



The Renaissance Recorder

Learn, Connect, Share

California State University, Sacramento



August 2021

Lifelong Learning for over 30 years

Issue 207



PRESIDENT'S CORNER

By Ken Cross

The 2020-2021 Renaissance Society (RS) academic year was a time of transformation, reinvention, and change due to the worldwide pandemic. The physical to virtual classroom shift was a huge undertaking accomplished by over 300 RS volunteers. Over 1,800 RS members joined our lifelong learning organization and registered for a record 27,785 programs— twice the previous annual program enrollment record. The virtual classroom broke down barriers of distance, commuting, traffic, searching for parking spaces and mobility and accessibility issues. As a result, 5% of our members attended programs from 17 states, 76 California cities and even one international member from Paris, France.

At our May 10th, 2021, first virtual RS Annual General Meeting, Sac State President Robert S. Nelsen welcomed RS members back to the campus this Fall 2021 semester. In his opening remarks, President Nelsen shared how he missed having RS on campus. In a previous call, the President made a point of reaching out to me as board president to keep RS updated on the “repopulation” of the campus this Fall.

“hybrid” system that offers both physical and virtual programs

In anticipation of an eventual return to campus, this March RS created a “Hybrid” Working Group (HWG) of board and committee members to begin the identification of questions and finding answers for the campus reentry issues. During our monthly meetings, a few factors became crystal clear. RS members want to return to campus as soon as possible for social interaction and face-to-face lifelong learning. Members also enjoy the flexibility of taking more than two or three classes on Fridays and Saturdays.

The schedule expansion from Monday through Saturday greatly increased members’ ability to register for

more programs. The current enrollments will not fit in the available Friday and Saturday campus classrooms. Many members enjoy having the ability to have Zoom programs in addition to the physical classroom sessions. In keeping with the direction of the California State University system, the HWG is designing a “hybrid” system that offers both physical and virtual programs.

RS staff are in the process of negotiating with the Sac State Division of Space Management to identify available campus classrooms for this Fall semester. We will be testing the waters to ease back on campus as the university works to accommodate their record student enrollment. We hope to be back to full speed by the Spring 2022 semester. Our **Seminar Registration** portal is scheduled to open Monday, August 16th. The semiannual **virtual Orientation & Rendezvous** will be held 10:00 to 11:30 a.m. Friday, August 20th on Zoom. The **first programs** will begin Tuesday, September 7th.

Please reach out to your friends and associates to share this Renaissance Society lifelong learning opportunity. Surveys show that most of our 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. This is one of best gifts that you can give a friend – lifelong learning, socializing, service, and fun. Please reach out and **“Everyone Bring One”** new friend to participate in this year’s RS programs.

Ken Cross, President
The Renaissance Society of Sacramento
kencross@kencrossconsulting.com

September 15, 2021
at 1:00pm



Estate Planning 101
With Mark Drobny

Registration for webinar
Open in early September



Mark Your Calendar - Key Fall 2021 Dates

**New? Returning?
Members Stay Informed**

Tuesday June 1, 2021: MEMBERSHIP REGISTRATION PORTAL OPENED. RS sent a Constant Contact message on Tuesday, June 1st with a link to the College of Continuing Education (CCE) registration site inviting you to renew or start a new membership for the 2021-2022 academic year.



For Member Registration:

- ◇ To register from the online Recorder: **click here** <https://apps.cce.csus.edu/sites/renaissanceSociety/index.cfm> .
- ◇ To register offline **type in** the above address into the internet browser on your electronic device or contact the Renaissance Office at (916) 758-5133.

Monday, August 9, 2021: FALL 2021 CATALOG AVAILABLE. It will be posted on the RS website this week. Our innovative RS flipbook catalog will offer an extensive multitude of seminars, presentations, Forum speakers, and Shared Interest Groups (SIGs).

Monday, August 16, 2021: SEMINAR REGISTRATION PORTAL OPENS. RS will send a Constant Contact message on Monday, August 16th with a link to the CCE registration site inviting you to sign-up for programs for the Fall 2021 semester.

For Seminar Registration:

- ◇ To register from the online Recorder: **click here** <https://apps.cce.csus.edu/sites/renaissanceSociety/index.cfm>
- ◇ To register offline, **type in** the above address into the internet browser on your electronic device or contact the Renaissance Office at (916) 758-5133.

Friday August 20, 2021: THE RS VIRTUAL ORIENTATION & RENDEZVOUS is from 10:00 to 11:30 am on Zoom. Watch for an invitation to join the zoom presentation.

Tuesday September 7, 2021: SEMINARS AND PROGRAMS START on Zoom.

Friday, September 10, 2021: FORUM SPEAKER SERIES BEGINS on Zoom at 3:00 pm. Registration is required.

For questions or comments, please **Contact** MDCE Committee chairperson Ken Cross at: ken-cross@kencrossconsulting.com or **Call:** 1 (916) 995-8288.

A HEALTHY LIVING PARADIGM

Don Forrester and Allan Keown

Like most of you, Allan and I want to find the healthiest way to live. For both personal and professional reasons, we have been exploring and studying various healthy living models for a long time. We are eager to share some of our findings with Renaissance members prior to our next seminar.

This article, the first of six, is an outgrowth of our Renaissance Seminar, *Delaying Death and Avoiding Disability*, where we review the science around the prevention and reversal of significant chronic conditions, as well as the avoidance of disability. These articles will focus on six well-established healthy living programs.

These programs include: **Hans Diehl’s Complete Health Improvement Program; John McDougall’s Starch Solution Program; Dan Buettner’s Blue Zones; Dean Ornish’s Program; Michael Greger’s Nutrition Facts.org; and Neal Barnard’s Physicians’ Committee for Responsible Medicine, Program.** From these highly regarded programs, we have selected six fundamental components that, in our view, constitute the best building blocks for “A Healthy Living Paradigm.”

- ◇ **Plant-Slant Food**
- ◇ **Exercise/Activity**
- ◇ **Sleep**
- ◇ **Social Connections**
- ◇ **Purpose in Life**
- ◇ **Risk/Addiction**



Our next seminar will be in the 2022 Spring Semester. We encourage members to attend for the first time or return for two reasons. First, we continue to update the information often based on suggestions and feedback from attendees. Second, each person’s journey to improved health varies over time and benefits from encouragement and the latest information. Meanwhile, stay safe and be healthy.



RENAISSANCE SCHOLARSHIPS

MAY 2021

GIVING AND GROWING

Chris Budwine

Congratulations to our seven Sac State students who each received a \$3,000 scholarship from the Renaissance Society last spring. And congratulations to you, our members, who donated so generously to hard-working students—encouraging their efforts, helping them change their lives, and demonstrating our support for the Sac State community. I thank you sincerely for helping them understand the value of “passing it forward” and for making their own dreams come true! Is it not a reason to join the Renaissance Society? I know it is for me.

Reflecting over the past 18 months, we know we successfully came through a challenging year. We successfully adapted to using electronic devices to evaluate submissions. We accomplished this new task thanks to the cooperation and assistance of our counter parts at Sac State. The Scholarship Committee had to temporarily abandon the tradition of an award luncheon again this year. Instead of a luncheon, we featured the students and their charming, informative videos at our May 10th virtual Annual Meeting. Instead we presented them with a beautiful box of cookies, each one individually addressed, to share with their family and friends. Here’s one example:



Jenna Miller

Your donations encourage us to work harder, and we hope you will continue to give generously. The Scholarship Committee thanks you, and the students thank you!

To Donate, Go to: <https://securelb.imodules.com/s/1894/19/home-hero.aspx?sid=1894&gid=2&pgid=418&cid=1063&bledit=1&ids=208.214>

Renaissance 2021 Scholarship Recipients



(Edited)



JENNA MILLER

My name is Jenna Miller, and I am a second-year student in the Doctor of Physical Therapy program at Sacramento State. Moving away from home in Central California to start a rigorous graduate program was not an easy transition... [Yet] I am excited to receive more hands-on learning experience this summer during my first clinical rotation at an outpatient orthopedic site in Oroville. The generosity of the Renaissance Society will help ease the financial burden associated with moving to Oroville and allow me to focus on providing the best care possible for my patients... I am honored to have been selected as a recipient for this scholarship. Thank you for your support, Renaissance Society!

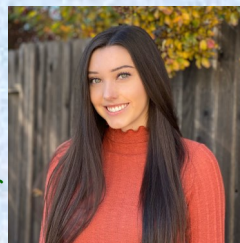
JACOB JUICO



I am from San Jose, but an after-school tutoring High School. As a former competitions and training student. After graduating

have lived in Elk Grove for the past 17 years where I started program for ESL students while attending Laguna Creek competitive swimmer--qualifying for national-level swim with Olympic trials qualifiers--helped forge my success as a in the top ten at my high school in 2019, I swam at UC Santa Cruz for one year and then transferred to De Anza College. This is my first semester at Sacramento State, and I hope to someday become a licensed psychiatrist once I receive my doctorate.

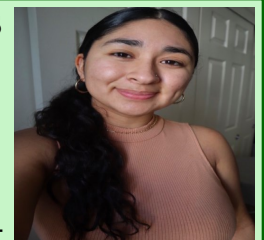
DANIELLE KING



I am honored to have been selected as one of the recipients of the 2021 Renaissance Society Scholarships. I am currently a first-year graduate student studying Communication Sciences and Disorders (CSAD) at California State University, Sacramento.... I earned Magna Cum Laude Honors with my Bachelor of Science in the Spring of 2020 and began my graduate program in the Fall of 2020. I cannot express my gratitude for the numerous opportunities Sacramento State has provided to me to achieve and receive such accolades. Thank you for supporting me in my journey to earn my Master of Sciences and become a speech language pathologist in the Sacramento area.

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JOSELIN SALINAS



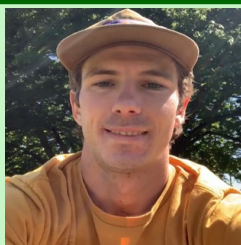
Hello! My name is Joselin Salinas. I am a first generation, low-income student. I am currently working towards earning a bachelor's degree in biology. Growing up, I faced many financial and emotional hardships...leading me to question my own abilities. Still, my failure pushed me to improve my study skills.... Now as a PAL facilitator, I am able to facilitate a classroom and help students that want to improve in chemistry. After graduating with my bachelors, I plan to apply to graduate school to become a Physician Assistant. Aside from being a physician assistant, I hope to continue sharing my experiences to help those around me as they work towards their dreams.

REMY SHANNON



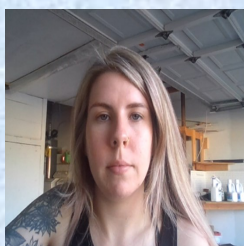
Hello Everyone! My name is Remy Shannon, and I was born and raised in Sacramento. I am currently a Junior (almost a Senior), and I am majoring in Communication Sciences and Disorders at Sac State. I plan on becoming an Audiologist and will be applying to grad school for my Doctorate of Audiology in the Fall. Without this scholarship, I would be extremely stressed and in a tough spot financially. I am overjoyed to be selected as a recipient of The Renaissance Society scholarship, not only because it will help me financially, but because my future career will involve working with many retirement-age people. It is an honor to be validated by your community, and I am so thankful for your part in my future success.

ANTHONY LIMA, JR.



Hello, my name is Anthony Lima, and I am of the Renaissance Society's Scholarship. student, employee, and father to a wonderful both grateful and honored to be a recipient As a full-time student balancing the roles of 16-month-old boy named Rivers, I cannot begin to express how appreciative I am to receive this award. Currently, I am a Health Science major at Sacramento State with plans to start the nursing program in the Fall. I have worked as an EMT with the California Health Corp and am now giving COVID-19 My goal is to work in emergency medicine.... This scholarship is a huge help in paying for my vaccinations. My goal is to work in emergency medicine.... This scholarship is a huge help in paying for my tuition and nursing school materials like textbooks, uniforms, and test prep material.

AMANDA KREZMAN



Hello! My name is Amanda Krezman, and I am a first-year student at Sacramento State as a Public Health Major. I am 24 years old, live in Citrus Heights, work as a medical assistant.... I transferred from Sierra College to Sacramento State in Fall 2020. My long-term goals are to transfer to UC Davis to complete their Physician Assistant program. I am hopeful to work with the geriatric population, hence why I am ecstatic to receive the Renaissance Society scholarship. I am incredibly grateful to receive this scholarship, as this allows me to continue my career and educational goals to improve the lives of the geriatric community. Thank you kindly for allowing me to be a recipient of the 2021 Renaissance Society scholarship.

In the Scholarship Committee, You can have First Future Scholarship Winners!

You too can have a tremendous impact in a student's life. The Renaissance Scholarship Committee is calling on our members to step up and guarantee the con-worthy cause. Without enthusiastic volunteers like you, the RS Schol-would not exist! To find out how you can participate in the wonderful world of Scholarship giving, please Email Chris Budwine at: budwine1@yahoo.com Or, Call Chris at: (916) 549-8211.

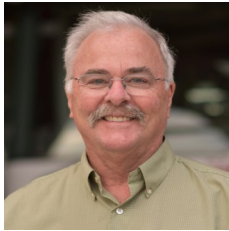


Peek at

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MEMBER PROFILE

By Judy A. Lewis



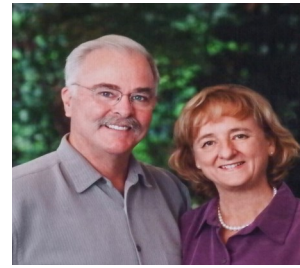
Chris Smith is Seldom Idle

Looking for a house to buy or sell? For many years, Chris Smith was your man. Born in Stockton, he moved with his family to Rancho Cordova when he was five.

Following two years of studying biology at Sacramento City College, Chris earned a degree in Animal Health Technology at Cosumnes River College. He compares that to being a nurse for dogs and cats. Initially, he worked in an emergency veterinary clinic. This led to a position selling medical supplies to veterinary facilities from Napa to Chico to Reno. When that company went out of business, Chris realized that he really enjoyed sales.

In 1982, he became a licensed real estate agent, then earned his brokerage license in 1984. While living in Folsom, he and his twin brother opened their own real estate firm. For the last 15 years of his career, he enjoyed working alone from his home in Sacramento. Altogether, Chris spent 34 years in that field. He focused on residential properties and says he found it rewarding to help his clients find a home that was a good fit for them. He actually retired three times, re-activating his license when a friend would plead for assistance.

Chris and his wife Julia (also a Renaissance member) purchased residential properties to update and flip. They fell in love with a 1936 cottage-style home in Midtown and ended up moving into it 20 years ago. They can walk to B Street Theater productions and have hosted out-of-town actors and costume designers in their spare bedroom. They are able to bicycle throughout the area, as well as, kayak on the American River near Sutter's Landing Park where they also participate in park cleanup. Chris is also the Secretary for the Marshall-New Era Neighborhood Association and started the Nextdoor social media site for his neighborhood.



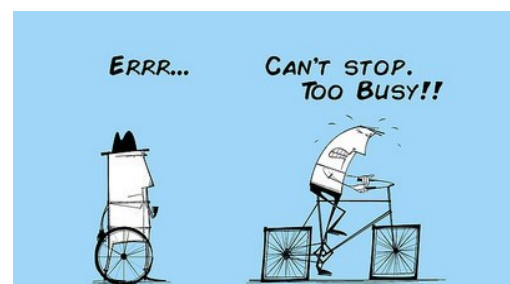
In 1990, Chris and Julia joined the Friendship Force, which he describes as a cultural-peace organization. Members travel to various countries where they stay in each other's homes. Visitors from other countries are hosted in the Sacramento area 4 or 5 times per year. He estimates that they have visited 66 countries and have made new friends throughout the world.

Because of the pandemic, they have been meeting virtually for the past year, but expect to host visitors from Brazil in 2022. "When people ask me where I would go if I could live anywhere in the world, I always answer 'Sacramento,'" he says. As a board member of the Nor-Cal Woodturners Association, Chris serves as webmaster and audio-visual person for that group, as well as, for the Friendship Force organization.

The couple are members of Community Skill Exchange, a local group which is involved in a time share bank where no money is exchanged. Instead, members share their expertise with others, helping members with tasks they normally would have needed to pay for.

Since joining the Renaissance Society in 2014, Chris and Julia have presented a travel slide show to the Renaissance Travel and Adventure class each semester. Chris serves as tech host for the Photography as Art class, is co-chair of the Renaissance Forum Tech Host Committee, and assists in locating speakers for the Friday afternoon forums.

"I work harder now for the various non-profits than I ever did when I was employed," he says.





DINING TOGETHER

WE ARE BACK!

September 2021

Dining Together will meet at **Lemon Grass**, 601 Monroe Ave., (www.lemongrassrestaurant.com) at **5:30 PM on September 8 AND 16, 2021**. 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 **September 2, 2021**.

Separate checks will be provided. Parking is available. The dinners will conform to County COVID health requirements.

TRAVEL AND ADVENTURE AND EXCURSIONS

Richard Fuller & Terry Moss

Happy Summer, Renaissance Society!

We are almost ALL travelers, in person and in spirit. We are ready to talk about it, make plans, and LIVE IT!

Your Travel & Adventure Seminar staff is getting ready to make it happen — with a new TWIST!

We are planning for **February 4, 2022** to hit the road again and share, and we need your input:

1. Travel and Excursions

This will be the regular fun Friday morning seminar, in which Renaissance Society members volunteer to come to class and share their stories, photos, special guests, and suggestions on how YOU can enjoy your own trip like this!

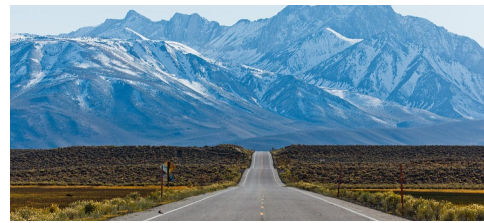
Right now, we are establishing a master schedule for presentations starting February 4. Please e-mail both **Richard Fuller** (mrmmap@earthlink.net) and **Terry Moss** (terrym95678@yahoo.com) and give us your trip ideas and your requested date.

2. Excursions @ Renaissance Society

From 1999 to 2011, RS had a program of weekend excursions all over Northern California, using mostly bus transportation and in-house guides to see sights that range from Monterey to Mount Shasta—or even into Nevada.

There are one-day outings, as well as three-day trips. In addition, there may be an accompanying separate Friday afternoon class to learn more about the weekend destination before we go!

Some options include: Ishi's home, capture and museum; infamous Native American genocide sites; famous ante-bellum mansions; John Sutter sites (from Monterey to Hock Farm); Northern California (Shasta, Folsom, Natomas, Feather River, Donner Party sites) and so many more!



Again, email **Richard** (mrmmap@earthlink.net) and **Terry** (terrym95678@yahoo.com) with your expressions of interest and suggested sights AND tell us if you prefer a bus trip or a convoy of personal vehicles. Please e-mail today or tomorrow, so we can make plans right away! *Thanks very much.*

-- Richard Fuller

-- Terry Moss

In Memoriam



We mourn the passing of two Renaissance members.

On February 6, 2021, Don Sagner passed away. A dear friend of his said that Don fondly supported the Renaissance Society and its mission.

In June another ardent member of RS, Rufus Smith, also died.

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Your Life, Our Life!

Kimberly A. Edwards

Friends from past Writing Personal Histories Seminars: Many of us lament the fact that our children may not want our photos nor early memories. But a grandchild may someday cherish them. You can organize stories around themes and wisdom. One member detailed her parents' stories, historical due to place and time. Another member wrote a series of defining events. Through the public library, you can access *the Bee* online. Consider an Ancestry account. The early *Union* is online. The Sacramento Room has old city directories. The Sacramento History Center keeps collections including maps. You'd be surprised at what you can learn from an old obituary. After two years documenting early motorcycle influence on Sacramento, I can say there is pride in claiming our stories. *Kim's book will be published in July and presented at the California Automobile Museum.*