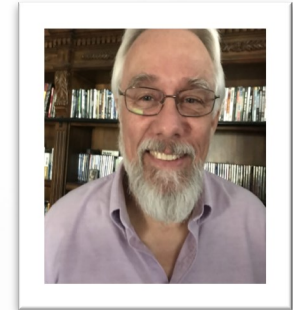


PRESIDENT'S CORNER

SPRING 2022 RENAISSANCE RETURN TO THE SAC STATE CAMPUS



At the monthly Renaissance Society (RS) Board of Directors' meeting on Monday, December 6, 2021, the Board voted to **return to the Sac State campus for the Spring 2022 semester**. Sac State Risk Services Management requires RS to develop a comprehensive COVID Safety Plan which includes the following:

Vaccinations - RS members are required to be fully vaccinated to participate in RS indoor programs on the Sac State campus. As a third-party event, RS program participation requires no medical or religious exemptions. Virtual participation is still an option for distance learning.

Vaccination self-attestation - Members will read, complete, and sign a vaccination self-attestation sheet when entering their RS program classrooms for each session. Attestation will include showing your COVID-19 Vaccination Record Card.

Face masks - Both RS program leaders and students will wear face masks when attending programs indoors on the Sac State campus. Members are expected to bring their own face masks. A small supply of face masks will be available in case a member has forgotten or lost their face mask.

Social distancing - Program leaders and students are encouraged to social distance to whatever extent possible within the Sac State classrooms. This is not required by the current university policies but is desired to honor RS members' safety wishes expressed in RS surveying. A minimum distance of three feet and a preferred distance of six feet is the RS social distancing standard.

Program leader duties – RS program leaders are responsible for compliance with Sac State and RS COVID Safety Plan requirements in their classrooms. These compliance checks include monitoring the completion of the weekly Vaccination Self-Attestation Sheet, checking COVID-19 Vaccination Record Cards, and ensuring program participants wear face masks and social distance in classrooms. Program leaders will ensure a back-up supply of Personal Protective Equipment (PPE) face masks and hand sanitizer are available at the entrance to their classrooms.

RS member and preventive medicine specialist Dr. Glennah Trochet briefed the RS Board and recommended the following: *'Although the current definition of "fully vaccinated" is having had the one J&J dose or the two doses of Moderna or Pfizer vaccine, it is prudent for all those who received the J&J vaccine at least 2 months ago or six months since getting the second dose of an mRNA vaccine, to get a booster dose of any of the three authorized vaccines.'*

(Cont'd Pg. 2)

The Spring 2022 Catalog has **108 Programs** scheduled for the Spring 2022 semester: 40 Seminars, 27 SIGs (shared interest groups), 5 Community Presentations, 12 Big History Series, 12 Tuesday Speaker Series and 12 Forum Speaker Series. There are **16 on campus seminars**. RS is committed to providing a hybrid learning model of both in person classroom and distance learning programs on Zoom. This allows members to attend more classes Monday through Friday at your convenience as well as reach beyond the boundaries of the City of Sacramento and State of California.

The Spring **Membership Registration** portal opens Tuesday, January 4th. The **Spring 2022 Catalog** will be posted to the RS website on Monday, January 10. **Program Registration** opens Monday, January 17. The semiannual **virtual Orientation & Rendezvous** is scheduled for 10:00 to 11:30 a.m. Friday, January 21 on Zoom. The **first programs begin** Monday, February 7. More information will be available in January 2022 on how you register online for Sac State UTAPS (University Transportation & Parking Services) virtual parking permits.

Thank you to members who donated to the **RS ASI Food Pantry Thanksgiving Food Drive**. RS collected over \$4,800 in monetary donations (120 food bas-

kets) plus 19 physical baskets for a total of 139 baskets winning the coveted organizational **Golden Plate Award**. Our annual Sac State Student Scholarship campaign is underway and solicitation letters have been mailed to your home. Please consider donating to support students in need of financial assistance to continue their Sac State educations.

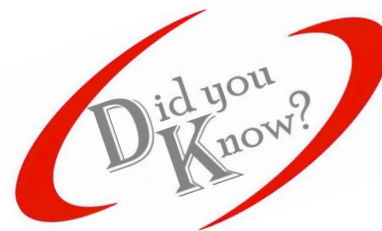
Please reach out to your friends and associates to share this Renaissance Society lifelong learning opportunity. Surveys show that most new members hear about RS from a friend. The RS Board of Directors is asking each member, new or renewing, to reach out to five friends to share the RS story and participate in our **Everyone Bring One** membership campaign. This is one of best gifts that you can give a friend – lifelong learning, socializing, service, and fun.

I look forward to seeing you in the Sac State and Zoom classrooms this Spring semester!



Save the Date for 2022

- Jan. 4:** RS Spring 2022 Membership Registration Opens
Tuesday
CLICK HERE: <https://apps.cce.csus.edu/sites/renaissanceSociety/index.cfm>
- Jan. 10:** RS Website Spring Catalog Posted
Monday
- Jan. 17:** RS CCE Seminar Registration Opens
Monday
- Jan. 20:** RS Seminar Leader's Workshop
Thursday
- Jan. 21:** RS Orientation & Rendezvous (10:00-11:30)
Friday
Watch for link.
Listen for Volunteer Opportunities
- Feb. 7:** RS Seminars and Programs Begin!
Monday



CHERYL HUFFMAN'S BUSINESS EXPERIENCE FUELS HER TRAVEL BUG

By Judy A. Lewis



After growing up in East Nicolaus (Sutter County) and attending a high school with a student body of 200, Cheryl Huffman earned a degree in Business Administration from CSUS. She reports that she later returned to take most of the requirements in Marketing and Real Estate and Land Use Management. “These were over the course of several years at night, and I was comically called ‘the only Sac State student with tenure,’” she reports. Later she completed an M.B.A. with a concentration in computer systems analysis and implementation through National University.

Anxious to have the “Big City” experience, she landed a position with Arthur Young & Company in its Los Angeles office. Eventually, Cheryl missed her family and friends and asked for a transfer back to Sacramento. Her tenure with the Sacramento office didn’t yield too much challenge, so she moved on to other opportunities. However, after she completed her M.B.A., she was hired back as a consultant (with newly merged Ernst & Young) in their Entrepreneurial Services Group.

Cheryl was soon hired by Tom Raley (owner of Raley’s Supermarkets) to manage his personal finances and properties. Her work centered around Mr. Raley’s real estate holdings, including in West Sacramento, where she observed first-hand the design and development of the iconic Ziggurat Building. While lunching with Mr. Raley at his Marina Inn (across from Old Sacramento) he observed the rather bleak-looking cement wall along the opposite bank. Within weeks he had commissioned acclaimed Sacramento artist Horst Leissl to create a mural depicting indigenous birds on this wall, which are still there today!

Mr. Raley distrusted computers for his personal accounting so Cheryl’s work included hand-entered entries in large ledgers. Comically just prior to her leaving (for a position in technology) she won a contest to name the first integrated (stores to corporate back office) software – R.O.S.C.O.E. – Raley’s Optimum Systems Control of Everything.



Cheryl next took a position with a Roseville-based software company as Controller and Senior Trainer specializing in point-of-sale and back-of-the-house software for the National School Lunch Program. Cheryl travelled extensively with this company installing, implementing and supporting systems in school food services located in Los Angeles as well as the East Coast including Pennsylvania, New Jersey, and Virginia. The Y2K ‘bug’ helped her company grow and added mileage to her frequent-flyer tally.

Upon retirement, Cheryl has continued to travel including Costa Rica, the UK, Italy, Austria, Hungary, and many times to France. Her next trip...a river cruise and tour of Switzerland in May!



As an **avid cyclist** (and previous bike shop owner of a shop in Rocklin in her ‘spare time’), Cheryl says she has always volunteered to work the Amgen Tour of California in Folsom, Los Angeles, and Sacramento. She describes being “lucky enough to actually be at the final stage of the *Tour de France* in Paris when Bradley Wiggins won the tour.”

In addition, she volunteers for the City of Sacramento Farm-to-Fork event and is a frequent plasma donor at the local blood bank.

Cheryl joined the Renaissance Society in 2014. Because she had some newsletter experience, she agreed to serve as co-editor for the Recorder from 2015 to 2021. When the Orientation and Rendezvous are back on campus, she expects to be found sharing her expertise in the computer sign-up room.

A HEALTHY LIVING PARADIGM

PART 5

By Don Forrester and Allan Keown

In this article we discuss the work of Dean Ornish, MD and Neal Barnard, MD. They both have contributed significantly to community health by studying and supporting lifestyle behaviors that lead to an improved quality of life.



Dr. Ornish does clinical research that demonstrates the healing power of individual behaviors. His most cited work is his 1990 study on patients with cardiovascular disease, in which he showed the ability to reverse and stabilize cardiovascular disease with diet, exercise, cessation of smoking, and stress management training.

Dr. Omish's cardiovascular program has been approved for Medicare therefore making it available to the public. His less cited work in 2005 and 2008 showed that patients with prostate cancer can turn off their protein and cancer genes with diet alone. This supports what Professor T. Colin Campbell, the author of *The China Study*, has frequently said: "Genes load the gun, Nutrition fires it."

In 2019, Dr. Ornish and his wife/collaborator Anne published *UnDo It: How Simple Lifestyle Changes Can Reverse Most Chronic Diseases*. The four cornerstones of their lifestyle medicine program are Eat Well, Move More, Stress Less, and Love More.

Dr. Bernard founded The Physician's Committee for Responsible Medicine (PCRM) in 1985. It is a non-profit organization dedicated to saving and improving human and animal lives through nutrition and through ethical and effective research without the use of animals.

It has grown to over 175,000 members, with 17,000 physicians! Moreover, it offers a free monthly 21-Day Vegan Kickstart program which has been attended by over 1,000,000 people since 2009.

PCRM has also trained 269 Food for Life instructors

in 16 countries. PCRM's programs include clinical research, political advocacy, legal action, and free education credits for health-care professionals.

Since 2012, PCRM has hosted the annual International Conference on Nutrition in Medicine. It opened the Barnard Medical Center in Washington, DC in 2016. Its website, PCRM.org, offers free resources for the public including their Vegan Starter Kit and Nutrition for Kids. Dr. Forrester supports PCRM and is currently a plaintiff in two PCRM lawsuits. Plus he also presented at PCRM's 2018 International Conference on Nutrition.

To summarize, the successful populations and programs we reviewed in our first five articles have identified and sorted out the relative importance of lifestyle factors that contribute to a long, able-bodied life.

Next month, our final newsletter will discuss the relative importance of individual behaviors and provide resources for further study and support.

We encourage members to sign up and attend our Spring 6-week class, "Delaying Death and Avoiding Disability." Our goal is always providing our members with the best science and best approaches to use to improve their health!

DINING TOGETHER

FEBRUARY 2022

By Cheryl Nelson

Dining Together will meet at **Zinfandel Grille**, 2384 Fair Oaks Blvd. at **5:30 PM on February 9 AND 17, 2022** (www.zinfandelgrille.com). Dining Together members who wish to attend should select ONE preferred date and **RSVP** to Cheryl Nelson: slynnsearch@yahoo.com, or, (916) 421-0407 no later than February 3, 2022. Separate checks will be provided. Parking is available. The diners will conform to County COVID health requirements.



ETHNIC REFLECTIONS

CHOCTAW NATIVE AMERICANS UNIMAGINABLE GIFT

By DARRYL OMAR FREEMAN



As the immigration of Europeans to the newly formed United States progressed, in the 17th and 18th centuries, an increased need for land persuaded the U.S. Federal government under the leadership of then Presidents Jefferson and Andrew Jackson to implement a national public policy of removal of Indian tribes to designated areas west of the Mississippi River at that time known as the Oklahoma Territories.

Members of the so-called Five Civilized Tribes (Choctaw, Cherokee, Chickasaw, Seminole, and Creek) often shed traditional Native garb to dress in European style clothing to demonstrate an acceptance of western culture. This and other assimilation gestures on the part of the Native people did not compel the Federal government to reconsider forcing entire tribes to relocate to the designated Indian territory (Oklahoma). In 1831 the Choctaw tribe became the first people to be forced to leave their ancestral homeland. Marched through the dead of winter, over 5000 of the 20,000 Choctaw died during this forced removal. This event became known as the “Trail of Tears.”

In a demonstration of the compassionate nature of the American Indian, years later amid the removal efforts by the U.S Federal government, the Choctaw Nation heard about the Potato Famine in Ireland and collected money, blankets, and other supplies and sent a delegation with these provisions to Washington D.C with instructions to send them to the impoverished people of Ireland.

The Irish people to this day recognize this amazing gift by the Choctaw. There is a popular Irish folk song about the Choctaw gift, and a three-story tall “feather” monument in Ireland recognizing this action by the Choctaw. This year, during the height of the COVID pandemic, the people of Ireland raised \$1,000,000 in money and supplies to assist Native American tribes in their pandemic relief efforts.

These demonstrations of Indian “civility” did not sway the colonial population and the U. S. government from a policy of reservations as the only method of living in peace with the Native American people. Native people fought in the Mexican American War, on both sides of the United States Civil War and World War I. Nevertheless, Native Americans were not designated full American Citizens until 1924.

A five-minute video on this history can be viewed at: https://youtu.be/zf_1uoVemfI?t=225

WE DID IT!

By Deborah Seiler

In November, the ASI Food Pantry invited Renaissance Society to join the Sac State community to provide Thanksgiving Baskets for our struggling students. As an incentive, ASI offered a Golden Plate Award to the group with the largest number of baskets made.

We reached out to our members and thirty individuals stepped up to the challenge. Thanks to your time and generosity, Renaissance won the Award. Monetary donations totaled \$4,800, which equated to 120 baskets, plus 19 physical baskets—making our total **139 Baskets**.

Well done, members!



DÍA DE LOS MUERTOS

By Deborah Seiler

Last year Sac State's The Serna Center invited Renaissance Society to join them in celebrating the Mexican holiday Día de los Muertos on November 2. This holiday is celebrated by many Spanish-speaking countries to honor loved ones who have died. To demonstrate this honor, family members create "ofrendas" (offerings) in the form of "altares" (altars). These altars are wonderfully decorated with flowers, photos and foods for the dead. We were welcomed to create our own offerings or to view the beautiful displays assembled by students and the community.



Ken Cross with Debbie, Christina and Frank Martinez

We were happy to attend, as seen here:

JANUARY READINGS ON DIVERSITY

By Robert Benedetti & Roberta Gleeson

How can Renaissance respond to President Nelsen's call for a campus-wide discussion of institutionalized discrimination and prejudice? After discussing a variety of ways with the Executive Board, we volunteered to identify a series of readings that highlight race, class, ethnicity, and other modes of discrimination in Sacramento and California.

This Month's List



On Gold Mountain by Lisa See...(St Martin's Press)

Baseball in April by Gary Soto...(Clarion Books)

The Color of Law by Richard Rothstein (Liveright Press)

Indians of California: The Changing Image by James Rawls....(U of Oklahoma Press)

Feel free to suggest readings for distribution to the wider membership.

Submit to: rbenedetti@pacific.edu

RENAISSANCE SOCIETY 2020-2021 ANNUAL REPORT ONLINE

By Deborah Seiler

Do you enjoy sitting down at the end of the year to reflect on the past and remember all the good times, accomplishments, and even challenges? At Renaissance, we like to capture remembrances of our mission to learn, connect, and share at the conclusion of each fiscal year. That collection of memories is now on our website at: [The Renaissance Society | Sacramento State \(csus.edu\)](https://www.csus.edu/renaissance) Go to the Board and Governance page.

Beginning July 1, 2020 and ending June 30, 2021, Renaissance members taught one another, mentored Sac State students, raised funds for scholarships and the ASI Food Pantry, relocated the office, and managed its budget in a fiscally sound manner. Our 19th Amendment Committee conducted several events despite the pandemic, and members participated in new ways with Sac State departments. Our Program and Forum committees arranged wonderful seminars and one-time presentations as well as timely and informative lectures from prominent members of the community.

The report is a very quick read, and we invite you to take a moment to review it. We like to think it will renew your appreciation for the contributions of so many members and our office staff as well as our wonderful Sac State partners. The report was written and edited by Deborah Seiler, and staff member Amber Korb produced a beautiful layout including charming photos of our many activities. Thanks for contributions from President Ken Cross, Controller Norv Wellsfry, and Resource and Development Committee Chair, Nancy Findeisen.

BRUCEVILLE POINT HEALTH FAIR
RS AMBASSADORS REACHING OUT
By Lorraine Murphy

On October 28, 2021, Renaissance Society Ambassadors, Marian Kile and Loretta Burdeaux, attended the Bruceville Point Health Fair in Elk Grove. It was first time in eighteen months that we were given the opportunity to attend such an event.



Marian Kile & Loretta Burdeaux

Marian said they both had a wonderful time especially since the residents were elated to see them. She felt that in the end they did well obtaining names of potential members.

Bruceville Point had recently opened up with sixty residents currently living there, with room for about 130 more. Marian laughed when one of the residents tried to connive her into moving in there.

Marian, a veteran Renaissance Society member, praised Loretta, a relatively new member, for being so good at promoting our organization with such enthusiasm.

Loretta too had kind words for the day saying it was such pleasure to sit there in the lovely courtyard and to gain a new friend in Marian. She described their time together as “a fun connection.”

Loretta discovered, moreover, that several residents had already either taken a Renaissance class or had good friends who were involved in RS. In fact, one man told them he was once a Seminar instructor.



STUDENT SCHOLARSHIP
CAMPAIGN
FOR THE STUDENTS
By Nancy Findeisen

Let us initiate the 2022 new year with compassion and generosity by donating to **RS Scholarship Fund**. Your donations go directly to funding \$3,000 scholarships for seven deserving students! Please consider adding the Renaissance Scholarship Fund to your gift list.

Your donation will have a long-lasting impact.
To donate online: <https://tinyurl.com/RensocFunds>

OR

Send a check made payable to **University Foundation at Sacramento State** with *Renaissance Scholarship in the notation line.*

Mail it to: The Renaissance Society, Sacramento State, 6000 J Street, Mail Stop 6074, Sacramento, CA. 95819-6074.

In Memoriam



Dr. Donald R. Gerth was born in 1928 and died on December 6, 2021.

He served as tenth Sac State President from 1984 to 2003.

The founding of RS stemmed from his initial seed money and his idea that: Just as the 14th Century Renaissance period represented an exciting time for new learning and individual expression, so does the Renaissance Society in today's world.

Our condolences go out to his family and friends.

For his obituary, go to:
<https://www.sacbee.com/news/local/obituaries/article256341382.html>

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