



The Renaissance Recorder

Learn, Connect, Share
California State University, Sacramento



April 2021

Lifelong Learning for over 30 years

Issue 204



President's Corner

By Ken Cross

During this Renaissance Society 2020-2021 academic year over **1800** members registered for over **26,500** program enrollments in over **250** seminars, one-time presentations, and SIGs (shared interest groups). Thank you to everyone who joined, participated, and volunteered to make our lifelong learning program one of the best in California and the entire United States.

Shortly we will be distributing the annual **Membership Directory** electronically via Constant Contact messaging. The 2021 directory contains almost 1400 RS members who agreed to share their names, email addresses, and phone numbers with their fellow RS members. Printed directories will be mailed in coming weeks to less than 20% of our RS members who requested hard copy documents. When you renew your RS membership starting June 1, 2021, please consider going "paperless" for the Fall and following year to save a tree and reduce society printing costs.

On Monday, May 10th we are planning our **Annual Meeting** on Zoom. The primary goal of this year's General Meeting is to recognize the seven 2021 Sac State RS Student Scholarship recipients. These \$3,000 scholarships provide a total of \$21,000 in academic financial support to seven deserving students. This Spring's Renaissance Society awards bring the cumulative scholarships awarded to 107 students and \$227,000 provided by our RS members to support academic excellence since 1993.

If you have not yet donated to the **RS Scholarship Fund**, consider supporting Sac State academic excellence. Make your check payable to the 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. More information on the Annual Meeting time and Zoom link invitation

will be forthcoming via the RS Constant Contact messaging system.

If you have enjoyed this year's Renaissance Society program, please tell your friends, and associates the good news about the Renaissance Society – everyone is looking for good news these days! The 2021-2022 membership registration portal will open June 1st, 2021. Share our RS website link and Spring 2021 Catalog with your friends and tell them why you keep coming back for lifelong learning each semester. Consider giving an annual Renaissance Society (RS) membership to a family member, relative, or friend. You can share your RS experiences and compare notes with those who have been wondering all these years about what the "big deal" is with RS.

Thank you again to all of the members who volunteer and participate to help support one another as we

April Forums

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

April 2: Faye Wilson Kennedy, "Understanding the "Unhoused" in Sacramento and California."

Ms. Wilson is Chair of the Sacramento Area Black Caucus and Co-Chair for the California Poor People's Campaign.

April 9: Jody Nelsen, Julie Steinberg and Markos Kounalakis, "A Tale of Three Spouses: Partners in Leadership."

The spouses of Sac State President, Mayor, and California's Lieutenant Governor speak.

April 16: Heather Fargo, "Accepting and Adapting to your Disabilities."

Ms. Fargo is the former Mayor of Sacramento (2000-2008) and served 11 years as a city council member.

April 23: Adam Steinhauer, "Taking the Pulse of Sacramento's Business Scene in the Era of COVID."

Mr. Steinhauer is editor of the **Sacramento Business Journal**.

April 30: Professor Leslie Jacobs, "Hot Topics at the High Court."

Ms. Jacobs is Director of the Capital Center for Law & Policy, as well as a Profes-



MEMBER PROFILE

Ron Tochterman Thrives on Sharing His Knowledge

By Judy A. Lewis

Ron Tochterman was born in Oakland. After World War II, his family relocated to Benicia, then, when he was in the fourth grade, to Sacramento. He considers himself a “Land Parker,” as he, his wife Linda and their two sons all grew up in that area. They all attended U.C. Berkley, with Ron graduating from Boalt Hall Law School in 1962.

For twelve years, he served as a Deputy District Attorney in Sacramento. One memorable case from his career as a prosecutor required him to stay in Palo Alto for six months, as a change of venue was necessary. The case was later turned into a book as well as a movie.

After Ron was honored as California’s Prosecutor of the Year, Governor Jerry Brown appointed him to the Superior Court bench, a position that he held for 32 years. A lover of teaching, Ron shared his knowledge at Lincoln Law School for seven years, in addition to thirteen years at McGeorge School of Law.

His passion for playwriting has resulted in eleven productions, with six offerings in Sacramento and five in other locations. “It’s pure fun and I love it,” he enthuses.

Following his retirement in 2011, Ron joined the Renaissance Society, bringing his many talents with him. He has facilitated a variety of classes for 14 semesters. Among his subjects have been studies of famous short story fiction writers and play writers. For the past six years, he’s led seminars on the Supreme Court and the Constitution, the last two via Zoom.

Sports, including softball, basketball and touch football were a regular feature of Ron’s life until “quite a

Clinical Pearls

Coronasomnia: A Pandemic inside of a COVID-19 Pandemic

By Dolores Eitel

“Coronasomnia” is a term given to sleep loss (insomnia) induced by the plethora of negative emotions such as fear, stress, and anxiety experienced related to the COVID-19 pandemic. Adequate sleep is the foundation of optimal health. The disruption of life as it was, prior to the pandemic, is taking a toll on both our mental and physical health. In general, society has trouble with sleep. Sleep disorder specialists are concerned with the increase in sleep disorders directly related to the pandemic, especially chronic insomnia, which is difficult to treat. Many experts refer to the problem as a second COVID-19 pandemic. The word “insomnia” was googled over 20 million times in the first 3 months of 2020, more than any other word in that time period.

Insomnia (having consistently less than 7-8 hours of sleep for most adults) can lead to physical health problems such as obesity, cardio-vascular disease, cognitive decline and diabetes. Daytime problems may consist of difficulty concentrating, focusing, irritability, motivation, and decreased energy. Insomnia “whacks out”

your normal circadian rhythm, negatively affecting your immune system, weakening your defense against infections and response to vaccines.



The impact of uncertainly and the barrage of COVID-19 information which may be accurate, myths or fake news cause insomnia and contribute to mental health problems such as anxiety, panic attacks, stress, depression, and suicidal ideation.

MEMBER PROFILE (cont'd. from Page 2)

few years ago.” Nowadays, he watches sports on TV and works out at home at least an hour daily.

In February of 2017, Ron was diagnosed with acute myeloid leukemia, with a grim prognosis. He was able to enroll in a clinical trial treatment program through U.C. Davis, and has been in complete remission for four years. In his “early and late middle age” he and Linda enjoyed vacations with Country Walkers, a Vermont company. They hiked in a variety of

Clinical Pearls (cont'd. from Page 2)

Add to that the current frustrating, time-consuming tasks associated with vaccinations. Just to find a location dispensing the vaccine, and get an appointment has been “like an Easter egg hunt for seniors” stated Dan Cross, an RS member. The only current hope is for herd immunity and an end to the pandemic. Coronasomnia is risky during the pandemic.

Tips to tackle Coronasomnia:

Stick to a routine: Don’t nap. Maintain your normal circadian rhythm.

Schedule Wind Down Time: 30 min. before sleep, dim lights, warm bath, read, meditate, watch TV, (not the news, or action movies.) listen to radio music.

No electronics: 30 min. before sleep, no blue lights.

Environment: Dark, cool room, weighted blankets, use an application like sleep music or white noise sounds.

Exercise: Late afternoon at least 3 hours before sleep.

Food & Drink: No caffeine 8 hours before sleep. No alcoholic beverages 3 hours before sleep. Light meal 2 hours before sleep. Light snack 1/2 hour before sleep or if you wake up during the night once.

If You Wake Up During Night: Get up. Go to another room. Read, watch TV, whatever makes you sleepy.

Make Yourself Sleepy. Don’t look at the clock. Set your alarm. De-stress!

References:

◇ www.sleepeducation.org



Help Renaissance Society Reach Out!

Experienced Twitter Users Needed

By Deborah Seiler

Last Fall, Renaissance Society President Ken Cross applied for a program offered by the Sac State Business School to connect the school’s upper division business students with community groups wanting to promote their business or organization.

Ken’s application was accepted, and the two of us met weekly with five business school students to explore ways to expand our external communications. We wanted to reach out to a somewhat younger (age 50 to 65) demographic and certainly a more diverse one. In general, we wanted to expand our membership now that we are virtual and have no space limitations on program attendance.

The students polled our membership, reviewed our current communication tools, and interviewed *Recorder* editors Jennifer Cummings and Cheryl Huffman as well as webmaster Jennifer Kerr.

The students prepared a report and recommended we set up a Twitter account to begin reaching out to our target groups. There was only one problem: we had no one to help us set up and, possibly help maintain, a Twitter account.

Are you the one? If so, the Communications and Marketing Committee would welcome you to our energetic group. You could meet interesting people and gain greater insight into the workings of the Renaissance Society. If this sounds like your cup of tea, please email deborah.seiler2@gmail.com or call 916.704.5735. Thanks!

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THE RESULTS ARE IN!

By Deborah Seiler

Background

Due to concern about some of our members’ transition to virtual programming, the MDCE and the Communications and Marketing committees inserted a Business Reply Survey card into **395** January *Recorder* newsletters mailed to members who requested a hardcopy. As of Feb. 16, 2021, **71** (18%) had responded.

Results

Question 1: Did you virtually attend one or more seminars, single presentations, Forums, etc. during the Fall semester?
Yes: **57** = 80% No: **13** = 18%
No Response: **1**

Comments included:

“Fabulous – in fact it’s much easier to participate than driving, parking, etc.” *“No, but it*

Visual representation of responses to survey question: “How do you describe RS to others?” *Word cloud by Christie Braziel*

was a busy time.” “The online format has proven to be *an excellent tool for learning experiences.*” “I prefer in-class settings but am *glad for the zoom opportunity.* Zoom presentations over 1 hour are difficult to stay focused on a screen.” *“Life-saving’ during deadly pandemic.”* *“I don’t know how to use Zoom!”* (respondent was referred to tech group) “Online seminars are a cruel joke. *I HATE my computer* (all of them really). Every time I sit down in front of it, the wretched beast makes at least one serious attempt on my life.” (referred to tech group) *“Do not have internet,* so I had no access to programs (They looked good, however).”

Question 2: Did you receive adequate information about Renaissance offerings, both learning and social opportunities? Yes: **65** = 92% No: **2** = 3% No response provided: **4** = 4.5%
Information received via: Catalog: **50** Weekly Email Update: **52** Monthly Recorder: **44** Other: **3** (printed catalog; from instructors; word of mouth)

Comments included:

“I really appreciate the weekly updates.” “It was *good to have these reminders* since it was different from usually attending seminars on Fridays.” “I prefer a paper catalog, but *electronic format worked.* Weekly emails helped alert me to pop-ups and new courses/opportunities.” “Class reminders from instructors.” *“Emails are best – the web page is too hard to navigate!”* *“Didn’t get regular Catalog. Should I have used internet?”* “It is very difficult for me to use the online catalog.”

Survey Results continued on Page 5



2020 Scholarship Winners Thank Renaissance Society

By Nancy Findeisen

Last year Renaissance Society presented seven Sac State students with a scholarship award of \$3,000 each. Three of the scholarship winners share the importance of these awards to them and the impact the scholarship will have on their futures.

“I just wanted to thank the Renaissance Society for their generous Renaissance Society Scholarship. It really means a lot to receive support, so I can focus on my learning and education to become a nurse practitioner. Receiving this scholarship has lifted the financial burden off my family and me during the pandemic. With everything online, balancing work/life/school has been difficult, and this scholarship has relieved much of my stress. Once again, thank you so much.” - **Emily Jang, Senior Nursing Student**

“I have completed over 90 credits by taking classes as a full-time student for the past three 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.

This scholarship has impacted me in numerous ways. During the pandemic, my family struggled financially. The scholarship that I received helped me pay my school tuition and books. With this scholarship, I was able to ease my family’s financial tension.

Receiving this scholarship motivates me to maintain my GPA and complete my degree. 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.” - **Chris Darsha, Senior majoring in Biochemistry with a minor in Biology**

“I am continuously indebted to those who have helped me with my school career. I have a responsibility to the people who believe in me enough to help me achieve this dream of graduating! This is something I take very seriously. The award has enabled me

to focus on my studies and not have to worry about how I am going to pay for this quality education. With your generous support, I was able to achieve something I am very proud of, taking on 15 units and ending with a 4.0 semester all while still working! This has been one of my greatest and proudest achievements so far in my collegiate journey!

I am honored to be receiving the funds from the Renaissance Society and am so thankful the program exists. I look forward to being able to participate with the program in the future and am very excited to see it continued in order to allow promising students the chance to succeed! Thank you very much again and here’s to a happier and healthier 2021! “ - **Richard Hernandez, Junior majoring in Nutrition and Food**

You can continue to support worthy students in their educational pursuits with a gift to the Renaissance Society Scholarship Fund for Sacramento State students. Contributing is easy and can be made by check or online.

Donate by check made payable to University Foundation at Sacramento State with “*Renaissance Scholarship*” in the notation line. Mail to The Renaissance

Do You have Hearing Loss? What about Hearing Insurance?

Bella Brown-Quigley is an undergraduate in the Department of Gerontology at Sac State, taking CSAD 148 (Research Methods). She is part of a group project researching participants’ knowledge of hearing awareness, the importance of hearing insurance, and the frequency of hearing insurance in high noise exposure versus low noise exposure jobs .

She has asked us to distribute a short survey to the Renaissance Society. Click on the link below, if you would like to participate.

https://qfreeaccountssjc1.az1.qualtrics.com/iframe/SV_9Fg8clZ0VbPpREW



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MOST NEEDED ITEMS

- | | |
|-----------------------|-------------------------|
| • SOUPS AND CHILI | • PEANUT BUTTER & JELLY |
| • CANNED VEGETABLES | • BREAD |
| • TUNA & CANNED MEATS | • PASTA & RICE |
| • GRANOLA BARS | • PASTA SAUCE |
| • CEREAL & OATMEAL | • TOILETRIES |

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Questions? Contact [asi-foodpantry @ csus.edu](mailto:asi-foodpantry@csus.edu)
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