This year the Renaissance Society (RS) of Sacramento celebrates our 35th anniversary as one of the preeminent lifelong learning organizations in California and the United States. In recognition of this milestone, our Communications and Marketing Committee will soon introduce a new RS logo reflecting the reinvention and fresh approach to lifelong learning. It seems only appropriate to remember the roots of how RS began.

The lifelong learning program at Sacramento State was first proposed by the late Robert “Bob” Heilman, professor of social work. In the 1970s, he began a Gerontology Center on campus and learned of other universities learning-in-retirement centers. In 1984, Bob attended a conference held by the Plato Society at the University of California, Los Angeles. He felt a center for learning should be established on the Sac State campus and proceeded to find someone to get it started. Volunteers from the Sixty Plus program (a now-defunct program that allowed those over 60 years of age to attend Sac State classes for a small fee) picked up his enthusiasm.

The next year, Dr. Margaret McKoane (former Director of the Program for Adult Students Admission and Reentry) returned from a trip to the University of New Hampshire, which had an Active Retired Association. She brought back a copy of their Constitution and a letter of encouragement. She and Dr. Heilman began the development of what was to become The Renaissance Society. Sac State President Donald Gerth and Dean Robert Arellanes agreed to give $2,500 in seed money to get it started. This money was repaid two years later from membership dues. The first RS semester was the fall of 1986.

In 2020, RS successfully navigated the “pandemic pivot” conducting programs via distance learning on Zoom. Today the Renaissance Society has over 1500 members living in 19 states and 63 California cities. This successful transformation was due to the dedicated efforts of over 300 RS volunteers. RS is a 99% “volunteer powered” organization. RS committees and working groups are always looking for talented members to assist in our striving for continuous improvement in our programs and services.

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 and state of California. The Spring Membership Registration portal opens Tuesday, Jan. 4, the Spring Catalog Posting online will be Monday, Jan. 10, and Seminar Registration opens Monday, Jan. 17. The semiannual virtual Orientation & Rendezvous is scheduled for 10:00 to 11:30 a.m. Friday, Jan. 21 on Zoom. The first programs begin Monday, Feb. 7.

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 the best gifts that you can give a friend – lifelong learning, socializing, service, and fun!

—Ken

Save the Dates:

Jan. 4: Spring 2022 Membership Registration opens
Jan. 10: Electronic Catalog Posting
Jan. 17: Seminar Registration begins
Jan. 21: RS “Orientation and Rendezvous”
Feb. 7: Seminars and Programs begin
Dec. 2021

LEARN   CONNECT   SHARE

PG. 2

Readings on Diversity

By Robert Benedetti and 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. We hope these readings will help us all get in touch with the diverse communities in our region.

We plan to publish a short selection from our list as a regular feature in this newsletter.

You are invited to submit suggested readings for distribution to the wider membership to rbenedetti@pacific.edu.

4. Orange, Tommy, *There There* (Knopf)

One Book Program

Sac State’s 2021-2022 One Book Program choice for this year is *Just Mercy* by Bryan Stevenson.

*Just Mercy: A Story of Justice and Redemption* by Bryan Stevenson, this School Year's One Book published by Random House Books, is Stevenson's account of creating the Equal Justice Initiative in his defense of those in need and the wrongfully condemned. A powerful, bold true story about the potential for mercy to redeem us, and a clarion call to fix America’s broken system of justice — from one of the most brilliant and influential lawyers of our time.

For more information on the One Book Program: https://www.csus.edu/undergraduate-studies/first-year-experience/one-book-program.html
Member Profile

Donna Eash Just Keeps Moving
By Judy Lewis

Dedicated walker Donna Eash was born in Alabama, where her father’s Air Force duties took the family during World War II. After his discharge, they moved to Indiana.

She describes her college experiences as “varied.” They included time spent at a school of fine arts in Indiana, which focused on art and did not offer a degree. This was followed by time at Indiana University in Bloomington and she finished her degree at a Catholic school.

Following her marriage, Donna and her husband relocated to the San Diego area, and then to the San Francisco Bay area. The couple especially enjoyed kayaking and frequently made trips to Sacramento and nearby areas to pursue the sport. While her husband loved white water kayaking, Donna says she was more content to float along in the water. She reports that she still has a kayak hanging on the wall in her garage. Eventually, the couple settled permanently in Sacramento.

Since jobs focusing on art were hard to come by, Donna enrolled at Sac State, where she earned a Master’s Degree in Special Education. Prior to her graduation, she was employed by the Elk Grove Unified School District, where her specialty focused on preschool Special Education. Donna reports that she loved every minute of her 23 years there, as every day was different.

In 2010, she retired, and immediately joined the Renaissance Society at the urging of some friends. She lost her husband in 2011. Both of her children live nearby in Lodi and Palo Alto. Donna feels grateful that she is able to drive to visit them and her grandchildren.

An enthusiastic traveler, she counts a venture to China with her son and daughter-in-law as one of her highlights. Her daughter-in-law’s family lives in China. Donna describes the experience as “amazing.”

For several years, she has served as co-leader of the Renaissance Society’s walking group. In addition, she has assisted a friend in teaching a few semesters of Spanish and hopes to lead a class next semester focusing on touring the Sac State Arboretum. She supplements that with Qi Gong, which she describes as a type of Chinese movement which is meditative and keeps both her head and her body in shape, as well as enjoying many years of swimming.

Keep on moving, Donna!

Be a Zoom Tech Host volunteer!
By Sarah Ryan-Roberts

Our Renaissance Society works because our members step up and volunteer! With our transition to online learning, we needed a new category of volunteers we call “tech hosts.” They support seminar leaders, presenters, and Shared Interest Group (SIG) facilitators in managing the technical aspects of a Zoom meeting. Over the last three semesters, over 50 tech hosts have helped make our online programs a big success!


If you are comfortable with basic Zoom tools, and want to help our team, contact Marian Kile at mariantkile@yahoo.com or Sarah Ryan-Roberts at sarahrr@me.com. We will get you in touch with presenters that need your help, and in the meantime provide you with the following support:

Training - Each semester new tech hosts, as well as any returning ones that want a refresher, are provided with three training classes to learn the latest Zoom features.

Tech Host User Support (THUS) Group - This group provides a safe place for Tech Hosts to practice, bringing up issues and supporting each other with problem-solving ideas. Contact Laurye Brownfield at lauryebrownfield@gmail.com

Knowledge base - also known as ZIKES (Zoom Information Knowledge Education Systems) is a repository of the THUS group findings.

(View previous training recordings and handouts on the Renaissance Society Online Learning Resources page under Basic Training and Guides.)
In 1993, Lou Weintraub and Doug Fulton had a dream of awarding scholarships to deserving Sac State students. They started with self-funding two $500 scholarships. Twenty-eight years later and thanks to the generosity of our members and a $25,000 bequest from the Doug and Gini Fulton Estate, we now award seven $3000 scholarships annually. Since its inception, the Renaissance Society has presented 107 students for a total of $227,000 with scholarship awards!

July 1, 2020 - June 30, 2021

Our RS Scholarship Donors

David Abbott  Lynda & Gerald Cassady  Robert Foster  Barbara Joyce
Carol & David Abelson  Florence Cavanaugh  Muffy & Terry Francke  Sharyn Kaplan
Mary Helen Adams  Cheryl Chambers  Sharon Frederick  Thomas Kassiss
Cheryl Adler  Janice Chung  Darryl Freeman  Dan Keller
Mike Agron  Timothy & Rita Cline  Francine Freitas  Patricia Kelly
Nancy Akiyama  Chris Cochran  Mynga Futrell  Allan Keown
Jean Alford  Bernard Cody  Tony Gane  Catherine Kirwan
Noelle Anderson  Ruth Coelho  P J Garrido  Peter Klein
Karen Andrus  Donald Cole  Beverly Gerth  Gus Koehler
Theresa Arciniega  Verna Cole  Don Gerth  Bobbie Koenigsberger
Janis Austin  Richard Conrad  Joan Gilbert  Dan Koenigsberger
Charlotte Ballard  Jon Courtney  Suanna Gilman Ponce  Ann Kohl
Bonita Bane  Ken Cross  Alison Gist  Sobha Kollipara
Ronald Bane  Cheryl Cummings  Kathy Glassmire  Linda Krebs
Alvaro Barake  Jennifer Cummings  Lynne Goldsmith  Gerard Lagomarsino
Carol Barake  Ann Cunningham  Mari & Arnold Golub  Mary Caye Lagomarsino
Alinda Batten  Gretchen Cypin  Carol Goodman  Mary Lane
Sandra Bauer  Carol Dabrowiak  Linda Goodrich  Philip Lane
Christine & David Beeby  Barbara Davis-Lyman  Theodore Goodwin  Patricia Lanting
Robert R Benedetti  Judith Dean  Joe Grant  Susie LaPointe
Susan N Benedetti  Sanford Delugach  Melissa Green  Martha Larkey
Karen Benson  Michael Dimmitt  Michael Greene  Lawrence Layne
Sheldon Berlant  Susan Dlugach  Douglas Griebner  James Lerner
Carol Blake  Deirdre Downs  Georrganna Griffin  Janet Lewis
Ruth Blank  William Dreher  Elizabeth Griffths  Steve Lilley
Beatrice Blau  Janet Eagan  Cynthia Griswold  Marsha Littrell
George Bond  Ranny Eckstrom  Charles Halnan  Grace Long
Elizabeth Borland  Greg Eddy  Mary & George Hargrave  Alice Low
Alice & Randy Braun  Sandra Edwards  Judith Harper  Shari Lowen
Barbara Bravos  Dolores Eitel  Judith Harrison  Pamela Lynch
Christie Braziel  Mary Elliott-Klemm  Jan Hecckey  Cynthia Magness
Janis Briggs  Steve Emmerich  Mark Hecckey  Leonard Marowitz
Jeff Brownfield  Anita Fante  Marie Heinz  Rita Marowitz
Laurye Brownfield  Janet Feil  Ivy Hendy  Karen Martin
Wade & Nancy Brynelson  David Ferguson  Jeff Hendy  Sally Mastos
Christina Budwine  Kurt Findeisen  Dolly Hom  Gerald McDaniel
Lauri Burnham-Masley  Nancy Findeisen  Leonard Hom  Ruth McElhinney
Judith Burns  Melody Flores  Steve Hoverman  Loralle McGirr
Russell Campbell  Bonnie Floyd  Marne Howard  Diane McGuire
Vicki Carlson  William Floyd  Barbara Lee Hugo  Jim McKelligon
Carla Caruso  Dan & Karen Flynn  Kathleen Hyne  David McKie
Barbara Casey  Carolyn Foland  Jack Jennings  James McRitchie
Denali Files Casimiro  Heidi Foster  Robert Jensen  Joan Meagher
Recently we caught up with Remy Shannon, one of the 2021 recipients – here are her words:

"The Renaissance Society Scholarship has greatly impacted my senior year at Sac State! I was able to pay mostly all of my tuition this semester with the scholarship I received. I can now use the other money I saved to pay for my books and other school supplies with ease. I am so grateful to the Renaissance Society and its donors for this amazing opportunity. Thank you again for having me as a recipient of the Renaissance Society Scholarship."

As we enter the Holiday Season, 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.

Carolyn Peth
Joyce Poiriot
Jerry Powell
Susan Prucha
Kathleen & Ghassem Rangchi
C. Ann Reed
Barbara Reed-Houck
Nancy Reid
Mary Jo Riehl
Ronni Riemer
Jerome Ripperda
Ellen Robinson
Eileen Rock
Linda Rogaski
Angelika & Daniel Rooney
Mindy Rothbard
Barbara Rothman
Bernard Rothman
Jeffrey Rubin
Deborah Russell
Leland Ruth
Therese Ruth
Patricia Ryan
Joanne Salinger
Nancy Samuelson
Lorna Sanders
Louise Santana
Lorene Sarne
Alan Saunders
Henry Sanders
Judy Scheible
Mark Schneider
Luci Schwartz
Douglas Schwilk
Joanne Schwilk
Joan Scott

Otis Scott
Ann Sealby
Deborah Seiler
Charles Shockey
Richard Sickert
Laraine Silberstein
Pam Slater
Callie & Clarence Smith
Chris Smith
Julia Smith
Kimberly Smith
Freda Sornsen
Roger Sornsen
Kate Spadia
Kathy Spagnolo
David & Gale Sperry
Janice Speth
Linda Stagg-Brown
Virginia Stanley
Dale Stark
Larry Starn
Miriam Steinberg
Barbara Steinhardt-Carter
Carolyn Stewart
Jill Stockinger
Irene Stone
Anna Storey
Michael Storey
Mary Jo & Jim Streng
Virginia Sturdevant
Kathy Styc
Cindy Suchanek
Tom Suchanek
Gay Tanner
Paul Tanner
Bob Taylor
Susan Teranishi

Barbara Thomas
Glenn Tilton
Gwendolyn Tilton
Ron Tochterman
Stan & Susan Todd
Zoe Todd
Brian Toole
Bernard Treanton
Milo Turaylich
Elaine Turnbull
Fred Turner
Dennis Valentine
Grace Valentine
Patricia Valentine
Jeffrey Van Brownfield
Dawn Van Ness
Sue Veldstra
George Waegell
David H. Warren
James Watkins
Phyllis Watts
Art Weininger
Eric Weiss
Patricia Wells
Norval & Melinda Wellsfry
Eric Wiesenthal
Gerri Wigglesworth
Kitty Williamson
Julie Wilson
Robert Wissmath
Patricia Wittenstein
Dorothy Wooldridge
Melvin Wright

As we enter the Holiday Season, 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

Thank you! You Make a Difference
In this article, we will discuss two very different but highly successful programs that support community health worldwide: the Complete Health Improvement Program, aka CHIP, and NutritionFacts.org (NF.org). Dr. Forrester volunteers on the board of NF.org.

Both of these programs have their genesis in the work of Nathan Pritikin. The Pritikin Diet and Exercise Program consists of a high-complex carbohydrate, high-fiber, and low-fat diet plus two walks (30-45 minutes each) per day. At the Pritikin Longevity Centers, individuals have an initial and twice-weekly evaluation by physicians to evaluate progress and adjust medications. The Pritikin residential program is 26 days with 60 hours of group lectures, individual counseling, Q & A forums, and instruction. Participants eat unprocessed food and are given no supplements.

The CHIP program was founded in 1986 by Dr. Hans Diehl after he served as the Research and Education Director at the Pritikin Longevity Center. The 16-week program provides learning and support to individuals in their communities. Initially targeting cardiovascular disease, it was renamed from Coronary Health Improvement Project to Complete Health Improvement Program in 2012 based on the programs results. Over 110,000 individuals have gone through CHIP. The program leaders undergo training and include both healthcare professionals and lay persons. The programs are usually sponsored by community organizations (e.g., churches, businesses, healthcare organizations). The Program’s results have been documented in over 60 publications.

Pritikin’s influence on Dr. Michael Greger traces back to the remarkable results obtained by Dr. Greger’s grandmother when Dr. Greger was a child. He founded NutritionFacts.org in 2011 with a grant from the Jesse and Julie Rauch Foundation. The grant allowed Dr. Greger to make information available to the public based on his research, done for his public speaking tours, that began in 2003 when he was serving as the Director of Public Health and Animal Agriculture for the Humane Society of the United States.

NutritionFacts.org (NF.org) is a non-commercial public service health charity. Dr. Greger covers the latest in peer reviewed human nutrition. In 2020, there were over 3 million visits a month viewed in 193 countries. The website contains over 2000 videos covering medical conditions, foods, and spices, with links to the abstract or articles cited. With over 30,000 articles published each year, the NF.org staff (including over 100 volunteers) reviews and selects the most interesting and useful articles to include in the three videos and two blogs which Dr. Greger posts weekly along with periodic webinars.

Additionally, the website is being translated into over 40 languages for improved use by non-English speakers. NF.org allows the public free access to information as they obtain medical advice from their clinician(s). NF.org is funded by donations and the proceeds from Dr. Greger’s first two best-selling books, How Not to Die and How Not to Diet. He currently is working on his next book, How Not to Age, scheduled for release in late 2022.
**Dining Together**  By Cheryl Nelson

**Our Dining Together Group** will meet on Wednesday, Jan. 12, 2022 OR Thursday, Jan. 20, 2022, at 5:30PM at the Thai Chef House, www.thaichefhouse.com, located at 2851 Fulton Avenue (just south of Marconi). Individual checks will be provided. Parking is available. To RSVP, email Cheryl Nelson no later than Jan. 6, 2022 at slynnsearch@yahoo.com. You will receive an email confirmation if space is available. The dinners conform to the County’s COVID health requirements. **Come join us!!**

The joy of Christmas – what other time of year do you sit in front of a dead tree and eat candy out of your socks?

—SportsLeisure.com

**A Reindeer Story**

According to the Alaska Department of Fish and Game, while both male and female reindeer grow antlers in the summer each year, male reindeer drop their antlers at the beginning of winter, usually late November to mid-December.

Female reindeer retain their antlers until after they give birth in the spring. Therefore, according to every historical rendition depicting Santa’s reindeer, EVERY single one of them, from Rudolph to Blitzen, had to be a girl.

We should have known... ONLY women would be able to drag a fat man in a red velvet suit all around the world in one night …and not get LOST.

—FaveCrafts.com

**A Holiday Gift Idea**  By Sandra Claus

Do you have a special person in your life who already has everything they really need? What about a gift of a Renaissance Society membership? At $60 for the upcoming Spring 2022 semester, you can share all Renaissance has to offer at a bargain price.

It's easy! Complete a hardcopy application available from the Renaissance office and write a check payable to: The Renaissance Society

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

To receive a specially designed gift certificate for your recipient, contact Office Manager Shari Lowen at renaissa@csus.edu.

*Online registration opens Jan. 4 for the Spring 2022 semester

**A magical gift in this season of magic!**

**Do you Tweet?**  By Lorraine Murphy

You can find our Twitter Bird on the Renaissance Society website, at the bottom of the first page. Simply click on it. Tweets will be posted each Thursday. On your computer, go to: https://twitter.com/RenaissanceSoc1
On your phone or tablet, go to: https://mobile.twitter.com/RenaissanceSoc1

**How about Facebook?**

Are you a current Renaissance Society member? Join us and share your RS experiences by connecting with and getting to know other RS members!
Go to: https://www.facebook.com/groups/renaissancesocietysacramento
TIS THE SEASON TO WISH ONE ANOTHER JOY AND LOVE AND PEACE.

MERRY CHRISTMAS AND A HAPPY NEW YEAR!

Dec. 2021   LEARN CONNECT SHARE   Pg. 8