



# The Renaissance Recorder

Learn. Connect. Share.  
California State University, Sacramento



November 2020

Lifelong Learning for over 30 years

Issue 199



## President's Corner

By Ken Cross

Sac State President Robert Nelsen announced on September 10, 2020: *“Today, the California State University system announced that the Spring 2021 semester will be virtual, with very few exceptions for a small number of in-person classes. Of course, much can (and likely will) change in the coming months, but Chancellor Timothy P. White, in concert with the 23 CSU campus presidents, state and local agencies, and health officials, believes it is highly unlikely that conditions will improve enough to repopulate our 23 campuses. Health and safety continue to be our top priority, and while this decision will not be popular with everyone, I believe it is the right choice to keep our campus and our community safe.”*

Our Renaissance Society of Sacramento Board of Directors had anticipated this announcement and planning is underway for the recruitment of seminar leaders, presenters, and SIG (shared interest group) leaders for the Spring 2021 semester in virtual classrooms.

Sac State held its first **Fall 2020 Convocation: Advancing Our Commitment to Antiracism** on Tuesday afternoon, September 29, 2020. Board officers Barbra Davis-Lyman and Bob Benedetti will be sharing the highlights of this half-day convocation in our December issue. Convocation recordings will be posted on the RS website and announced on a Constant Contact message when they are received.

As this edition of The Recorder newsletter is posted to our Renaissance Society website, we are within days of possibly the most important election of our lifetime. I urge all our members to exercise your right to vote as American citizens. This is not a time to sit on the sidelines and let others determine the leader-

ship that will govern the United States in the coming years.

More importantly we all have the responsibility as the elders of our society to set the example for those younger than us on how democracy works. I encourage you to talk to your friends, family, children, and grandchildren to exercise their right to be heard at the ballot box. Our country has many challenges – an ongoing pandemic, racial unrest, and pandemic-related economic distress, to name a few - and we all need to be part of the solution.

Please be safe and well in mind, body, and spirit!

Ken  
Ken Cross, President  
The Renaissance Society of Sacramento  
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## Forums

Fridays, 3:00—4:00 p.m. \*\*

**November 6—Dr. Robert Nelsen, President, California State University, Sacramento.** *“Sac State’s Evolution in Response to the Pandemic.”*

**November 13—Cassandra Walker Pye, Executive Vice President and Chief Strategist at Lucas Public Affairs.** *“A Conservative’s Take on America Now.”*

**November 20—Dr. Elina L. Nino, Cooperative Extension Specialist with the Department of Entomology and Nematology at UC Davis.** *“To Bee or Not to Bee: Is there a Choice?”*

**November 27—No Forum**

\*\*Registration required to attend Forums. Please refer to our website to register.

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## MEMBER PROFILE

By Judy Lewis

### Take a Ride with Fred Chapman



It would take a super GPS to follow all of the adventures Fred Chapman has experienced in his lifetime. He chronicled 60 short stories in the book he published, *The Ride of My Life*.

The project was inspired by his participation in a Renaissance Society writing seminar, where he became a facilitator.

Fred's early years were spent in Bangor, Maine; San Diego, and Connecticut, the result of having five step-fathers. Following his high school graduation, he served three years with the U.S. Army with two tours of duty in Viet Nam.

Next to come was attending Western New England College in Springfield, Massachusetts, where he earned a B.A. in psychology. During this time, he and a friend also traveled throughout Canada and the Northwest Territories.

When Fred graduated, a recession was in progress, so he visited a Navy recruitment office. The next six years found him flying P3 planes as a naval aviator, searching for submarines. A serious skiing injury pointed him to the University of Connecticut, where he earned an MBA while also working as a prison guard at the Connecticut Maximum Security Prison.

Fred reports that he spent a total of nine full time years in college while earning two degrees.

Fred made a move to California in 1989 and married a Sacramento lady two years later. He discovered that his competitors for employment were mostly much younger than himself. Through the federal jobs bank, Fred was hired as an emergency planner preparing responses for natural disasters and military contingencies. After the base closures in the late 1990s, he transitioned into a physical security specialist position and then into a criminal investigator slot. He completed a 3 1/2 month investigative academy at the Federal Law Enforcement Training Center for newly assigned federal agents. By this time, Fred was 60, while all his classmates were 22-37 years old. He describes the experience as physically and mentally rigorous.

Among his many adventures has been mountain climbing in Nepal and an attempted climb of the highest peak in the Andes, which was cut short by heavy snow and wind. Last year he embarked on a 3 1/2 month around-the world cruise which involved 38 ports in 33 countries. Upon returning to Sydney, his wife Susan (also a Renaissance member) joined him to spend a couple of weeks touring Australia.

Fred has made several presentations to the Renaissance Travel and Adventure seminar. For three years, his love of fishing took him to the coast of Alaska. One of his most memorable catches was a 115 lb. halibut. He reports that their freezer is always full.

For several years, Fred was a member of the ballroom dancing group at noon on campus. As members of the Sierra Club, the couple enjoyed hiking with that group. He has completed 6 full marathons and 7 half marathons. He is a certified and avid scuba diver, but no longer dives in the cold waters of California after having been spoiled by diving in French Polynesia.



### Friday Speakers Series

Fridays, 10—11:45 a.m. \*\*

**November 6—David Abelson.** *"History, Culture and Conflict in the Sacramento/San Joaquin Delta."*

**November 13—Maryellen Burns.** *"Food on the Move."*

**November 20—David Helman.** *"Where the Money Went: The Acquisition and Use of the Fortunes Amassed by the Central Pacific Associates."*

**November 27—No Seminars.**

\*Registration required to attend Speakers Series. Please refer to our website to register.



**RENAISSANCE SOCIETY BOARD OF DIRECTORS**  
**recognize**  
**DR. CHERYL OSBORNE,**  
**PROFESSOR EMERITUS of GERONTOLOGY**

On August 10, the Renaissance Society Board of Directors presented a recognition and retirement award to Dr. Cheryl Osborn, Director of Gerontology, Professor of Gerontology & Nursing. Past RS President, David Abelson read, and Cheryl was presented with, a Certificate of Appreciation which included a list of her many accomplishments, after becoming Director of the CSUS Gerontology Program & Longevity Center. These included:

1996: Cheryl recruited the first Renaissance Society (RS) members to participate in gerontology classes;

2000: She created a curriculum that expressly includes RS volunteers within the gerontology program;

2007: She initiated the highly successful and ongoing “Elder Mentor Program” with the Renaissance Society;

2013: She supported the formation of the “RS Gerontology Committee” to recruit members for a variety of CSUS programs;

2017: Cheryl became Chair of the newly established “Department of Gerontology” at the university; and

2018: She created the first “Gerontology Graduate Program” at CSUS.

RS Gerontology Committee chairperson Evie Boggs delivered the inscribed recognition vase (see picture). Additionally, CSUS Liaison/Dean of the College of SSIS Dianne Hyson (also Cheryl’s boss) said some very nice and heartfelt comments.



**HELP SAC STATE STUDENTS - DONATE TO  
THE RENAISSANCE SCHOLARSHIP FUND**

Last spring Renaissance Society awarded its 100<sup>th</sup> scholarship to a deserving Sac State student. Now more than ever, students need our help in pursuing their education. You can help by making a donation to the Renaissance Scholarship Fund - an investment in our future.

**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.

**DOCUMENTARIES**

Fridays, 9:30—11:45 a.m. \*\*

**November 6 – Linda Ronstadt: The Sound of My Voice (2019)**

**November 13 – Woodstock: Three Days that Defined a Generation (2019)**

**November 20—Human Nature: the story of CRISPR genome engineering .**

**November 27—Thanksgiving.**

\*\*Registration required to attend Speakers Series. Please refer to our website to register.

## The Program Committee Is Recruiting Shared Interest Group Leaders

By Allan Keown and Cindy Suchanek

The Program Committee (PC) is actively seeking new leaders interested in developing a Shared Interest Group (SIG), formerly Off-Campus Seminars.

SIGs have always played a role in our overall program, and now in light of the pandemic the PC is working to expand our offerings. As many of you know, RS members always have enjoyed being around people who share similar interests or ideas and thus participated in the former Off-Campus Seminars. They have met off-campus in people's homes, libraries, community centers, residence centers, or restaurants and coffee houses.

Currently, we have SIGs that are enjoying theatre, food, photography, reading, writing, walking, Spanish, French, games, walking, and Android basics in various physical locations, and virtually. The PC is looking for leaders passionate about not only these activities and interests but also such areas as contemporary community issues, climate change, racial justice, public policy, beginning conversational languages in all the languages RS members speak, museums, gardening, art, poetry, music, etc.

Two things to keep in mind. First, the dates and times for SIG meetings are entirely up to the leader and the participants. And second, there will again be no classes or other RS activities on the campus. Virtual or healthy in-person gatherings will be totally up to the leader and group as well.

If you would be interested in leading a new SIG, or working with an existing one, please contact one of our PC coordinators, Karen Martin (916-204-1870) or Chuck Wisely (916-205-8857).



## Your Vote is Your Voice... don't lose it

Election Day is nearly upon us. Have you returned your voted ballot? Due to the pandemic, all voters in California were mailed a ballot beginning October 5<sup>th</sup>. State and local voter information guides with information about candidates and measures, as well as local instructions for voting and returning ballots, were mailed 3 to 6 weeks before the election.

Now it's time to act! Study those candidates and measures, if you haven't already, and mark your ballot. You can return it three ways:

**By mail.** This is the easiest and arguably the safest method, no postage is required, AND you now get an "I Voted" sticker. But the ballot envelope MUST be postmarked on or before November 3. If you drop it in a mailbox on Election Day, November 3, that might not happen, so do it before Election Day.

**At a drop box.** These are located throughout the county with specific locations identified in the local Sample Ballot and Voter Guide. Check hours before you go.

**At a Vote Center or polling place.** If you need a new ballot or special assistance, this is your best choice. Sacramento County uses Vote Centers, and the locations are indicated in the Sample Ballot and Voter Guide. Surrounding counties may have different voting models, so be sure to check your local voter guide for hours and dates of operation. Be sure to SIGN your ballot envelope. And try to keep your signature reasonably consistent with the one on your voter registration card and/or your California driver's license. If the county can't verify your signature, they will contact you to check to see if it's really yours. But it's better for everyone if you are consistent. Remember, it doesn't have to be exactly the same, just reasonably similar.

Voting is a precious right, so take advantage of it!



## Clinical Pearls

By Dolores Eitel

### Telogen Effluvium Help I'm Losing My Hair!

One day in May, 2018, I found myself lying flat on my back on the quartz floor in my home. I had no idea how I got there or how long I was there. That led to the medical diagnosis of TBI (traumatic brain injury), a severe cerebral concussion, and a whip lash injury. The precipitating factor was a lacunar lesion in a tiny blood vessel in my brain. I was placed on 6-8 weeks of total brain rest, restricting as much brain activity as possible while under house arrest. About 3 months after this injury I began to notice an inordinate amount of hair in my hairbrush and in the shower. I also noticed my hair was thinning and coming out easily on the top of my scalp and some other areas. That is abnormal. My first thought...thyroid. I knew my blood tests were all normal as they were done for the diagnostic work-up for TBI. Knowing that, I went to see my Dermatologist. Her first question was: any change in your lifestyle, or trauma, lately? We discussed the TBI. Without hesitation she said, "You have Telogen Effluvium." She then pulled a strand of hair from the patch, and one from the back of my head. After looking at them she confirmed her diagnosis. She could tell by looking at the distinctive "club" at the root of the hair.



Telogen Effluvium (TE) is a temporary non-scarring hair loss that is the result of a shift in the cycling of the hair follicle. This condition is common after a shock (trigger) to the body system. It affects men, women and children. It is more common in women. Some of these triggers are: a major psychological event, lifestyle change, stress, major physical trauma, hormonal changes, severe infectious illnesses, thyroid disease, eating disorders, and nutritional deficiencies. While it is not included in the symptoms for COVID-19 it is being self-reported by many Covid-19 survivors. The hair loss begins several months after the triggering event.

There are three phases in the hair growth cycle: Anagen (growing), Catagen (resting), and Telogen (shedding). Normally about 90% are Anagen, 5% Catagen and 5% Telogen. Most people shed about

100-200 hairs each day. With TE the amount of shedding increases about 50%. It can take 3-6 months for the shedding to stop and months to years to fully return (about 1/2 inch per month). Hair density slowly decreases with age. So age may factor how dense your hair may be in full recovery.

There is no known treatment for TE. If you treat the triggers and/or medical, physical underlying causes, the TE will subside. It is, however, important to ensure your nutritional status and vitamins and minerals are at optimal levels for healthy hair growth. Treat your hair gently. My dermatologist recommended the use of a chemical-free shampoo with coconut nut cream as the main ingredient. Use shampoo sparingly, avoid all hair products except a mousse for curly hair.' (even for those who have no natural curls) Eliminate the use of curlers, curling iron, flat iron or hair dryer. Avoid the use of hair spray or gels. Choose to wear your hair as natural as possible. Avoid braids or otherwise hair-pulling hairstyles. Keep your hair out of pool water when swimming, wear a cap.

It has taken about 18 months for my hair to mostly return. I'm blaming age for the missing ones!

#### References:

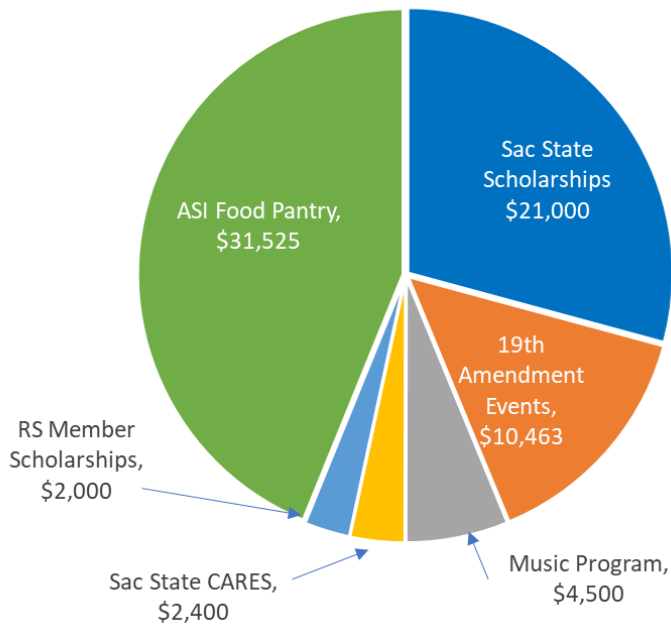
- \* Consultation/Diagnosis Treatment: Margaret Parsons, MD. May 2019.
- \* [www.medicalnewstoday.com](http://www.medicalnewstoday.com). Lewan, J. ARPN . April 23,2018.
- \* [www.health.harvard.edu](http://www.health.harvard.edu):HarvardMedicalSchool:telogen effluvium April 2019.
- \* Belluck,P,NewYorkTimes:Losing Your Hair can Be Another Consequence of the Pandemic: Sept 25,2020.

*Reprints may be made with the permission of the author. Please contact Dolores Eitel at [doloressurvived@gmail.com](mailto:doloressurvived@gmail.com)*

#### Paraprosookian for the Day:

**"I'm supposed to respect my elders, but it's getting harder and harder for me to find one now."**

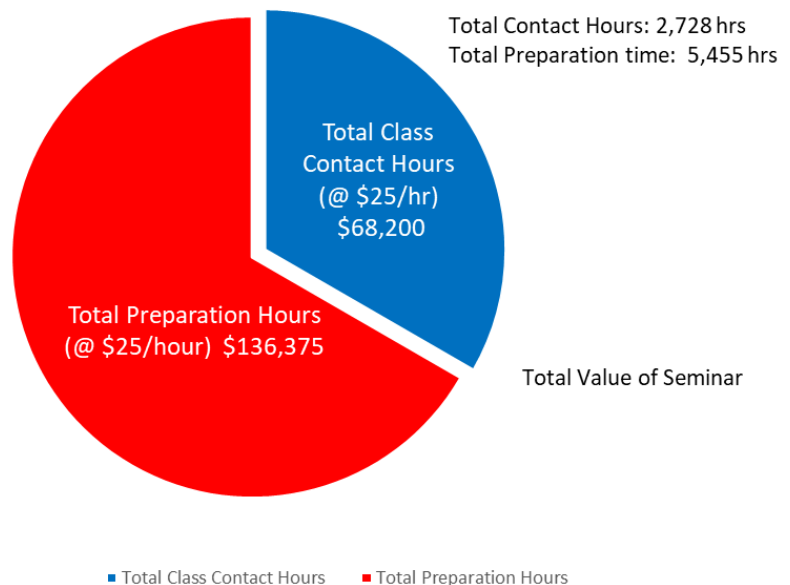
Renaissance Member Contributions



***THE GENEROSITY OF  
RENAISSANCE MEMBERS***

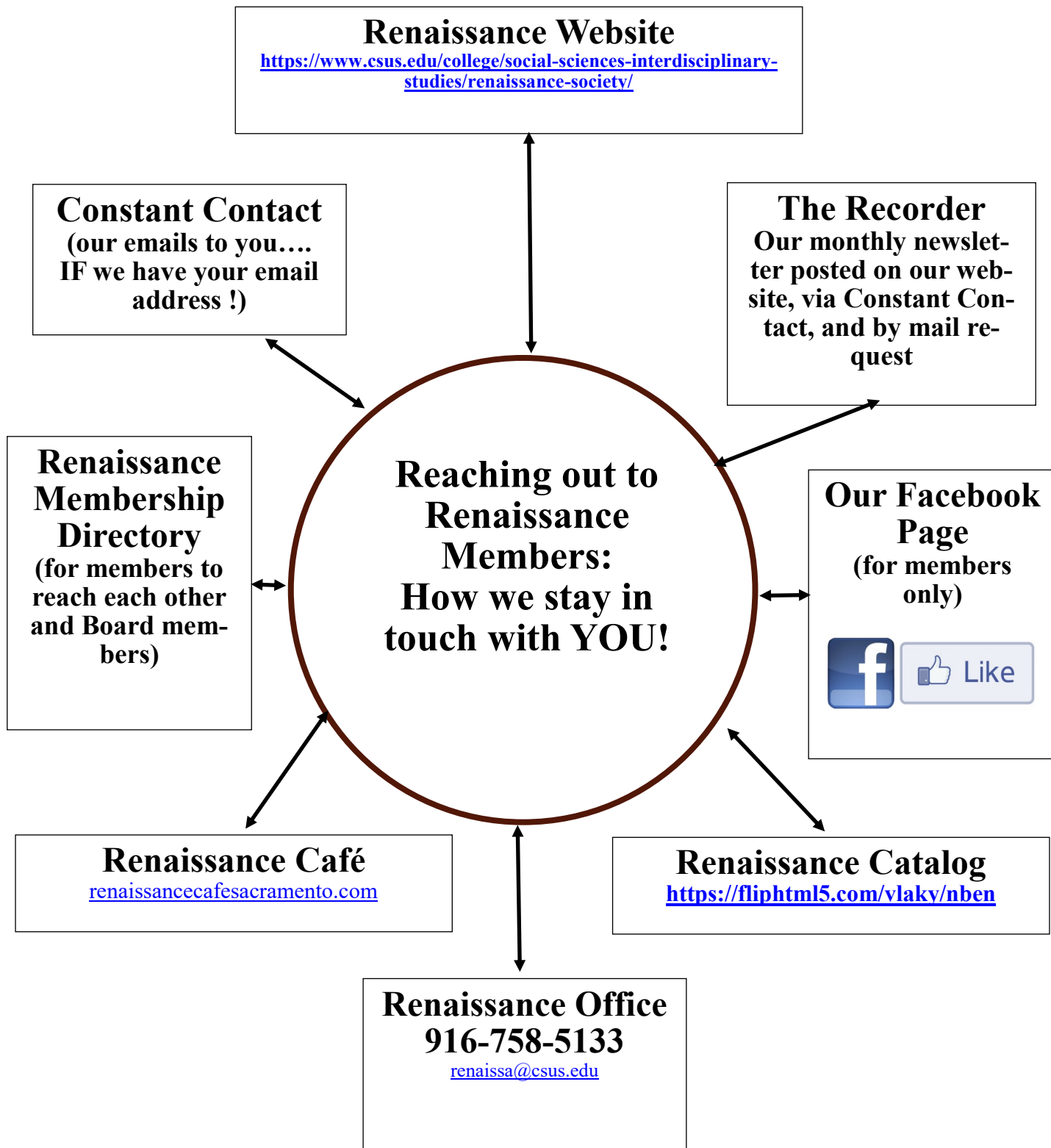
Thanks to donations from members, Renaissance was able to provide \$21,000 in scholarships to seven Sac State students and another \$31,000 for the ASI Food Pantry this past year. More than \$10,000 was contributed to the new Special Program Fund that supports innovative programming we jointly sponsor with Sac State. Members participating in music seminars contributed \$4,500 to the Music Department and another \$2,400 to the Sac State CARES Fund. A new fund set up to provide scholarships to Renaissance members unable to afford the membership fee received \$2,000 in donations. Thanks to everyone for their generosity. It makes a difference. *A list of donors can be found on the Renaissance website in the “Get Involved: Donate. Volunteer.” section.*

Value of Contributed Hours  
by Seminar Leaders @ \$25/hr



Data and charts on this page were contributed by Norv Wellsfry, Controller.

■ Total Class Contact Hours ■ Total Preparation Hours



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\*\*Deadline for December issue is November 2,  
2020.

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*Happy  
Thanksgiving*