (pranayama). We will address diet and nutrition if needed.

Adelfa Samson brings over two decades of practice and teaching — local, national, and international. Her main studies are from the great masters of India. She has conducted workshops in the US, as well as in South America, Iceland, Thailand, and India. Adelfa has also written two books about including yoga in your daily life: *Yoga for Golden Warriors* and *Yoga for Daily Living*.

Digital Photography: A Creative Journey (IP/NR)

Jay McKeeman
Tuesdays, Sep 8 to Dec 8 (13 weeks)
10 am to 12 pm
Arden-Dimick Public Library

Digital Photography - A Creative Journey is offered to hone Renaissance Society photographers' skills in digital photography including the use of cameras, shot variety, and practice in editing software. Basic photography experience is needed; an alternate class is offered for beginners. Equipment includes smart phones to SLR units. Video photography is not covered. Classes alternate between in-class instruction and field trips. Sessions and field trips usually start at 10 am but may vary due to location and other variables. Field trips are optional and personal transportation is required. A \$5 donation is requested to help cover class expenses. See the table for Instruction and Field Trip dates. All instruction will be at the Arden-Dimick Public Library, Watt Ave., Sacramento.

INSTRUCTION DATES	FIELD TRIP DATES
Sep 8	Sep 15
Sep 22	Sep 29
Oct 6	Oct 13
Oct 20	Oct 27
Nov 10	Nov 17
Dec 1	Dec 8

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

Do You See What I See? Self-Portraits in Art (Z/NR)

Julia Stagg
Linda Stagg Brown
Tuesdays, Sep 1 to Dec 1 (14 weeks)
7 to 9 pm

Seeing, creating, discussing, and critiquing artwork made for this class using painting materials (watercolor, latex, oil, etc.) and 3D materials, including paper, cardboard, clay, glue, and found objects. Guest artists will join us throughout the workshop to share their work and creative process.

Julia Stagg is a Sacramento-based visual artist and educator whose work explores identity, observation, memory, and found materials, reinterpreting classic tales, mythology, and social ideas through mixed media. She also works in elementary schools and in workshops with older adults that encourage creative thinking and personal narrative.

Linda Stagg Brown is currently exploring digital art ideas in portraiture on the coast of Oregon, as the tides rush out and back again.





Word by Word: Ease Into Writing Fiction or Memoir (IP-E/NR)

Mary Kay Jennings
Tuesdays, Oct 20 to Nov 24 (Session 2: 6 weeks)
10 to 11:30 am
Eskaton Village Craft Room

Writer or Wannabe, this class is for you. Try your hand at micro-or flash fiction? Write a family story, short fiction, a novel or memoir? Word by Word you can write anything. One meeting a week for six weeks and you’re on your way. In class, get acquainted with short forms, try your hand at writing them, get ideas to start or expand, share and critique your stories with class members, and create a beginning portfolio. Write outside of class and/or resurrect writing from the past. Jump start your inner storyteller. Class size limited.

Mary Kay Jennings, PhD, taught Creative Writing, Composition, Literature, Film, and Humanities. In addition, she edited the literary magazine at San Jacinto College in Houston for 30+ years. She is a published writer of fiction and essays, and still loves teaching.

Arts and Crafts Time! (IP-E/NR)

Kathy Hart
Wednesdays, Sep 2 to Dec 2 (Monthly)
1 to 2 pm
Eskaton Village Craft Room

We will meet once a month at Eskaton to enjoy creative arts and crafts time together. Each of the four sessions will have a unique focus. All programs are beginner-friendly. Please note that a \$2 supplies fee will be due to the instructor at the beginning of class. Sept 2: Paint a simple watercolor. Supplies provided. Oct 7: Make a fun floral button bouquet. Supplies provided. Nov 4: Learn how gourd artists create their incredible designs and enjoy examples of their beautiful artwork. (No supply fee for this program). Dec 2: Create a unique ornament incorporating handmade beads from Africa into your design. Supplies provided.

Kathy Hart has enjoyed creating hand-crafted pieces of artwork her entire life. She has been teaching simple crafts to adults for several years. The jewelry she handcrafts is sold to raise money for marginalized children in Uganda. Kathy believes creating something is fun and doing it together is one way to build friendships and stay connected with others.

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

Singing For Fun (IP/NR)

Michael Hersher
Wednesdays, Sep 2 to Dec 2 (14 weeks)
10 to 11:30 am
Location to be announced

Members meet weekly on Wednesday morning at 10:00 am to sing songs of the group’s choosing from a wide range of popular American songs from the 50s, 60s, and 70s. Instruments are welcome, guitar accompaniment will be provided, and no particular singing ability is necessary. Just bring enthusiasm.

Michael Hersher is a retired public education lawyer and lifelong folk singer and advocate for social justice. He has led numerous seminars on protest songs and the history of the US Constitution.

Walkabouts (IP/NR)

Donna Eash
Alan Wong
Wednesdays, Sep 2 to Dec 2 (14 weeks)
9:30 to 11:30 am
Location to be announced

Walkabouts is a social walking group that meets Wednesday morning, with stretches at 9:25 am. Each week we meet in a different location. The locations vary from nature walks to strolls through a city. Volunteer walk leaders design the route with leaders’ assistance 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. The walk location will change each week. Walkabout members will be notified of the location via email. Walkers will have a choice of walking 2 miles with the Tortoise group or 4 miles with the Hares group. No dogs allowed.

Donna Eash has been an active Renaissance Society member since 2012. She has taught a variety of classes in Renaissance, of which Walkabouts is the unquestioned favorite.

Alan Wong is a very active member of the Renaissance Society. In addition to creating the flyers for each Walkabout, he leads walks. He also taught a separate class about the history of the Folsom area.

AI Watch: AI News and What It All Means (D/Z/R)

Diego Bonilla
Thursdays, Sep 3 to Dec 3 (13 weeks)
9 to 10 am

Each Thursday morning, bring your coffee and your questions. A weekly Zoom conversation about what’s happening in artificial intelligence: breakthroughs, controversies, and implications for our lives. Each session is anchored to that week’s edition of AI News Social, Diego’s research publication featured by the California Learning Lab. Balanced, critical discussion grounded in evidence, with perspectives from both the US and Latin America. Curious minds welcome at every level.

Diego Bonilla, PhD, Professor of Communication Studies at Sac State, has led Faculty Learning Communities on AI literacy, presented for the CSU Chancellor’s Office, joined an OpenAI focus group, and serves on the Senate AI Policy Working Group. AI News Social, his research publication, was featured by the California Learning Lab. He also teaches AI at UNAM in Mexico City.



**California State Government:
Administration Transition 2026/2027
(Z/NR)**

Sean Tracy
Thursdays, Oct 22 to Nov 19
(Session 2: 5 weeks)
6 to 7:30 pm

The November 2026 elections will bring significant change to California state government. Using reporting and analysis from CalMatters and other public media and oversight organizations, the group will explore the people, policies, and legislative decisions influencing lives throughout California. Together, we will examine how state government operates from a balance of professional insider perspectives and knowledge. Whether you follow state government closely or are curious about what happens under the Capitol dome, this SIG offers an engaging way to connect to important developments in California state government and public affairs.

Sean Tracy, BA/MPA Public Administration, served the State of California for 40 years, ending his career as an Executive and Senior Program Manager. Maintaining an active interest to support excellence in the public sector, Sean will invite guest speakers to share perspectives about current events and the future of California State government as voters will make their leadership choices in the November 2026 election.

Great Books: How to Use the Shared Inquiry Discussion Method (Z/NR)

Louise DiMattio
Thursdays, Sep 3 to Dec 3 (13 weeks)
10 to 11:30 am

We will meet weekly to learn about and practice the Shared Inquiry discussion method pioneered by the Great Books Foundation. To learn its principles and discipline, we will use a new, very short story and analyze the author's themes and techniques. We will learn the pitfalls that every reading group encounters and how to deal with them so as to encourage par-

ticipation and discourage lengthy digressions that can derail many discussion groups. This program is geared towards beginners who love to read and talk about what they have read with others. You will need to read one story prior to each session, which will be emailed to you as a pdf attachment.

Louise DiMattio has been a Great Books Leader for more than 40 years. A retired nurse, Louise leads a number of Great Books groups throughout the Bay Area. Louise is also a leader trainer specializing in the use of the Shared Inquiry discussion method.

The Music of Your Life (Z/NR)

Loretta Burdeaux
Lester Bennett
Thursdays, Sep 3 to Dec 3 (13 weeks)
3:30 to 5 pm

The Music of Your Life is a SIG for exploring a wide variety of music. Join us on Zoom each week to listen to old favorites and new music too, as members take turns sharing song picks and the stories behind their selections. Recent topics include: Folk, Jazz, Country, Classical, Singer-Songwriters, along with individual artists selected by the group. Live performances of your song selection are welcome too, if you like to sing and/or play an instrument. Send in the YouTube link for your song each week and we'll handle the screen sharing. New friendships and lots of good music await!

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

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

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FRIDAY SIGS

The Art of Listening (IP/NR)

Karen Gierlach
Fridays, Oct 23 to Dec 4 (Session 2: 6 weeks)
1 to 2:30 pm
Tschannen Science Center (TSN) 1005

Would you like to enhance your listening skills to better understand others? Are you interested in the lives and experiences of fellow community members? Would you like to take a fresh look at your own life, now that much of it lies behind you? If yes, then this is the class for you. We will share our stories in small groups of two or three, keeping them confidential, and we will attempt to listen without judgment, keeping our hearts and minds open to the other. We will use poetry, artwork, journaling, and quick sketches as prompts for our memories.

Karen Gierlach Karen Gierlach received Waldorf teacher training at Emerson College, UK, and taught in Waldorf schools in the US. She has facilitated *Social Art of Biology* workshops for Waldorf teachers and parents, and for the Renaissance Society for the past five years. Over time, she expanded her offerings to other countries, and to the general public.



Basic Spanish (D/IP/NR)

Sandy Britton
Fridays, Sep 4 to Nov 20 (12 weeks)
1 to 2:30 pm
Brighton Hall (BRH) 104

Always wanted to learn Spanish, or looking to dust off what you learned in the past? Boost your confidence and enjoy learning the BASICS in this fun, relaxed, and interactive introduction to the Spanish language. We will explore essential vocabulary, common phrases, and basic language concepts at a comfortable pace.

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 draws on her own experience of learning the language to help English speakers navigate the challenges of learning Spanish.

Chess for Beginners (IP/NR)

Jeff Schriebman
Fridays, Oct 23 to Dec 4 (Session 2: 6 weeks)
10 to 11:45 am
Eureka Hall (EUR) 101

Whether you are picking up a chess piece for the first time or rediscovering a game you played years ago, you are stepping into something special and fun. Chess has a way of bringing friends and family together at the kitchen table by creating moments of friendly rivalry and shared laughter. It also stimulates one's mind. It builds patience, sharpens focus, and teaches you to think before you act. There is always something new to discover. Continuous learning is the joy of chess. Join us.

Jeff Schriebman discovered chess as a teenager, captivated by the game's blend of strategy and creativity. As an adult, he deepened his study and developed a passion for sharing chess with others. . Whether you have never played chess before or are someone wanting a review of chess fundamentals, Jeff welcomes you to the board.



Conversation Skills in Listening and Story Sharing (IP/NR)

Jane Lorand
Fridays, Sep 4 to Oct 16 (Session 1: 7 weeks)
9:30 to 11 am
Eureka Hall (EUR) 101

Technology and Covid-19 have eroded some of our sense of “how to make friends” and “how to move a conversation to a deeper level without fear.” In each of these sessions, we will join four to five others to share stories and pick up new listening skills. Each group chooses topics, and each person has up to three minutes of uninterrupted time to share an experience or story from their life. Lots of laughter and fun, and lots of unpressured time to “meet the other” in a way that helps us connect.

Jane Lorand is a former Fair Oaks elementary teacher and school counselor who founded and led this nation’s first accredited GreenMBA program from 1999 to 2016. She and her team created CatalyticThinkingLabs.org to offer free leadership skills worldwide. A mother of five, she supports Waldorf Education’s focus on independent thinking and warm hearts.

English and Scottish Country Dance (IP/NR/WI)

Ruth Scodel
Fridays, Sep 4 to Dec 4 (13 weeks)
11 to 11:45 am
Shasta Hall (SHS) 132

If you’ve seen movies based on Jane Austen’s novels, you’ve seen English country dance. If you can walk, you can dance, and enjoy movement, music, and social interaction all at the same time. This is a clip from *Pride and Prejudice* 2005, “The Tythe Pig” (<https://www.youtube.com/watch?v=1Y9hGQImApE>). We will do both old dances like Draper’s Gardens from 1721 (<https://www.youtube.com/watch?v=mQIM5WRySH0>) and new ones like Tersicourante (<https://www.youtube.com/watch?v=ovFfq69Ntsg>). Those who catch the dance bug will have many chances to dance to live music with excellent callers and friendly experienced dancers.

Ruth Scodel, a retired professor of Greek and Latin at the University of Michigan, has been active in English and Scottish Country Dance for over 40 years, and has participated in many camps and workshops. She is a member of the board of the Sacramento County Dance Society.

Knitting With Friends (IP/NR/WI)

Barbara Kletzman
Fridays, Sep 4 to Dec 4 (13 weeks)
9:30 to 11:30 am
Mendocino Hall (MND) 1032

Bring your knitting or crocheting and spend 2 hours on your craft and chatting with your fiber friends. There are people at all levels of experience. There are no instructions but always help from one another. Join us and meet some new friends.

Barbara Kletzman joined the Renaissance Society in 1999 and has led and co-led several knitting groups as well as led Ted Talks for four semesters. In 2005 she started a 10-year project recruiting volunteers to knit baby blankets, dropping off at least 25 blankets per month to local hospitals. Currently, she knots scarves for the homeless.

Making Sense Amidst Today’s Complexity (IP/NR)

Jane Lorand
Fridays, Oct 23 to Dec 4 (Session 2: 6 weeks)
9:30 to 11 am
Eureka Hall (EUR) 109

Our era is increasingly complex, and there are approaches that help us move past mere problem/solution thinking. This exploratory lab and conversations help us to share and learn how diverse perspectives can help us make sense without being overloaded by frustration. We can adjust our expectations. We do activities each session and build some “thinking process skills” that are appropriate for the level of complexity we’re meeting.

Jane Lorand is a former Fair Oaks elementary teacher and school counselor who founded and led this nation’s first accredited GreenMBA program from 1999 to 2016. She and her team created CatalyticThinkingLabs.org to offer free leadership skills worldwide. A mother of five, she supports Waldorf Education’s focus on independent thinking and warm hearts.

Social Dancing (IP/NR/WI)

Richard Kowaleski
Fridays, Sep 4 to Dec 4 (13 weeks)
12 to 12:45 pm
Shasta Hall (SHS) 132

Learn or improve your dance skills in swing, Latin, country, and more. For beginners and experienced dancers alike. No partner required. A noon-time favorite for more than 18 years—check it out!

Richard Kowaleski teaches dancing throughout the Sacramento area and is a dance host at local dances. His unique teaching methods and delightful sense of humor will have you quickly and easily learning patterns that look great on the dance floor.

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Travel and Adventure (IP/NR)

Frederick (Fred) Chapman
Cindi Matsumoto
Fridays, Sep 4 to Dec 4 (13 weeks)
10 to 11:30 am
Tschannen Science Center (TSC) 1002

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

Fred 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 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 has been a co-leader and class presenter for the last four semesters.

Watercolor Studio (IP/NR/WI)

Judy Hawkins
 Kathleen Ellertson
 Fridays, Sep 4 to Dec 4 (13 weeks)
 12 to 2:30 pm
 Kadema Hall (KDM) 170

This in-person watercolor lab is devoted to both experienced and beginning watercolorists. Class members will determine their own subject matter 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, brushes etc. will be provided. The studio environment encourages class member interaction and learning from each other. Artistic resources (books, magazines etc.) will be shared.

Judy Hawkins has been painting in various mediums for most of her life. She has a BA in Art from CSUS and has been a public school teacher and art instructor. She has been attending the *Watercolor Studio* for nine years and enjoys sharing the joys of watercolor with others.

Kathleen Ellertson is an artist, art historian and nonprofit founder who has led the *Watercolor Studio* with Judy Hawkins for the past year. She has been participating in the class since 2018. She has been a dedicated supporter of the arts since her study of art history in Florence Italy in 1979.



YEAR-ROUND SIGS

Third Monday Book Club (Y/Z/NR)

Marian Kile
 Mondays, Sep 21 to Dec 14
 (Year-round monthly)
 9:30 to 11:30 am

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

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 the 30 miles. That book club was in high demand, so she helped an enrollee start another book club. She also started this additional book club. She enjoys the variety of genres and books.

The First Tuesday Book Club (Y/Z/NR)

Linda Rahn
 Tuesdays, Sep 1 to Dec 1 (Year-round monthly)
 10 to 11:30 am

Group members choose the books to read. The discussion leader is rotated each month based on who recommended the chosen book. We read and discuss a variety of books, fiction and nonfiction. It is preferred that the book be available through the Sacramento Public Library system. Members engage in lively intelligent discussions that are non-contentious and comfortable. The discussions may include the author's background research and plot development.

Linda Rahn is a California native. Linda spent 33 years in Social Services and worked in three counties over her 33-year career. The last county she worked for was Placer County, where she worked for 18 years before retiring. Linda and her husband moved to Sacramento County in 1989, settling in the Carmichael area. She developed a love of reading at an early age and has never stopped.

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

Marian Kile
 Tuesdays, Sep 15 to Dec 15
 (Year-round monthly)
 9:30 to 11:30 am

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 at the Renaissance Society, and then she started this one. She enjoys the variety of genres and books that she would never have read without the book clubs.

The Tuesday Afternoon Chess Club (Y/IP/NR)

Ivy Hendy
 Tuesdays, Sep 1 to Dec 1 (Year-round weekly)
 12:30 to 2 pm
 Raley's Supermarket, Corner of Howe and Fair Oaks Blvd., Sacramento

The *Tuesday Afternoon Chess Club* is for you who already know how to play chess. You might be an advanced player, or you might just know basic moves. But you'll have a good time with the others in this group. We are a friendly, enthusiastic, non-competitive group whose main goal is to play chess. We bring our chess set and play with whoever doesn't have a partner. One of us is just waiting for you! We meet off campus every Tuesday, through all holiday periods and through the summer. Join us each Tuesday or whenever you can. Non-chess players are welcome to come and observe.

Ivy Hendy has played chess since childhood. Chess can be played many ways, but Ivy prefers a non-competitive, friendly, face-to-face game. Ivy has led various Renaissance Society seminars. Recently, she led the beginning chess seminar. Ivy enjoys seeing everyone's smiling faces, but the real lesson of chess is always the same: playing chess is like living a life, win a few, lose a few.

Writers Workshop (Y/IP/NR)

Anita Adams
 Ruth Rezos
 Tuesdays, Sep 1 to Dec 1 (Year-round weekly)
 12 to 2 pm

We encourage our members to write in their own style that includes fiction, memoirs, poetry, travelogues, and genealogy. Expert writing is not required. Our class offers help with style, mechanics, and presentation, which will be offered if requested. Meetings are held in various locations and participants are emailed before each meeting. Class meets year-round.

Anita Duncan Adams was an advertising executive with the *Sacramento Union* newspaper and the real estate advertising supervisor when the newspaper closed in 1994. She went on to work as a customer service agent with Southwest Airlines. When the state lifted its hiring freeze in 1995, she worked for the Department of Food and Agriculture as an inspector, retiring in 2011. Her education includes American River College, Sam Houston State University, and Texas A&M University. She joined the Renaissance Society for the 2012 Spring semester, serving numerous times on the nominating committee. She has led the Writers Workshop for the past five years.

Ruth Rezos received her BA degrees in English Literature and Medieval Studies from UC Davis. She retired after 30 years in public service with Social Security Disability, working as a claims examiner, quality assurance reviewer, hearing officer, and policy analyst. She joined the Renaissance Society in 2019 and joined 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.

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Le Cercle Français (Y/IP/NR)

Ruth Scodel
Ana Facio
Wednesdays, Sep 2 to Dec 12
(Year-round weekly)
10 am to 12 pm
Campus Commons Clubhouse Boardroom,
650 Commons Drive, Sacramento.

Members of Le Cercle are intermediate French speakers who gather weekly to practice conversation. We read stories or articles, listen to songs or podcasts, recommend movies or restaurants — whatever seems interesting each week. Please contact one of the program leaders before signing up.

Ruth Scodel first studied French in school and has ongoing interests in Francophone literature and culture. Her main role in the group is to propose topics for conversation and to find articles and podcasts.

Ana Facio, a native speaker of Spanish, has been an enthusiastic student of French for many years, and has attended summer programs in Quebec.

Wednesday Writers Group (Y/Z/NR)

Marian Kile
Wednesdays, Sep 2 to Dec 2
(Year-round weekly)
9:30 to 11:30 am

This is a new writing group created for members who want to develop their skills by writing and sharing their own stories, poems, essays, novels, memoirs, or other creative works. No one is expected to be an expert, but everyone is encouraged to share what they feel would improve the writing. Each critique will be limited to four pages of writing at one time. Membership is limited, so please only sign up if you are committed to writing about twice a month.

Marian Kile joined a Renaissance Society Writers group in 2007 so she could write short stories about her and her family’s personal life for her grandchildren. Since then, she has written over 250 stories and self-published over eight books. She is still a member of the original group and continues to learn from them.

Intermediate Contract Bridge (Y/IP/NR)

Trent Levinson
Thursdays, Sep 3 to Dec 3 (Year-round weekly)
12:30 to 1:15 pm
Sierra 2 Center for the Arts and Community,
2791 24th St., Sacramento, CA 95818.

Each class will be a discussion of a topic relevant to improving your understanding of bidding and playing hands. Participation in discussions is encouraged but not required. Topics may be suggested by members. Each class is followed by free play bridge for several hours. The attitude toward the game is casual, with an emphasis on fun. There is a lot of “table talk” permitted as players enhance their understanding of their partner’s bidding, as well as their own, and strategies for play.

Trent Levinson has been playing bridge for over 50 years, learning it first from his grandfather and then from fellow college students. He has both a BS and an MS degree in psychology, and he would have gotten them sooner were it not for his long-standing commitment to learning and sharpening his game. He started teaching in September 2025. He knows the game well enough to recognize when someone else knows the game better and to welcome them to his class.

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Partners in Crime (Y/IP/NR)

Lynda Cassady
Pat Stokes
Thursdays, Sep 24 to Nov 19
(Year-round monthly)
1 to 2 pm
Arden-Dimick Library
891 Watt Ave, Sacramento, CA 95864

This book group meets once a month, year-round. Members alternate selecting an author and reading any of the author’s books. Discussions address writing style, character development, but not the ending.

Lynda Cassady is a long-time mystery reader and has led this group for several years. Her role is to send meeting reminders and offer guidance.

Pat Stokes is an original member of this reading group. She enjoys reading new authors and selects authors that are not always mainstream but well-received.

The Economist (Y/Z/NR)

Steve Scott
Thursdays, Sep 3 to Dec 3 (Year-round weekly)
7 to 8:30 pm

The Economist is arguably the best and most comprehensive weekly news magazine in the English language. The articles are wide-ranging, covering politics, economics, and culture across the globe. Class members will be expected to read and be prepared to discuss selected articles appearing in the current issue.

Steve Scott graduated from UC Berkeley with a degree in Political Science. He spent 35 years in the corporate world, retiring from VSP as the CIO. Toward the end of his business career, he enrolled in Sac State’s Executive MBA program with the goal of becoming a teacher. He taught undergraduate and graduate courses at Sac State and the California Maritime Academy, retiring from his teaching career in 2023.

Exploring Spanish (D/Y/IP/NR)

Sandy Britton
Fridays, Sep 4 to Dec 4 (Year-round weekly)
10 to 11:30 am
Brighton Hall (BRH) 210

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

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 draws on her own experience of learning the language to help English speakers navigate the challenges of learning Spanish.



High Intermediate Spanish (D/Y/H/NR)

Melody Flores
Fridays, Sep 4 to Dec 4 (Year-round weekly)
10 to 11:45 am
Solano Hall (SLN) 3008

High Intermediate Spanish offers a place for students at this level to continue learning to read, translate, speak, and write Spanish. We have read various Spanish novels, worked on grammar books, and done other applicable language work. We are a year-round, hybrid class with Zoom available on days when it is more appropriate to hold class online or if a student cannot make it to class. We have been reading *Como agua para chocolate* (Like Water for Chocolate). **Important:** The Program Leader will contact you to determine whether you meet the language requirements for participating in the group. If not, you can enroll in the *Basic Spanish* or *Exploring Spanish* group.

Melody Flores has been a member of the Renaissance Society since Spring 2011. After enjoying the classes for a few years, she succumbed to the encouragement to lead a class and share her talents and abilities. She is glad to share her knowledge of Spanish. She studied at Shasta Junior College in Redding, California, and at the University of Guadalajara, Guadalajara, Mexico.

Hot Topics (Y/IP/NR/WI)

Erika Wasser
Laura Middleton
Fridays, Sep 4 to Dec 4 (Year-round weekly)
11 am to 12:30 pm
Mendocino Hall (MND) 1020

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 is encouraged. Prerequisites include tolerance and patience for the values and beliefs expressed by others. Walk-ins are welcome.

Erika Wasser joined the Renaissance Society and Hot Topics in 2020. She enjoys lively discussions with 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 array of classes offered and has discovered many new interests since joining.



COMMUNITY GROUPS

Conversations (Y/IP/NR)

Maryellen Burns
Days Vary, Aug 31 to Dec 4 (Year-round varies)
Times Vary
Location to be announced

Conversations is a year-round series exploring regional and national issues, from politics, media, and the arts, to food, history, humor, and community life. Rather than formal lectures, these gatherings encourage lively dialogue where ideas, questions, differing viewpoints, and creative solutions are welcome. Programs take place throughout the Sacramento region in libraries, museums, theaters, restaurants, community centers, and public spaces. *Conversations* partners with cultural and community organizations on programs exploring theater, media, elections, storytelling, civic life, and the arts.

Maryellen Burns, a Sacramento cultural historian, author, presenter, and community organizer, guides this series.

A Cook's Tour of Sacramento (Y/IP/NR)

Maryellen Burns
Dan Cross
Days Vary, Aug 31 to Dec 4 (Year-round varies)
Times Vary
Location to be announced

A Cook's Tour of Sacramento continues to evolve, offering opportunities to gather for coffee, lunch, happy hour, and meals, as well as outings to music performances, theaters, museums, bookstores, galleries, historic sites, and other cultural destinations throughout the region. This member-driven group welcomes ideas for new adventures, from local favorites to hidden gems. Every outing offers a chance to discover something new, enjoy good conversation, and connect with others. Days and times vary, and some activities may involve food, transportation, or admission costs.

Long guided by **Maryellen Burns, Dan Cross, and Martha Mathison**, the group now welcomes fresh ideas and new organizers. Visit www.cookstoursac.com or email cookstour-sac@gmail.com.

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one-time presentations

monday big history series

Big History (Z/R)

Kathryn J Tobias

Monday, Sep 14 to Nov 16 (10 weeks)

10 to 11:30 am

This presentation series features a variety of single presentations by members and guest speakers who focus on the history of the cosmos, earth, life, and the human condition.

Kathryn J Tobias has presented several topics at Big History over the last five years and is now taking over as coordinator of the program. She has a BA and MA in history, as well as a master's degree in Regional Planning and a JD. She has taught at UC Davis Continuing Ed, Sac State, McGeorge School of Law (UOP), and Stanislaus State.

tuesday speaker series

Understanding Bias: How Our Minds Make Snap Judgments (D/Z/R)

Stacie Walton

Tuesday, Sep 15

1 to 2:30 pm

The objectives of this presentation are to: 1) Distinguish between perspective and reality; 2) Explain how and why the brain is hard-wired for bias; 3) Provide fun examples of our quirky brains; and 4) Show how we can mitigate bias through personal and policy changes.

Stacie Walton retired from Kaiser Permanente as a clinical pediatrician and served as Diversity Champion and Communication Consultant. She is the Head Strategist for her consulting firm, The Diversity Doctor. She currently works at a Federally Qualified Health Center in Sacramento, where she supervises family practice residents. Outside her clinical and educational roles, Dr. Walton facilitates Racial Healing Circles in Sacramento with Coming to the Table, using circle processes rooted in the North American Indigenous Peace Circle tradition. She

was educated at Stanford, Columbia Vagelos College of Physicians and Surgeons, Children's Hospital of Philadelphia, and UC Berkeley.

Democracy or Tyranny: It's a Choice That We Make (Z/R)

Duane Campbell

Tuesday, Sep 22

1 to 2:30 pm

We inherited a mostly democratic society. We must now work together to defend it. Our democracy is under assault from pro-authoritarian forces: the Trump Regime, MAGA, and the oligarchy. What must we prepare for if they steal this election? California is central to the resistance. In 2026, non-participation in politics and elections is dangerous. What kind of society will we leave our grandchildren? How is AI shaping the elections? Which strategies and approaches work best? Where do we go (together) from here?

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. He has facilitated seminars for the Renaissance Society, including *The Authoritarian Challenge to our Democracy*. He is active in the resistance.

The History and Culture of Wine (D/Z/R)

Harold Anderson

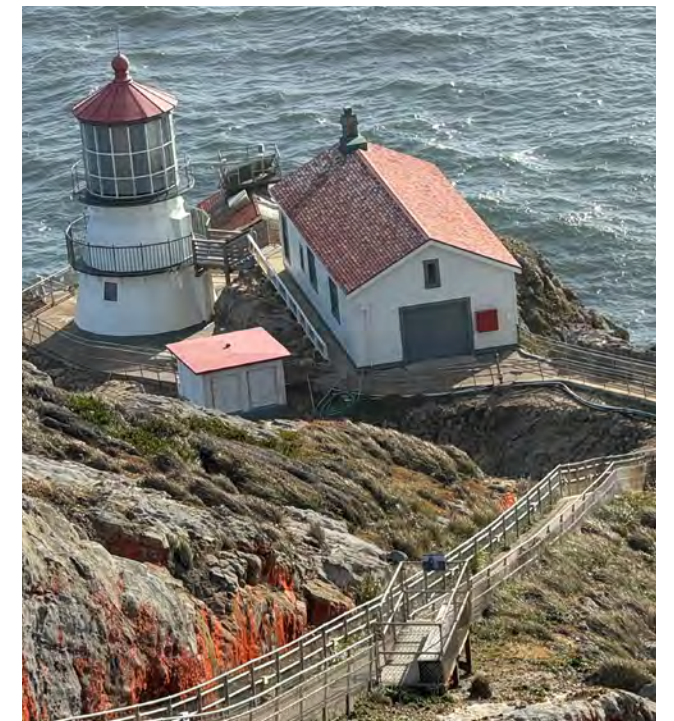
Tuesday, Sep 29

1 to 2:30 pm

Explore the culture of wine throughout history. Starting in Mesopotamia, wine was central to Greece and Rome, representing hospitality and ritual. It had sacred significance in Judaism and Christianity. Medieval monasteries guarded viticulture, leading to diverse styles. Colonial expansion spread wine globally, industry improved wine, and labels protected regional character. Today, wine is tied to trade, culture, and discussions. It impacts economies, tourism, social class, and aesthetic traditions.

Harold Anderson retired as a marriage and family therapist (MFT) in 2020. Earlier in his career, he was a United Methodist elder and taught religious studies, philosophy, and ethics throughout the Denver, CO area. He also taught MFT theory at a graduate level for seven years. Harold has a PhD in Religious Studies, an MA in Philosophical Theology, an MDiv, and did postgraduate work in MFT. Harold moved to Rancho Murieta in 2021 and is married to Becky Hutcheson, his wife of more than 20 years.

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How Trauma Shapes Us and How We Heal: A Restorative Justice Approach (D/Z/R)

Stacie Walton

Tuesday, Oct 6

1 to 2:30 pm

The objectives of this presentation are to: 1) Describe Restorative Justice as a relationship-building activity; 2) Illustrate what happens in our bodies and brains with conflict and harmful experiences; 3) Describe what is needed for healing; and 4) Explore activities that help to establish and sustain trust with others.

Stacie Walton retired from Kaiser Permanente as a clinical pediatrician and served as Diversity Champion and Communication Consultant. She is the Head Strategist for her consulting firm, The Diversity Doctor. She currently works at a Federally Qualified Health Center in Sacramento, where she supervises family practice residents. Outside her clinical and educational roles, Dr. Walton facilitates Racial Healing Circles in Sacramento with Coming to the Table, using circle processes rooted in the North American Indigenous Peace Circle tradition. She was educated at Stanford, Columbia Vagelos College of Physicians and Surgeons, Children's Hospital of Philadelphia, and UC Berkeley.

Poetry as a Gateway to Peace and Tranquility (Z/R)

Marc Ely
Tuesday, Oct 13
1 to 2:30 pm

This presentation will introduce poetry as a means of finding peace in this modern world. Poetry exists in every culture and predates the written word. It is a truly human art form where one may find solace, and it has many forms — it is not a one-size-fits-all art form. This session will dissect a few poems, reviewing tools to help the listener understand why certain poems resonate (or not). The rest of the time will include reading selected short poems.

Marc Ely is retired, happily married for 40+ years, and is a proud father and even prouder grandfather. He received an education in California public schools, and he is sharing this topic as a way to find peace and tranquility in the world we share.

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Advance Care Planning and End of Life Options in California (Z/R)

Rita Mason
Tuesday, Oct 20
1 to 2:30 pm

A discussion of the importance of sharing your values and end-of-life wishes with loved ones, legal end-of-life options, and the resources and support provided by End of Life Choices California. Legal end-of-life options include stopping unwanted medical treatment, palliative care, hospice care, voluntarily stopping eating and drinking (VSED), and California’s End of Life Option Act (also known as medical aid in dying).

Rita Mason is a certified End-of-Life Doula dedicated to helping people navigate the end-of-life journey with compassion, dignity, and peace. Drawing on personal experience and training, she provides emotional, spiritual, and practical support for those facing illness, grief, and end-of-life decisions. Rita volunteers with End of Life Choices California (EOLCCA) through its Speakers Bureau and Day of Ingestion programs for individuals utilizing Medical Aid in Dying. Rita also works alongside hospice and palliative care teams to ensure everyone feels supported and empowered. Through presentations and Death Cafés, she encourages open conversations about death, dying and preparation for life’s final chapter.



Help Reverse Diabetes: Learning the Low Glycemic Foods (Z/R)

Linda Middlesworth
Tuesday, Oct 27
1 to 2:30 pm

This presentation features a video by Dr. Neal Barnard on the glycemic index and how it can help manage diabetes or prevent the risk of getting it. He will explain the best foods to eat and which foods to avoid. A short quiz will be provided in advance and completed in class after viewing Dr. Neal Barnard’s video. A brief slideshow will be shared of the presenter’s own journey from prediabetes, cancer, and obesity to now optimal health. Participants will receive several recipes and will view a prerecorded food demo on how to make them. Participants will have an opportunity to ask questions during the session.

Linda Middlesworth, the VeganMentor, is an 82-year-old ethical vegan of 40 years and founder of the Sacramento Vegan Society (5,000+ members). Plant-Based Nutrition-certified (eCornell/T. Colin Campbell Foundation), she serves on the Center for Nutritional Studies board and has received the Voice of Compassion Award in 2025 from the Physicians Committee for Responsible Medicine. A Licensed Food for Life instructor, she teaches diabetes reversal, cancer survival, and weight-

loss classes locally, and runs VeganMentor, her health-coaching business since 2012. She’s a Founding Member of The Vegan Community, hosts expert podcasts, and co-owns v-dog.com, a vegan dog food business founded in 2005 with her son, Darren.

Residual Racism X: Historical Redlining in Sacramento (D/Z/R)

Kevin Flash
Tuesday, Nov 3
1 to 2:30 pm

The practice of redlining still presents itself in Sacramento in the form of the Digital Divide. Regional efforts are underway to strengthen communities through Digital Inclusion efforts. Redlining created barriers to communities, depriving them of resources, visually forming an X across the city. Today, households lack affordable Internet and computers, forming that same X. Learn what the region is doing to erase this residual impact of racism and open up opportunities for communities.

Kevin Flash is Executive Director for Computers4Kids, a non-profit organization supporting Digital Equity in the greater Sacramento region. He is a retired Dean of Learning Resources from Sacramento City College and a member of the Capital Region Coalition for Digital Inclusion.

The History of the Computing Machine (Z/R)

Harold Anderson
Tuesday, Nov 10
1 to 2:30 pm

Computing machines evolved from early tools like the abacus to advanced digital systems. In the 19th Century, Charles Babbage’s concepts led to programmable devices, while the 20th century introduced electronic computers, transistors, and microprocessors. Personal computers and mobile devices emerged, and then the Internet transformed communication, resulting in cloud technologies and AI, impacting all aspects of society. This lecture examines the philosophical and cultural impact of this evolution.

Harold Anderson retired as a marriage and family therapist (MFT) in 2020. Earlier in his career, he was a United Methodist elder and taught religious studies, philosophy, and ethics throughout the Denver, CO area. He also taught MFT theory at a graduate level for seven years. Harold has a PhD in Religious Studies, an MA in Philosophical Theology, an MDiv, and did post-graduate work in MFT. Harold moved to Rancho Murieta in 2021 and is married to Becky Hutcheson, his wife of more than 20 years.

Enriching Your Life Through Volunteerism (Z/R)

Charlotte Stott
Tuesday, Nov 17
1 to 2:30 pm

Retirement can be a life-altering event. Volunteering can be the bridge between daily employment and a future filled with leisure time. This session will cover the personal benefits of volunteering, explore how to get started, and how to find the nonprofit that fits your personal beliefs and skill sets. We will also look at an example of a local nonprofit that offers a variety of volunteer opportunities. Volunteering in retirement can be a win-win for you and our community.

Charlotte Stott retired in 2007 after a 20+ year career in marketing and sales management. At the pinnacle of her career, she held the positions of Chief Marketing Officer of a national insurance company and Division President of a large California insurance administrator. Retiring early and realizing she had never

had time to give back to her community, she joined the Assistance League of Sacramento. This began a whole new volunteer chapter in her life. Charlotte is a Past President and has held numerous Board positions. She is currently the VP of Marketing Communications. She has also served on the National Assistance League's Board of Directors.

Rethinking End-of-Life Through Green Burial (Z/R)

Stephanie Brow
Tuesday, Dec 1
1 to 2:30 pm

Discover how green burial is transforming the way families approach end-of-life planning, remembrance, and environmental stewardship. This presentation explores the history, benefits, and growing movement behind conservation and natural burial, while sharing how meaningful, eco-conscious choices can create healing experiences for families and preserve land for future generations.

Stephanie Brow is the Cemetery Manager at Morgan Oaks Eternal Preserve, a conservation-focused green burial cemetery dedicated to natural burial and land preservation. She is passionate about helping families create meaningful, environmentally conscious end-of-life experiences while educating communities on the benefits of green burial. Through speaking engagements and The Green Burial Chronicles with Morgan Oaks, Stephanie shares stories of healing, legacy, and sustainable remembrance.



eskaton village series



Museums Around the World (D/IP-E/NR)

Anne Rewell
Monday, Sep 21
1 to 2:30 pm
Eskaton Village Auditorium

Journey through some of the world's most fascinating museums, exploring the architecture, art, history, and antiquities that make them cultural treasures. From grand historic institutions to striking modern designs, this talk examines how museums preserve the stories of civilizations while inspiring generations through creativity, discovery, and human achievement. Location: Eskaton Village 3939 Walnut Ave., Carmichael, 95608

Born in Australia, **Anne Rewell** has lived on three continents and brings an international perspective to her work. Her seminars reflect her curiosity and love of learning. Anne enjoys engaging with fellow members, encouraging discussion and sharing knowledge in an interactive setting. Her diverse background provides a rich foundation for talks designed to inform and inspire.

How to Be Charitable with Your Investments (IP-E/NR)

Nashoba (Nash) Bailey
Monday, Oct 19
1 to 2:30 pm
Eskaton Village Auditorium

A Renaissance Society Educational Event: Discover how thoughtful giving strategies can help grow your portfolio while potentially reducing taxes. Learn how charitable giving - through organizations like the Renaissance Society Endowment and Scholarship Program - can support your financial goals while creating meaningful impact. Join Nash Bailey for educational webinar and live Q&A designed for Renaissance Society Members. Topics include: RMDs, QCDs, tax-efficient giving, Donor Advised Funds, and legacy planning. Location: Eskaton Village 3939 Walnut Ave., Carmichael, 95608

Nash Bailey, ChFC, is an Advisory Associate with Wealth Strategies Retirement Asset Management. Nash specializes in crafting customized retirement solutions through advanced portfolio construction and an in-depth understanding of client behavioral motivators. He leads community workshops designed to empower retirees with the clarity and financial knowledge necessary to make confident, informed decisions for their future.

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Woman Behind the Canvas: The Story of Jo Van Gogh (D/IP-E/NR)

Anne Rewell
Monday, Oct 26
1 to 2:30 pm
Eskaton Village Auditorium

The world nearly forgot Vincent van Gogh until one woman refused to let that happen. After the death of her husband Theo, Johanna van Gogh-Bonger inherited hundreds of Vincent’s paintings and letters. Against the odds, she transformed a struggling artist into a global icon. Discover the remarkable woman who changed art history forever. Location: Eskaton Village 3939 Walnut Ave., Carmichael, 95608

Born in Australia, **Anne Rewell** has lived on three continents and brings a broad international perspective to her work. Anne especially enjoys engaging with fellow members, fostering discussion, and sharing knowledge in an interactive setting. Her background and experiences provide a rich foundation for her talks, which are designed to both inform and inspire.

Many Journeys, Unequal Paths: Rethinking Immigration in America (D/IP-E/NR)

Jeff Ferreira-Pro
Tuesday, Sep 29
1 to 2:30 pm
Eskaton Village Auditorium

This talk explores how immigration has shaped the United States, not as a singular story, but as a series of vastly different experiences shaped by race, class, and origin. From exclusionary laws to pathways of privilege, it invites audiences to examine how policy, prejudice, and perseverance have defined who gets to belong and who has to fight to be seen. Location: Eskaton Village 3939 Walnut Ave., Carmichael, 95608

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, and joined the Historical Society Board in 2006, serving as Board Chair from 2014 to 2023.

Rethinking End-of-Life Through Green Burial (IP-E/NR)

Stephanie Brow
Tuesday, Oct 13
1 to 2:30 pm
Eskaton Village Auditorium

Discover how green burial is transforming the way families approach end-of-life planning, remembrance, and environmental stewardship. This presentation explores the history, benefits, and growing movement behind conservation and natural burial while sharing how meaningful, eco-conscious choices can create healing experiences for families and preserve land for future generations. Location: Eskaton Village 3939 Walnut Ave., Carmichael, 95608

Stephanie Brow is the Cemetery Manager at Morgan Oaks Eternal Preserve, a conservation-focused green burial cemetery dedicated

to natural burial and land preservation. She is passionate about helping families create meaningful, environmentally conscious end-of-life experiences while educating communities on the benefits of green burial. Stephanie will share stories of healing, legacy, and sustainable remembrance.

Preparing and Advocating for You or Your Loved One’s Medical Care (IP-E/NR)

Christine Grmolyes
Wednesday, Sep 2
1 to 2:30 pm
Eskaton Village Auditorium

This talk will provide tools to help you advocate for loved ones throughout their elder care journey. We’ll discuss preparing ahead, communicating with physicians, and planning for crises. We’ll also cover your rights, what to expect in hospitals and skilled nursing facilities, and how to make care transitions smoother and more successful. With the right knowledge and tools, you can stay calm and help ensure the best possible care for your loved one. Location: Eskaton Village 3939 Walnut Ave., Carmichael, 95608

Christine Grmolyes is a Geriatric Care Manager with 27+ years in the senior care industry, including 19 years helping thousands of families find the right care solutions. She holds a bachelor’s degree from Sac State, and certificates in Geriatric Care Management and Gerontology. Christine is an active community volunteer and advocate for seniors and caregivers.

Fees, Scams and Cryptocurrencies (IP-E/NR)

David Bach
Wednesday, Oct 7
1 to 2:30 pm
Eskaton Village Auditorium

Topics include needless fees and costs, scams, and cryptocurrencies. Location: Eskaton Village 3939 Walnut Ave., Carmichael, 95608

David Bach is Principal of Bach Financial Literacy Consulting, helping corporate employees better manage their retirement plans and helping investors of all ages avoid scams. He has 51 years of investment experience, including 31 years at CalPERS. Mr. Bach is a board member of the Sac State Investment Advisory Committee (CSUIAC) overseeing a \$3 billion investment portfolio.

Iconic Images of America (D/IP-E/NR)

Milo Turaylich
Wednesday, Nov 11
1 to 2:30 pm
Eskaton Village Auditorium

This presentation will feature eight iconic images of our country. What do Americans and foreigners think of when they think of the United States of America? First, of course, is the Statue of Liberty. After that, it’s a matter of individual choice. Let’s celebrate America’s 250th anniversary together. Location: Eskaton Village 3939 Walnut Ave., Carmichael, 95608

Milo Turaylich has been a Renaissance Society member since 2007 and learned how to do PowerPoint Presentations thanks to Chuck Wiseley. He has given presentations at the Renaissance Society, local libraries, and local senior living residences.



Introduction to Walking Meditation Using a Labyrinth (D/IP-E/NR)

Christie Braziel
Thursday, Sep 17
1 to 2:30 pm
Eskaton Village Auditorium

Experience a transformative journey in this introduction to labyrinths and walking meditation. Discover an engaging way to release stress and cultivate mindfulness, using the ancient design of a labyrinth. By the end of class, you will feel more relaxed and equipped with a practical tool for mindfulness in your daily life. The class features a lecture with slides, video, and handouts, followed by a walk on a 5-circuit

labyrinth. You will learn: What is a labyrinth? The three simple stages of walking a labyrinth to maximize its benefits. and tips for locating labyrinths near you. Past students are welcome to join again for a refresher and renewed inspiration. Location: Eskaton Village 3939 Walnut Ave., Carmichael, 95608

Christie Braziel is a Veriditas certified, trained labyrinth facilitator who has taught and led dozens of workshops and walks. Her teaching philosophy centers on empowering individuals to find peace and clarity through meditative walking, drawing on her decades of experience actively walking labyrinths since the 1990s.

friday morning series

Presidential Libraries and Museums (IP/R/WI)

Milo Turaylich
Friday, Sep 4
10 to 11:30 am
Eureka Hall (EUR) 107

This presentation will cover the 13 presidential museums from Herbert Hoover through George W. Bush and the Abraham Lincoln museum in Springfield, IL, and will focus on the successes of each administration. What happens to presidential gifts? Can presidents keep them? What are the libraries and museums used for? Join us and we will find out.

Milo Turaylich has been a Renaissance Society member since 2007. Thanks to Chuck Wiseley, he has learned how to do Power Point presentations. He has given presentations at the Renaissance Society, at local libraries, and at senior living residences.

The History of the Computing Machine (IP/R/WI)

Harold Anderson
Friday, Sep 11
10 to 11:30 am
Eureka Hall (EUR) 107

Computing machines evolved from early tools like the abacus to advanced digital systems. In the 19th Century, Babbage's concepts led to programmable devices, while the 20th century introduced electronic computers, transistors, and microprocessors. Personal computers and mobile devices emerged, then the internet transformed communication resulting in cloud technologies, and AI, impacting all aspects of society. This lecture examines the philosophical and cultural impact of this evolution.

Harold Anderson retired as a marriage and family therapist (MFT) in 2020. Before that he was a United Methodist elder and taught religious studies, philosophy, and ethics.. He also taught MFT theory at a graduate level for 7 years. Harold holds advanced degrees in Religious Studies, Philosophical Theology, and Divinity, and did post-graduate work in MFT.

News Flash from 1934 (IP/R/WI)

Anne Rewell
Friday, Sep 18
10 to 11:30 am
Eureka Hall (EUR) 107

Step back to 1934 and explore original newspaper articles to see how stories were told and whether the narratives have truly changed over the past 90 years. Expect a rich mix of nostalgia, surprise, and meaningful reflection. Some articles will spark memories, others may feel strikingly relevant or even unsettling. This is an engaging, discussion-based class, and participants are encouraged to share their thoughts and perspectives. Join us as we connect past and present — one headline at a time.

Born in Australia, **Anne Rewell** brings an international perspective to her work. Her seminars reflect both her curiosity and love of learning. Anne enjoys engaging with fellow members, fostering discussion, and sharing knowledge in an interactive setting. Her background and experiences provide a rich foundation for her talks, designed to inform and inspire.

107 Days at Sea: The Journey That Changed Everything (IP/R/WI)

Jill Chalsty
Friday, Sep 25
10 to 11:30 am
Eureka Hall (EUR) 107

At 63, Jill Chalsty boarded a ship alone, grieving her husband's death and battling cancer. What began as a voyage around the world became far more than a trip. In this lecture, Jill shares the story behind her memoir *Packets of Hope*, inviting participants to travel alongside her through the ports she visited, the people she met, and the reflections that transformed personal adversity into strength and global impact. Jill demonstrates how one person's courage can create ripples that span continents. Participants are encouraged to read her memoir, available free at www.packetsofhope.com, before the presentation.

Jill Chalsty, founder of Overcoming Obstacles, has empowered over 180 million young people worldwide through life skills education. Her journey of loss and cancer inspired *Packets of Hope*, illuminating the power of love and service.



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Broadway Sacramento: 75 Years of Theater Magic (IP/R/WI)

Margaret Kane
Friday, Oct 2
10 to 11:30 am
Eureka Hall (EUR) 107

The presentation, filled with photographs and illustrations, tells the 75-year story of Broadway Sacramento, including a vivid look at the history and artists who have shaped one of Sacramento’s most beloved cultural traditions. Content is drawn from the presenter’s recently published book: *Broadway Sacramento: 75 Years of Theater Magic*, which is based on two years of research and over 40 interviews with leaders and artists.

Margaret L. Kane, PhD, served for nearly a decade on Broadway Sacramento’s board, including as board chair. She has spent her career in the business world, while maintaining a life-long engagement with theater as an audience member. Her book is intended to preserve the legacy of Music Circus for future generations. She can be found online at margaretkane.com.

Flowing Forward: The History, Challenges, and Future of California’s Water Management: Part 1 (IP/R/WI)

Gary Reents
Friday, Oct 9
10 to 11:30 am
Eureka Hall (EUR) 107

California’s water conveyance system is one of the largest in the world. This class will explore why it was constructed, ongoing operational challenges, and future limitations. We will learn about the hydrologic cycle and how California’s climate and geography limit water resources. We’ll examine competing water uses over time, and study the State Water Project and the Central Valley Project. Key legal, environmental, economic, and political considerations will be discussed, along with future proposed changes to the system.

Gary Reents, received a BS from UC Davis, and attended graduate studies at Sac State. He is a licensed Professional Engineer with a 35-year career in water quality, water supply, flood control, and environmental compliance. Gary finished his career as Director of Utilities for the City of Sacramento. He is a founding member of both the Regional Water Authority and Sacramento Groundwater Authority.

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

Flowing Forward: The History, Challenges, and Future of California’s Water Management: Part 2 (IP/R/WI)

Gary Reents
Friday, Oct 16
10 to 11:30 am
Eureka Hall (EUR) 107

California’s water conveyance system is one of the largest in the world. This class will explore why it was constructed, ongoing operational challenges, and future limitations. We will learn about the hydrologic cycle and how California’s climate and geography limit water resources. We’ll examine competing water uses over time, and study the State Water Project and the Central Valley Project. Key legal, environmental, economic, and political considerations will be discussed, along with future proposed changes to the system.

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Financial Planning Participants: Investor Concerns (IP/R/WI)

David Bach
Friday, Oct 23
10 to 11:30 am
Eureka Hall (EUR) 107

Topics include the need for financial planning and why financial illiteracy impacts everyone: reduced investor protections; participants in the financial planning field who follow the Suitability, Regulation Best Interest and fiduciary policies; and an update on scams, cryptocurrencies and private investments. Learn what you would have liked to have known 30 years ago.

David Bach is Principal of Bach Financial Literacy Consulting, helping corporate employees better manage their retirement plans and helping investors of all ages avoid scams. He has 51 years of investment experience, including 31 years at CalPERS where he was a portfolio manager for a \$500 million portfolio.

What A Death Doula Does and Why I Need One (IP/R/WI)

Rita Mason
Friday, Oct 30
10 to 11:30 am
Eureka Hall (EUR) 107

Let’s talk about life...and death. Who should attend? Anyone who is alive and will die one day or knows someone who will. In this introductory workshop we will discuss topics regarding planning and preparing for end of life, such as what is a death doula, benefits of having a death doula, advance care planning, health care proxy, EOL Options, body disposition, Q&A. When we learn how to die, we learn how to live more fully.

Rita Mason is organically groomed to guide individuals at the end of life. Starting with being present at her maternal grandmother’s death at home, visiting elderly in nursing homes with her Mom, having her own near death experience, to becoming a Certified End of Life Doula. Passionate about educating the community on end of life options to normalize conversation about life, dying and death.

Enriching Your Life Through Volunteerism (IP/R/WI)

Charlotte Stott
Friday, Nov 6
10 to 11:30 am
Eureka Hall (EUR) 107

Retirement can be a life altering event. Volunteering can be the bridge between daily employment and a future filled with leisure time. In this session, we will cover the personal benefits of volunteering. We will explore how to get started and how to find the nonprofit that fits your personal beliefs and skill sets. We will also take a look at an example of one local nonprofit that offers a variety of volunteer opportunities. Volunteering in retirement can be a win-win for you and our community.

After a successful business career, **Charlotte Stott** retired early. Realizing she had never had time to give back to her community, she joined Assistance League of Sacramento, and began a whole new volunteer chapter in her life. Charlotte is a Past President and is currently the VP Marketing Communications.

The Wonders of Yosemite (IP/R/WI)

Laura Legrand
Friday, Nov 13
10 to 11:30 am
Eureka Hall (EUR) 107

Yosemite National Park is an internationally-acclaimed travel destination and a UNESCO World Heritage Site. We are so fortunate to have this national treasure so close to Sacramento! In this program, we will discuss the history of Yosemite and describe the park's natural wonders. We will also provide detailed travel information, as well as suggestions and "insider" tips for visitors seeking to explore and enjoy Yosemite.

Upon retirement as a CPA, **Laura Legrand** joined the Yosemite Conservancy and became a volunteer Visitor Information Assistant. In this capacity, she has volunteered for four summers, helping to enhance the national park experience for hundreds of Yosemite guests. She looks forward to sharing her expertise with the Renaissance Society.

Das Nibelungenlied: The 13th Century Epic (IP/R/WI)

Marjorie Wade
Friday, Nov 20
10 to 11:30 am
Eureka Hall (EUR) 107

Fans of Richard Wagner's Ring of the Nibelungen will be familiar with the tragic story of love, betrayal and revenge, centering around adventures of the dragon-slayer, Siegfried. In this class, we will explore the historical and legendary events as they are portrayed in one of Wagner's medieval sources, the Germanic heroic epic, Das Nibelungenlied.

Marjorie D. Wade was Professor of German in the Department of World Languages at Sac State until her retirement in Fall 2020. She taught classes in the German language, medieval literature, history, and culture. Her undergraduate degree was in European history and she has studied and taught in both Germany and Austria.

Are You Ready? Healthy Living: Planning Your End of Life Journey (IP/R/WI)

Dolores Eitel
Friday, Dec 4
10 to 11:30 am
Eureka Hall (EUR) 107

This presentation will discuss the end of life choices available in CA when planning for a peaceful death. These will include: Right To Die, Right to Refuse Medical Treatment, Right to Try, Hospice Services, Palliative Care, VSED, and Medical Aid in Dying. The major focus will be on the choice of Medical Aid in Dying. We will also discuss how to ensure that your wishes will be implemented wherever your "home" is at your end of life.

Dolores Eitel is a retired Family Nurse Practitioner, Hospital Administrator, and University Professor. She educates adults on healthy aging and managing end of life choices, planning, and care. Her background includes administering hospice services, serving on hospital ethics committees, and consulting for the NJ Supreme Court on the nation's first Right to Die Law.

speakers in the morning series

**Your Health, Your Voice: Getting the Most from Doctor Visits (D/H/R/WI)**

Stacie Walton
Friday, Sep 4
10 to 11:30 am
Eureka Hall (EUR) 108

The objectives of this presentation are to: 1) Provide a brief description of the current healthcare landscape. 2) Share the most important life-saving strategy everyone should use when accessing care. 3) Highlight the most common mistakes to avoid when accessing care, and 4) Identify behaviors that elicit excellent care.

Stacie Walton retired from Kaiser Permanente as a clinical pediatrician, also serving as Diversity Champion and Communication Consultant. She is Head Strategist for her consulting firm, The Diversity Doctor. Currently, she works at a Federally Qualified Health Center in Sacramento, where she supervises family practice residents. Outside her clinical and educational roles, Dr. Walton facilitates Racial Healing Circles in Sacramento with Coming to the Table, using circle processes rooted in the North American Indigenous Peace Circle tradition. She was educated at Stanford, Columbia Vagelos College of Physicians and Surgeons, Children's Hospital of Philadelphia, and the University of California, Berkeley.

"Good Night and Good Luck": A George Clooney Obsession (H/R/WI)

Rick Boeck
Friday, Sep 11
10 to 11:30 am
Eureka Hall (EUR) 108

What is George Clooney's obsession with Joseph McCarthy? The actor-director has produced a film, a play, and a video of the famous confrontation between CBS's Edward R. Murrow and the communist-hunting senator. Using scenes from the productions, this presentation discusses Clooney's treatment of the history, people, and issues of a time in America analogous to our own.

Rick Boeck was Professor of Film and Media Studies at Cosumnes River College and a Lecturer in the Departments of Communication Studies and Humanities at Sac State. He writes the Substack, River City Review.

Retirement 101: Taxes In Retirement (IP/NR/WI)

Nashoba Bailey
Friday, Sep 18
10 to 11:30 am
Eureka Hall (EUR) 108

Navigating taxes is essential for a successful retirement. This workshop covers how taxes impact your income and explores strategies to help you keep more of what you've saved. Discussion topics include RMDs, Medicare, tax-efficient withdrawals, Roth conversions, and more! Empower yourself with the knowledge to optimize your portfolio and retire with the peace of mind you deserve.

Nashoba "Nash" Bailey, ChFC, is an Advisory Associate with Wealth Strategies Retirement Asset Management. With over a decade of experience, Nash specializes in crafting customized retirement solutions through ad-

vanced portfolio construction and an in-depth understanding of client behavioral motivators. A dedicated educator, he leads community workshops designed to empower retirees with the clarity and financial knowledge necessary to make confident, informed decisions for their future.

Parkinson’s Disease: Strategies for Living Fully Beyond the Diagnosis (H/R/WI)

Lou Basinal
 Friday, Sep 25
 10 to 11:30 am
 Eureka Hall (EUR) 108

A Parkinson’s disease diagnosis can feel overwhelming, but it does not have to define a person’s future. This empowering presentation explores practical strategies that help individuals living with Parkinson’s maintain independence, maximize function, and continue enjoying a meaningful and fulfilling life. Participants will learn how exercise, nutrition, social engagement, symptom management, rehabilitation therapies, and proactive planning can improve quality of life and support long-term well-being. Whether you are living with Parkinson’s, caring for someone who is, or simply seeking to better understand the condition, this session offers hope, encouragement, and actionable tools for thriving beyond the diagnosis.

Lou Basinal, MSN, RN, is a Geriatric Wellness Nurse Specialist and founder of CIMAH Care Management Associates and Age In Place Sacramento, guiding high-profile families through life’s most sensitive seasons. As Area Director of the Northern California Care Planning Council, Lou leads a network of professionals helping families and corporations navigate the challenges of aging with excellence and discretion.

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Bushy Lake Eco-Cultural Restoration: Traditional Knowledge, Ecological Restoration, and Traditional Fire Management (D/H/R/WI)

Michelle Stevens
 Friday, Oct 9
 10 to 11:30 am
 Eureka Hall (EUR) 108

Founded in 2015 the Bushy Lake Eco-Cultural Restoration Project is a collaborative effort to restore and protect an 86-acre wildlife ecosystem within the American River Parkway. The project is an Indigenous Protected and Conserved Area (IPCA), with the primary intent of preserving biodiversity, cultural knowledge, and public enjoyment and to enhance educational resources and interpret the American River Parkway’s tribal cultural heritage of the Nisenan, Miwok, and Maidu peoples who occupy this area. The project integrates Traditional Ecological Knowledge (TEK) to enhance habitat for the Northwestern Pond Turtle, North American beaver, and other native wildlife; restore fire-resilient, culturally significant native plants; strengthen hydrologic resilience; and promote public engagement through education and community outreach.

Michelle Stevens is a Tribal descendant of the Colville Confederated Tribes, Nez Perce/Winiipu Tribe. Since 2007, she has served as Emerita Professor in Environmental Studies at Sac State, with an expertise in Ethnoecology, Wetlands Ecology, and Ecology and Reciprocal Restoration. Over the years, hundreds of volunteers from the community and Sac State faculty and students have been involved in the magic of Bushy Lake by learning about biodiversity and conservation.

Poetry as Gateway to Peace and Tranquility (H/R/WI)

Marc Ely
 Friday, Oct 16
 10 to 11:30 am
 Eureka Hall (EUR) 108

This presentation will introduce poetry as a means of finding peace in this modern world. Poetry exists in every culture and predates the written word. It is a truly human art form where one may find solace, and it has many forms — it is not a one-size-fits-all art form. This session will dissect a few poems, reviewing tools to help the listener understand why certain poems resonate (or not). The rest of the time will include reading selected short poems.

Marc Ely is retired, happily married for 40+ years, and is a proud father and even prouder grandfather. He received an education in California public schools, and he is sharing this topic as a way to find peace and tranquility in the world we share.

Aging Well Without Breaking the Bank: Smart Strategies for Managing the Cost of Care (H/R/WI)

Lou Basinal
 Friday, Oct 23
 10 to 11:30 am
 Eureka Hall (EUR) 108

The cost of care can be one of the greatest concerns facing older adults and their families, yet many people are unaware of the resources, planning strategies, and care options available to help them maintain independence while protecting their financial well-being. This practical and informative presentation explores the true costs of aging and proven approaches for reducing the cost of caregiving without compromising quality of life. Participants will learn how to evaluate care options, leverage community resources, plan ahead for changing needs, and make informed decisions that support both their lifestyle and long-term financial security.

Lou Basinal, MSN, RN, is a Geriatric Wellness Nurse Specialist and founder of CIMAH Care Management Associates and Age In Place Sacramento, guiding high-profile families through life’s most sensitive seasons. As Area Director of the Northern California Care Planning Council, Lou leads a network of professionals helping families and corporations navigate the challenges of aging with excellence and discretion.

The Cost of Aging in California: Protecting Your Home, Savings, and Care Options (IP/NR/WI)

Helen Justice
 Friday, Oct 30
 10 to 11:30 am
 Eureka Hall (EUR) 108

As California’s population ages, many seniors and families are unprepared for the rising costs of long-term care. California’s Medi-Cal rules changed in 2026, affecting eligibility, gifting, asset transfers, and planning strategies. This course will explain the new rules in clear language and discuss ways to protect your home, savings, and future care options. Learn common mistakes families make, available resources, and why planning before a health crisis matters.

Helen Justice is a trusted senior care and planning educator dedicated with over 20 years to helping older adults and families understand their options before crisis hits. Through clear, compassionate guidance, she helps seniors make sense of long-term care planning, spend down concerns, asset protection conversations, and available resources. Her heart is to empower families with knowledge so they can protect dignity, reduce stress, and make confident decisions for the future.

American Family Life during the Revolutionary Era (IP/NR/WI)

Carolyn Raber
Deb Ledbetter
Friday, Nov 6
10 to 11:30 am
Eureka Hall (EUR) 108

How did the American Revolution affect life for families, both on the fighting line and on the home front? Our presentation will examine how the war changed the lives of ordinary Americans from different backgrounds and perspectives.

Carolyn Raber and **Deb Ledbetter** are recently retired History teachers from Sac City Unified, where they taught next door to each other at Will C. Wood Middle School. Together, they also ran a book club that focused on reading historical fiction and taking their students on local field trips to extend the reading experience. Since retiring, both presenters have enjoyed extra time to travel. Carolyn loves to play pickleball and kayak, while Deb likes to garden and make jam.

Are Genetically Modified Foods Good or Bad for Us? (H/R/WI)

Theo Goodwin
Friday, Nov 13
10 to 11:30 am
Eureka Hall (EUR) 108

This class will be taught in a non-technical approach that lay folks can understand. Topics discussed include: What are genetically modified or engineered foods (GMO's)? What is the history of modifying plants for food? Are GMO plants and animals beneficial or harmful to humans? How do we regulate the use of GMO's? What scientific proof is necessary to allow a new GMO? How can food staples like wheat and corn be modified to minimize the dire effects of global warming?

Theo Goodwin is a retired attorney who practiced law for over 40 years, specializing in environmental and tax law. He has taught classes at Renaissance on *Writing Haiku Poetry*, *Creative Paris in the 1890's*, and *John*

James Audubon. He co-taught a course on *Pablo Picasso*. He has given photographic presentations on India and Guatemala. Theo enjoys studying history and the environment. He plays clarinet and writes poetry.

Residual Racism X: Historical Redlining in Sacramento (D/H/R/WI)

Kevin Flash
Friday, Nov 20
10 to 11:30 am
Eureka Hall (EUR) 108

The practice of redlining still presents itself in Sacramento in the form of the Digital Divide. Regional efforts are underway to strengthen communities through Digital Inclusion efforts. Redlining created barriers to communities, depriving them of resources, visually forming an X across the city. Today, households lack affordable Internet and computers, forming that same X. Learn what the region is doing to erase this residual impact of racism and open up opportunities for communities.

Kevin Flash is Executive Director for Computers4Kids, a non-profit organization supporting Digital Equity in the greater Sacramento region. He is a retired Dean of Learning Resources from Sacramento City College and a member of the Capital Region Coalition for Digital Inclusion.



friday afternoon series

The Remarkable Life and Legacy of Willie Brown (D/H/R/WI)

James Richardson
Friday, Sep 4
1 to 2:30 pm
Mariposa Hall (MRP) 1001

Born in racially segregated Texas in 1934, Willie Brown rose to become the Speaker of the California State Assembly in the 1980s and '90s, and then mayor of San Francisco, arguably the most powerful African American politician in the country at the time. He is now 92 years old. Willie Brown inherited the Phil Burton political family tree that included all the movers and shakers of California politics of the last 75 years, from George Moscone to John Burton to Gavin Newsom. Following Brown's life and legacy is a tour through the past of California politics and history.

James Richardson a former senior writer with The Sacramento Bee, wrote the critically acclaimed *Willie Brown: A Biography* which was published in 1996. He has written guest commentaries, including about Brown, for many national and local publications, such as the Washington Post, Los Angeles Times, California Journal, the Sacramento Bee and CalMatters. He serves on the Board of Directors of Capital Public Radio.

Memories of an American Antislavery Family (D/H/R/WI)

James Richardson
Friday, Sep 1
1 to 2:30 pm
Mariposa Hall (MRP) 1001

Richardson tells the story of his 19th century antislavery ancestors who used their house on the Underground Railroad before the Civil War. Then, during the war, his great-great grandfather, George Richardson, served as the white



chaplain to a Black Union regiment. After the war, the family founded a college for the previously enslaved that is thriving today as an HBCU. Drawing on an extensive family archive of journals and letters, he and his wife, Lori, retraced his ancestors' steps through nine states.

James Richardson, a former senior writer with The Sacramento Bee, is the author of *The Abolitionist's Journal: Memories of an American Antislavery Family*, about his antislavery ancestors. His book won the Gold Award from Forward Review for the best history book of 2022. He also serves on the Board of Directors of Capital Public Radio.

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ABBREVIATION KEY

- D** Diversity program
- Z** Zoom-only
- IP** In-person only
- H** Hybrid (IP and Z) program
- IP-E** Eskaton Village
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- NR** Program not recorded
- Y** Year-round
- WI** Walk-in program—enrollment helps us notify you of changes, seats available first-come/first-served

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

Jeff Ferreira-Pro
Friday, Sep 18
1 to 2:30 pm
Mariposa Hall (MRP) 1001

This talk explores how immigration has shaped the United States, not as a singular story, but as a series of vastly different experiences shaped by race, class, and origin. From exclusionary laws to pathways of privilege, it invites audiences to examine how policy, prejudice, and perseverance have defined who gets to “belong” and who has to fight to be seen.

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 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).

The History and Culture of Wine (D/H/R/WI)

Harold Anderson
Friday, Sep 25
1 pm to 2:30 pm
Mariposa Hall (MRP) 1001

We will explore wine in culture across history. Starting in Mesopotamia, wine was central to Greece and Rome, representing hospitality and ritual. It had sacred significance in Judaism and Christianity. Medieval monasteries guarded viticulture, leading to diverse styles. Colonial expansion spread wine globally, industry improved wine, and labels protected regional character. Today, wine is tied to trade, culture, and discussions. It impacts economies, tourism, social class, and aesthetic traditions.

Harold Anderson retired as a marriage and family therapist (MFT) in 2020. Before that he was a United Methodist elder and taught religious studies, philosophy, and ethics.. He also taught MFT theory at a graduate level for 7 years. Harold holds advanced degrees in Religious Studies, Philosophical Theology, and Divinity, and did post-graduate work in MFT.

Telling Your Story: An Oral Storytelling Workshop: Part 1 (D/H/R/WI)

Clyde Yamamoto
Friday, Oct 2
1 to 2:30 pm
Mariposa Hall (MRP) 1001

Storytelling is the oldest human art form. It gets to the heart of who we are as human beings. During the next two weeks, we will come together to discover and reflect on our personal stories in a fun, compassionate, and safe environment. The workshop will introduce you to reflective activities that enable you to discover stories of your own, and provide guidelines for creating your own stories. You will then be invited to share your stories if you choose. The workshop is a fun way to learn about storytelling, build speaking and narrative skills, and connect with others.

Clyde Yamamoto is a Story Ambassador from Capital Storytelling. He has a BA in Earth Sciences from UC Santa Cruz, an MA in Social Sciences from The University of Chicago, and is ABD in Sociology from The University of Chicago. Clyde thinks everyone has an interesting story to tell. He believes that by sharing our personal stories we enhance our own lives as well as the communities we live in.

Telling Your Story: An Oral Storytelling Workshop: Part 2 (D/H/R/WI)

Clyde Yamamoto
Friday, Oct 9
1 to 2:30 pm
Mariposa Hall (MRP) 1001

Storytelling is the oldest human art form. It gets to the heart of who we are as human beings. During the next two weeks, we will come together to discover and reflect on our personal stories in a fun, compassionate, and safe environment. The workshop will introduce you to reflective activities that enable you to discover stories of your own, and provide guidelines for creating your own stories. You will then be invited to share your stories if you choose. The workshop is a fun way to learn about storytelling, build speaking and narrative skills, and connect with others.

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Meltdown Expected: Crisis and Upheaval at the End of the 1970s (D/H/R/WI)

Aaron Leonard
Friday, Oct 16
1 to 2:30 pm
Mariposa Hall (MRP) 1001

This is the story of how the “Me Decade” transformed into the final phase of the Cold War. Starting in the final months of 1978 and extending throughout 1979 the period of torpor, malaise, and polyester was replaced by revolution in Iran, near-meltdown at Three Mile Island, tectonic shifts in China, the reworking of the intelligence authority, and the onset of a proxy war between the US and USSR in Afghanistan. Through the use of video, documents, music, and news of the day, this will tell the story of how the seventies ended before the decade was over.

Aaron Leonard is an author and American historian, whose writing focuses on the interplay of radicalism and governmental repression in the 20th century. His current book, *Menace of Our Time: The Long War on American Communism*, was published in September 2025 by Rutgers University Press. He has a BA in social sciences and history magna cum laude from New York University and lives in New York.

Woman Behind the Canvas: The Story of Jo Van Gogh (D/H/R/WI)

Anne Rewell
Friday, Oct 23
1 to 2:30 pm
Mariposa Hall (MRP) 1001

The world nearly forgot Vincent van Gogh until one woman refused to let that happen. After the death of her husband Theo, Johanna van Gogh-Bonger inherited hundreds of Vincent’s paintings and letters. Against the odds, she transformed a struggling artist into a global icon. Discover the remarkable woman who changed art history forever.

Anne Rewell has lived on 3 continents and brings an international perspective to her work. Her seminars reflect both her curiosity and love of learning. Anne enjoys engaging with fellow members, fostering discussion, and sharing

knowledge in an interactive setting. Her background and experiences provide a rich foundation for her talks, designed to inform and inspire.

Cultivating a Culture of Conversation (D/H/R/WI)

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

An impactful, interactive 90-minute session designed to equip you with tools to navigate challenging topics effectively. Through the CPR Protocol — Clarify, Probe, Redirect — participants learn skills to engage in meaningful conversations, address ignorance constructively, and promote positive change within their personal and professional lives. This experience fosters a culture of constructive dialogue and understanding.

Kyle Williams is a lifelong educator and social justice advocate with over 25 years of experience working in colleges, universities, K-12 schools, corporations, and organizations. as the creator and Chief Empowerment Officer of A Long Talk About the Uncomfortable Truth, has led discussions across hundreds of institutions, including educators, administrators, business leaders, students, and coaches. Through the group he facilitates critical conversations on race, history, and accountability, equipping individuals and organizations with tools to drive meaningful change.



The Lost (Burned Down) Chinatowns of California (D/H/R/WI)

Joel Leong
Friday, Nov 6
1 to 2:30 pm
Mariposa Hall (MRP) 1001

Few Chinatowns remain in California. This presentation will explore what happened to the many Chinatowns here that were once vibrant and thriving.

Joel Leong has been a member of the Renaissance Society since Summer 2023. He served as a Board Member-at-Large in 2025, recruited and introduced four Friday Forum speakers, gave a *Travel and Adventure* presentation about 1986 China, and led two *Wednesday Walk-About* events.

Korea Before the Divide (D/H/R/WI)

Janet Heath
Friday, Nov 13
1 to 2:30 pm
Mariposa Hall (MRP) 1001

In part 1 of this two-part presentation, we will explore the forces that shaped modern Korea through its culture, struggles, and division. This course examines the foundations of Korean society, the fight for independence, life under Japanese colonial rule, and the events that led to liberation and the growing divide between North and South Korea. Through history, discussion, and cultural insight, participants will gain a deeper understanding of Korea's past and its lasting impact today.

Janet Heath has an avid interest in all things Korean. She finds it a fascinating subject that the world has increasingly become curious about, often attributed to hi-tech innovations, North Korean nuclear threats, and Korean dramas and movies. Janet spent most of her career working in higher education and has a deep affection for life-long learning.



War to Worldwide Influence: Korea's Modern Story (D/H/R/WI)

Janet Heath
Friday, Nov 20
1 to 2:30 pm
Mariposa Hall (MRP) 1001

In part 2 of this two-part presentation, we will discover how Korea transformed from war and devastation into one of the world's most influential nations. This course explores South Korea's remarkable recovery and global rise, the continuing threat from North Korea, daily life inside the North, and the challenges and possibilities of reunification. You will gain historical context and insight into one of the world's most divided yet interconnected regions.

Janet Heath has an avid interest in all things Korean. She finds it a fascinating subject that the world has increasingly become curious about, often attributed to hi-tech innovations, North Korean nuclear threats, and Korean dramas and movies. Janet spent most of her career working in higher education and has a deep affection for life-long learning.

Choose and Enjoy Quality Multi-Cultural Kid's Books (D/H/R/WI)

Kimberly Biddle
Friday, Dec 4
1 to 2:30 pm
Mariposa Hall (MRP) 1001

This interactive presentation will state the characteristics of quality multi-cultural children's literature. Example books for various ages of children will be shared. Some examples will be the presenter's own books. Audience questions will be welcome.

Kimberly Biddle is an Emeritus Professor of Child and Adolescent Development and the author of four textbooks and four picture books. Her work centers on the emotional and developmental lives of children, especially those from under-represented communities, with care, authenticity, and insight. An alumna of Stanford University's Graduate School of Education, Kimberly was honored with the Excellence in Education Alumni Award in 2018.

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 this semester will give in-person presentations. 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>

Friday, Sep 4

Larry Lee, The Sacramento Observer: Serving the Community for 64 Years (D/H/R/WI)

3 to 4 pm
Amador Hall (AMD) 153



As President and Publisher of the Observer Media Group, Larry Lee will describe how he is building on the remarkable legacy of his parents, Dr. William H. Lee and Kathryn C. Lee, who founded the Sacramento Observer in 1962. Frequently recognized as the best Black newspaper in the country, the Observer recently launched a newsroom in Stockton and is significantly expanding its online presence in the digital media age. Lee will discuss the importance and challenges of covering underserved communities and will highlight how he has successfully enhanced corporate relationships, developing strong ties with business leaders and the African American community.

Friday, Sep 11

Steve Swatt, Susie Swatt, and Rebecca LaVally, Stories of California's Trailblazing Women on the Unfinished Road to Equality (D/H/R/WI)

3 to 4 pm
Amador Hall (AMD) 153



Three state Capitol-savvy co-authors of *Paving the Way: Women's Struggle for Political Equality in California* will share stories of women, whether well-known or barely known, whose footprints mark the rocky path toward political parity. Meet Emily Pitts Stevens, co-owner of the West's first suffrage newspaper in the 1870s. Or Biddy Mason, who walked most of her 2,000 miles to California behind her master's wagon in 1851 – before winning her freedom in court. Fast-forward to Dianne Feinstein, who in 1990 came closer than any woman ever has to winning the California governorship. Experience the highs and lows of this unfinished journey.

Friday, Sep 18

Benjy Egel, Writing about Food in America's Farm-to-Fork Capital (D/H/R/WI)

3 to 4 pm
Amador Hall (AMD) 153



Benjy Egel will describe his experiences as a food writer in America's farm-to-fork capital, where food is the sustenance and cultural heartbeat of the region's diverse communities. As senior food editor for Abridged by KVIE, working with local freelance writers, he brings the best local bites to readers' fingertips while digging beyond the menu to capture economic and cultural trends shaping the food scene. He will describe a region where the hottest local restaurants debut to hour-long waits, immigrants from all over the world create delectable dishes, and farmers' markets swell with the nation's best summer produce.

Friday, Sep 25

Agustin Arteaga, PhD, Looking Ahead at the Crocker Art Museum (D/H/R/WI)

3 to 4 pm
Amador Hall (AMD) 153



For more than 140 years, the Crocker Art Museum has offered extraordinary art experiences to the Sacramento region. The Museum now brings art to life for more than 200,000 members of our community each year. As the Crocker enters yet another new era, join Agustin Arteaga, PhD, the Museum's new Mort and Marcy Friedman Director and CEO, for an inspiring look at what's next for our region's most prominent arts institution. Dr. Arteaga will explore his background in museum work and past successes at US and international institutions before diving into some of the upcoming plans for the Crocker.

Friday, Oct 2

Steve Maviglio and Rob Stutzman, Navigating the November Ballot Measures (D/H/R/WI)

3 to 4 pm
Amador Hall (AMD) 153



California voters face a dizzying number of measures on the November ballot. Two of Sacramento's leading political strategists will talk about these initiatives, how they got on the ballot, and the arguments for and against. Steve Maviglio is a Democratic strategist who has worked on more than a dozen statewide ballot measures, managed political campaigns, and served as the Press Secretary to Gov. Gray Davis and three Speakers of the California Assembly. Rob Stutzman is the founder and president of Stutzman Public Affairs, which specializes in campaigns, communications, crisis management, and political advertising. He was Deputy Chief of Staff for Communications for Gov. Arnold Schwarzenegger.



Friday, Oct 9

Leslie Gielow Jacobs, United States Supreme Court Review and Preview (D/H/R/WI)

3 to 4 pm
Amador Hall (AMD) 153



Leslie Gielow Jacobs is the Anthony Kennedy Professor of Law at McGeorge School of Law, University of the Pacific, where she is also the Executive Director of the Capital Center for Law and Policy. Professor Jacobs will discuss key cases decided, as well as issues and questions surrounding the United States Supreme Court during the 2025-26 term and in the upcoming 2026-2027 term. She has written and commented extensively on constitutional law, government structures, and individual rights, and served as a law clerk to US Supreme Court Associate Justice Lewis F. Powell, Jr.

Friday, Oct 16

Chris Fusco and Marcos Breton, The Sacramento Bee: History, Impact, and Headwinds (D/H/R/WI)

3 to 4 pm
Amador Hall (AMD) 153



As the Sacramento Bee marks more than 169 years as Sacramento's leading source of news, The Bee's top editors will describe its past, present, and future, including a video presentation featuring archival and current coverage. In a major community outreach effort that includes hiring more reporters to cover city and suburban news, Executive Editor Chris Fusco and Opinion Editor Marcos Breton are meeting with community groups to discuss the Bee's history, its positive impact across the region,

and the headwinds news media face in the digital age. They will describe how The Bee is adapting to provide comprehensive, relevant journalism in a changing media landscape.

Friday, Oct 23

Michael Delbar, The Land That Sustains Us: Why California's Rangelands Matter (D/H/R/WI)

3 to 4 pm
Amador Hall (AMD) 153



The Golden State is losing its working rangelands faster than most people realize. When those lands are developed, we lose more than open space. We lose the ability to produce food, support wildlife, filter water, store carbon, and reduce wildfire risk. Michael Delbar, CEO of the California Rangeland Trust, will share what is driving this loss and why ranching families are finding it harder to stay on the land. He will also highlight how voluntary conservation is helping keep these landscapes intact, securing a brighter future that supports both the land and the families who depend on it.

Friday, Oct 30

Zakary Adams, The American River: Then and Now (D/H/R/WI)

3 to 4 pm
Amador Hall (AMD) 153



Explore the American River through the lens of a camera, both past and present, with Zakary Adams, an interpreter and public educator for California State Parks. He will describe the settlements along the gold-rich river that transformed California's landscape and the challenges, successes, and stories of the people who built their lives along the river's winding banks. He will go back in time to the building of the valley's first railroad,

Sacramento's earliest electrical power station, and the hidden towns beneath the surface of Folsom Lake. He currently works with interpretive staff at Folsom Lake State Recreation Area and Folsom Powerhouse State Historic Park.

Friday, Nov 6

Sonia Martinez-Satchell, Inside the Sacramento County District Attorney's Office (D/H/R/WI)

3 to 4 pm
Amador Hall (AMD) 153



Assistant Chief Deputy DA Sonia Martinez-Satchell has served in a wide variety of positions over her 20-year career with the Sacramento County District Attorney's office, which she began in the Misdemeanor Unit before moving to Juvenile Hall and Felony Trial teams, as well as handling cases involving child abuse, human trafficking, domestic violence, community prosecution, and adult sexual assault. She will describe the path to her current role and responsibilities, as head of the DA's Community, Collaboration, and Legislation Bureau, which includes community outreach, media relations, and collaborative courts. She will detail major cases, accomplishments, and challenges.

Friday, Nov 13

Dana Nuccitelli, What's Happening with Climate Policy and Pollution (D/H/R/WI)

3 to 4 pm
Amador Hall (AMD) 153



Environmental scientist and climate journalist Dana Nuccitelli will examine the progress and setbacks in climate pollution and policies in the US and around the world. Although climate news has seemed bleak over the past two years, he explains why the global clean energy transition is unstoppable and offers many prospects for climate policy progress. An award-winning writer who has written extensively for major publications, he is the author of *Climatology versus Pseudoscience: Exposing the Failed Predictions of Global Warming Skeptics*. He holds a Master's degree in Physics and speaks widely on the impacts of climate change, such as wildfires and droughts.

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Starting on January 20 @ 8am



Friday, Nov 20

Kim Nalder, PhD, The November Elections: Post-Election Analysis (D/H/R/WI)

3 to 4 pm
Amador Hall (AMD) 153



Dr. Kim Nalder will discuss the results of the November elections, including the California governor's race and the midterm US Congressional elections. Dr. Nalder heads Sac State's Project for an Informed Electorate and is the director of the CALSPEAKS research and survey initiative, which monitors the state's citizen perspectives. Distinctive in its California focus, CALSPEAKS combines scientific rigor with a commitment to informed and responsive public policy. Widely recognized as a political analyst and frequently quoted in major media, Dr. Nalder holds Master's and Doctoral degrees from UC Davis and has taught political science at Sac State for more than 20 years.

Friday, Dec 4

Jackie Lamb and Dr. Luke Wood, Semester Review: Accomplishments and Challenges (D/H/R/WI)

3 to 4 pm
Amador Hall (AMD) 153



Join Renaissance Society President Jackie Lamb as we look back and celebrate the many Renaissance programs and accomplishments during the Fall semester, and thank all those who help make those programs possible. We also look forward to hearing from Sac State President Dr. Luke Wood.

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fall 2026 directory

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One-Time Presentations—Monday Big History Speakers Series

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One-Time Presentations—Tuesday Speakers Series

Leader: Phil Sexton, 530-305-2241 pesexton@gmail.com

Speakers

Stacie Walton	Marc Ely	Charlotte Stott
Duane Campbell	Linda Middlesworth	Stephanie Brow
Harold Anderson	Kevin Flash	

One-Time Presentations—Eskaton Village Speakers Series

Leader: Kathy Kort, 916-751-6272 kjkort43@gmail.com

Speakers

Anne Rewell	Stephanie Brow	Milo Turaylich
Nash Bailey	Christine Grmolyes	Christie Braziel
Jeff Ferreiro-Pro	David Bach	

One-Time Presentations—Friday Morning Speakers Series

Leader: Dale Good, 415-806-5368 dalewgood@gmail.com

Speakers

Milo Turaylich	Margaret Kane	Laura Legrand
Harold Anderson	Gary Reents	Christine Grmolyes
Alice Vestergaard	David Bach	Marjorie Wade
Anne Rewell	Rita Mason	Dolores Eitel
Jill Chalsty	Charlotte Stott	

One-Time Presentations—Speakers In The Morning Series

Leader: Mahnaz Khazari, 916-825-1636 mkfinanceteam@gmail.com

Speakers

Stacie Walton	Michelle Stevens	Carolyn Raber, Deb Ledbetter
Rick Boek	Marc Ely	Theo Goodwin
Nashoba Bailey	Helen Justice	Kevin Flash
Lou Basinal		

One-Time Presentations—Friday Afternoon Speakers Series

Leaders: Deborah Seiler, 916-704-5735 deborah.seiler2@gmail.com
Susan Brackenhof, 217-254-5037 susan.brackenhoff@gmail.com

Speakers

James D. Richardson	Clyde Yamamoto	Joel Leong
Jeff Ferreiro-Pro	Aaron J. Leonard	Janet Heath
Harold Anderson	Anne Rewell	Kimberly Biddle
Christopher Lodgson	Kyle Williams	

Forums

Leaders: Sigrid Bathen, 916-764-7936 sigridbathen@gmail.com
Anne Rewell, 916-813-5833 campwell1973@gmail.com

Speakers

Larry Lee	Steve Maviglio, Rob Stutzman	Lieutenant Sabrina Briggs
Steve Swatt, Susie Swatt,	Leslie Gielow Jacobs	Sonia Martinez-Satchell
Rebecca LaVally	Chris Fusco, Marcos Breton	Dana Nuccitelli
Benjy Egel	Michael Delbar	Kim Nalder
Agustin Arteaga	Zakary Adams	Dr. Luke Wood, Jackie Lamb

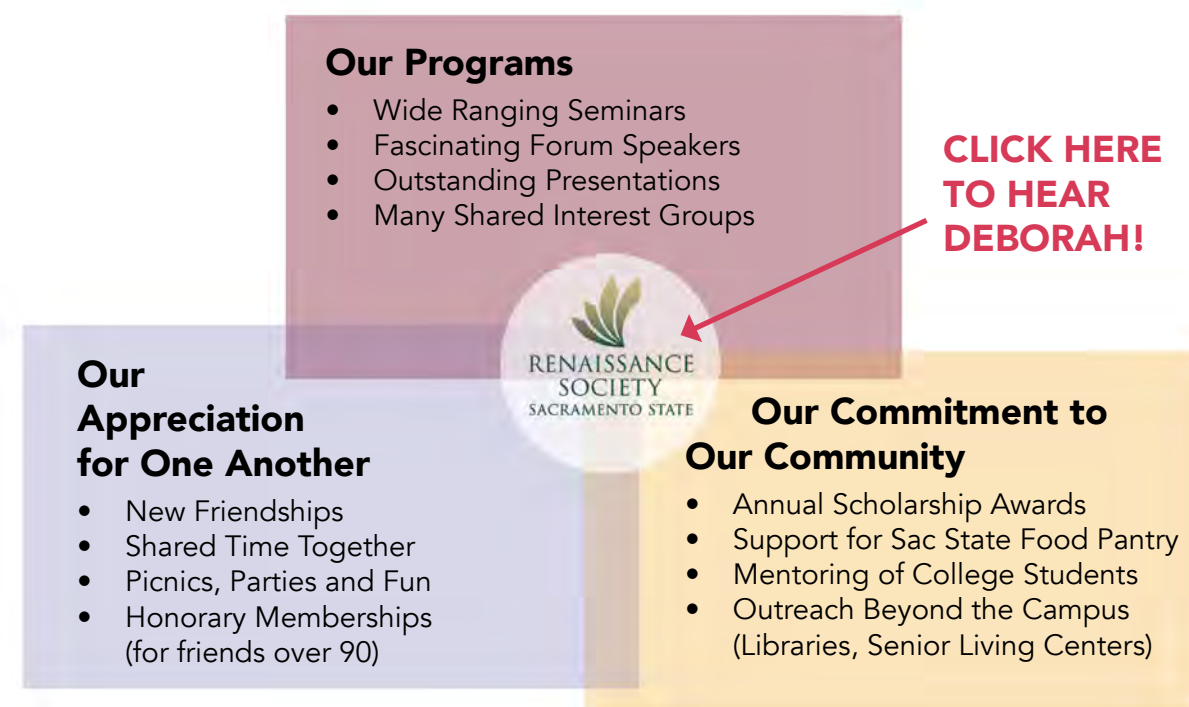
Closed Programs Leaders and Co-leaders
(For information—in program registration system only.)

Susan Dlugach	916-284-1723	jsdelgato@gmail.com
Roberta Frieze	916-383-8054	dfrieze@comcast.net
Judy Keaton	916-451-9132	judyk131@sbcglobal.net
Roger Klemm	n/a	synthesisdesigngroup@gmail.com
Marian Kile	916-424-0532	MarianKile@yahoo.com
Curtis Nelson	916-521-4799	curtnel65@hotmail.com
Chris Roe	916-730-2913	drcjroe@gmail.com
Melissa Green	916-806-1951	Garden_gurl@comcast.net

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; 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 include our free Summer Programs.

- Our Annual Membership Registration Portal opened on June 1, 2026.
- Our Fall 2026 Catalog is posted on August 10, 2026.
- The Program Enrollment Portal opens on August 17, 2026 @ 8 am.
- Fall programs begin on August 31, 2026.
- Our Mid-year Membership Registration Portal will open on November 16, 2026.

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.

discovery day and open house

Whether you are a prospective, new, or renewing member of the Renaissance Society, please join us for Discovery Day and Open House, the perfect opportunity to DISCOVER who we are and what we do. Learn about our scholarships, Sac State partnerships, volunteer committees, discounts to theatres, classes, and social events. Discovery Day and Open House will be held on Friday, August 14, 2026, from 10 am to 1 pm in the University Union Ballrooms.

Our presenters, Dean, Dave Lang, the University’s liaison with the Renaissance Society, and our President, Jackie Lamb, will guide you through the many benefits of membership and answer your questions.

Remember: When you arrive, you’ll receive a Passport to use during the Open House that follows Discovery Day. As you visit the Open House tables, and have your Passport stamped, you’ll be eligible for a drawing. Also, when you sign in, you’ll receive a coupon for a free Junior Sundae from Leatherbys. We look forward to seeing you there!

Open House Agenda

Open House—Meet our Renaissance Society Program Leaders, Speakers, and our Sac State and Community Partners.

Question and Answers—Talk with our Program Leaders and Speakers to learn more about the Seminars, SIGs, or Presentations they plan to offer and what to expect during the upcoming semester.

Volunteer Opportunities—Some of our Sac State and Community partners seek volunteers to work with students, usher plays and dance recitals, or 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.

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

The Renaissance Society annual parking permit is \$42. It is valid from July 1st through June 30th. If you do not purchase a parking permit, you will need to pay either \$5 for two hours or \$10 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.

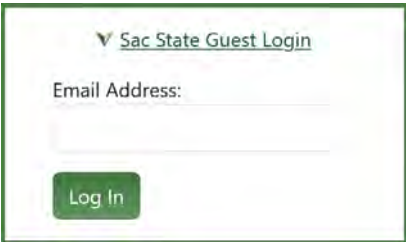
wi-fi tips for on campus and at home

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.



- 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

Board Officers/Executive Committee			
President	Jackie Lamb	916-206-8917	288jac@gmail.com
Vice President	Sean Tracy	916-204-4529	sstfam@winfirst.com
Controller	David Ferguson	916-792-0485	ren.frgsndv@gmail.com
Asst. Controller	Thom Gilbert	916-730-6464	thomg.cpa@gmail.com
Secretary	Janet Heath	916-397-1509	jheath2108@gmail.com
Past President	Deanna Hanson	916-296-4131	deannahanson@gmail.com
Members-at-Large	Mike Blixt	916-802-7032	mikeb@triamid.com
	Mahnaz Khazari	916-825-1636	mkfinanceteam@gmail.com
	Marian Sheppard	916-806-1530	marian.sheppard.lmft@gmail.com
	Bob Silva	916-397-7830	silvone@winfirst.com
	Carol Stanford	916-202-0871	casvine@yahoo.com
	Anne Rewell	916-813-5833	campwell1973@gmail.com

Committee Chairs			
Communications and Marketing	Rick Atkinson	916-216-9466	rpamd99@gmail.com
Finance and Administration	Dave Ferguson	916-792-0485	frgsndv@gmail.com
	Thom Gilbert	916-730-6464	thomg.cpa@gmail.com
Forums	Sigrid Bathen	916-764-7936	sigridbathen@gmail.com
	Anne Rewell	916-813-5833	campwell1973@gmail.com
Historian	Vacant		
Membership	Susan Wheeler	916-768-6297	swheeler_1@yahoo.com
	Mike Blixt	916-802-7032	mikeb@triamid.com
Nominating	Vacant		
Programs	Debbie Martinez	916-802-6530	debralyn78@pacbell.net
	Sandy Britton	279-667-5705	sambrit10@gmail.com
Resource Development	Mike Pidd	916-541-5104	mikepidd@sbcglobal.net

Committee Chairs (cont.)			
Scholarships	Sue McGinty	916-202-5323	smmcgin@aol.com
Technology	Kevin Collins	508-344-2005	kevin.collins@csus.edu
	Tom Nelson	916-359-4521	t.nelson@csus.edu
Volunteer Services	Pam O'Brien	413-522-9162	obriendesign@comcast.net

Board Liaison Members			
Recorder	Carolyn Monson	916-342-2322	carolyn.monson@me.com
Website	Teri Stone	916-662-5447	sixstones@comcast.net
Weekly Update	Loretta Burdeaux	916-690-2109	lorburdeaux@gmail.com
	Hollis Kulwin	530-219-8142	holliskulwin@gmail.com
	Teri Stone	916-662-5447	sixstones@comcast.net
	Charlotte Stott	916-425-4873	charstott@comcast.net

Sac State Liaison			
Sac State Liaison	Dean David Lang	916-278-7077	lang@csus.edu

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

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 2024-2025 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

“Every gift to the Renaissance Society is an investment in lifelong learning, student success, and a stronger Sacramento State community. Together, we are building a legacy that will enrich lives for generations to come.”

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.

*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.

- (1) If you make an on-line donation for the Scholarship Fund or ASI Food Pantry, please scroll down to Additional Options and open GIFT INSTRUCTIONS. Please indicate there that you are a Renaissance Society member; or
- (2) If you mail in a check for a donation to the Scholarship Fund or ASI Food Pantry, please also indicate on the check that you are a Renaissance Society member.



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

• This gift is: in honor of_____
in memory of _____

• Please send notification of my tribute to _____

Address

City

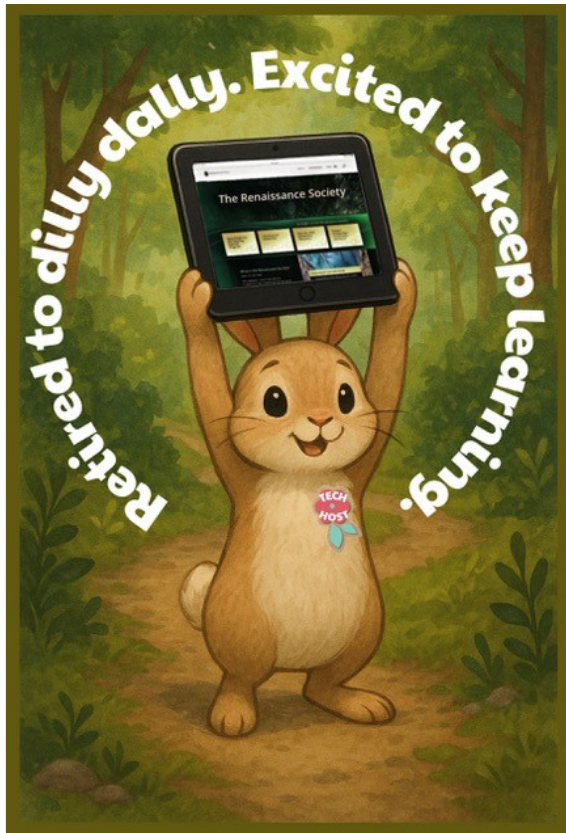
State

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 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 14, 2026. Additional volunteer opportunities appear frequently in the Weekly Update circulated to Renaissance Society members via email.
- Questions? Please reach out to Pam O'Brien, Volunteer Services Coordinator at obriendesign@comcast.net or 413-522-9162.

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 Susan Wheeler at swheeler_1@yahoo.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 [90-91](#) for contact information.

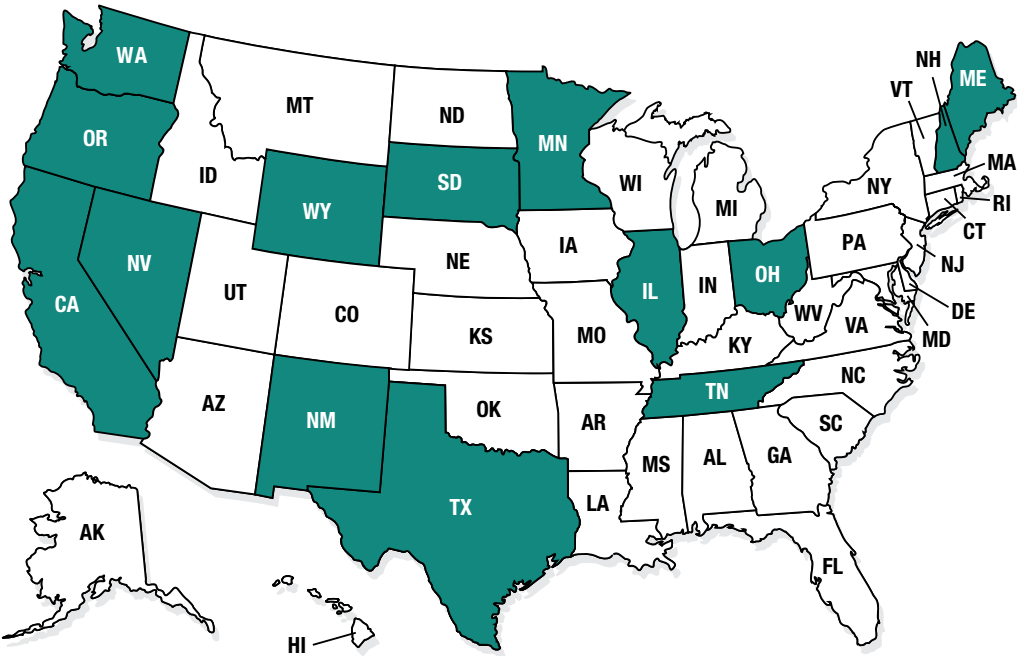


partnerships

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 swheeler_1@yahoo.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.



Where RS Members Live

acknowledgments

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