

## PRESIDENT'S



## CORNER

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President  
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The Spectacular  
Spring 2022 Catalog  
in Flipbook and PDF  
Version is [here](#) !!

## WHAT'S IN FEB:

**Feb. 5:** MLK Dinner

**Feb. 7:** Seminars and  
Programs begin

**Feb. 14:** Valentine's Day

**Feb. 14:** Antiracism and  
Inclusive Convocation —  
find information [here](#)

**Feb. 21:** President's Day

**Black History Month**

Welcome to the Spring 2022 semester of the Renaissance Society (RS) of Sacramento's lifelong learning program! This year RS celebrates our **35<sup>th</sup> Anniversary** as one of the preeminent senior adult educational programs in California and the United States. In recognition of this milestone, our Communications and Marketing Committee created a new RS logo reflecting the reinvention and fresh approach to lifelong learning.

After three semesters of online Zoom programming, **this Spring semester marks RS' return to the Sac State campus.** We will be offering programs on campus on Fridays, on Zoom on Monday through Thursday, as well as on HyFlex on Fridays. A hybrid flexible (HyFlex) course format combines face-to-face and online learning. Each class session or learning activity is offered in-person, synchronously online, and asynchronously online. This model supports student success and can support educational and research activities during a disruption.

**Spring programs begin Feb. 7!** Our recently released Spring 2022 Catalog has **106 Programs:** 40 Seminars, 25 SIGs (Shared Interest Groups), 5 Community Presentations, 12 Big History Series, 12 Tuesday Speaker Series and 12 Forum Speaker Series. There are currently 11 **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 and state of California.

To participate this Spring in RS programs on the Sac State campus requires:

- 1. Be fully vaccinated** – *On Dec. 22, 2021, the CSU Chancellor's office announced that it requires faculty, staff, and students to receive booster shots to be fully immunized against COVID-19 and comply with the CSU Vaccination Policy.* As a third-party event, RS program participation accepts no medical or religious exemptions. Virtual participation is still an option for distance learning.
- 2. 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.
- 3. 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.
- 4. Social distance** - Everyone is encouraged to social distance to whatever extent possible within the 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.

If you choose to return to campus, don't forget to register online for your Sac State UTAPS virtual parking permit. You can find a set of simple, step-by-step **2022 Spring Guest Parking Permit Instructions** on the RS website homepage.

Please reach out to your friends and associates to share this Renaissance Society lifelong learning opportunity. Surveys consistently 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!

— Ken

## FRIDAY FORUMS 3-4 PM

### Feb. 11

#### DR. RICK GROSBERG | **The Young Darwin and the Sea: The Making of an Evolutionist**

Dr. Grosberg will share little known facts about Charles Darwin's notoriously complicated and misunderstood relationship with the sea, including the fact that after being unimaginably seasick for his five long years on the Beagle, Darwin never got on a ship again!

### Feb. 18

#### DR. ROBERT NELSEN | **Role and Importance of Football/Athletics in College Life at Sac State**

Dr. Robert Nelsen signed on as Sac State's President in July 2015. And as an avid sports enthusiast who loves to support the University's athlete students, he is especially excited about our football head coach **Troy Taylor**. Taylor attended Cordova High School in Rancho Cordova, and was later drafted by the NY Jets. He signed on as Sac State Hornet's head coach in 2018, clinching 9-4 and 9-2 records in 2019 and 2021 respectively. "STINGERS UP!"

### Feb. 25

#### CHRIS LANGO | **Landmark Battles for Fair Housing 1948-1968**

In honor of Black History month, Chris' presentation examines the landmark legal battles in the 20-year fight for fair housing in Sacramento from 1948-1968, prohibiting discrimination based on race, religion, national origin, or sex. Chris' archival journey will largely be told through Nathaniel Colley's voice, the first African American attorney in Sacramento to open up a law practice.

### **RS Forums: Interesting STATS!**

*By Chris Smith and Tom Suchanek*

Have a look! Here are the **viewing numbers** for the RS FORUMS for the last three semesters.

They represent the following:

1. The number of people who originally registered to join that Forum webinar.
2. The number of people who actually viewed each Forum.
3. The percentage of the original sign-ups that actually watched the Forum.
4. The number of individual views of the recorded and archived Forums that we have posted on our YouTube Channel.

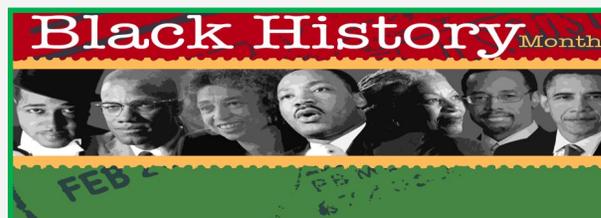
**Find the numbers [here](#)**

## TUESDAY SPEAKER SERIES 2-3:30 PM

Feb. 8 - Florence Young and Eric McElwain  
**Evolution of the Second Amendment –  
The Right to Keep and Bear Arms**

Feb. 15 – David Bach  
**Preparing to Invest**

Feb. 22 – Jerry Glasser  
**China Flexes their Power**



### **READINGS ON DIVERSITY PROJECT**

*By Robert Benedetti and Roberta Gleeson*

The Renaissance Society has enthusiastically joined 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. As an ongoing feature in our RS newsletter, here is the next selection of readings. **You are invited to submit suggested readings for distribution to the wider membership to [rbenedetti@pacific.edu](mailto:rbenedetti@pacific.edu).**

1. Markham, Lauren, *The Far Away Brothers: Two Young Migrants and the Making of an American Life* (Crown Books)
2. Katz, William, *Black Women of the Old West* (Athenaeum Press)
3. McWilliams, Carey, *California: The Great Exception* (Current Books)

There are two area bookstores which carry books of special relevance to diversity in our area and beyond. They are well worth your browsing:

1. A Seat at the Table -- 9257 Laguna Springs Dr. Suite 130  
Elk Grove, CA. 95758, (916) 538-3482  
[www.aseatatthetablebooks.org](http://www.aseatatthetablebooks.org)
2. Underground Books -- 2814 35th Street,  
Sacramento, CA. 95817, (916) 737-3333  
[staff@underground-books.com](mailto:staff@underground-books.com)

## African American settlements — cultivating the West *By Darryl O. Freeman*



**African American passengers leaving Vicksburg, Mississippi, in 1879, to escape the oppression of Post-Reconstruction South. Some settled in Kansas, while others traveled to Liberia in Africa. Image © Shutterstock, Inc.**

By 1877, the period of post-Civil War Reconstruction had ended and Federal troops were withdrawn from the South. Formerly enslaved in Georgia, Henry Adams, and a committee of five hundred African American men, petitioned President Hayes and the U.S. Congress to address the abrogation of the newly earned rights and privileges of the formerly enslaved. This petition along with a proposal for an appropriation of land for African Americans was ignored.

Adams and his committee organized what became known as the “Exodus of 1879,” an orchestrated migration of African Americans to the state of Kansas. In the first year of the movement, between twenty and forty thousand desperate African Americans made the journey to the state of Kansas and surrounding territories. In 1877, the committee formed a company to purchase land some two hundred miles west of Topeka, Kansas and created the town of Nicodemus, Kansas, specifically for African Americans. Even though the landscape of Kansas was not the equivalent of the lush green forests of the south, African Americans made Kansas and the surrounding states their new home.

By 1880, the town Nicodemus had over five hundred residents, a bank, hotel, three churches, and several general stores. Over fifty African American settlements flourished from the states of Nebraska to Colorado. Most of these settlements were abandoned or later absorbed by larger pioneer towns. Nicodemus is the last remaining African American town of the Exoduster era, but remains a symbol of the resiliency and motivation of African Americans to be free and productive citizens in this developing country.



**Nicodemus, Kansas. A colony of free African Americans. Street scene ca. 1885. Image © Shutterstock, Inc.**



## *In Memoriam*

**Judith Mathews, 80**, has passed away. She lived in Fair Oaks with her husband Jim.

**Stephen Harley, 80**, who lived in Fair Oaks with his wife Birte, has passed away.

**Chuck Winterberger** has passed away. In his memory, a scholarship donation was made by Bob Wissmath in his name.

**Pamela Lynch** passed away in July. She was a teacher and a nurse. A scholarship donation was made by Maren Berthelsen in Pamela’s name.

### **Dr. Donald R. Gerth:**

*“He loved Sacramento State and the CSU. His impact on our campus and the system as a whole is unquantifiable. It was my honor to call him a friend, and I will miss his wise counsel. We have lost a hero and a giant of a man.”* - CSUS President, Robert Nelsen



*“I’ve been around a long time. It’s been a great adventure.”* --- Dr. Donald Gerth

Donald R. Gerth, the longest-serving president in the history of Sacramento State, has died, leaving a rich legacy of accomplishments and an indelible imprint on the campus he loved. Dr. Gerth’s friends and supporters said his longevity at Sacramento State, from 1984 to 2003, and his 45 years in the CSU system, spoke to his commitment to students, and to his toughness.

Dr. Margaret McKoane and Dr. Robert Heilman proposed and began the development of our lifelong learning program, in what was to become The Renaissance Society. Sac State President at the time, Dr. Donald Gerth and Dean Robert Arellanes agreed to give \$2,500 in seed money to get it started. In 1986, the Renaissance Society at Sac State was born. Dr. Gerth and his wife Beverly continued their involvement with the Renaissance Society after he retired. They contributed generously to the RS Scholarship fund.

Dr. Gerth, who was 93, is survived by his wife Beverly of more than 60 years, two daughters and five grandchildren. Services are pending. In lieu of flowers, donations may be made to the [President Emeritus Donald R. Gerth Memorial Scholarship Fund](#).

— [SacBee.com/RS](http://SacBee.com/RS) website

**"LIFE IS NOT MEASURED BY THE NUMBER OF BREATHS WE TAKE, BUT BY THE MOMENTS THAT TAKE OUR BREATH AWAY." --AUTHOR UNCERTAIN**

## Did you know?

By Lorene Sarne and Cindy Suchanek

These are the Spring 2022 Renaissance Society program offerings:

- Number of seminars (includes in-person and Zoom): **40**
- Number of Shared Interest Groups: **25**
- One-time Presentations: **29**
- Community Presentations: **5**
- Monday Big History Series: **12**
- Tuesday Speakers Series: **12**
- Forums: **12**

**And does this incredible listing of options inspire you to talk to your friends and relatives about joining RS for the Spring 2022 semester for the bargain price of \$60? Sign-up here: <https://tinyurl.com/y9gpyyln>**

This abundance of offerings requires enthusiastic volunteers who want to make a difference and help the Renaissance Society achieve its goals of bringing the highest quality programs to you! Your gifts and talents are wanted! We are looking for RS members to step up and try something new and exciting with dedicated colleagues that need your imagination, creativity, time, and enthusiasm!

## **CELEBRATE** the MAGIC of Great Teaching!

**Thursday, Jan. 20, 2022 from 9:00 - 11:30 AM**

By Mike Agron and Cindy Suchanek

We have a brand-new program and a few surprises to share with you that you won't want to miss. We encourage all Seminar Leaders, SIG Facilitators, Tech Hosts, Board Members, and all Committee Members to be a part of this valuable event. Our goal is to help each of you make Spring 2022 your best program yet and to become even better at what you do!

### Opening Keynote:

*A Conversation with Comedian Tom Dreesen:  
How the Intersection of Humor and Story  
Telling Creates Great Teaching*

**For more info and to register: sign-up [here](#)**

## RS Members — We Need You!!

### Looking to Volunteer your many talents to RS?



Are you looking for an exciting new way to connect with Renaissance? **President Ken Cross** is forming a **Summer Program Working Group** to put together a six-to-nine-week summer program beginning in June. You can help decide the location and the presenters. For information, contact our Summer Program group leader Deborah Seiler at [deborah.seiler2@gmail.com](mailto:deborah.seiler2@gmail.com) or call 916-704-5735

Calling on **Tech Hosts!** They support seminar leaders and are an integral part of making our programs online a big success! If you are comfortable with basic Zoom tools, and want to help our team, contact Marian Kile at [mariankile@yahoo.com](mailto:mariankile@yahoo.com) or Sarah Ryan-Roberts at [sarahrr@me.com](mailto:sarahrr@me.com). We will train and support you in this vital role. Join us!

The all-important **Program Committee** serves to recruit and coordinate Leaders for Seminars, Facilitators for Shared Interest Groups (SIGs), and our weekly Speakers Series and One-time presentations. We also lead a workshop for all those who are delivering Programs, as well as developing the Catalogs for coming semesters.

Motivated volunteers in The **Program Committee** would be involved in at least one of these – Catalog development, recruitment of Programs, Workshops, Rendezvous, Editing, and coordinating events. We welcome RS members to help keep the quality of our Programs top notch. Join us! Contact Cindy Suchanek [csuchanek3@gmail.com](mailto:csuchanek3@gmail.com) or Pam O'Brien at [obriendesign@comcast.net](mailto:obriendesign@comcast.net)

**The FORUM COMMITTEE** is excited to add an **additional COMMITTEE MEMBER** to join the ranks of a great team that recruits highly acclaimed and high-profile speakers addressing topics of current special interest to our local community and society in general. Forums bring a unique diversity, depth, and breadth of topics to inform us about critical issues in our everyday lives. If you have any interest in joining us, please contact Tom Suchanek: [thsuchanek@ucdavis.edu](mailto:thsuchanek@ucdavis.edu) or Michele Finerty: [mfinerty3782@gmail.com](mailto:mfinerty3782@gmail.com)

**WHETHER YOU BELIEVE YOU CAN DO A THING  
OR NOT.....YOU ARE RIGHT.**

—OFTEN ATTRIBUTED TO HENRY FORD

## ASI FOOD PANTRY



Did you know February is **National Canned Food month**?

The story of canned food goes back to the waning years of the French Revolution and Napoleon Bonaparte's offer of 12,000 francs to anyone who could develop a method of preserving food for his army. A Frenchman named Nicolas Appert claimed the prize when he discovered that applying heat to food in sealed glass bottles improved its shelf life. Appert's research led to the current methods of canning. The first tin-opener was invented by the English surgical instrument maker Robert Yates in 1855. Early food tins had to be opened with a hammer and chisel. The French army used bayonets.

The Canned Food Information Council designated **February** as National Canned Food Month in 1987 to break down misconceptions surrounding canned food as being less nutritious than fresh. Depending on the variety of fruits and vegetables, what they are packed in and served with will make a difference in their nutritional value. ---<https://nationaldaycalendar.com/national-canned-food-month-february/>

Starting in 2017, the RS Board of Directors adopted the **ASI Food Pantry** as a designated charity, and members responded enthusiastically, contributing financial and other resources to support food insecure students and their families. During these very difficult days, food insecurity is extensive. The **ASI Food Pantry** averages nearly 50 students per day who take advantage of its services. We can continue to help by making monthly contributions directly to: <https://asi.csus.edu/asi-food-pantry>

Or by check made payable to:  
Associated Students, Inc.—writing in the memo line:  
“ASI Food Pantry Donation”  
Send a donation or check to:

Associated Students, Inc. at Sac State  
Attn: ASI Food Pantry  
6000 J Street  
Sacramento, CA 95819-6011



Any questions? Contact [asi-foodpantry@csus.edu](mailto:asi-foodpantry@csus.edu) for more detailed information. Please consider making a contribution during the first week of each month.

**We Thank you!**

### Most Needed Items – as of Jan. 5, 2022

- Pasta Sauce
- Canned Meats
- Canned Soups
- Jam/Jelly
- Canned fruits & veggies
- Rice
- Bread
- Spices (e.g, salt, pepper, garlic powder, ground cumin, etc.)
- Nuts & healthy snacks
- Toiletries

## What is an Anchor University?

In his 2018 Fall Address, Sacramento State President Robert S. Nelsen outlined a vision to deepen and strengthen the University's engagement with the community by transforming the campus into an “anchor university.”

*"An anchor university is the opposite of the Ivory Tower. It aims to connect its students, faculty, and staff with the community and, in turn, help build and heal that community, achieving lasting solutions and improvements through inclusive civic engagement."* --President Nelsen, The Sacramento Bee, August 27, 2018

As an Anchor University, Sac State strives to support and improve the quality of life in the community in which we serve. Embracing the anchor mission fundamentally transforms Sacramento State's relationship with the community. To initiate the anchor mission, President Nelsen established a 50-member Anchor University Task Force and charged the Task Force with conducting a comprehensive review of the University's existing community engagement efforts. Sac State has more than 50 centers, institutes, and collaborative efforts engaged with the greater Sacramento community.

**Renaissance Society members** are supporting the **ASI Food Pantry**, one of the Anchor University programs!

On Nov. 18, 2021 a meeting was held to update Sac State's progress as an Anchor University. A video recording of the update, including the PowerPoint presentation can be found [here](#).

To Find out more on how Sac State and RS can integrate even more with the Anchor University programs – here is the Sac State Anchor university website link: <https://www.csus.edu/experience/anchor-university/>

## A Healthy Living Paradigm Part 6

By Don Forrester MD and Allan Keown

In this series of articles for the Renaissance Society Newsletter, we have briefly described some established, successful approaches to healthier living. \* We believe that presenting our members with these examples is a good starting point to motivate interested individuals to find out what lifestyle habits or changes might most benefit them -- both in their quests for good health and for a better overall quality of life. Lifestyle is a very broad topic: making informed decisions about what to eat and drink, when and how long to sleep, how and how long to exercise, etc., which takes time and effort. This is especially true in our current toxic food, information, and commercial environment.

One way in which our members can pursue well-researched, peer-reviewed information is through our 6-week seminar "Delaying Death and Avoiding Disability" that we will be offering this spring. It will look at the top 10 causes of death and disability and cover healthier living concepts so that individuals can deal more effectively with their clinicians and understand the "news media." The following concepts will be discussed in each class:

- ◆ Metabolism (Diabetes, Obesity, Gout, Osteoporosis)
- ◆ Arterial Function (Coronary Artery Disease, Hypertension, Stroke, Kidney Disease)
- ◆ Neurologic Conditions (Parkinson's, Alzheimer's, Essential Tremor, Mental Health)
- ◆ Defense Mechanisms (Infections, Autoimmune Disease)
- ◆ Unchecked Growth (e.g., Cancers: Breast, Prostate, Colon, Lung)
- ◆ Wrap Up (Functional Fitness, Sleep, Meditation, Addiction, Willpower, Optimism)

We encourage Renaissance members, whether they have previously attended or not, to join us. Our focus will be the prevention and reversal of common chronic conditions and prevention of disability. We will cover the latest science on the practice of "primary prevention" (i.e., lifestyle behavior that prevents a condition) and "secondary prevention" (i.e., lifestyle approaches that reverse a condition). The seminar will also contain new information on osteoporosis, aging, and public health/pandemics.

Even though the approaches to healthy living discussed in our previous articles range from large populations such as the "blue zones" to smaller clinical studies done by Drs. Ornish and Barnard, we believe that these approaches demonstrate that our food choices are by far the most important lifestyle decisions we make in promoting healthy living. These approaches, coupled

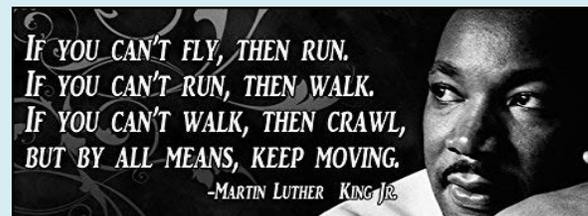
EVERY CELL IN YOUR BODY IS  
EAVESDROPPING ON YOUR THOUGHTS.

—DEEPAK CHOPRA

with the best science, support a diet that maximizes whole plants while minimizing foods with labels (i.e., concentrated, refined, and processed) including those with salt, sugar, and oil. Additionally, healthy food choices are generally less costly and also result in lower climate impact and less suffering. The relative importance of other key lifestyle decisions including functional fitness (e.g., exercise, movement), sleep, work, and social relationships vary with each individual's situation.

I hope that Renaissance members will join Allan and me this spring as we explore how to "Delay Death & Avoid Disability."

- ◆ The Blue Zones, Dr. McDougall's Program, Community Health Improvement Plan, NutritionFacts.org, Dr. Ornish's Program, and the Physician's Committee for Responsible Medicine



## Renaissance Seeks New Office Manager

By Deborah Seiler

Our esteemed Office Manager, Shari Lowen, has decided to join the ranks of Renaissance volunteers and we are recruiting for someone to fill her shoes. Board Controller Norv Wellsfry announced the position open as of Jan. 7 with an expected start date for the new person in late February.

The Office Manager reports to the Controller and is responsible for managing all office staff, interacting with members to help them navigate the RS membership and class enrollment steps, as well as answering their questions. The Office Manager also interacts with Sac State departments to acquire parking, reserve classroom and meeting spaces on campus, and manage print requests with the office of Reprographics.

This person also maintains financial records and key organizational documents and conducts staff evaluations. Required skills are strong supervisory credentials, interpersonal skills, basic office skills, and the ability to be flexible. The position currently pays \$35 per hour and work hours are limited by Sac State rules to 19.5 per week. It's a big job but a wonderful way to connect with Renaissance members. For more information or for an application, contact Norv at [nlwellsfry@comcast.net](mailto:nlwellsfry@comcast.net)



## **DINING TOGETHER** *By Cheryl Nelson*

Dining Together will meet at **Zinfandel Grille**, 2384 Fair Oaks Blvd. at **5:30 PM on Feb. 9 AND Feb. 17, 2022** ([www.zinfandelgrille.com](http://www.zinfandelgrille.com)).

Dining Together members who wish to attend should select ONE preferred date and **RSVP** Cheryl Nelson at [slynnsearch@yahoo.com](mailto:slynnsearch@yahoo.com) or call (916) 421-0407 no later than February 3, 2022. Separate checks will be provided. Parking is available. The dinners will conform to County COVID health requirements.

*"I've learned that people will forget what you said,  
people will forget what you did, but people will never  
forget how you made them feel."  
—Maya Angelou*

## **In celebration of the meaning of Love and Friendship month — a tale**

### **"TWO HORSES"**

Just up the road from my home is a field with two horses in it. From a distance, each looks like every other horse. But if you stop your car, or are walking by, you will notice something quite amazing. Looking into the eyes of one horse will disclose that he is blind. If nearby and listening, you will hear the sound of a bell.

Looking around for the source of the sound, you will see that it comes from the smaller horse in the field. Attached to her halter is a small bell. It lets her blind friend know where she is, so he can follow her.

As you stand and watch these two friends, you'll see how she is always checking on him, and that he will listen for her bell and then slowly walk to where she is, trusting that she will not lead him astray. When she returns to the shelter of the barn each evening, she stops occasionally and looks back, making sure her friend isn't too far behind to hear the bell.

Sometimes we are the blind horse being guided by the little ringing bell of those who God places in our lives. Other times we are the guide horse, helping others see. Good friends are like this. You don't always see them, but you know they are always there. Please listen for my bell and I'll listen for yours.  
--*SportsLeisure.com*

## **It's Here! Our New Public Facebook Page has Launched**

*By Deborah Seiler*



Hooray, members, we finally have a public Facebook page we can share with the world to announce all the wonderful programs and activities Renaissance has to offer. Find it at **Facebook.com/rensociety**.

Be sure to look at it as soon as possible and click on the "Like" button. Only our administrators, Kathy Hart, Kathy Sullivan, and Lorraine Murphy will be able to post to it, but everyone can "Like," "Share," or "Comment." This will be a valuable way to announce the opening of our Spring membership portal, upcoming events such as our Orientation and Rendezvous, and feature many of our classes and lectures.

Please note that this does NOT replace our Internal group Facebook page which many of you use. You may still post photos and links to that page.

A HUGE thank you to Nancy Findeisen for her persistence in setting this up. She had advice from Kathy Hart, Kathy Sullivan, and Lorraine Murphy.

Well done, all! Now it's up to you, our members, to seek it out and respond. Connect and share with us!

## **MLK Celebration**

*By Debbie Martinez*

The Dr. Martin Luther King Jr. dinner, the "**MLK Celebration Sacramento Event**," will be held at Sacramento State University on Saturday, Feb. 5, 2022. Renaissance has been a long-time supporter and we already have a table of ten attending. If interested in joining our RS group, the deadline for tickets is Jan. 31, 2022 and they are very limited due to COVID restrictions. Purchase your tickets today at:

<https://www.mlkcelebrationsacramento.org/>

Let Debbie Martinez ([Debralyn78@pacbell.net](mailto:Debralyn78@pacbell.net))

know you are coming so we can sit together!

## **WE WANT TO HEAR FROM YOU! How do YOU Learn, Connect, Share?**

Do you have a story to share about what makes the Renaissance Society special for you?

What brought you to join RS?

What keeps you coming back?

Share a classroom story, a campus engagement, or a Zoom virtual experience that inspired you, enhanced your experience, or just tickled your funny bone!

We are looking to publish in our Recorder Newsletter your short essay as an ongoing project. Send us a short article, **125 words or less, include your name and city**, and look for your offering in upcoming Newsletters!! Send your submissions to:

Elizabeth Deuso at [eliza.deuso21@gmail.com](mailto:eliza.deuso21@gmail.com)

and Lorraine Murphy at [ltara626@gmail.com](mailto:ltara626@gmail.com)

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Submit by Feb. 2nd for March 2022 Issue

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Sacramento, CA 95819



**Happy Valentine's Day**

**BE MY VALENTINE**

*By Nancy Findeisen*

Looking for a way to remember a special someone on Valentine's Day? Instead of the usual card, why not honor someone you love on Valentine's Day with a gift to the Renaissance Society Scholarship Fund. Your Valentine will feel honored and your gift will have a lasting impact!

To make your gift online: <https://tinyurl.com/RenaissanceFunds>

Or by check payable to 'University Foundation at Sacramento State' with the notation **Scholarship Fund**, and the name and address of the person being honored with your donation.

Mail check to Renaissance Society, 6000 J Street,  
Mail Stop 6074, Sacramento CA 95819-6074.

**THANK YOU!**