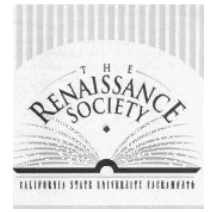




# The Renaissance Recorder

## Lifelong Learning

California State University, Sacramento



October 2019

Lifelong Learning for over 30 years

Issue 187



### President's Corner

By David Abelson

By now the fall semester is well underway, with temperatures cooling and trees beginning to display their beautiful autumn colors. Perhaps it's time to reflect a bit on the dedicated RS members who *volunteer* to organize, lead or actively participate in the wide-range of learning opportunities listed in the catalogue. Without these volunteers, our outstanding lifelong learning program would not continue to thrive.

So let's drift back in time to 1986, when a small group of visionaries founded the Renaissance Society based on a *unique "peer-to-peer"* education model. The premise was simple: people who join the program have a wealth of knowledge, experience and interests that other members might want to learn more about. Rather than pay for professional educators (as most life-long learning programs do), perhaps members could *volunteer* to teach each other, not for money but *for the sheer joy of sharing and learning together!*

Voila . . . the Renaissance Society's unique "peer-to-peer" education model was born. Our program has grown from just a handful of classes in 1986, to more than 300 distinct learning opportunities last year. Which brings me back to those dedicated RS volunteers who make such a wide-range of choices possible.

Our program thrives because *new volunteers* step forward *each semester*. Most of these volunteers have no professional background in teaching, but RS provides a variety of ways to help newbies "learn the ropes." So if you're intrigued but uncertain about whether to raise your hand, just think of this as your own personal "live-long learning" opportunity. Please send me an email message and I'll help you learn more about the RS "peer-to-peer" team, and whether joining the team is right for you.

Thanks, and enjoy the rest of the fall semester.

David  
[abelsonfamily@comcast.net](mailto:abelsonfamily@comcast.net)

### On Campus Speakers Series

(formerly Mini-Seminars)

10:00 to 11:30 am, Alpine 204

Ed Speegle, Seminar Leader

**October 4—Anne Rewell: "A look at the Dutch East India Company."** How the tiny Dutch Republic was able to create the largest company in the world.

**October 11—David Warren: "Hello Dolley—and Martha!"** David shares fascinating tidbits of the lives of our Founding Fathers and their wives.

**October 18—Cathy Hardin: "You'll Never Pull That Off! The Life and Times of Capital Stage."** Cathy, Literary Manager for Capital Stage, shares a brief history of the company's growth into one of Sacramento's four major professional theater companies.

**October 25—Tom Knowles: "Chico Rice: An Overview of Rice Farming and a Look at Both Conventional and Organic Practices."** Learn from a third-generation rice farmer about the history and traditions of rice farming in our region.

### FORUMS

Friday at 3 pm, Del Norte, Room 1004

**October 4: Paul A. Hemesath**, Asst. U.S. Attorney, U.S. Dept. of Justice. "Cybercrime, The Dark Web, and How You Can Protect Yourself."

**October 11: Tim Cutler**, Clinical Professor of Pharmacy, UCSF School of Pharmacy, "Fountain of Youth? Medication Management in Modern Times."

**October 18: Jan Nolta**, Director, Institute for Regenerative Cures, UC Davis, "Stem Cells: What They Can and Cannot Do for You."

**October 25: Bruce Hester**, World Traveler and Speaker, "Factfulness—Ten Reasons Why We're Wrong."

**Travel & Adventure**

‘Morning has Broken’ 10:00 to 11:35 am, Library 3021

Richard Fuller—916.409.920 (am and pm)

Terry Moss—916.783.3895, Tom Dole—916.442.2744 (am)

**October 4 – Marty McKnew – Balkans and former Yugoslavia states.** Join us as we venture to Bulgaria and some of the Balkan lands. Beautiful vistas, amazing monasteries and mosques, archaeological sites and spooky surveillance museums are just some of the attractions of this part of the world. Kosovo, Albania, Northern Macedonia, and Montenegro are just some of the highlights

**October 11 – Blaine Moss – Snorkeling in the South Pacific.** Bring snorkel, mask and fins, and be prepared to come mask-to-snout with black-tip sharks and sting rays in tropical waters of the South Pacific. Four thousand two hundred miles from Sacramento is the volcanic island of Moorea [Tahiti] – 50 sq. miles of lush green forest, warm turquoise ocean water, and backdrop to “Mutiny on the Bounty” and “South Pacific.” French Polynesia without a plane ticket! Bring sunblock SPF 50!

**October 18 – Ed Sherman – Israel (changed from printed version of The Recorder).**

**October 25 – Marti Ikehara – India.** Marti spent February 2019, in India, traveling by luxury train. During the first week, she went to Kanha Tiger Reserve, near Raipur – tigers, leopards, and peacocks! Then, from Mumbai, the Maharaja Express train traveled through Rajasthan state, stopping at various cities. “Besides the culture, our guides found us over 250 species of birds. In Kaziranga NP in the last week, we rode elephants and saw rhinos!”

**19th Amendment Centennial Celebration Is in Full Swing at RS!**

An *ad hoc* committee, formed during the Spring 2019 semester, has been busily putting together a luncheon, seminars and get-togethers commemorating the hundred-year anniversary of the 19th Amendment, women’s right to vote. Over twenty (!) separate seminars or speakers series have been dedicated to this subject during the Fall semester. Currently, there are plans to include seminars on this topic



through the summer session, 2020.



If you have a seminar that might fit into the general category of women’s rights, please contact: Jennifer Cummings, [jenifer1945@hotmail.com](mailto:jenifer1945@hotmail.com),

(916) 425-9350; Ginger Mack, [gingermack916@gmail.com](mailto:gingermack916@gmail.com), (916) 896-0685; or Muffy Francke, [muffy@me.com](mailto:muffy@me.com), (916) 799-2837.

NOTE: The September 24 “Tea and Suffrage” fundraiser is SOLD OUT. The committee is now accepting donations of \$15.00 (or a pie) for their “Pie, Suffrage and Song” event on October 6 from 2-3:30 pm at Carmichael Presbyterian Church, 5645 Marconi Avenue. Folksinger Linda Allen will weave stories of the suffrage effort into song. Please contact any of the three women listed in the prior paragraph for information or tickets (available through [www.eventbrite.com](http://www.eventbrite.com)).

(Photos curtesy of Ruth-Marie Chambers)



## Environmental Issues Top David Abelson's Passion List Member Profile

By Judy A. Lewis

Despite its steamy reputation, David Abelson has fond memories of growing up in Phoenix, when its population numbered only 65,000 residents.

He attended Occidental College in L.A., and points out that Barack Obama was also a student there, although not at the same time. With a psychology major, David considered becoming a teacher, and joined a program similar to the current Teach for America. The program focused on economically depressed areas. After a stint teaching fifth graders in San Francisco, he decided that he was not cut out for teaching and enrolled at UC Hastings College of Law. He became acquainted with current Renaissance Society member Allan Keown during his first year of law school.

One of David's passions is fly fishing, so he jumped at an opportunity to serve as a law clerk for the Supreme Court in Alaska.

Next came a position as an environmental practitioner at the California Attorney General's office. A special focus involved defending the first-in-the-U.S. set of residential energy building standards.

David then served as Executive Director of the Planning and Conservation League. He was required to register as a lobbyist at the California state legislature, and focused on water issues including the controversial Peripheral Canal.

For four years, David served as an attorney for the California Air Resources Board. As part of the effort to improve air quality, the banning of open burning became a focus. A satisfactory solution was reached with the state's rice farmers, whose flooded winter fields now provide rich wetlands for migratory birds.

After 20 years as Legal Counsel with the California Energy Commission, David retired. He became acquainted with Renaissance member Clarence Smith at their gym. Clarence pulled a Renaissance Society brochure out of his pocket and encouraged David to join. Several years passed, and when David decided to investigate the program, Clarence again had a brochure handy.

When he joined the Renaissance Society in 2012, he was encouraged to lead a seminar on Water in California and then added one on the topic of Bob Dylan. David has also shared his knowledge on the U.S. Constitution, California's Air Quality, and Music and

Harmony. In addition, he served as an adjunct professor in Environmental Law and Public Policy at CSU, Sacramento.

Among David's contributions to the Renaissance Society are serving on the Board of Directors, including two years as vice-president, as well as on the *ad hoc* Committee on Governance and the Forum Committee. Effective July 1, 2019, he took over the reins as president. He reports that membership has grown from 1,440 in 2014 to over 2,000 currently. He attributes this to the increasing number of baby boomers who are retiring.

David believes that the Renaissance Society is entering a very exciting time in its history, and he looks forward to the challenges and changes in the year ahead.

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## Board Members' Retreat At Camp Pollack Yields Improved Working Relationships



Facilitator Maryellen Burns led our Board Members through exercises and breakout sessions to determine how better to serve our members and the community around us. *Photos courtesy of Jeff Hendy.*

## Clinical Pearls

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

### Can Where You Live Affect Longevity and Quality of Life? Food for Thought

*US News* in collaboration with the Aetna Foundation has published the [Healthiest Communities Rankings for 2019](#). Based on the article, the rankings “measure health-related components of society with the aim of empowering citizens, healthcare leaders and officials to make decisions about policies and practices that can improve health outcomes for all.”

The project scored 3,000 counties on 81 indicators across 10 categories. Those categories are: community vitality, equity, economy, education, environment, food and nutrition, population health, housing, public safety and infrastructure. Overall score is shown as a percent of 100%.

Published are the rankings of the top 500 counties nationwide. Here are the California communities (counties) that ranked in the top 500 and their overall score:

- 24. Marin 81.4%
- 37. Placerville 79.5%
- 39. San Mateo 79.2
- 125. Mono 73.1%
- 251. San Luis Obispo 68.5%
- 262. Sonoma 68.2%
- 268. Napa 68%
- 333. El Dorado 66.2%
- 363. Ventura 66%
- 353. Contra Costa 65.8%
- 373. Inyo 65.4%
- 390. San Benito 65%
- 404. Orange 64.7%
- 475. Nevada 63.1%

This indicates that fourteen communities in California scored an average of 63% out of 100% in the top 500 healthiest communities in the USA. Sacramento did not make this list.

How well and how long we live are shaped by many factors, environment being one of the top factors. Where you live and the components measured in this study are paramount in identifying what is needed to affect the overall quality and longevity in life and a healthy community.

The report can be accessed at: [www.usnews.com/news/healthiest-communities](http://www.usnews.com/news/healthiest-communities).

## Documentaries

9:30—11:50 am, Library 3023

Allan Keown & Mary Hyland, Seminar Leaders

**October 4: “Dark Money”** *Dark Money* is a political thriller, examining one of the greatest present threats to American democracy: the influence of untraceable corporate money on our elections and elected officials. The 2018 film takes viewers to Montana – a frontline in the fight to preserve fair elections nationwide – to follow an intrepid local journalist working to expose the real-life impacts of the US Supreme Court’s *Citizens United* decision. Through this gripping story the film uncovers the shocking and vital truth of how American elections are bought and sold.

**October 11: “The Devil We Know: The Chemistry of a Cover Up”** Unraveling one of the biggest environmental scandals of our time, this 2018 documentary follows a group of citizens in West Virginia as they take on a powerful corporation, DuPont, after they discover that it has knowingly been dumping a toxic chemical into their water supply. The chemical, part of the make-up of Teflon, is now found in the blood of 99.7% of Americans. The effects on the West Virginia community where Teflon was produced have been devastating.

**October 18: “Monrovia, Indiana”** Frederick Wiseman’s 2018 documentary *Monrovia, Indiana* explores a small town in rural, mid-America and illustrates how values like community service, duty, spiritual life, generosity, and authenticity are formed, experienced, and lived along with conflicting stereotypes. The film gives a complex and nuanced view of daily life in Monrovia in the aftermath of the 2016 election. It provides some understanding of a way of life whose influence and force have not been fully recognized or understood in the big cities on the east and west coasts of America.

**October 25: “Hale County This Morning, This Evening”** Nominated for an Academy Award in the Best Documentary category last year, this 2018 film offers a refreshingly direct approach to documentary films that fills in the gaps between individual black male icons. *Hale County This Morning, This Evening* allows the viewer an emotive impression of the Historic South, showing the beauty of life and consequences of the social construction of race, while simultaneously offering a testament to dreaming – despite the odds.

## A Word from Membership, Diversity and Community Engagement

By Ken Cross, Chariman MDCE



On Friday August 30, 2019, over 160 people attended the semi-annual Renaissance Society (RS) Orientation at the University Union Ballroom III. Eleven speakers gave brief overviews on a myriad of RS subjects.

Attendee evaluations praised the orientation’s organization, presenters, moderator, slides, and handouts that helped them to navigate our lifelong learning organization. By midnight on Friday we had registered 292 new members and 1647 renewing members for a total of 1939 for the 2019-2020 Renaissance Society academic year.

Thank you to all our RS members and Ambassadors that spent the summer performing community outreach to help spread the word about the Renaissance Society. Volunteers communicated one-on-one and at speaking and tabling events with a myriad of groups and organizations:

- CSUS Retiree Association
- Eskaton Inside Track quarterly event at Arden Fair Mall – March, May, and August
- Fifty And Better (FAB), Roseville
- Kaiser Medicine Clinic #5 Physicians Wellness luncheon, Fair Oaks Blvd.
- LGBTQ Elders MeetUp Group at the Hart Center, Sacramento
- Mission Oaks Community Center Senior Resource Fair, Carmichael, CA
- PEO (Philanthropic Education Organization), Chapter El Sacramento
- Renaissance Society Summer Speakers Series Testimonials
- Sacramento Black Book Fair, Oak Park
- Sacramento County Retired Employees Association (SRCEA)
- Senior Center of Elk Grove Senior Resource Fair
- Seniorvention, Southgate Recreation & Park District, Fruitridge Community Center
- Sons In Retirement (SIRs) at luncheon locations in the greater Sacramento area
- Spiritual Life Center Men’s Group, Sacramento
- Sunrise Tech Center English as a Second Language (ESL)

## Widowed Persons Association at Valley High Country Club, Elk Grove

If you have an organization that you would like to have the Ambassadors speak or “table,” please contact Ken Cross at [kencross@kencrossconsulting.com](mailto:kencross@kencrossconsulting.com) or Ph# (916) 995-8288.

Thank you to everyone who volunteered time, talent, and energy to promote Renaissance Society’s lifelong learning,



Dr. Diane Hyson, Renaissance Society Liaison, spoke during our Orientation.



Potential and new members participated in the Orientation and Rendezvous held Friday, August 30. (Photos curtesy of Ruth-Marie Chambers)





**California State University, Sacramento  
Department of Physical Therapy**

*By Bill Garcia*

**Pro Bono Physical Therapy for Hip Pain  
Offered to Renaissance Society Members**

Professor Bill Garcia of the CSU, Sacramento, Department of Physical Therapy is looking for people who have osteoarthritis and pain while walking for a research project with his students. This program will last six weeks and there is no charge for the treatment being used.



If you are over the age of 30 and have hip pain and pain with walking, we would like you to participate in a physical therapy research project at California State University, Sacramento. The orthopedic program of the Sacramento State Physical Therapy department is investigating the use of exercise or body-weight-supported treadmill training on individuals with hip osteoarthritis.

The investigation will consist of an examination process and interventions, 2 times per week for 6 weeks. Interventions will consist of either an exercise program or a walking program on a body weight supported treadmill.

The study will be conducted by a licensed physical therapist and physical therapy students. There is no charge to participate in the investigation.

Individuals who do not qualify for the investigation or who do not wish to participate can participate in the pro bono orthopedic physical therapy clinic at Sacramento State.

If you are interested please contact Bill Garcia PT, DPT, OCS, FAAOMPT at (916) 278-5567 or by email at [william.garcia@csus.edu](mailto:william.garcia@csus.edu) to learn more about the investigation or to schedule an appointment.



*Happy  
Halloween!*



## Gerontology Mentor Reminiscence Project

By **Donna Jensen, PhD, LCSW**,  
Associate Professor, Gerontology Department,  
California State University, Sacramento

For the fall 2019 semester, the Gerontology Renaissance Mentor program has instituted significant changes in its focus and activities. You may notice that the name of the students Gerontology 121/221 class has changed from Models of Successful Aging to Strategies for Optimal Aging. Although it's a small name change, we wanted to bring our class/curriculum into alignment with the current nomenclature in the field of aging.

As such, we have also changed the student assignments for students with whom you will work. Over the course of the semester, students will conduct a Life Review/Reminiscence Project with their mentors. They will still meet with you at least four times, but the information they will gather will be focused on your life. For those of you who previously have been mentors for gerontology students, the students will no longer conduct myriad assessments as in previous semesters.

While students will still be interviewing you and gathering information, the information will be more focused on different developmental states of your life including childhood/youth, young adulthood midlife and older adulthood.

Through different assignments, students will explore areas such as:

- Where are you from?
- What was that area like when you were born/raised?
- Prominent moments in your life
- Family traditions
- Your philosophy on life – successes/hardships/challenges – general outlook on life
- Your legacy, place/purpose in life

We are VERY excited about another piece to the Gerontology Mentor program. The assignments will be loosely based on a documentary titled "Lives Well-Lived," and in fact, Dr. Jensen is working with the creator of this documentary, working toward bringing

her to Sacramento with the goals of 1) having students and their mentors view the film together, and 2) having a larger public showing of the film. More information about this documentary film project can be found here: <https://www.lives-well-lived.com/>.

In addition to the Reminiscence Project, students will conduct a general assessment on your health (physical, psychological, emotional, spiritual, etc.), and will create a Health Promotion Plan for you based on their findings.

**NOTE:** *If you would like to be placed on our volunteer list for the FALL 2019 Semester, Please contact Evelyn Boggs, Gerontology Committee Chair, at: [evieboggs@comcast.net](mailto:evieboggs@comcast.net) or you may text or leave a message at 916-955-1593.*

*\*Please leave your NAME, EMAIL ADDRESS, PHONE # AND please state for which program you would like to volunteer.*



## DINING TOGETHER

*Dinners: 2nd Wednesday  
Brunch: 2nd Sunday*

Dining Together will meet at RIVERSIDE CLUBHOUSE, 2633 Riverside Blvd., ([www.riversideclubhouse.com](http://www.riversideclubhouse.com)) at **5:30 PM on October 9, 2019.**

Dining Together members who wish to attend should **RSVP** to Cheryl Nelson: [slynnsearch@yahoo.com](mailto:slynnsearch@yahoo.com), or, (916) 421-0407 no later than October 4, 2019.

Separate checks will be provided. Parking is in the rear of the restaurant and along the streets.

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The Renaissance Society  
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**DEADLINE** for next issue (November 2019  
mailed mid-October) is *September 20, 2019*.

### Renaissance Society

#### ADMINISTRATIVE OFFICE

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Hours: Monday-Thursday 9:30-noon

Friday 10-1



### Renaissance Society is now able to process donations to California State University, Sacramento on-line!

Contributions are tax-deductible and acknowledgments are sent quickly from Sac State to the donor. In addition, the RS office receives a notice from Sac State, so we are able to send "thank you" notes to the donors as well. The ability of our members to contribute on-line has already resulted in an uptick in scholarship contributions, which will increase even more as we publicize the system! As this publication goes to press, you can go to <https://online.sacstatealumni.com>

THEN select **Make a Gift** (*you do not have to login*) THEN select **Give Now**. In the field labeled "**Account**" use the pull-down menu to select **Renaissance Society**. Here is the valid url to copy and paste into your browser:

<https://online.sacstatealumni.com/default.aspx?page=GIVEGiving&DesignationID=3&AccountNumber=221>

**\*\*We will make it more accessible soon, and it will launch from our own web page.**