



# The Renaissance Recorder

## Learn. Connect. Share.



California State University, Sacramento

July 2020

Lifelong Learning for over 30 years

Issue 195



### President's Corner

By Ken Cross

First I want to thank the 100 plus Renaissance Society volunteers who have helped in recent months to temporarily transform our organization from the physical to the virtual classroom. Working groups, committees, teams, individuals, seminar leaders/co-leaders, presenters, special interest group leaders, and board members have spent hundreds of hours planning, organizing, and preparing for the 2020 summer and fall semesters. The creativity, innovation, productivity, collaboration, teamwork, and selfless commitment to continuous improvement has been amazing.

**What is happening in July?** There are still five more Summer Speaker Series presentations on Fridays 1:00 to 3:00 p.m. in July. On Monday, July 6<sup>th</sup> the first of six “members only” presentations (*Monday Summer Speakers Series, page 9*) the focus is on helping members and seminar leaders/co-leaders learn how to use the Zoom classroom. The Monday presentations feature some of our most popular RS seminar leaders. In early August, our new and improved fall 2020 “flipbook” catalog will be launched.

Board Vice President Barbara Davis-Lyman asked me to invite the Sierra Renaissance Society of El Dorado County members to join RS for the 2020 Summer Speaker Series. SRS Board President Rosemary Imes responded with a gracious thank you note and shared a bit of history.

*Our members come from several small, rural communities, and outlying areas. Many of us were hungry for the learning opportunities RS offered, but the journey was too far for many older adults in our county to attend your Sacramento activities. So we began to explore ways to offer our neighbors the same type of enrichment in our own geographical area. We admired the Sacramento Renaissance Society and chose to use it as a model for our organization.*

*We held our first public interest meeting in January 2015. The room was full to overflowing with interested people from all over our county. As you may know, one of your Sacramento Renaissance founders, Robert Heilman, and other RS officers came to that first*

*public interest meeting to speak to our community, answer questions, and support our effort. They continued to nurture and encourage us during the following months.*

Rosemary’s note made me think of RS co-founder Bob Heilman whose memorial I attended following his passing on December 23, 2018 at the age of 90. Bob traveled to the foothills in 2015 at age 86 to continue his crusade for lifelong learning. We truly stand on the shoulders of the giants who have gone before us. We owe a great debt of thanks to our founders and all the past and the present volunteers who, over the last three decades, have made the Renaissance Society a model lifelong learning organization.

Lastly, thank you for your vote of confidence in entrusting the role of president in my hands for the coming year. I look forward to seeing you on the “virtual campus” this summer and fall.

### Renaissance Board Adopts Resolution In Response to Dr. Nelson’s Message

Now, in this time of national crisis, we share our sentiments and actions with California State University, Sacramento President Dr. Robert Nelsen who crafted a message of support for people of all races, genders, religions, and ethnicities: <https://www.csus.edu/president/presidential-communications/>. In support of Dr. Nelsen, the Renaissance Board adopted this resolution on Monday, June 8<sup>th</sup>:

*“The Renaissance Society, a member of the Sacramento State campus, embraces diversity, equity, and inclusion in all facets: ethnicity, gender, and political persuasion. We do this as we learn, connect, and share with each other and our community. We are committed to eradicating the disease of racism and bias in our community, and we will promote the kindness and compassion necessary to build inclusiveness and trust in our community.”*

**Board Resolution** (cont'd. on Page 4)

## Why Join Renaissance?

By Chris Budwine, Chair of Scholarship Committee

Renaissance members join this Society because it provides rare opportunities for us to learn and socialize with likeminded people. I would have been frustrated when I moved here without family or colleague connections seven years ago. What we older RS folks have in common are: we like to learn a new topic, further what we learned earlier, and most importantly, gain new skills and knowledge to keep up with our ever evolving society. In this stay-at-home time, we have a chance to keep up with this already changed society. We are going to learn “distance learning”, just like our grandkids. Then we will better understand what they are going through and share common experiences. This new technology is what RS offers to teach us next semester. It will keep our minds sharp, plus we will learn a new way to connect with friends and family.

I enjoy the campus environment; it reminds me of my college days. My memories were mostly joyous, some challenging, some with struggles, over all satisfying. When I read the *forty two applications* for the RS scholarships this year, I found the majority of them are first-generation college attendants and come from economically-deprived sectors. Their perseverance shamed me when I thought I struggled in college. I wish we had the funds to help a few more deserving students. I want to let them know our Society cares enough to help them succeed in life. If you share this sentiment, please give to the RS Scholarship Fund. I thank you in advance. The students will definitely thank you too.

Following are the seven recipients (including the Doug Fulton Scholarship) of the Renaissance Society’s \$3,000 scholarships, in their own words.

## 2020 California State University, Sacramento, Student Scholarship Winners



**Samantha Conway**

I am a first-year student in Sac State’s Doctor of Physical Therapy program. I am thrilled to be embarking on a decades long dream to enter a career dedicated to helping people move better, feel better and live better.

Shortly after I graduated with a business degree from Humboldt State University over 10 years ago, I was exposed to physical therapy in the field of health clubs and fitness. I believed then that I had missed my opportunity to pursue a true passion, as I did not see a path for me to go back to school. But years of life (marriage, moving, jobs, raising kids) taught me that it is never too late, and after my first child was born, I began working towards getting into Sac State to pursue this degree.

My husband and I have 3 children: a six-year old daughter and three-year old twin boys. It is not easy to be a doctoral student while juggling family life, but I am driven by a sense of purpose and passion. My family sacrifices quite a bit to afford me the opportunity to pursue this career. This scholarship will help ease some of the financial burden of school and full-time care for my kids while I am off trying to show them what it looks like to reach for your dreams. It is a true gift to my family. Many, many thanks.



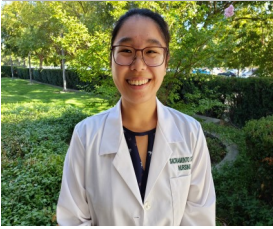
**Richard Hernandez**

Hello Sacramento State Renaissance Society! I am proud and honored to be selected as a scholarship recipient for 2020!

I am sure choosing select winners among many outstanding submissions must have been no easy feat. First off, let me say a big THANK YOU to the board and society members! Receiving this scholarship means more to me than just money. It's an opportunity to keep pursuing my goal of finally receiving my college degree!

As a former Foster Youth, sacrificing time with my family, cutting back on my work hours and adjusting my life to chase down a dream of graduating college hasn’t always been easy. But it’s through the support of people and organizations like yours that make the journey a little easier to complete.

Being a Nutrition and Food major, I aspire to keep on teaching others about proper nutrition guidelines and healthy eating lifestyles. This scholarship will definitely help me with tuition costs when I return in the Fall to Sac State. The financial pressure of school is no longer an obstacle for me now with your generous gift. Thank you again so much!



### Emily Jang

Hello, Renaissance Society Members! I aspire to become a registered nurse. I am currently a nursing student in the graduating class of Spring 2021 at California State University, Sacramento.

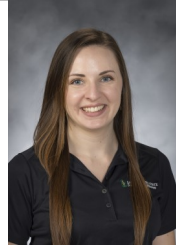
Always having a fascination with biology and health care, I have developed my love of caring for others. In middle school, my father passed away after being diagnosed with kidney cancer. He is my main motivation for becoming a nurse and helping patients through their illnesses. During our frequent hospital visits, I witnessed how much nurses positively impact patients' experiences at the hospital by offering comfort during difficult times. And, I aspire to do the same.

After I graduate with my Bachelor of Science in Nursing, I hope to attend the University of California, Davis for the Master of Science in Nursing. I know this award puts me one step closer toward my goals and aspirations.

Though I do have numerous challenges ahead of me, your generosity will help lighten the financial burden, allowing me to focus on the most important aspect of my college career: learning.

I am writing to express my sincere gratitude for your generous 2020 Renaissance Society Scholarship. I am both delighted and honored to receive this award, truly grateful for your support. Thank you for your incredible kindness which truly makes a difference in my life as well as my family's. Thanks to your generosity and the 2020 Renaissance Society Scholarship, I can continue to focus on my education and dream of becoming a nurse practitioner.

Once again, thank you so much for believing in and helping me achieve my goals,



### Jenna Large

I am a second-year student in Sacramento State's Doctor of Physical Therapy Program. I am honored to have been chosen as a scholarship recipient this year by the Renaissance Society.

I have had the pleasure of working with members of this community in the past, both through electives and coursework, and felt inspired by the dedication of each member to learn more about their bodies. In my two years of study at CSUS, I have found heightened interest in the fields of neurology and cardiopulmonary physical therapy. These fields require extensive knowledge of neuro- and patho- anatomy and physiology to identify and treat disorders of the major body systems. Because the entry-level physical therapist is armed as a generalist in the field, I plan to pursue a residency and further specialization in either neurology or cardiopulmonary physical therapy to serve my future patients more effectively.

Prior to the pandemic, I helped members of the community perform their prescribed physical therapy exercises and live more independently. I taught ballet classes to children and adults during winter and summer breaks, and I babysat two times a week to pay for groceries, gas, and other living expenses that could not be covered by my financial aid. Since the pandemic, I have had to rely on my savings to pay for these expenses. This scholarship will help me pay summer tuition and moving expenses to Medford, Oregon for a summer clinical internship at Rogue Regional Hospital, where I will work full-time alongside a clinical instructor for 3 months. Your contributions to my education make it possible for me to set higher career goals as a lifelong student of the physical therapy profession.

Once again, thank you so much for believing in and helping me achieve my goals,



## Calling for Volunteers!!

By Chris Budwine

Would you like to participate in next years' scholarship selection process? The RS Scholarship Committee currently has **two vacancies**. As Chair, I would like to invite all RS members who are interested in this worthy cause to send me an email. I welcome your comments, inquiries, as well as your willingness to serve. My email address: [budwine1@yahoo.com](mailto:budwine1@yahoo.com) Thank you.





### Alexandria Madden

I am a graduate student attending Sacramento State University's Social Work program. As a full-time student, juggling roles as a student, employee, and mother of three beautiful children, I cannot even begin to tell you how honored and appreciative I am to receive this award.

For over a decade I have balanced many responsibilities while on the seemingly endless pursuit of education and success. I have been determined to ensure that my children grow up with the value of selflessness, education, and family. Nonetheless, I have learned that these are values that sometime are at odds with one another when time is lost balancing many hats for the sake of survival.

As noted in my essay response for this scholarship, I have overcome a great deal of adversity throughout my life. I became a parent at a young age, thus my priorities have remained only to provide for my children, no matter the cost. Unfortunately, this has meant that I have had to prolong my pursuit of education, working long hours to provide financially for my family. As many of you may have experienced firsthand, this is a discouraging process given that many opportunities at financial stability require an extensive educational background. Nonetheless, I have continued to juggle long work hours with long school hours, and limited time spent with my children.

Having been awarded this scholarship, I now can take time off from my job next semester to focus solely on family and school. This will allow me to hold true the values that are most important to me without sacrificing financial security. I intend to use this award to purchase school materials and pay toward housing costs while I finish off my final year at Sacramento State. This is particularly rewarding because I will be closer to completing the goal that I set out for myself in 2008: Obtain a degree in social work so that I can provide lasting financial stability to my family, while serving the community that I love so very dearly.



### Darsha Naidu

I would like to take this opportunity to thank you for your generosity in funding the Renaissance Society Scholarship. I am very honored to be the recipient of this award.

I am currently a junior majoring in Chemistry with a minor in Biology. I have completed over 80 credits by taking classes as a full-time student for the past two and a half years. My goal is to complete my degree here at California State University, Sacramento and then go on to graduate school to do research.

The opportunity to go to college means I will be able to help fulfill my educational and career goals to become a future research scientist, hoping to contribute to the advancement of science by creating new catalytic and synthetic methods of organic transformations and reaction, which could help design new drug-synthesis protocols that might unlock the potential to find cures for many diseases.

Receiving this scholarship motivates me to maintain my GPA and complete my degree. Due to my financial struggles, this scholarship will help relieve some of my financial burden and help pay off my tuition. I look forward to being able to give back to the community once I begin my career. I thank you for your confidence and willingness to help me achieve my goals.

#### Board Resolution (*cont'd. from Page 1*)

We invite members to **take action** by making a donation to the ***Student Emergency Grant Fund*** which helps students with immediate financial crises. The url is: <https://securelb.imodules.com/s/1894/19/home-hero.aspx?sid=1894&gid=2&pgid=418&cid=1063&dids=178>

The Board invites members to take this action with the assurance that it will, as a body, follow up with its own supporting actions. Look for details in Constant Contact.



**Lizette Ruiz**

Hello Renaissance Committee. I was born and raised in a small town called Livingston in the heart of the San Joaquin Valley. Raised by a single parent, there have been many struggles growing up. Though I shouldn't just say I am a child of a single parent, I should also add on that I am the child of an immigrant farmworker who has devoted their entire life to providing me a better future for tomorrow.

As a first-generation college student, it has been difficult to navigate my path towards a higher education, but has never been impossible. For me, education is one of the most important experiences I value in my life, thus receiving this scholarship has been an honor.

This scholarship means so much to me because it demonstrates that hard work does pay off. It encourages me to continue to strive and maintain a strong work ethic every day. By providing me this scholarship, I will be able to not only pay for my tuition, but it will also be used to assist me with the cost of my living and grocery expenses.

With the help of this scholarship, you have eased my financial burden and I am beyond grateful to be one of the winners for this scholarship.



**Renaissance Society Pictures and Memories of 2018-2020 Year**



David Warren (a true Renaissance Man) celebrated his 90th birthday on May 27, 2020, enjoying social-distanced birthday car drive-by with gifts and memories from many of his Renaissance friends. *(Photo by Barbara Davis-Lyman)*



The Renaissance Society *Membership Diversity and Community Engagement Committee (MDCE) 4th Anniversary Celebration and Reception on Friday, at the Dreamer Resource Center.* Pictured are **Dr. Bennet Ifeakandu Omalu**, Forensic Pathologist who published findings on Chronic Traumatic Encephalopathy and **Dr. Viridiana Diaz**, Assistant Vice President, Strategic Diversity Initiatives, California State University. *(Photos courtesy of Ruth-Marie Chambers)*



Pictured above are Dr. David Warren and Clarence Smith IV. At right is Warren Bonta, Warren Bonta, 2019-20 CSUS Diversity Council At-Large Appointee, Community Member and Member of Renaissance Society MDCE. *(Photo by Ruth-Marie Chambers)*





## COVID-19 UPDATE

By Dolores J. Eitel, BSN, MA, cNY

Governor Newsom has encouraged persons over the age of 18, and especially high risk populations, to be tested for the COVID-19 through Project Baseline, a website screening and mobile testing program developed by the company, Verily. I recently have been tested through the program and am sharing my experience with you. In doing so, I hope to encourage those of you who have not been tested to consider this option in order to protect yourself and the people around you, and to provide data for research.

The program is a global effort to combat the war on COVID-19. Access to screening and testing is critical to the containment of the virus. The program was developed in collaboration with Federal (CDC HHS), State ( CA Department of Health) local governments (County Health Departments) and other healthcare providers ie: pharmaceutical companies and universities. It is a Federally supported State directed program There are several states designated for the program, California being one of them. There are 21 mobile testing sites in California. I went to the site near me: CAL EXPO on Exposition Blvd.

These are the 5 easy steps to the process of screening and testing:

1. Create an account - online
2. Complete the screener - online
3. Make an appointment - online
4. Mobile testing at Cal Expo
5. Get your results—I received mine in 2 days via e-mail. I sent a copy of my results to each of my healthcare providers, including my dentist.

To learn all about the program, the process, and to enroll if you choose to, go to [www.projectbaseline/COVID-19.com](http://www.projectbaseline/COVID-19.com). Follow all the prompts for COVID-19. Be sure to click on [YouTube.com/How Covid-19 Testing Really Works](https://www.youtube.com/watch?v=How Covid-19 Testing Really Works). This video will show you the actual facilities you will be in and exactly what you will do.

Testing: To collect a nasopharyngeal swab specimen, a long thin cotton swab is inserted into your nostril to the nasopharynx for a few seconds where it is rubbed, rolled, and then rotated as it is removed. It is not comfortable. It stings, but only for a millisecond. It may cause a sneeze and/or tears in your eyes. I was really

disappointed that I didn't get a lollipop or a star sticker ! I leave you with these thoughts/ reminders:

### What We Don't Know About the Virus:

The exact cause of the virus,  
When and if there will be a vaccine,  
When and if there will be a vaccine that is accessible to everyone,  
If survivors can be reinfected,  
And...when will it end.

### What We Do Know About the Virus:

The way to get the virus is through exposure to it. The only way to be free of the virus is to stay away from it. Isolate.  
Eighty-five percent of the 1000 persons named ( in the NY Times) of the 100,000 who have died from the virus and/or complications of the virus were aged 60 and over. Da Nile is not a river in Egypt !

If you have questions, problems accessing the films, want to chat, testing, COVID-19 care plan, e-mail me at [doloressurvived@icoud.com](mailto:doloressurvived@icoud.com) and we will make it happen! **Last Words: Get tested, Stay Healthy, Stay Happy, Stay Home. Eat ice cream !**



### REMINDER!

**MEMBERSHIP RENEWAL** has begun. Your membership term is from July 1 through June 30 each year. If you haven't renewed, visit our website at <https://www.csus.edu/college/social-sciences-interdisciplinary-studies/renaissance-society/> and click on **Membership Signups for 2020-2021 Begin** under The Renaissance Calendar in the lower right-hand corner of the web page.



## How Can You Stay Connected?

By Maryellen Burns

Make sure that you are receiving our weekly e-blast on Constant Contact. We receive updates every Wednesday. Contact the office if you are not receiving these alerts in your email.

Check your email! Renaissance Society staff and volunteers are doing their best to keep you up to date with all of our new and exciting offerings.

Join our Facebook page online. Over 300 members have already joined. Post coping tips and strategies; photos of your neighborhood, favorite animal or child, or links to streaming cultural events. The sky is the limit. <https://www.facebook.com/groups/renaissancesocietysacramento/>

Email Maryellen Burns, our social chair with your own tips on how to stay busy during this time. [Maryellen\\_burns@mac.com](mailto:Maryellen_burns@mac.com) Include photos, interesting stories or news articles, original work, paintings, drawings, writings, editorial cartoons, even small videos, to be featured in our new Renaissance Café blog.

We have a Friendship Circle phone tree but stay connected to your peers! Call each other to check in, keep in touch online, and offer each other support.

Remember the old phone party lines when we were young? Create your own virtual party line or plan some hangouts and parties using FaceTime, What's App, Skype, Zoom, or other virtual spaces like Facebook Live and YouTube Live.

Perform random acts of kindness. These can take many forms -- from dropping off gift baskets to someone you miss seeing on campus or send a letter. Include some tips and tricks, resources, and ways to help them stay connected with cool and fun ways to learn at home

Sign up for a free Zoom license. Feel free to jump on anytime to strike up a conversation with a friend. Practice. Play around with the Mic, Webcam, breakout rooms, white board and chat features to get familiar with Zoom before our regular scheduled Zoom training begins.

If you're comfortable using Zoom, become a Zoom Buddy! Help out a friend and get them started with Zoom. Let us know if you're willing to help

someone.

Become a Zoom Classroom Assistant or Co-Leader. All our Zoom classes will have an Assistant or a Co-Leader on hand to support the instructors and participants, and ensure things run smoothly. If you're interested email [Maryellen\\_burns@mac.com](mailto:Maryellen_burns@mac.com)

Continue to attend seminars and activities that are still ongoing – there are many to choose from and are listed on our Constant Contact e-mail blast weekly.

Set your calendar every Friday, from 1-3 pm starting June 5<sup>th</sup>, for our Summer Program Series online. The brochure should be on our website and updated weekly through our eblast and Facebook page.

### Renaissance Society announces new officers for the year

July 1, 2020 through June 30, 2021

President: Ken Cross

Vice President: Barbara Davis-Lyman

Secretary: Bob Benedetti

Controller: Norv Wellsfry

The four officers were elected to one-year terms.

Members-at-Large for \*two-year terms:

Christie Braziel, Deborah Seiler and Chuck Wisley

Member-at-Large for one-year term:

Susan George

\*two-year terms will be through June 30, 2022

### Correction

Our June Issue's article "Members: You Spoke and We Heard You" **Cathy Minicucci** should have been recognized for writing and analyzing the data for the *All RS Member April 2020 Survey* summary.

## CLINICAL PEARLS

By Dolores J. Eitel, BSN, MA, cNY  
Family Nurse Practitioner

### Successful Consciousness Positive Self Talk

Most of us engage in inner monologues (self talk) talking to ourselves during the day. Perhaps suffering from COVID-19 ennu, and social isolation, self talk has been quite com-

mon. This self talk is frequently negative. Negative thoughts affect you mentally and physically. Negative thoughts create feelings of helplessness, anger, sadness, and disappointments. These feelings can result in loss of confidence, low self esteem, distorted body image, stress and anxiety disorders, loneliness, and depression. Negative self talk can contribute to medical disorders such as cardio-vascular disease, hypertension, gastrointestinal, skin and neurological disorders, many that may go undiagnosed.

Our actions are inspired by our thoughts. Changing negative self talk to positive self talk empowers you to realize your hopes and dreams and live a longer, healthy life. Here are some ways to begin to rid your inner negative self talk to positive self talk and empowering thoughts:

**Awareness:** In order to make a change of negative thoughts you will need to recognize them. When you find yourself saying something negative, visualize a Red Stop Sign. Stop the thought. Visualize the thought changing it to a positive thought. eg: “ I can’t “ to “ I can”.

Develop a personal mantra and say it as many times a day or week until you feel it. Say it aloud when you are alone, walking, or whenever you are having a negative thought. Inspire yourself. eg: “ I am proud of who I am.”

Everyday to start the day develop a positive statement ( affirmation) of a desired outcome or goal. Negative talk is created when you feel overwhelmed and feel like you can’t deal with everything on your plate. You feel overextended, helpless. Think of this quote by the Dalai Lama: “ There are only 2 days that nothing can be done, yesterday and tomorrow, so today is the right day to love, believe,

do and mostly live,” eg: “ Today, I will write this article that is overdue.”

Focus your thoughts on happy events in your life rather than the difficult times. Life has it’s ups and downs. That’s the reality.

Find the humor in your situation: Turn the negative thought to something that makes you laugh at that situation.

At the end of the day, reflect on 3 reasons for gratitude. Write them down in a journal. Happy thoughts.

Connect with people who emote positive energy, make you laugh, respect your expertise and support your dreams, goals and plans.

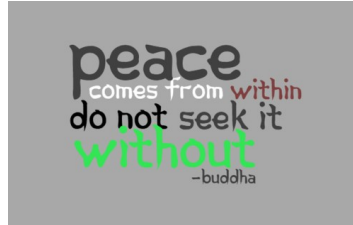
Control your fears. Ask yourself “What is the worst thing that can happen?” Worse case scenario is not as bad as you think. After all, Where will you be in 100 years?

Ridding yourself of negative self talk is not easy. It is a process that takes work. Keep your eye on the outcome. Experience an improvement in the quality of your life; greater happiness, peace and joy and feel empowered. “I CAN DO IT!”

References: Ted Talk: [ted.com](http://ted.com): Alison Ledgewood-A Simple Trick To Improve Positive Thinking.

Guy Winch PhD (July 29,2014) “Emotional First Aid: Healing Rejection, Guilt Failure, and Everyday Hurts.” Kindle e-Book.

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## MEMBER PROFILE

### Jean Cawood Never Stops Learning

By Judy A. Lewis

The middle of three sisters, Jean was born in Bethesda, Maryland, while her father served in the Navy. Following the end of World War II, the family relocated to Burbank, California. Her ties to Burbank continue today, as Jean's son purchased the house she grew up in from her parents.

Although she was drawn to the field of mathematics, a second-year algebra teacher discouraged her from pursuing that career path, as math was considered more appropriate for men. After two years of studying the Humanities she focused her studies on Social Sciences at U.C. Berkeley. Following her graduation, Jean traveled in Europe for a year.

She then earned a master's degree in Special Education at Los Angeles State University, and began her career teaching in Los Angeles for two years, then moved up the coast for another two years in Monterey. Jean had met her husband Gary, an engineer in L.A., and he followed her to Monterey where they were married. The couple moved in 1972 to Idaho Falls, Idaho for Gary's job at Aerojet Nuclear. Although they loved the skiing in Idaho, they found the conservative political climate difficult. In addition, the schools in Idaho Falls were not accredited, and Jean was concerned about the education of their two young sons. Plus, they missed California. When Gary secured a transfer to Aerojet in Rancho Cordova, they happily relocated to Fair Oaks.

For 21 years, Jean taught with the San Juan Unified School District, 17 years as a high school Resource Specialist. She read about the Renaissance Society in the Sacramento Bee, and joined soon after retiring in 1999. After time out to care for her elderly parents in Burbank, Jean returned to Renaissance. She was so impressed by her experience with the hospice care that both of her parents received that she volunteered to provide that service to Kaiser patients from 2001 to 2005.

Jean and her husband traveled the world for nearly 20 years, including staying for extended periods of time in Buenos Aires, as well as Oaxaca, Mexico, studying Spanish. She reports that she has returned numerous times to Oaxaca to visit and study. For the last eight years, she has met weekly with a Spanish group in Sacramento. While they enjoyed their sessions at a downtown coffee shop, the current Corona virus has resulted in a move to on-line connections.

From 2001 to 2015, Jean coordinated the Renaissance Society's "Great Books" seminar. She now assists as a member of a committee coordinating the course. From 2011-2012 (two semesters), she co-coordinated a Renaissance class with Jim Gallant on the book *Don Quixote*. The seminar read and discussed the book and studied the history of the times and the influences on and by Cervantes.

The past two years, Jean has tutored third graders in reading at Thomas Edison School.

Although it appeared that Jean and her husband would not have grandchildren, that changed with the birth of a granddaughter two years ago and now a six-week old grandson, both in Burbank. The couple's younger son in L.A. will soon become the father of twins. Since Jean sewed multiple items for the first grandchild, she expects to continue that endeavor times three.



## Monday Summer Speakers Series

By Sarah Ryan-Roberts

Here's a great way to start your week! Sit back, grab a cool drink and enjoy the exciting speakers we've lined up for the Monday Summer Speaker Series starting July 6 at 1:00pm. No need to go out in the heat! Using the Zoom video conferencing platform, you can connect to these talks online.

As Renaissance Society members, all you need to do is register (see the links below) then click on the link we'll send you to join the seminar the day of the class. This mini-series is a great way to learn some new things plus get a leg up on attending Fall Renaissance classes which will all be delivered using Zoom.

Want some additional help on getting connected to Zoom? View the tutorials and learning guides in the [Online Learning Resources](#) section of our website (scroll down to the Getting Started section). Here's the entire url: <https://www.csus.edu/college/social-sciences-interdisciplinary-studies/renaissance-society/off-campus-seminars.html>

### July 6: Norv Wellsfry -- Lake Tahoe's Railroads

Before the Lake Tahoe Scenic drive and the casinos and vacations, there was logging, railroads, and steam boats. The first developers of Lake Tahoe were the railroads, timber and mining companies that extracted

**Monday Summer Speakers Series**—cont'd. on Page 10

**Monday Summer Speakers Series**—cont'd. from Page 9

the wealth of the area. But before Lake Tahoe could be developed, the first transcontinental railroad needed to be built through the Sierras. The early history that established Lake Tahoe will be explored in this presentation.

*Bio:* Norv Wellsfry has been a Railroad “Foamer” since his earliest Lionel Train set. Along the way he also earned a Bachelor’s, Master’s, and Doctorate and worked in community colleges as an administrator and faculty member for 46 years. He is currently a member of Seminar committee and on the Board of Directors of Renaissance Society as the Controller. Register at: <https://csus.zoom.us/meeting/register/tJwocOmpqjMjHdZP7FZ6PJHsRkFi7H58CJfr>

**July 13: Eric McElwain -- The Electoral College**

This talk will include an historical overview of the electoral college and why the framers put it in our Constitution, a discussion about what it would take to change the system, and an update on the most recent Supreme Court decision that may affect the future of the electoral college.

*Bio:* Eric McElwain studied law and worked as a lawyer for many years before entering the academic world as lecturer and as Director of International Studies at the University of the Pacific's McGeorge School of Law. Since retiring in 2011, Eric has conducted several semester-long seminars as well as individual lectures for the Renaissance Society on various aspects of the U.S. Constitution. Register at: <https://csus.zoom.us/meeting/register/tJ0pc-uhqjsjHN2hz18xxKc0yRW41Nz5ISgR>

**July 20: Ben Pyles and Ruth Lee with Rebecca Graulich -- COVID-19: Current Treatments and Emerging Scientific Breakthroughs**

Join us for a layman’s explanation of COVID-19, the challenges of its diagnostic testing, and some of the test technology currently available. Benjamin Pyles and Ruth Lee from Avanteal Diagnostics in Woodland will provide an easy-to-understand presentation that demystifies much of the scientific and technical jargon associated with this current pandemic. They will discuss their company’s technology as it applies to COVID-19 and has been proven successful in other areas, such as detecting ammonia gas, breast cancer, dengue virus, malaria, and contaminants in food and water.

*Bios:* Benjamin Pyles is a molecular biologist and has

four science-based patents. He invented the first-ever targeted epigenetic therapeutic to treat Angelman’s Syndrome. Ruth Lee is a Molecular and Cellular Physiologist who is an MD/PhD candidate at UC Davis. RS member Rebecca Graulich holds an MS in Systems Management and will facilitate the presentation. Register at: <https://csus.zoom.us/meeting/register/tJckc-qurz4jEtOw9HAcDnFfkELVijIINI9u>

**July 27: Maryellen Burns and a Renaissance Society Cast --Dining on the Rails and the River in Sacramento**

The Sacramento Riverfront was once the center of Sacramento’s culinary life. The Delta King and Queen plied the waterways between Sacramento’s Embarcadero and San Francisco offering elegant dining, drinking, and dancing. Dozens of trains arrived daily serving sumptuous meals with crisp linens and a bud vase with a single rose by the window. Is that the authentic story? Enjoy a cast of Renaissance members as they share tales of the people behind Sacramento’s rail and river dining and drinking.

*Bio:* Maryellen Burns is an author, culinary historian, and frustrated thespian. She and fellow Renaissance members will recreate the stories of reporters, cooks, Pullman porters, and travelers to give you a taste of our local rail and riverboat food history. Register at: <https://csus.zoom.us/meeting/register/tJwtc-usrT4iH9e4wLtlZzco57-FhBPWUBXu>

**August 3: Bob Benedetti—The Last Speech: JFK at Amherst College**

On October 26, 1963, John F. Kennedy gave his last speech. He celebrated the life of the poet Robert Frost during the groundbreaking for the Frost Library at Amherst College. His subject was poetry and power. Many who heard the speech were motivated to consider civic engagement as part of their future plans. Most did not know the backstory of the relationship between Kennedy and Frost. This documentary tells that story, reprises the speech, and traces its impact on several in the audience. The film was produced by Amherst alumni and broadcast on PBS stations nationally. More on the documentary is found at [jfkthelastspeech.org](http://jfkthelastspeech.org).

*Bio:* Robert Benedetti is an emeritus professor of political science from the University of the Pacific, He is currently a research associate at the Center for California Studies at CSUS where he has undertaken research on the history and culture of the Sacramento San Joaquin Delta. He has chaired state humanities councils in Florida and California. He is president of Reunion’64 which produced **The Last Speech: JFK**

**Monday Summer Speakers Series**—cont'd. on Page 11



## Catapulted Into the World of Zoom

By Susan George

I feel as if I have been catapulted into the world of Zoom. Several organizations I interact with utilize Zoom in a variety of ways. I injured my hand a few weeks ago, and the medical exam and physical therapy have been conducted via Zoom.

I have experienced some consternation in making the switch from in-person to virtual meetings and interactions. I have felt a degree of discomfort without quite understanding why. However, it appears that virtual modalities are going to be heavily utilized from now on whether any of us feel comfortable with that change or not.

The bond we all share as Renaissance members is a love of lifelong learning. Now it seems that Renaissance will be enabling us to learn together to transition into the virtual world.

I am going to share with you a few brief concepts from an article in Psychology Today entitled, "Dealing With Zoom Anxiety," by Suzzane Degges-White, Ph.D.

First, the article stated that it is estimated that 15% of communication is done verbally and the other 85% by body language. This may explain some of our unease as we accustom ourselves to communicating in a slightly different way. Second, knowing that our face is on view to others puts a constant pressure on us to maintain a pleasant countenance. People who are not ok with their facial appearance may feel "exposed." Third, if we elect to attend in audio mode only we may be perceived by the group as not being fully present. Some people do elect to turn their camera off if they are not speaking. The author offered the assurance that others may be experiencing the same concerns we are, and are probably focusing on their own concerns about their own images rather than on the images of others.

I personally found it gratifying to learn that others are experiencing some of the same discomfort that I have been experiencing, that I am not alone in this experience. In any event, continued utilization of Zoom seems to alleviate some of the perceived obstacles.

I am looking forward to the Renaissance summer speaker program. I will be able to attend as an observer, while learning not only the content of each program, but also becoming more comfortable and proficient with zoom. With assistance from the Renaissance Zoom training team tutorials I expect to be prepared to fully enjoy both the summer and Fall Seminars.

### Monday Summer Speakers Series—*cont'd. from Page 10*

at Amherst. Register at: [https://csus.zoom.us/meeting/register/tJEqde2hpi8vEtTjrX\\_V0460qMmvLC3SFB6J](https://csus.zoom.us/meeting/register/tJEqde2hpi8vEtTjrX_V0460qMmvLC3SFB6J)

#### August 10: Laurie Rivlin Heller -- *Transcendental Communes*

Transcendentalism was a religious, literary, and social justice movement in 19th century New England, popularized by Ralph Waldo Emerson and Henry David Thoreau. The adherents sought to improve themselves and society – including attempts to live and work together in utopian communities. This presentation will focus on one of those communities, Fruitlands, founded by Louisa May Alcott's father, Bronson.

*Bio:* Laurie Rivlin Heller has over 30 years of experience in the public and non-profit sectors. She is retired from the California Natural Resources Agency, having previously served as program manager at the California Arts Council, the Sacramento Metropolitan Arts Commission, and public television station KVIE. Raised in New York, Ms. Heller has lived in Sacramento since 1977. Concerned about climate change, she is active in 350 Sacramento. Register at: <https://csus.zoom.us/meeting/register/tJEud-ghpjgpHdZqvlRd9bmXlcnxCcX32ML9>



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\*\*Deadline for August issue is July 2, 2020.

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**REMINDER: MEMBERSHIP RENEWAL** started Monday, June 1, 2020. If you haven't renewed visit our website at <https://www.csus.edu/college/social-sciences-interdisciplinary-studies/renaissance-society/> and click on **Membership Signups for 2020-2021** under The Renaissance Calendar in the lower right-hand corner of the web page.