



The Renaissance Recorder

Learn, Connect, Share

California State University, Sacramento



March 2021

Lifelong Learning for over 30 years

Issue 203



President's Corner

By Ken Cross

This is the Renaissance Society's (RS) **35th** year as one of the preeminent lifelong learning organizations in California and the United States. This Spring 2021 semester RS has almost **1800** members who have registered for over **10,000** program enrollments in **129** seminars, one-time presentations, and SIGs (shared interest groups).

Since the Renaissance Society migrated to the virtual classroom in 2020, we now have RS members in twelve additional states - Arizona, Colorado, Florida, Kansas, Maine, Nevada, North Carolina, Oklahoma, Ohio, Oregon, Texas, and Washington state. RS has expanded throughout the state of California to Berkeley, Cathedral City, Imperial Beach, Lincoln, Los Angeles, Rocklin, San Francisco, and San Luis Obispo. Thanks to the internet and Zoom, barriers like commuting to campus and classes held only one day per week are a thing of the past. Please invite a friend to join the Renaissance Society to enjoy the benefits of lifelong learning, social interaction, service, and fun! Consider giving the "Gift of Membership" to a friend. For only \$60 for a midyear membership, your friends can enjoy virtually as many classes as they have time for in their schedules. This is the best bargain in town!

The Scholarship Committee, under the leadership of chairperson Chris Budwine, is starting the 2021 Sac State student scholarship selection process to award seven \$3,000 scholarships this Spring. A total of \$21,000 in academic scholarships will be presented to seven deserving students in May 2021. Since 1993, RS has awarded 100 scholarships totaling \$206,000. If you have not yet donated, consider supporting Sac State academic excellence. Make out your check to University Foundation at Sacramento State, putting "Scholarship Fund" in the Notes. Send the check to The Renaissance Society, CSUS, 6000 J St., Mail

Stop 6074, Sacramento, CA 95819-6074.

In January, the RS Nominating Committee chairperson Susan George has received Board Member-at-Large (MAL) applications from ten highly-qualified candidates. The committee reviewed the MAL applications in February and starts the interview process this month. The selection team will present the slate of Board officers and MALs to the RS Board of Directors in April. The annual Board elections will be held virtually in May. Plans are under way to hold a virtual Spring Annual Meeting to vote as well as introduce this year's Sac State student scholarship recipients.

Have you thought about being a Renaissance Society program leader? This Spring is the ideal time to take the leap to leading a seminar, one-time presentation or shared interest group. You do not have to teach alone. Find a friend to partner on the project as co-program leaders. Think of a topic that you know a lot about or one that you want to learn more about. This Spring is the time to begin planning your program for the Fall 2021 semester. If you want more information, contact RS Program Committee co-chairpersons Cindy Suchanek csuchanek3@gmail.com or Allan Keown ahkeown@gmail.com.

The Renaissance Society's ongoing 35 years of success is due to being a "volunteer powered" organization! Thank you to all of you members who volunteer and participate to help support one another as we

March Forums

Fridays, 3:00-4:00 p.m.**

Please see **Page 4** for a description of each Friday's Forums commencing March 5, 2021.

****Registration is required to attend Forums.**

MEMBER PROFILE

By Judy Lewis

Education is Tops in Barbara Davis-Lyman’s Book



Barbara Davis-Lyman’s resume could fill a binder. Her first ten years were spent in Honolulu, Hawaii, where she has memories of the Pearl Harbor bombing. Her parents, who had met at the Royal Hawaiian Hotel, eventually moved to the Salinas Valley in California.

Following her high school graduation, Barbara attended college at the University of Colorado for one year, then traveled to Berlin, Germany, where she married a serviceman. The base commander’s wife learned that she was majoring in music, and recommended her as a choir director, although she was only 19. Eventually, the couple returned to Salinas, where her husband attended Hartnell College before transferring to CSUS. They found themselves living with their four children (who were born in a five-year period) in public housing at Seavy Circle on Broadway.

Barbara completed a B.A. Degree in Psychology/Sociology/Education at CSUS, followed by a Master of Arts in Compensatory Education/Sociology/Psychology. Along the way, she taught in the first Head Start Program in California, and consulted in the Migrant Camps Program in the Sacramento Valley.

A large portion of Barbara’s career involved Sacramento City College. She began as the first female instructor in the Sociology Department. “The magic of what goes on in the classroom is powerful,” she explained. Although it was never her goal to go into administration, Barbara’s career path found her filling a variety of positions, while continuing her love of teaching. These included Director of the Staff Resource Center, as well as a consultant on the Head Start Program for the California State Department of Education and the Migrant Early Childhood Education Programs of Northern California. For ten years,

Clinical Pearls

By Dolores Eitel

Prevention and Detection of Colorectal Cancer

Colorectal Cancer (CRC) is the third most common cause of cancer for men and women and the second cause of cancer death after lung, prostate and breast cancer. Primary prevention and early detection by screening tests reduce mortality by identification and removal of pre-cancerous growths (polyps) in the colon. Ninety percent of CRC occurs in people who are over the age of 50, yet many older adults have never been screened for this disease. The CDC reports that only about 70% of adults are up to date with their testing. CRC is a silent killer. In the early stages it is usually asymptomatic but successfully treated.



The Center for Disease Control (CDC) identifies these risk factors for CRC: older age, (especially between the age of 65-75), inflammatory bowel disease, defined genetic conditions, obesity, or personal or family history of colon polyps. Lifestyle factors such as minimal exercise or activity, low-fiber and high fat diet, low whole fruit and vegetable intake, excess alcohol consumption, tobacco use and/or second hand smoke are also risk factors.

The United States Preventive Task Force (USPTF) and the American Cancer Society has endorsed CRC screening for adults 45-75 yrs. (USPTF recommendation in progress.) Routine screening tests are not recommended for adults age 76-85 because screening does not offer a mortality benefit. Some scholars recommend testing not be done on adults over the age of 80 as the risks may outweigh the benefits. The USPTF screening tests may be: colonoscopy once every 10 years, sigmoidoscopy once every 5 years, and virtual colonoscopy once every 5 years. These tests are performed by a physician. All of these tests require dietary, drug and bowel cleansing procedures prior to testing that may cause uncomfortable bowel disturbances that may also be present after the testing. Highly sensitive occult blood testing home kits may be used for individuals to collect their own fecal spec-

Member Profile (continued from Page 2)

she was a member of the accreditation team for California and Hawaii Community Colleges. She also served terms as President of the Sacramento City College Academic Senate and as President of the Los Rios Community College Academic Senate. “I have great admiration for the ‘people’s colleges’ (community colleges). Everyone gets a chance, or a second chance. They are the economic engines of California,” she believes. She ended her career after being appointed to the California Community Colleges Board of Governors by Arnold Schwarzenegger.

One of the activities Barbara is most proud of is her involvement in the establishment of the WEAVE (Women Escaping a Violent Environment) Program. She observed the struggles of many of her students whose personal lives greatly impacted their academic endeavors.

Following her retirement, Barbara was encouraged by former Renaissance Society member Michael Sands to join the group. She and her partner, Jack Jennings, followed that advice. “I love the way we support the students at CSUS through scholarships, the food pantry, and volunteer services. Our members are so generous.”

In addition to her current duties as Vice President of Renaissance Society, Barbara is involved with the Forum, Scholarship, Resources and Communications Committees. She especially admires the way the organization has moved and changed to meet the needs of the community, such as including those who live in senior residences. She points out that when the Covid virus restrictions eliminated on-campus meetings, many talented members donated more than 200,000 hours of their time in order to produce a variety of on-line offerings.

Clinical Pearls (continued from Page 2)

imens as an alternative for those procedures. “These tests are safer, with a lower rate of complications, and equally effective at saving lives.” states Alex Krist, MD, USPTF. The fecal immuno-chemical test (FIT) may be sent to your home by your physician with a letter of instruction when your test is due. This test is done once a year and requires no preparation. If the test is positive, it will be followed by a colonoscopy.

The screening test is individualized, based on personal preference, risk analysis, and medical condition. Discuss screening tests with your health care prescriber to determine which choice is best for you. Medicare and most healthcare insurers cover the costs of these tests. The FIT test kit costs between \$20-\$30.00.

Personal Story: As a Family Nurse Practitioner I was able to obtain an informed consent from those patients who met the CRC Screening recommendations, to have a colonoscopy (considered the Gold Star test at the time). Although meeting the risk factors and appropriate age, I ignored my own advice. After all, my MD never suggested it, why should I? With no prior symptoms, one night I was rushed to the hospital in severe pain and bowel incompetence. I had emergency surgery. A tumor had obstructed and ruptured my colon. The tumor and 10 cm of my colon were removed. Cancer cells were in my circulating blood, fortunately, not in any other organ. Diagnosed at stage 3b with a five-year survival rate, I am fortunate to be alive today, twenty-three years later, cancer free.

References: www.cdc.gov
www.uspreventivetaskforcecoloncancer.org
www.cancer.org

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MEET OUR NEWEST CO-EDITOR OF THE RECORDER

We asked, and she answered the call!



by Deborah Seiler

Last Spring, as Renaissance was just starting to go virtual, our incoming President, Ken Cross, recognized the need for an issue of *The Recorder* to appear each month. Previously, veteran editors Cheryl Huffman and Jennifer Cummings prepared nine issues, taking the months of July, August, and January off.

But with so many new offerings, and changes to the very nature of the organization, Ken worked with the Communications and Marketing Committee to see what could be done. Cheryl and Jennifer both stepped up valiantly to the task, but the committee recognized the two had not signed on to produce so many issues. Clearly an additional editor was needed.

They decided to put out a call in the Weekly Update email blast seeking a volunteer, and lo!, Lorraine Murphy heeded the call.

To our collective good fortune, Lorraine is just the right person to step in. A Sacramento native, she spent her undergrad years at Sac State where she spent summers working on California Public Service Announcements and brochures. While studying for her Masters degree, she created and maintained both accounting software and real estate manuals.


She went on to a permanent job as Senior Editor of *Running Scene* magazine. Lorraine also worked at Aerojet Rocketdyne where she wrote and edited manuals for material handling and for manufacturing procedures.

As if all that wasn't enough, Lorraine launched her own technical writing company where she wrote an auto shop procedures manual and maintained their shop records. Still not satisfied with all her accomplishments, she created a policy and guidelines manual for a new church. This is just another chapter in her creative endeavors.

"I am very excited about joining Jennifer and Cheryl in the creation of the monthly Renaissance Recorder." -- Lorraine Murphy

Cheryl and Jennifer are now introducing Lorraine to Publisher and coaching her on their practices. She looks forward to editing her first issue in the Spring.

Send articles, stories, poems, announcements to:



In Memoriam

Robert (Bob) Pacholik of Carmichael, California passed away of a heart attack on January 16, 2021 at age 75. In retirement, he truly enjoyed returning to campus for Renaissance Society classes, choosing ones that studied major policy issues such as the Great Decisions course. Bob is survived by his wife of 40 years, Kitty Williamson (also active in the Renaissance Society) and their two children.

March Forums
Fridays, 3:00-4:00 p.m.**

March 5: Commander Tom Jones—"Space: The Last Frontier (We May Need It!)." Mr. Jones is the Director of the Aerospace Museum of California.

March 12: Judge Brian Van Camp—"Confronting and Controlling Pandemics and Insurrections—Continuing Civil Rights Issues in the 2020's." Judge Van Camp (ret.) has more than four decades of judicial and practical legal experience.

March 19: Director Buck Busfield—"Theatre: Here Today, Gone Tomorrow? The State of Live Theater in the COVID Era and Beyond." Mr. Busfield is the Producing Artistic Director of B Street Theater.

March 26: Deanne Brining LMFT—"Sex Trafficking of Minors." Ms. Brining is a licensed psychotherapist and nurse and has more than 20 years' working with minors (ages 17 and under).

AARP Was Right

By Curtis Nelson

Since I was fast asleep
 My mind trailed my body
 In its response to the disturbance.
 But soon my brain was questioning,
 Is there something wrong here?
 What could be causing this uneasiness?
 A sudden shift in the bed is usually
 My wife adjusting to a more comfortable position,
 Or me responding to an uncomfortable
 State of my own body.
 But this is neither, it is
 A repetitive, rhythmic movement,
 My eyes open reluctantly
 To my wife doing leg thrusts.
 I query as to what the hell is going on
 She holds up a folded AARP magazine,
 Pointing to an article on exercises
 To do prior to getting up each day,
You should join me, Dear
 As she shifts to doing some arm waving.
Read the article, this will do you some good.

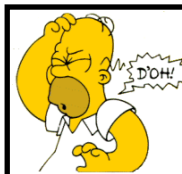
Now I must admit AARP has
 Produced some beneficial reading
 Throughout the last twenty years.
 But exercising in bed
 Before a hearty breakfast and
 My usual three cups of coffee,
 Not to mention the thirty minutes
 Soaking my body needs
 To even allow for normal movement.
 My wife had shifted to her side
 And was doing leg lifts
 Counting them off in
 Her gravelly morning voice.

I roll away from her and close my eyes
 Hoping this was just a bad dream.
Come on, Sweetie, this is really fun
Get that ole body of yours moving.
 I did just that, stiffly pushing
 To a sitting position, feeling
 The achy result in my complaining muscles,
 Hesitating before making the grand move
 To a completely vertical position,

A movement supported by a firm
 Grip on the headboard.
 That is when the plantar fasciitis kicks in
 Sending pain shooting up my leg
 Meeting the sciatic pain coming down
 Masking the arthritic joint pain
 Throughout the rest of my body
 Bringing me abruptly back to a sitting position.

I pause, knowing the comfortable thing
 To do would be to go horizontal.
 Besides I'm retired, isolated for 180 days,
Come on, you ole fart, join me
Lay back on your side and lift that leg.
 What the hell, I'm thinking
 AARP was right about how

Editor's note: Curtis Nelson has been a member of Renaissance Society for 5 years and prior to that an instructor of anthropology at Sac State and American River, plus 27 years' a



**Android Basics—
Correction**

Offered Mondays 10-11 am

If you want to improve your Android skills, note that **Carol Limbaga's Android Basics** is an **email class**.

It is **NOT** a Zoom class as indicated on page 11 in the Spring Catalog. **Email** Carol Limbaga at: climbaga@comcast.net

to sign up for weekly online lessons and let Carol answer all your questions.

A Renaissance Member Explains COVID-19 Vaccinations

by Glennah Trochet



The COVID-19 pandemic has felt interminable to many of us, but with the emergency use authorization (EUA) of two mRNA vaccines, and two more promising ones in Phase 3 trials, the end might be in sight.

The third vaccine closest to receiving EUA is by Johnson & Johnson; would require a single dose; and uses viral technology instead of mRNA.

According to the National Institutes of Health, Messenger Ribonucleic Acid (mRNA) is “a single-stranded RNA molecule that is complementary to one of the DNA strands of a gene. The mRNA is an RNA version of the gene that leaves the cell nucleus and moves to the cytoplasm where proteins are made. During protein synthesis, an organelle called a ribosome moves along the mRNA, reads its base sequence, and uses the genetic code to translate each three-base triplet, or codon, into its corresponding amino acid.”

The mRNA technology has been known for over 10 years and has been studied in preliminary vaccine trials for diseases such as Zika, rabies and flu. These trials failed because of instability of the free RNA, inadequate immune response, and inflammatory responses. The technology has now advanced with new delivery systems that improved safety and effectiveness. There have also been clinical trials using mRNA technology to stimulate immune responses against cancerous tumors.

The vaccines provide a strand of mRNA encapsulated in a delivery system that is dissolved by our cells, which then build part of the viral spike encoded in the mRNA. Our bodies recognize that spike as foreign and mount an immune response that provides protection against the coronavirus that causes COVID-19.

The two vaccines currently available, made by Pfizer and Moderna, require two doses, three weeks apart for the Pfizer product, and 28 days apart for the Moderna one. According to the manufacturers and CDC, it is OK to have the second dose later than the 3 or 4 weeks prescribed, but the interval between doses should not be shorter.

The first vaccine doses were delivered to California in mid-December 2020. The vaccination efforts got underway in earnest after the Christmas and New Year holidays. The behavior of Californians during the holidays caused a surge in cases of COVID-19, increasing the need for healthcare workers and public health personnel to work on treating very sick people, case investigation and contact

tracing at the same time as initiating vaccination programs.

The Federal Government has been erratic in the number of doses assigned to California; sometimes delivering more than expected and sometimes sending fewer doses than promised. The inability to predict how many doses will be available in the near future makes it very hard to plan large vaccination clinics. There have been instances where appointments for vaccination had to be cancelled because the expected vaccine did not arrive. In the face of these shortages, California, like many other states, prioritized who should get the vaccine first with the hope that when enough vaccine doses become available anyone who wants to be vaccinated will be able to get the vaccine.

People working in acute care hospitals were supposed to be vaccinated first. At the same time the Centers for Medicare Services contracted with two large pharmacy chains (CVS and Walgreens) to provide vaccinations for residents and staff in long term care facilities. Vaccinations in hospitals have been offered and completed for the most part. Vaccinations in long term care facilities are ongoing.

The next group to be prioritized for vaccination have been all other healthcare workers in direct patient care. In late January, the governor announced a change in priority, with people who are 75 years of age or older receiving top priority, followed by those 65 to 74 with chronic health problems.

The California vaccination dashboard states that as of January 30, 2021, about 3.5 million doses of the vaccine have been administered. This is most likely an undercount, because the number is taken from the vaccination registry, which has had major technical problems, as well as requiring consent for a vaccination dose to be entered, which many people deny.

California state government has contracted with Blue Shield as a third-party administrator, to distribute vaccines and perhaps also vaccinate. As of this writing public health officials have not been given information on how this is going to improve vaccination efforts.

At this point many of us are still waiting for our turn to receive a vaccine. As more vaccine doses become available, it is likely that most of us will be able to obtain the vaccine through our healthcare provider or pharmacy. It is expected that the shortage will improve by late spring. In the meantime, we should all continue to wear masks in public, keep social distance, wash hands frequently and not gather. If we do not get sick, we will not provide a substrate for the virus to mutate and escape the protection the current vaccines provide.



Paying It Forward - Why I Give to the Renaissance Scholarship Fund

By Rita Marowitz

I was the first person in my family to attend college. I left home right after my high school graduation and had to become completely self-supporting. My family was not able to provide me with any financial help.

I was awarded a California State Scholarship which covered my fees during my four undergraduate years at San Francisco State University. I also received several other small scholarships, just like the Renaissance Society Scholarships, that helped pay for books and other expenses. These scholarships not only helped me financially, but also made me feel that my dream of getting a college degree was achievable.

They weren't easy years -- I worked multiple part-time jobs during the school year and full-time in the summers, and several times I even sold plasma to cover expenses. When times were especially hard, I would remind myself that I got those scholarships because others felt it was worth investing in my future. I finished my B.A. degree in four years and went right on to get my M.A.

Throughout my career as a teacher and a communications professional, I never forgot what those scholarships meant to me. That's why my husband and I donate to the Renaissance Society Scholarship Fund and set up college funds for all our nieces and nephews. It's also why I serve on the Scholarship Committee.

Even modest amounts of money can help deserving students realize their dream of a college education. My scholarships helped me to achieve my own dream and inspired me to "pay it forward" to others.

You can also. "pay it forward" with a gift to the Renaissance Society Scholarship Fund for Sacramento State students. Contribute by check or online.

Donate by check made payable to University Foundation at Sacramento State with "Renaissance Society Scholarship" in the notation line. Mail to The Renaissance Society, Sacramento State, 6000 J Street, Mail Stop 6074, Sacramento, CA 95819-6074.

Donate online at <https://tinyurl.com/RSSpecialProgramFund>.

Friendship Force Partners with Renaissance Society

By Kathy Hart



I am fortunate to be a member of two incredible organizations; The Renaissance Society (RS) and Friendship Force of Sacramento (FFS). The Renaissance Society provides opportunities for participatory lifelong learning and community engagement for older adults. But what is Friendship Force? Friendship Force is a global organization dedicated to cross cultural understanding, whose members travel or host others in the name of global friendship and peace.

The local chapter (FFS) has members from the greater Sacramento metropolitan area and we meet virtually throughout the month to hear engaging speakers, learn photography skills and enjoy other virtual events to stay connected with friends. Typically we explore our local area to learn about new things we can show our guests and, we will resume these outings post-pandemic.

I find that most of my friends are not aware of either organization! In the past, a few individuals who were members of both organizations presented wonderful RS lectures that focused on travel or cultural diversity. I am trying to increase the awareness of both groups in our community through a series of open virtual classes.

These sessions are under the "Bits and Pieces" course <https://ffsacramento.org/> and will be advertised in the RS weekly email and on our RS Facebook page. Priority is given to members of both groups which will include FF members around the United States and abroad, but we want to allow curious members from our community to join the events and hopefully join the organizations.

Collaborated Spring Events:

***Watercolor Doodle Valentines and The History of the Kaleidoscope** had been included in February with good attendance.

*** How to Make Chocolate Truffles** - Saturday, March 20, 2021 at 11:00 AM

Register at: <https://www.eventbrite.com/e/133916855921>

*** Create Succulent Garden Rock Art** - Saturday, April 17, 2021 at 11:00 AM

Register at: <https://www.eventbrite.com/e/134063661019>

If you are interested in learning more about FFS, check out our website at: <https://ffsacramento.org/> We would love to 'see' you virtually until we can meet safely together in person to tell you more about our organizational goal to Explore – Understand – Serve together!

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HELP SAC STATE STUDENTS - DONATE TO THE RENAISSANCE SCHOLARSHIP FUND

Online: You can donate to the Renaissance Scholarship Fund online. Use the University Foundation at Sacramento State website for gifts to Renaissance Scholarship Fund: <https://tinyurl.com/RSSpecialProgramFund>.

By Check: Donations to the Renaissance Scholarship Fund can be made by check to **University Foundation at Sacramento State** with “*Renaissance Scholarship*” in the memo line. Mail to The Renaissance Society, 6000 J Street, Mail Stop 6074, Sacramento, CA 95819-6074.