welcome
fall • 2021

The Renaissance Society of Sacramento

learn • connect • share

patterns in life and nature

“The more we observe patterns, the more we connect the dots and make sense out of them, the more we learn.”

—Omar Sharif, 1952

Sac State greetings

Dr. Dianne Hyson
Dean

College of Social Sciences &
Interdisciplinary Studies

Sac State Renaissance Liaison

welcome & agenda

1. Member orientation
2. Moderated rendezvous panel
3. Service – volunteering

Ken Cross • President

1

member orientation

- learn
- connect
- share

Ken Cross

Pam O'Brien

Sarah Ryan-Roberts

learn

Pam O'Brien

Program Committee

and the journey begins . . .

. . . in 1986

- Origin 1986 – Four seminars and one Forum
- 1993 Scholarship fund
- 1996 Gerontology volunteers
- 2016 Online enrollment and registration
- 2017 ASI Food Pantry donations
- 2018 Scholarship fund passes $200,000
- 2020 Virtual programs

Sac State faculty push for a lifelong learning community for the Greater Sacramento area

. . . 2021 fall catalog

Embodies RS core values

- Member participation & connection
- Lifelong learning
- Diversity
- Community engagement
- Organizational integrity
- Gratitude & appreciation
- Respect
- Service

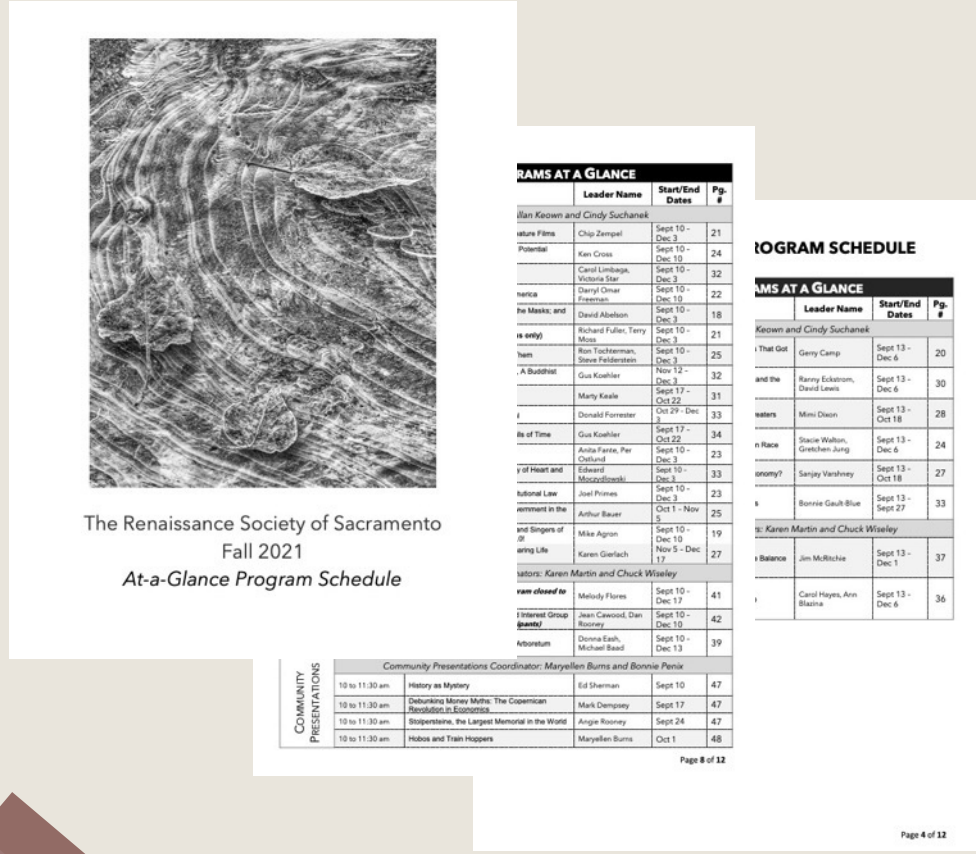
Catalog cover: David J. Grenier, renowned photographer and Renaissance member

ready, set, go . . .

- printable catalog
- flipbook format
- programs at-a-glance

Search for Renaissance CSUS

printed at-a-glance program schedule



The Renaissance Society of Sacramento
Fall 2021
At-a-Glance Program Schedule

RAMS AT A GLANCE

	Leader Name	Start/End Dates	Pg. #
llan Keown and Cindy Suchanek			
ature Films	Chip Zempel	Sept 10 - Dec 3	21
Potential	Ken Cross	Sept 10 - Dec 10	24
	Carol Limbaga, Victoria Star	Sept 10 - Dec 3	32
nerica	Darryl Omar Freeman	Sept 10 - Dec 10	22
he Masks; and	David Abelson	Sept 10 - Dec 3	18
s only)	Richard Fuller, Terry Moss	Sept 10 - Dec 3	21
hem	Ron Tochterman, Steve Felderstein	Sept 10 - Dec 3	25
, A Buddhist	Gus Koehler	Nov 12 - Dec 3	32
	Marty Keale	Sept 17 - Oct 22	31
	Donald Forrester	Oct 29 - Dec 3	33
ds of Time	Gus Koehler	Sept 17 - Oct 22	34
	Anita Fante, Per Ostlund	Sept 10 - Dec 3	23
y of Heart and	Edward Mocypolowski	Sept 10 - Dec 3	33
tutional Law	Joel Primes	Sept 10 - Dec 3	23
ernment in the	Arthur Bauer	Oct 1 - Nov 5	25
nd Singers of /or	Mike Agron	Sept 10 - Dec 10	19
aring Life	Karen Gierlach	Nov 5 - Dec 17	27
ators: Karen Martin and Chuck Wiseley			
vam closed to	Melody Flores	Sept 10 - Dec 17	41
Interest Group *quants)*	Jean Cawood, Dan Rooney	Sept 10 - Dec 10	42
Arboretum	Donna Eash, Michael Baad	Sept 10 - Dec 13	39
COMMUNITY PRESENTATIONS — *Community Presentations Coordinator: Maryellen Burns and Bonnie Penix*			
10 to 11:30 am — History as Mystery	Ed Sherman	Sept 10	47
10 to 11:30 am — Debunking Money Myths: The Copernican Revolution in Economics	Mark Dempsey	Sept 17	47
10 to 11:30 am — Stolpersteine, the Largest Memorial in the World	Angie Rooney	Sept 24	47
10 to 11:30 am — Hobos and Train Hoppers	Maryellen Burns	Oct 1	48

Page 8 of 12

ROGRAM SCHEDULE

AMS AT A GLANCE

	Leader Name	Start/End Dates	Pg. #
Keown and Cindy Suchanek			
That Got	Gerry Camp	Sept 13 - Dec 6	20
and the	Ranny Eckstrom, David Lewis	Sept 13 - Dec 6	30
eaters	Mimi Dixon	Sept 13 - Oct 18	28
n Race	Stacie Walton, Gretchen Jung	Sept 13 - Dec 6	24
onomy?	Sanjay Varshney	Sept 13 - Oct 18	27
s	Bonnie Gault-Blue	Sept 13 - Sept 27	33
s: Karen Martin and Chuck Wiseley			
Balance	Jim McRitchie	Sept 13 - Dec 1	37
	Carol Hayes, Ann Blazina	Sept 13 - Dec 6	36

Page 4 of 12

flip book

flip book features

- Program Schedule At-a-Glance
- Index by Topic
- Index by Program
- Seminar Leader Directory
- Member FAQs
- and much, much more

patterns

Our theme for this Fall 2021 catalog, "Patterns in Life and Nature," has evolved from last Spring's catalog which focused on "Reflections." Reflections are some of the most prominent of life's patterns, with others being waves, dunes, spirals, cracks, spots, stripes, the patterns of a plant's blossoms and seeds, and the patterns in history, art, science, and mathematics. Patterns are everywhere, circling and returning anew, giving us calming beauty. Producing the catalogs for the 2020-21 Zoom environment has taught us that paying attention to patterns is much of what lies at the heart of deep learning.

In 1952, Omar Sharif noted: "The more we observe patterns, the more we connect the dots and make sense out of them, the more we learn."

This repetition of design and patterns and connecting the dots, relates to an extraordinary aspect of our lives with the Renaissance Society: "Come for the programs, stay for the connections." Whether the rewards obtained are academic or social or both, for many of us the Renaissance Society regularly serves up reoccurring themes—dots that have been or are being connected. Some moments, or "peak experiences" as originally labeled by Abraham Maslow in 1964, are the joys that come from moments of understanding or learning and connecting with something or someone new. That is, understanding what brings knowledge of oneself and the world provides a deeper understanding and satisfaction with life, often in the company of fellow travelers, is what makes lifelong learning so joyful and valuable.

We, and all of our 1800 members, invite you to join us this Fall 2021. We guarantee the potential for connecting many dots, meeting new friends, and having opportunities to learn about some deeply satisfying patterns.

We look forward to sharing the Fall Semester with you!

Allan Keown and Cindy Suchanek
Co-Chairs, Program Committee

Kelsey Maher, Karen Martin, and Lorene Sarne
Catalog Editors

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

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Become a Part of the Renaissance Society Community 4
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A Special Thank You to Our Featured Artist, David J. Grenier!

Renaissance member and renowned photographer, David J. Grenier, is our catalog's Featured Artist. His photographs encapsulate our theme of patterns in Northern California and beyond. As it was difficult for the catalog committee to select just one photo for our cover, we recommend visiting his portfolio at www.davidjgrenier.com.

His work is also featured on pages 5 and 82.

arrange your world

MONDAY PROGRAMS AT A GLANCE

Time	Title	Leader Name	Start Date	Pg#
	Seminar *Coordinators: Allan Keown and Cindy Suchanek*			
9–Noon	Roger Ebert's Great Movies: The Ones That Got away?	Gerry Camp	Sept 13–Dec 6	20
10–11:30 am	Big History: Continuing the Story of Us and the Universe We Live in	Ranny Eckstrom, David Lewis	Sept 13–Dec 6	30
10–11:30 am	Happy Losers Club for Emotional Overeaters	Mimi Dixon	Sept 13–Oct 18	28
10–Noon	Racial Healing Circle: Conversations on Race	Stacie Walton, Gretchen Jung	Sept 13–Dec 6	24
Noon–1 pm	What Is behind the US Markets and Economy?	Sanjay Varshney	Sept 13–Oct 18	27
2–3:30 pm	Growing California Natives in Our Yards	Bonnie Gault-Blue	Sept 13–Sept 27	33
	Shared Interest Groups			
Noon–1:30 pm	Corporate Accountability: Restoring the Balance	Jim McRitchie	Sept 13–Dec 1	37
1–2:30 pm (yr.-round monthly)	Book Group: First Monday Book Group	Carol Hayes, Ann Blazina	Sept 13–Dec 6	36

TUESDAY PROGRAMS AT A GLANCE

Time	Title	Leader Name	Start Date	Pg#
	Seminars			
10–11 am	Active Retirement Investing: Session 1			
10–11 am	Active Retirement Investing: Session 2			
10–11:30 am	Ancient Egypt - 3100 BCE to 30 CE			
10–Noon	Let's Write Some Songs: History and Prac Songwriting			

MY SCHEDULE AT A GLANCE FALL 2021

Day and Date	Start Time	Program Title	Page	Zoom Meeting info
9/15 Wed	2 PM.	Women Correspondents. (Wed.)	16	
9/16 Thurs	10 AM	Woman Who Dared	26	
10/7 Tues	2 PM	Collapse of Civilization	24	

p. 12-17 PDF catalog

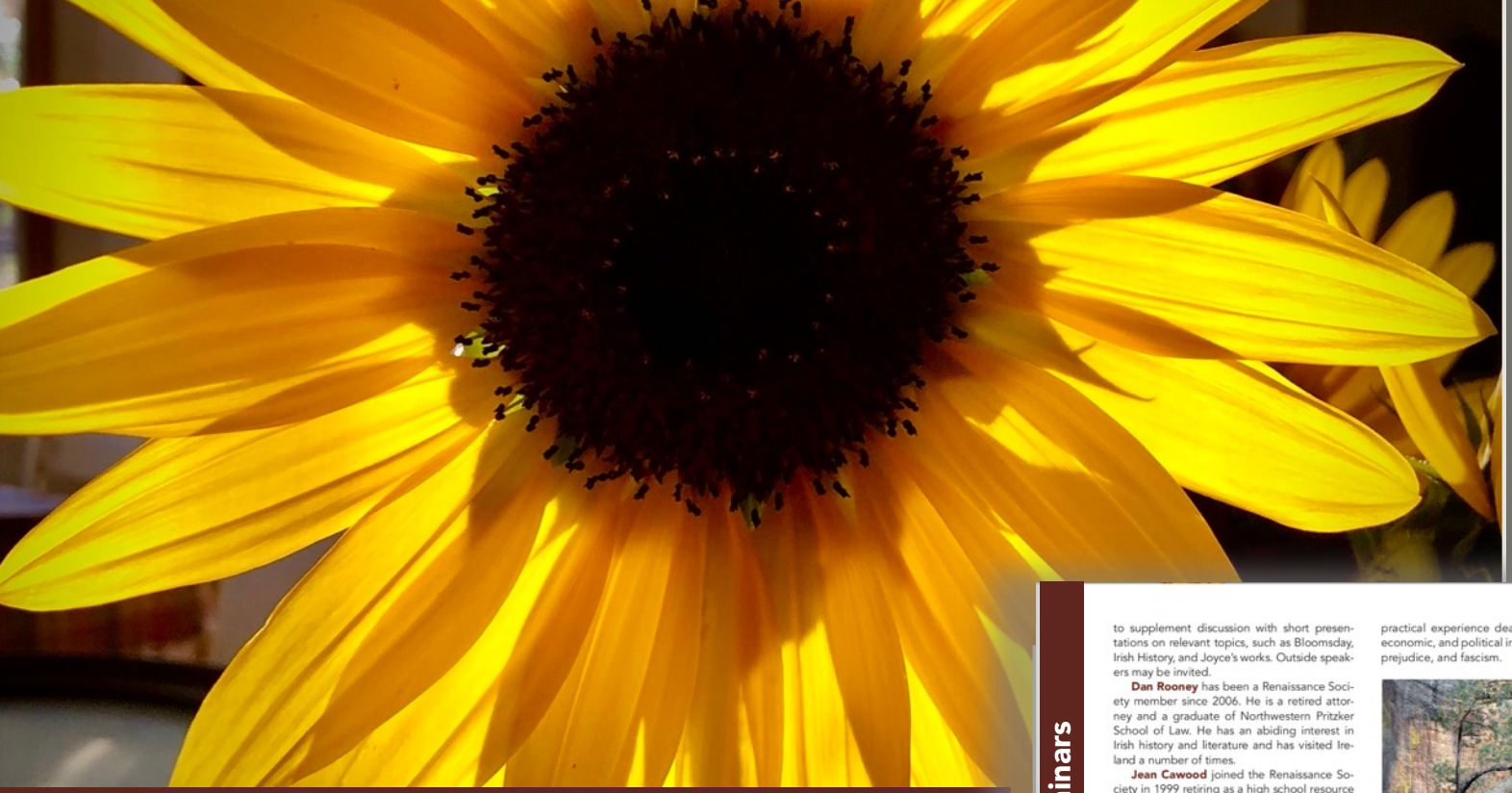
seminars

shared interest groups

presentations

forums

- total 107 programs
- available Monday through Friday



- nearly 50 seminars
- peer-to-peer learning
- all or part of semester
- catalog pages 18-35

seminars

Roger Ebert's Great Movies

Racial Healing Circles: Conversations on Race

Cities of the Ancient World

The Origins of the Judeo-Christian Tradition

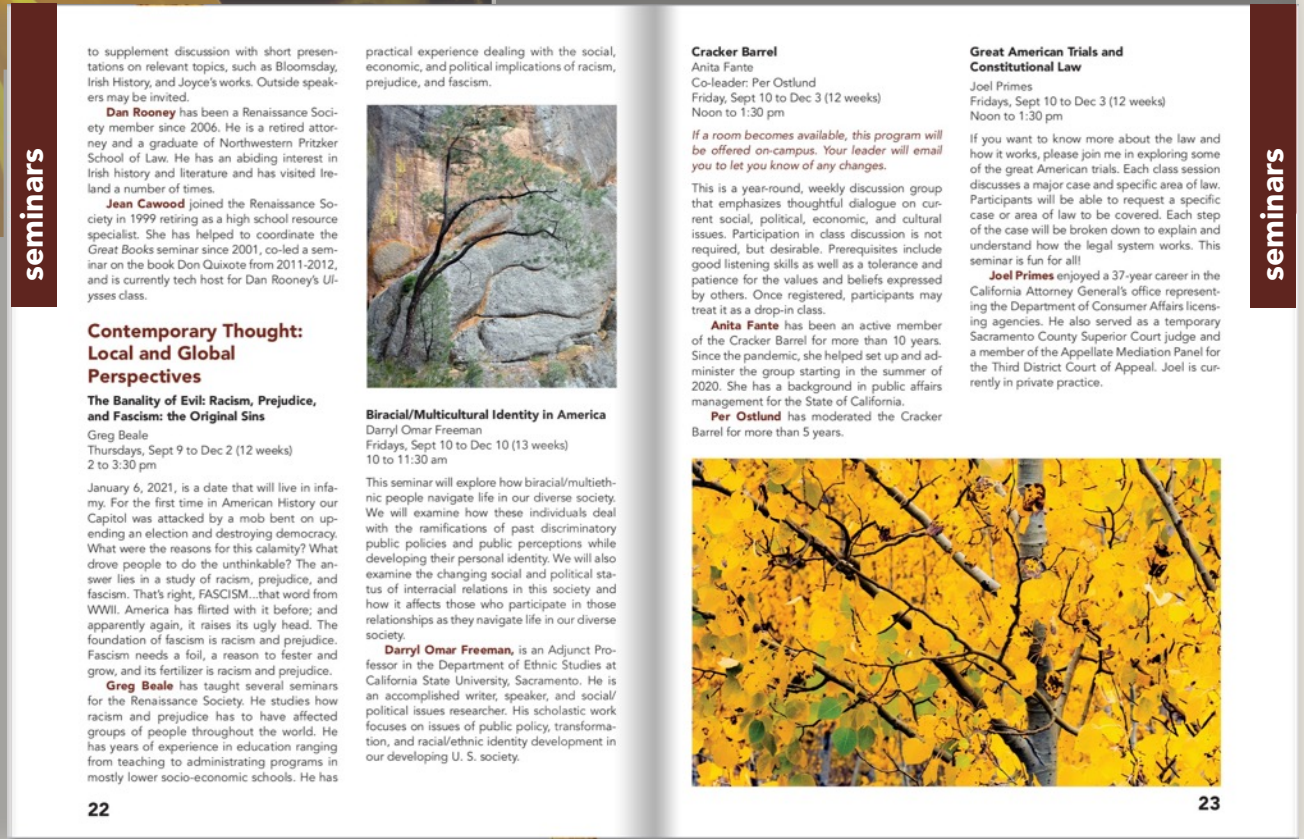
World of Engineering

Electric Life: Exploring the Biology of Heart and Mind

Wisdom Questions

All That Jazz – Classic to Cool

and more . . .



seminars

to supplement discussion with short presentations on relevant topics, such as Bloomsday, Irish History, and Joyce's works. Outside speakers may be invited.

Dan Rooney has been a Renaissance Society member since 2006. He is a retired attorney and a graduate of Northwestern Pritzker School of Law. He has an abiding interest in Irish history and literature and has visited Ireland a number of times.

Jean Cawood joined the Renaissance Society in 1999 retiring as a high school resource specialist. She has helped to coordinate the *Great Books* seminar since 2001, co-led a seminar on the book Don Quixote from 2011-2012, and is currently tech host for Dan Rooney's *Ulysses* class.

Contemporary Thought: Local and Global Perspectives

The Banality of Evil: Racism, Prejudice, and Fascism: the Original Sins

Greg Beale
Thursdays, Sept 9 to Dec 2 (12 weeks)
2 to 3:30 pm

January 6, 2021, is a date that will live in infamy. For the first time in American History our Capitol was attacked by a mob bent on upending an election and destroying democracy. What were the reasons for this calamity? What drove people to do the unthinkable? The answer lies in a study of racism, prejudice, and fascism. That's right, FASCISM...that word from WWII. America has flirted with it before; and apparently again, it raises its ugly head. The foundation of fascism is racism and prejudice. Fascism needs a foil, a reason to fester and grow, and its fertilizer is racism and prejudice.

Greg Beale has taught several seminars for the Renaissance Society. He studies how racism and prejudice has to have affected groups of people throughout the world. He has years of experience in education ranging from teaching to administrating programs in mostly lower socio-economic schools. He has practical experience dealing with the social, economic, and political implications of racism, prejudice, and fascism.

Biracial/Multicultural Identity in America
Darryl Omar Freeman
Fridays, Sept 10 to Dec 10 (13 weeks)
10 to 11:30 am

This seminar will explore how biracial/multiethnic people navigate life in our diverse society. We will examine how these individuals deal with the ramifications of past discriminatory public policies and public perceptions while developing their personal identity. We will also examine the changing social and political status of interracial relations in this society and how it affects those who participate in those relationships as they navigate life in our diverse society.

Darryl Omar Freeman, is an Adjunct Professor in the Department of Ethnic Studies at California State University, Sacramento. He is an accomplished writer, speaker, and social/political issues researcher. His scholastic work focuses on issues of public policy, transformation, and racial/ethnic identity development in our developing U. S. society.

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Cracker Barrel
Anita Fante
Co-leader: Per Ostlund
Friday, Sept 10 to Dec 3 (12 weeks)
Noon to 1:30 pm

If a room becomes available, this program will be offered on-campus. Your leader will email you to let you know of any changes.

This is a year-round, weekly discussion group that emphasizes thoughtful dialogue on current social, political, economic, and cultural issues. Participation in class discussion is not required, but desirable. Prerequisites include good listening skills as well as a tolerance and patience for the values and beliefs expressed by others. Once registered, participants may treat it as a drop-in class.

Anita Fante has been an active member of the Cracker Barrel for more than 10 years. Since the pandemic, she helped set up and administer the group starting in the summer of 2020. She has a background in public affairs management for the State of California.

Per Ostlund has moderated the Cracker Barrel for more than 5 years.

Great American Trials and Constitutional Law

Joel Primes
Fridays, Sept 10 to Dec 3 (12 weeks)
Noon to 1:30 pm

If you want to know more about the law and how it works, please join me in exploring some of the great American trials. Each class session discusses a major case and specific area of law. Participants will be able to request a specific case or area of law to be covered. Each step of the case will be broken down to explain and understand how the legal system works. This seminar is fun for all!

Joel Primes enjoyed a 37-year career in the California Attorney General's office representing the Department of Consumer Affairs licensing agencies. He also served as a temporary Sacramento County Superior Court judge and a member of the Appellate Mediation Panel for the Third District Court of Appeal. Joel is currently in private practice.

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seminars

- 19 SIGs
- catalog pages 36-42

shared interest groups

Book Group: Great Books Discussion Group

Qi Gong

Dining Together

Digital Photography

1st Monday Book Group

Writer's Workshop II

Conversational French

Art of the Portrait

Games for Entertainment

A Guided Tour of The University Arboretum

and more . . .

shared interest groups

Digital Photography

Jane Steele
Co-facilitator: Colleen Wong
Tuesdays, Sept 14 to Nov 30
(6 classes and 5 field trips)
10 to Noon

We are geared toward photographers who are interested in exploring the various modes and settings of their cameras. This year we will explore various techniques in photography, such as architectural photography, shooting the Milky Way, and light trails, just to name a few. The class alternates between class sessions and field trips. Field trips will provide an opportunity to practice what is learned in class. We will hold the class using Zoom this semester. If possible, field trips may be held while we practice social distancing and other safety measures. This class is run by a 12-person committee. All participants help greatly in setting up this class for your enjoyment.

Jane Steele and **Colleen Wong** are amateur photographers who have a passion for photography.

Dining Together

Cheryl Nelson
Wednesdays or Thursdays, Sept 8 to Dec 8
(Year-round monthly)
5:30 to 7:30 pm

For over 10 years, Renaissance members have enjoyed fun monthly evening social events. We are resuming this fall in modified form to comply with all Sacramento County Health regulations in place at the time of an event. (1) On-line Renaissance registration is required. For purposes of the Renaissance Society registration system, everyone signing up for this class will automatically be enrolled in a Wednesday session. (2) Members suggest local restaurants for consideration. (3) Seminar leaders contact restaurants to make dinner reservations. (4) Each month, diners will choose between one of two possible dates at the selected restaurant—**either the 2nd Wednesday or the 3rd Thursday** (two dates double the number of participants possible within the likely health restrictions). (5) Members will RSVP to only *one date per month*. Preference will be given to the first who RSVP.

PLEASE NOTE: A recommended Zoom Meet and Greet meeting will be held Thursday September 2 at 3 pm to explain our new process and answer questions.

Cheryl Nelson has been the Dining Together seminar leader for the 5 years pre-COVID.

Games for Entertainment

Roberta Frieze
Co-facilitator: Judy Keaton
Thursdays, Sept 9 to Dec 16 (Year-round weekly)
1 to 3 pm

Card games, word games, dominoes, team games are played. A basic knowledge of cards and trump is helpful. We spend a few minutes socializing at each meeting before game play starts. Enjoy the opportunity to learn and socialize with people who have similar interests. Our members host and provide refreshments on a rotating basis depending upon their own calendars. We will follow all current state health guidelines for COVID safety.

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Bobby Frieze has been in this group for 15 years. Bobby maintains a list of changing locations in members' homes and contacts for the group.

Judy Keaton maintains and prepares the roster. Judy has many games in her skill set and memory.

A Guided Tour of the University Arboretum

Donna Eash
Co-facilitator: Michael Baad
Fridays, Sept 10 to Dec 3
(7 tours, register for one)
Noon to 1:30 pm

We will take a walking tour of the University Arboretum every other Friday *(Sept 10, Sept 24, Oct 8, Oct 22, Nov 5, Nov 19, and Dec 3)*. This 3.5-acre site is now home to more than 1,400 different trees, shrubs, and herbaceous perennials from throughout the temperate regions of the world. It is a constantly changing environment from daffodils in spring, to a host of flowering plants in summer, and a striking autumnal color display each fall. This introductory walk acquaints you with a resource that is open 24/7, twelve months of the year, free of charge. Each tour is the same. The Arboretum is located adjacent to the "J" street entrance and Parking Structure 5 on Arboretum Way. Paid parking is available on campus. (There is no longer any free campus parking.)

Donna Eash has been in Renaissance since 2012. She enjoys walks through the Sacramento State University Arboretum and would like to provide arboretum walking tours for society members.

Dr. Michael Baad is a Professor of Ecology and Systematics at Sacramento State University and the caretaker of the Arboretum. He may occasionally join the group.

Le Cercle Français (Conversational French)

Debra da Costa
Wednesdays, Sept 8 to Dec 15 (13 weeks)
11 to 1:00 pm

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

Debra da Costa recently sold her marketing business and is resuming activities from her earlier profession such as landscape architecture and urban design, and former interests such as art and French. In addition, Debra thrives on cycling, gardening, and yoga.

shared interest groups

39

- 30 presentations
- community series
- tuesday speakers series
- peer-to-peer learning
- catalog pages 43-52

presentations

Fatal Encounters with Police

Hobos & Train Hoppers

Founding Women—National Parks

Watercolor Doodles: Paint fall foliage

The Science of a Happy Dog

History as Mystery

Drinking with Jane Austen

Literary Hoaxes & Cultural Imposters

A Cook's Tour Returns!

and more . . .

presentations

Books, Language, and Literature

Literary Hoaxes and Cultural Imposters

Maryellen Burns
Friday, Oct 15
10 to 11:30 am

If a non-fiction book is good, if it's artful, entertaining, and informative, should it matter who the author is, or if the story or conversations recounted inside are true? William Shakespeare, Edgar Allan Poe, Jonathon Swift, John Steinbeck, Clifford Irving, James Frey, Penelope Ashe, Danny Santiago, Laura Albert, and hundreds of other authors were either victims or purveyors of plagiarism, forgery, or an outright literary hoax. We'll discuss the impact these books had when we discovered the writers weren't who we thought they were or the story they revealed was made up.

Maryellen Burns has been a ghostwriter and author known to artfully share a story recounted to her without checking its veracity. An avid book collector, she prizes her collection of works created by cultural imposters or literary hoaxers.

The Mother Code with Carole Stivers

Carole Stivers in conversation with
Anne Da Vigo
Friday, Oct 22
7 to 8:30 pm

The year is 2049. When a deadly non-viral agent intended for biowarfare spreads out of control, scientists must scramble to ensure the survival of the human race. They turn to their last resort, a plan to place genetically engineered children inside the cocoons of large-scale robots. There is one hope of preserving the human order: an intelligence programmed into these machines that renders each unique in its own right. Carol will discuss the book in conversation with author Anne Da Vigo.

Carole Stivers received her PhD in Biochemistry at the University of Illinois at Urbana-Champaign and post-doctoral work at Stanford University before launching a career in medical diagnostics. She has combined her love of writing and her fascination with the possibilities of science to create her debut novel *The Mother Code*.

Japanese Wood Block Prints—Ukiyo-e

Karun Yee
Friday, Nov 5
10 to 11:30 am

Woodblock printing or block printing originated in China in antiquity as a method of printing on textiles and later paper. Woodblock printing also changed the shape and structure of books.

Karun Yee's interest in community service, education, Chinese history, and love of travel was inspired by her late husband Doug. She continues to explore the world for him and unlocking hidden histories.

Economics

Debunking Money Myths: The Copernican Revolution in Economics

Mark Dempsey
Friday, Sept 17
10 to 11:30 am

A former loan officer and award-winning technical writer presents a seldom-told story of obligation, debt, and money. Their origins intersect with social, commercial, and religious themes throughout history. These origins precede even writing. Myths about them persist to this day. The truth about debt and money, its history and narrative, implies some surprising solutions to the systemic problems plaguing society today, including national 'debt,' immigration, health care, and climate catastrophe.

Retired technical writer **Mark Dempsey** has explained complex software for years. He also has experience in the real estate industry as a broker, loan officer, and member of the Sacramento County Community Planning Advisory Council. He's self-educated about Modern Money Theory, but given how little press heterodox (unorthodox) economics is given, Marks' own research, and the work of some unorthodox economists, present background for this address.

History

History as Mystery

Ed Sherman
Friday, Sept 10
10 to 11:30 am

Sherlock Holmes had a keenly developed method for sleuthing out dastardly criminals. In much the same way as Mr. Holmes, historians solve puzzles about the past. How do they do it?

Ed Sherman has spent more than 60 years studying and teaching ancient history at colleges in California and Nevada. In addition, he spent nearly three years wandering around the Mediterranean exploring its antiquities and landscapes. Ed has led seminars for the Renaissance Society for the past 10 years.

Stolpersteine, the Largest Memorial in the World

Angie Rooney
Friday, Sept 24
10 to 11:30 am

Stolpersteine (Eng. stumbling stones) are small brass plated memorial stones implanted to commemorate the victims of the Nazi Holocaust at their last known residence before arrest and transport. It also tells my story of having a Stolperstein installed in Munich, Germany in memory of my grandfather, who was murdered at Auschwitz. Over 75,000 such memorial stones have been installed all over Europe. The idea is now expanding to the United States to memorialize victims of lynchings and other hate crimes.

Angie Rooney is a retired contracts manager and has been a member of the Renaissance Society since 2007. She has participated in many Renaissance programs and has encouraged a number of friends to join. She has made presentations to the Renaissance Society, on subjects such as genealogy and her family's history in Shanghai.

presentations

forums

- 13 community conversations
- arts, science, health, politics, economics, personal journeys
- 3 to 4 pm Fridays
- catalog pages 53-58

Dr. Katharine Hayhoe, PhD

climate scientist

first forum

STEWARDS OF THE PLANET

walking the path

sept. 10

Thought provoking afternoon with renowned climate scientist Dr Hayhoe for a frank discussion about what we can do about climate change on a local and global level.

fall topics

CHEEWA JAMES & DR. ROSE SOZA WAR SOLDIER | The Modoc War: The Tribe That Wouldn't Die

PAT FONG KUSHIDA | AAPI Strong: Stop the Hate!

LESTER SNOW | Restoring the Klamath River: The World's Largest Dam-Removal Project

TOM DREESEN | A Conversation with Comedian Tom Dreesen

DR. MARY LEE VANCE | The Disabled Civil Rights Movement

DR. RITA CAMERON WEDDING | Implicit Bias Contributes to the Persistence of Systemic Racism

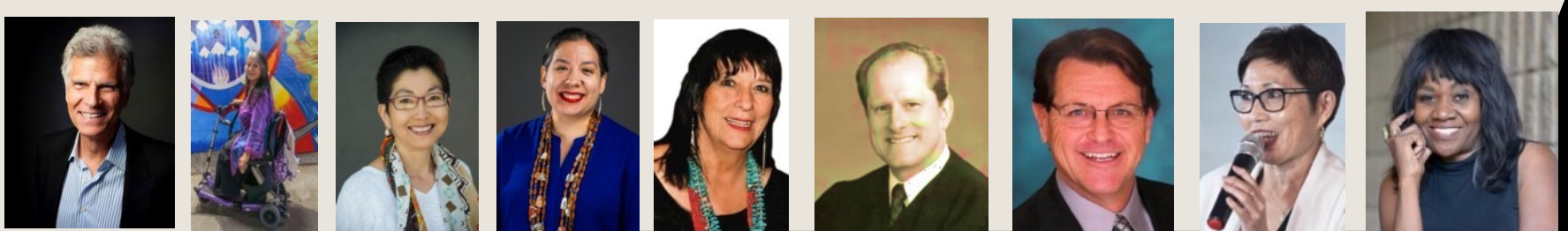
SACRAMENTO'S FANTASTIC OLYMPIC GOLD MEDALIST SWIMMERS

PROFESSOR LISA IKEMOTO | Selling Genes, Buying Race

ROB STUTZMAN, STEVEN MAVIGLIO | CA Governor Recall

DR. GOZDE GONCU BERK | The Future of Electronic Wearables: E-Textiles and "Smart" Clothing

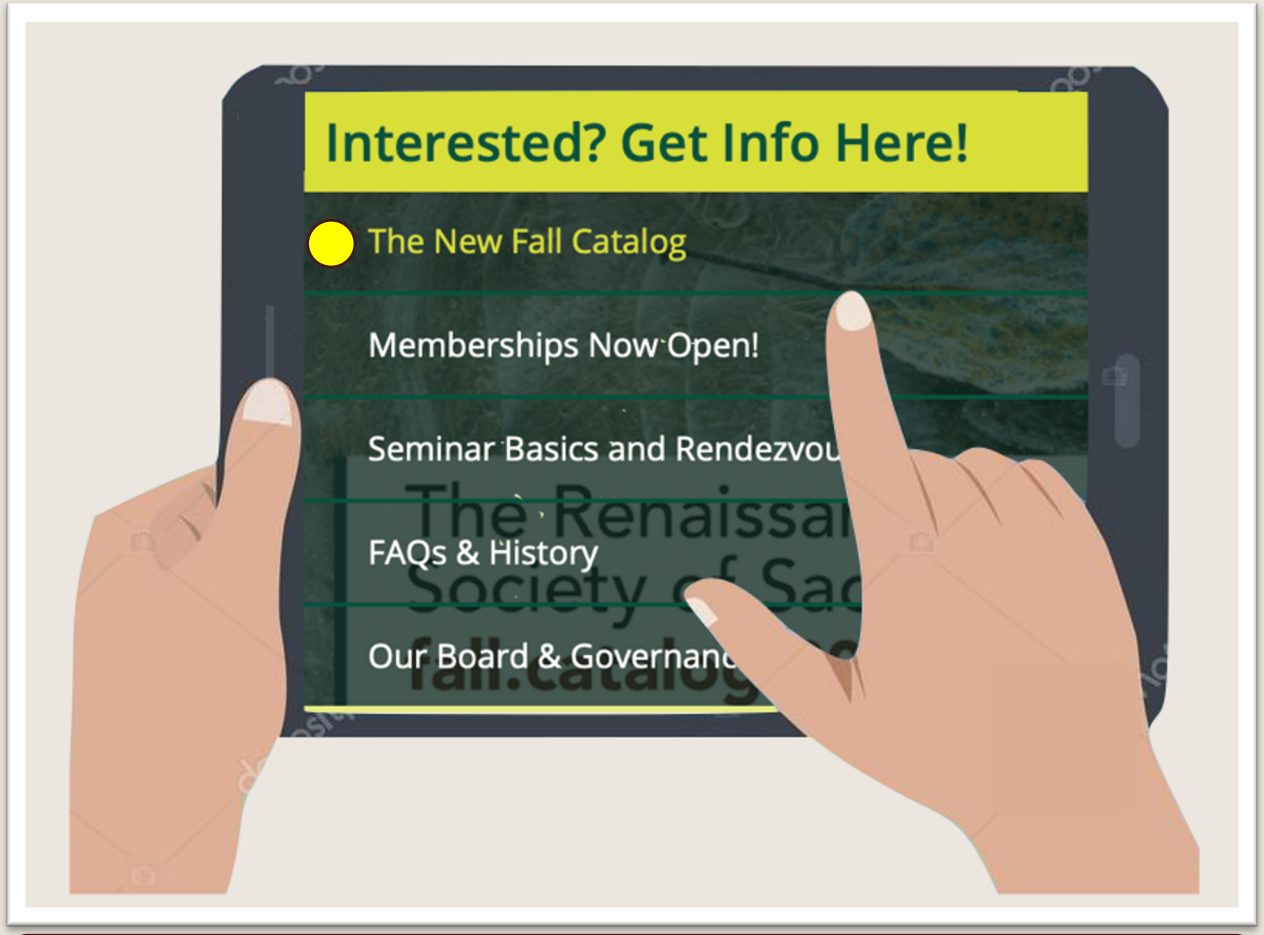
JUDGE JAMES MIZE | The Justice System: 2021 and Beyond



explore

need help?

rensocit@gmail.com



Read Online in Flipbook

Download as PDF

Online Registration Site

plan

Read Online in Flipbook

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TUESDAY PROGRAMS AT A GLANCE

Time	Title	Leader Name	Start Date	Pg#
	Seminars			
10–11 am	Active Retirement Investing: Session 1	Bill Bailey, Marsha Holland	Sept 7 - Oct 12	26
10–11 am	Active Retirement Investing: Session 2	Bill Bailey, Marsha Holland	Oct 26–Dec 7	26
10–11:30 am	Ancient Egypt - 3100 BCE to 30 CE	David Lewis	Sept 7–Nov 30	30
10–Noon	Let's Write Some Songs: History and Practice of Songwriting	Al Zagofsky	Sept 7–Nov 30	20
2–3:30 pm	Wisdom Questions	Mimi Dixon	Sept 7–Nov 9	28
	Shared Interest Groups			
9:30–11 am (yr.-round monthly)	Book Group: Tuesday Book Club	Marian Kile	Sept 7–Dec 14	37
10–Noon	Digital Photography (6 classes, 5 field tr			
Noon–2 pm (yr.-round weekly)	Writer's Workshop II (P)			
2–4 pm (First Tues each month)	Book Group: Great Books Discussion Gr			
4–5 pm	Qi Gong			
7–8:30 pm	Art of the Portrait			

Use at-a-glance program schedule

download link available

MY SCHEDULE AT A GLANCE FALL 2021

Day and Date	Start Time	Program Title	Page	Zoom Meeting info
9/15 Wed	2 PM.	Women Correspondents. (Wed.)	16	
9/16 Thurs	10 AM	Woman Who Dared	26	
10/7 Tues	2 PM	Collapse of Civilization	24	

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choose

Online Registration Site

SIGN ME IN

Renew Membership
Choose Seminars

Sign In

Help Me Login

Member IDs start with RS

Forgot member ID?

Member ID Lookup

- t Name
- Last Name
- Zip Code

Learn. Connect. Share.

Recordings

Online Learning Resources

Get Involved: Donate. Volunteer.

Download Guides

How Do I . . . ?

- Find Your RS Member Number
- Enroll in Programs & Find the Zoom LInk

IMPORTANT: You are not registered until you click Submit button at bottom.

Submit

Tip!

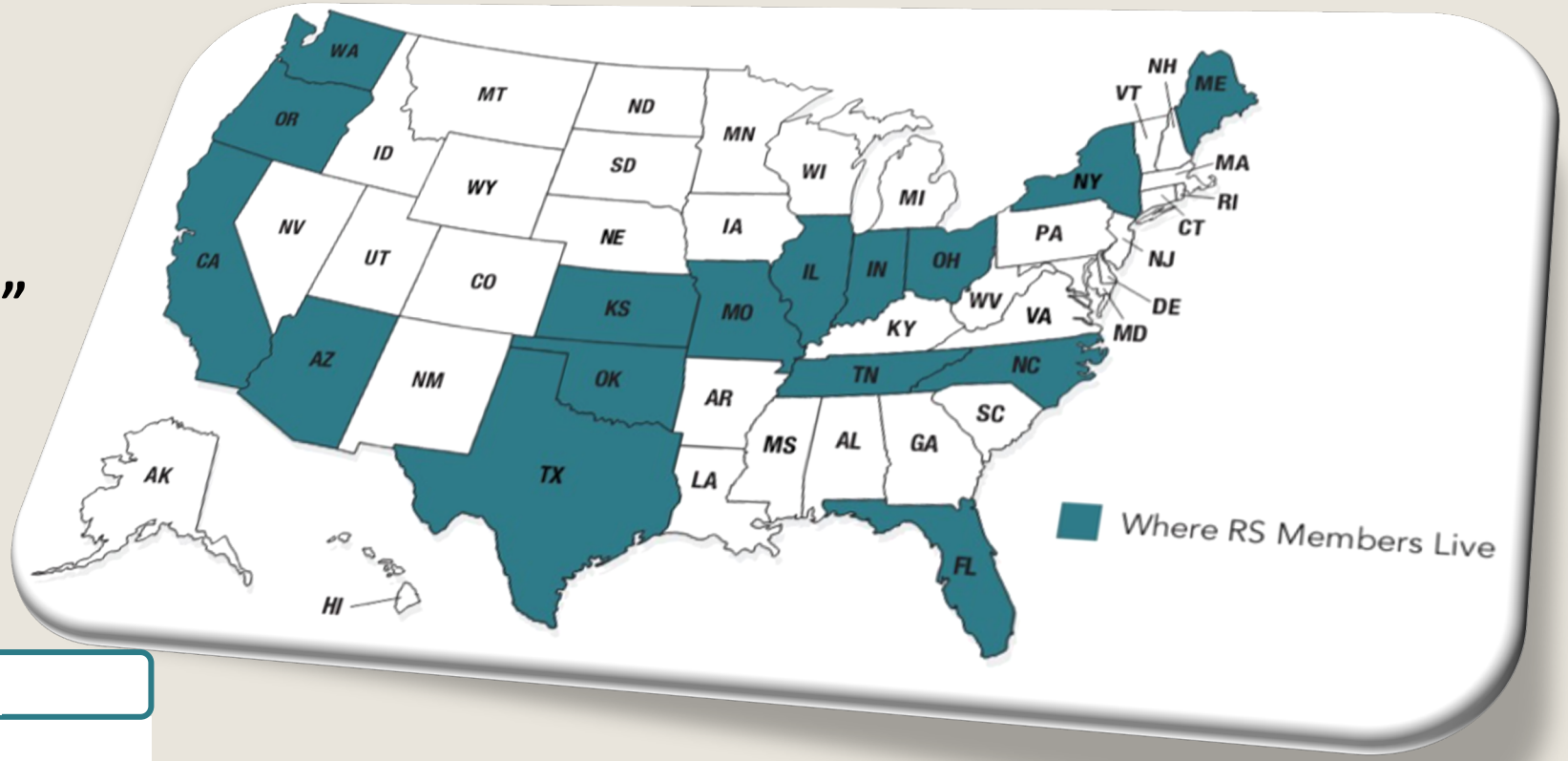
need help?

rensocit@gmail.com

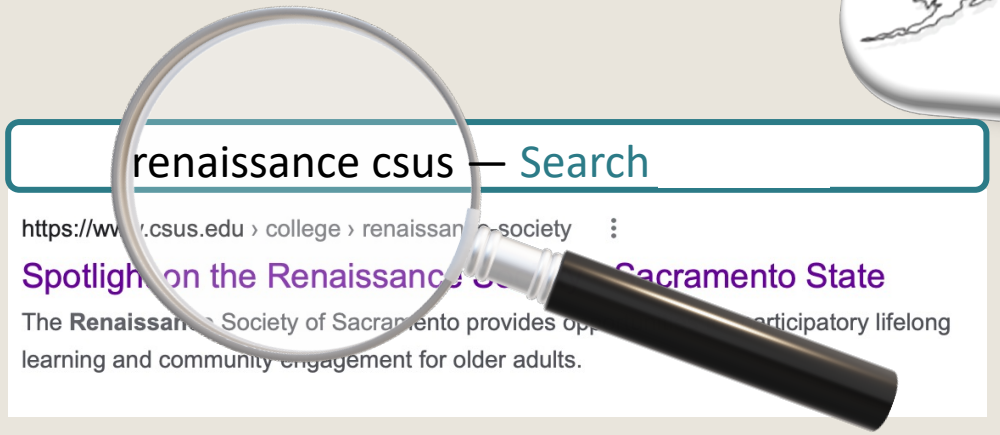
share
share
share

put family/friends on the map

Sign in



- Search for “renaissance csus”
- Bookmark it
- Copy the link and share



help the journey continue. . .

connect

home base

Search for Renaissance CSUS

Sarah Ryan-Roberts

resources

- enrolling in programs guide
- online participation guides
- tech team support:

rensocit@gmail.com

video

printable

Joining a Zoom Meeting for iPhone

First Step (one time only):
Download the App from the Apple Store. Search for "ZOOM Cloud Meetings"

Join a Meeting from an email
Most of the time, tapping on the **Join Zoom Meeting** link in an email invitation or text message invite, will connect you to your meeting. The link is convenient because both the meeting ID and encrypted password are in it. The Meeting ID is at least 10 digits. Some meetings will require you to enter a password for added security.

Joining a Zoom Meeting for Android

First Step (one time only):
Download the App from the Google Play Store. Search for "ZOOM Cloud Meetings"

Join a Meeting from an email
Most of the time, tapping on the **Join Zoom Meeting** link in an email invitation or tex message invite, will connect you to your meeting. The link is convenient because botl the meeting ID and encrypted password are in it. The Meeting ID is at least 10 digits. Some meetings will require you to enter a password for added security.

Joining a Zoom Meeting for iPad

First Step (one time only):
Download the App from the Apple Store. Search for "ZOOM Cloud Meetings"

Join a Meeting from an email
Most of the time, tapping on the **Join Zoom Meeting** link in an email invitation or text message invite, will connect you to your meeting. The link is convenient because both the meeting ID and encrypted password are in it. The Meeting ID is at least 10 digits. Some meetings will require you to enter a password for added security.

staying connected

newsletter

The Renaissance Recorder
Learn. Connect. Share.
California State University, Sacramento
August 2020 — Lifelong Learning for over 30 years — Issue 196

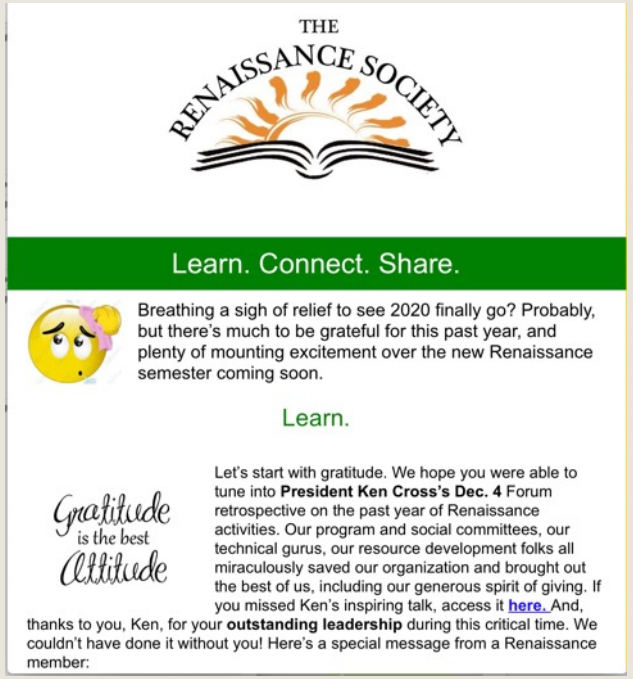
President's Corner

Page 10

Friday, August 14th 10:00—11:30 am
RENDEZVOUS will be combined with
New Member Orientation
(see Page 2)
Friday, August 7 and 21st
8:45—11:00 am
SEMINAR LEADERS WORKSHOP
(see Page 2)

The Recorder

email


THE RENAISSANCE SOCIETY

Learn. Connect. Share.

Breathing a sigh of relief to see 2020 finally go? Probably, but there's much to be grateful for this past year, and plenty of mounting excitement over the new Renaissance semester coming soon.

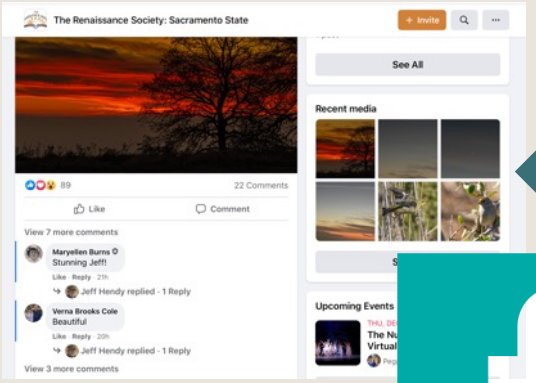
Learn.

Gratitude is the best Attitude

Let's start with gratitude. We hope you were able to tune into **President Ken Cross's Dec. 4** Forum retrospective on the past year of Renaissance activities. Our program and social committees, our technical gurus, our resource development folks all miraculously saved our organization and brought out the best of us, including our generous spirit of giving. If you missed Ken's inspiring talk, access it here. And, thanks to you, Ken, for your **outstanding leadership** during this critical time. We couldn't have done it without you! Here's a special message from a Renaissance member:

Constant Contact

social media

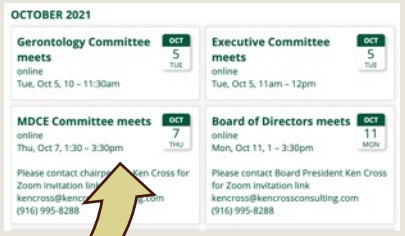


Watch for Invite

calendar

Add to My Calendar

Forward to Friends



share

volunteer

- Renaissance Ambassador team
- Committees
- Zoom tech team

donations

- ASI Food pantry
- Scholarships
- Student Emergency Fund
- Renaissance + Sac State Special Program Fund

© Can Stock Photo / svetap

have a question?

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(916) 758-5133

3 service • volunteering

gerontology

Sac State

physical therapy

Sac State

citizen science

UCD

gerontology

Marty Keale
Susan Brackenhoff

Renaissance Co-Chairs

Donna M. Jensen
PhD, LCSW

Sac State Department Chair

Contact:
donna.jensen@csus.edu

OPPORTUNITIES FOR RS VOLUNTEERS

Presented by RS Gerontology Cmte
& CSUS Gerontology Dept

MISSION of the CSUS PROGRAM

- Career Preparation in Health & Social Services for Senior Citizens
- Real Life Experiences with Senior Citizens:
  - Interviewing
  - Casual Conversation
  - Collaboration

CSUS/RS GERONTOLOGY COLLABORATION

- RS Gerontology Committee:
  - Recruits Volunteers
  - Coordinates RS Donations
  - Liaison between RS & CSUS Gerontology Dept

- CSUS Gerontology Dept Head:
  - Program Leader
  - Links Volunteer Mentors directly with Students
  - Coordinates Assessment Events
  - Coordinates Student / Mentor Recognition Events

VOLUNTEER MENTOR EXPECTATIONS

- Work with assigned Student
- Face to Face (or Zoom) Meetings during Semester
  - Typically 4 to 5 Meetings
  - Must be in public setting
- Communicate with Student between Meetings
- Attend Recognition Event towards end of Semester

ASSESSMENT VOLUNTEER EXPECTATIONS

- Attend 1 or 2 Assessment Practice Sessions during Semester
- Students Practice Real Life Client Assessments
  - Cognitive Skills, Physical Constraints, Summary Needs Assessment

WHAT YOU CAN GAIN

- Sense of Satisfaction
- Intellectual Stimulation
- Support gerontology students with educational goals
- Share you experiences; give insights to intellectual maturity
- Feel young again; interact with young peer group

SUBMIT YOUR INTEREST

Contact Dr. Donna Jensen:
donna.jensen@csus.edu

She will send you a BRIEF survey,
and then contact you when she has a student for you to mentor.

physical therapy

Rolando Lazaro
Sac State
rolando.lazaro@csus.edu

Sacramento State Physical Therapy- Fall 2021

- Official Launch of the Wellness, Balance and Falls Community Clinic at Sacramento State
  - Addition to Community Clinics in the DPT Program
  - Presentation on balance and fall prevention
- Opportunity to participate: Otago Exercise Program
  - Self assessed/ reported problems with balance; history of falls
  - Willing to participate in FIVE face to face and SEVEN Zoom/phone consultations
- Email if interested: rolando.lazaro@csus.edu

precision medicine

Lizbeth Cuevas Gutierrez
UCD

lmcuevas@ucdavis.edu

The *All of Us* Research Program
UC Davis Health

August 20, 2021

Lizbeth Cuevas, Engagement Coordinator
All of Us Research Program

National Institutes of Health

What is the NIH *All of Us* Research Program?

All of Us RESEARCH PROGRAM | The Future of Health Begins With You

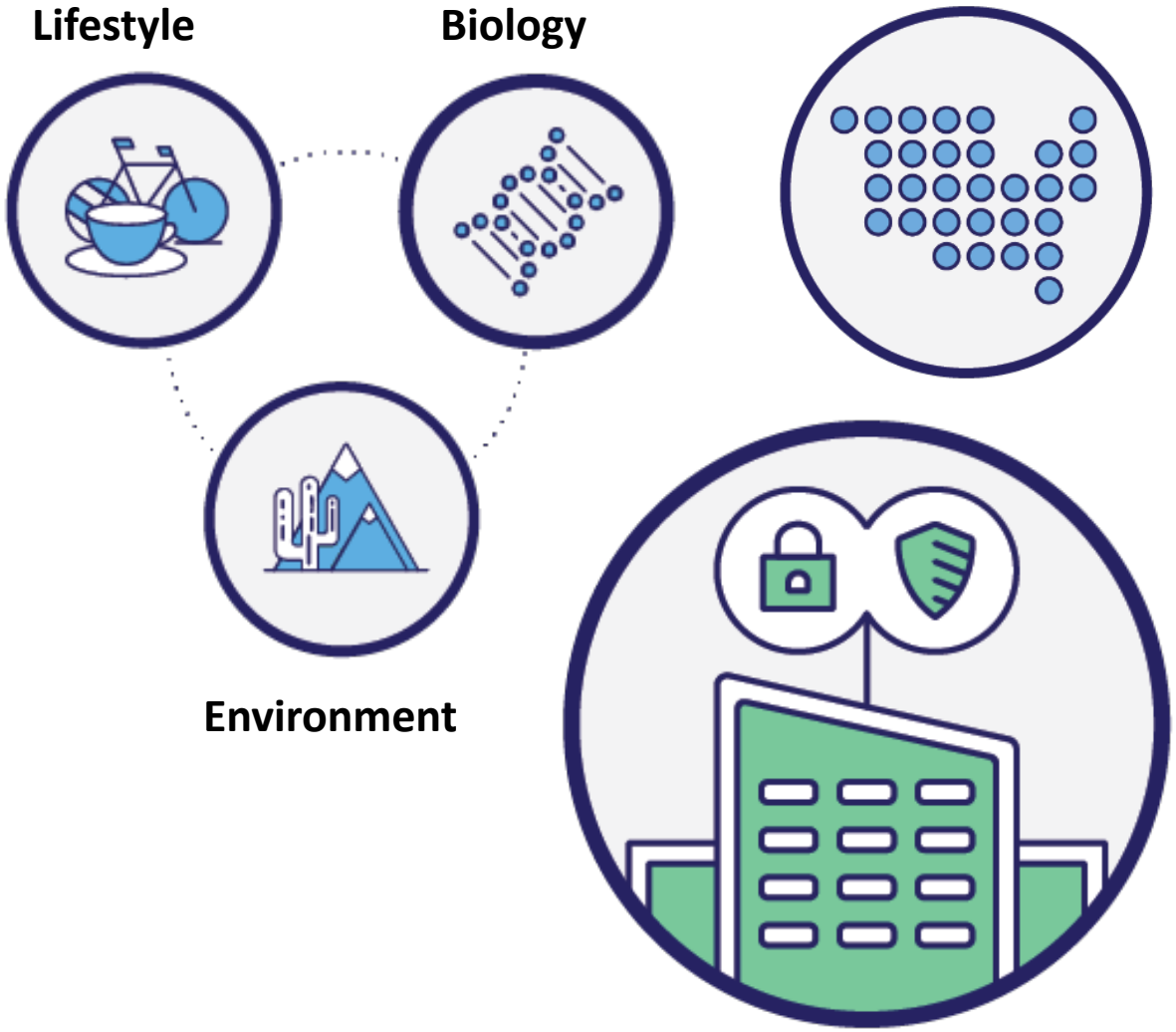
The All of Us Research Program has a simple mission. We want to speed up health research breakthroughs. To do this, we're asking one million people to share health information. In the future, researchers can use this to conduct thousands of health studies.

"*All of Us* is among the most ambitious research efforts that our nation has undertaken!"

NIH Director Francis Collins, M.D., Ph.D.

Precision medicine is an emerging approach for disease treatment and prevention that takes into account individual variability in lifestyle, socioeconomics, environment, and biology.

It is a radical shift in how each of us can receive the best care possible based on our unique makeup.



How is *All of Us* Different?

Goals

Many research studies focus on a specific disease or population. *All of Us* will serve as a national research resource to inform thousands of studies.
It will cover a wide variety of health conditions.

Breadth

The goal of *All of Us* is to enroll one million or more participants across America. We aim to build one of the largest health databases of its kind. As the volume of data grows, we may see patterns that wouldn't be visible at a smaller scale.

Diversity

All of Us aims to engage a community of participants that reflects the diversity of America. This includes many people who haven't taken part in medical research before. We welcome participants both healthy and sick, of all backgrounds and walks of
life, from all regions across the country.

Engagement

Participants are partners in *All of Us*. We seek participant input on every aspect of the program to make it better as we go. We are committed to transparency. Participants will have full access to the data they share and information about all of the research projects that use *All of Us* data.

National Network

- **UC Davis**
- UCSF
- UCI
- USC
- UCSD
- Cedars Sinai Hospital

Kinds of Questions *All of Us* May Help Answer

How can we **prevent the chronic pain** that affects more than **100 million people** across the U.S. each year?

Or develop **better pain medicines** that aren't addictive?

Or **slow or even stop** different kinds of **dementia**?

Or develop **better treatments for diabetes**, which affects almost 10% of Americans–or **prevent diabetes** altogether?

Or develop more **cancer cures that will work the first time**, so we can skip painful trial-and-error chemotherapy?

How can we help **reduce health disparities** in a way that is sustainable?

What is the value for participants?

An opportunity to help **understand disease** and improve the health of future generations.

A chance to **learn about your own health**, including personalized risk factors or exposures.

An opportunity to **ensure that your community is included** in the studies that lead to new understanding and new treatments.

A chance to **learn about additional research opportunities** that may interest you.

What information will we share with you?

We expect to share information about:

- Your ancestry (where your family comes from)
- Your traits, such as why you might love or hate cilantro
- Whether you may have an increased risk of developing a particular health condition
- How your body might react to certain medications
- Other health-related information

We plan to use many different methods to check your DNA for information. You may get some DNA results sooner than others.

It will take some time to get your DNA results. Some participants may not get their DNA information for a few years.

Enroll, Consent and Authorize EHR

- Recruiting 18+ years old initially; plan to include children later
- Online, interactive consent
- Includes authorization to share Electronic Health Record (EHR) data

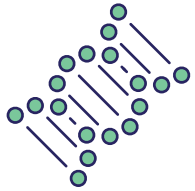
Answering Surveys

- Six initial surveys: The Basics, Overall Health, Lifestyle, Health Care Access & Utilization, Family Medical History, Personal Health History
- Additional surveys will be released on an ongoing basis.

Physical Measurements*

- Blood pressure
- Heart rate
- Height
- Weight
- Hip circumference
- Waist circumference
- BMI

**Based on diverse sampling and capacity*



Provide Biosamples*

- Blood (or saliva, if blood draw is unsuccessful)
- Urine specimen
- Biosamples will be stored at the program's biobank

**Based on diverse sampling and capacity*

Wearables and Digital Apps

- Share data from wearable fitness devices, starting with Fitbit
- More integrations under development

UC Davis *All of Us* Team

Email: allofus@ucdavis.edu

Mobile: (916) 502-5605

Online: joinallofus.org/ucdavis

PI: Alexander "Sandy" Borowsky, MD CO-PI: Kathy Kim, PhD, MPH, MBA

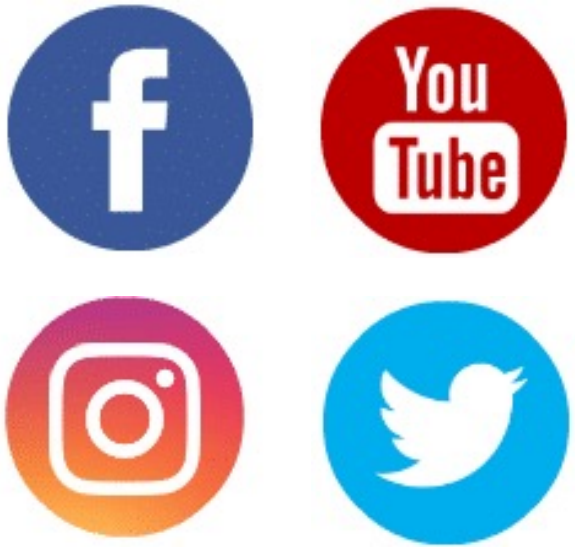
Coordination Team: Skye Stewart, Samrrah Raouf, Nathanael Rodriguez, Thuy Le, Willy Ju, Lizbeth Cuevas, TJ Ner, Gillian Herold, James Aboagye, Anthony Vierra

Participant Ambassadors: Hugo Campos, Jacqueline Dyson

Thank you!

UC DAVIS HEALTH
A Member of *All of Us* California

JoinAllofUs.org/ucdavis
ResearchAllofUs.org
allofus@ucdavis.edu



@AllofUsResearch
#JoinAllofUs

AllofUs.nih.gov

Precision Medicine Initiative, PMI, *All of Us*, the *All of Us* logo, and “The Future of Health Begins with You” are service marks of the U.S. Department of Health and Human Services.

Special Thanks

To the many
Renaissance members
who contributed their photographs for this event

David J. Grenier
Maryellen Burns
Jorge Gaj
Tom Griffith
Kathy Hart
Ivy Hendy
Deb King
Rita Kline
Judy Maben
Jay McKeeman
Cindy Suchanek