

PRESIDENT'S



CORNER

Free Summer Programs On Fridays

- 6/17 - *Race, Immigration, Borders*
- 6/24 - *Alzheimer's*
- 7/8 - *Cleopatra*
- 7/15 - *WWI and Sacramento*
- 7/22 - *Great Depression*
- 7/29 - *Conductors and Conducting*

- August 1 - Fall Catalog
- August 8 - Seminar
Registration Opens
- August 12 - Orientation
Rendezvous
- Sept. 6 - Seminars and
Program Begin
- Sept. 9 - Forums Begin

DEBORAH SEILER
PRESIDENT

The Renaissance Society
of Sacramento

deborah.seiler2@gmail.com

Transitions and Traditions

As your new Renaissance Society President, I am keenly aware of life's many transitions. Exciting and exhilarating or awkward and threatening, transitions always prod us to adapt and grow.

Our Summer Program is now in full swing and, for the first time, it's taking place on the Sac State campus. Our Fall 2022 program promises abundant and wide-ranging offerings.

But the world has changed, and we can't simply go back to the old ways. Many members long to be back on campus. Others are grateful for the convenience of virtual learning. Thanks to our dedicated Technical Group, we are mastering the art of online learning and we are able to offer much of our programming both in person and on Zoom. The big plus? Programming is spread out over five days a week so members can enroll in more classes—all for the same low price of \$100 per year.

To quote Voltaire, "It's the best of all possible worlds." Seriously, it's due to the arduous work and dedication of hundreds of Renaissance members who volunteer their time, talent, knowledge, and willingness to roll up their sleeves and get the job done. I urge you to join their ranks.

Traditions are important too. Our "Learn. Connect. Share." theme reflects our embrace of lifelong learning, our urge to connect to one another through academic and social events, and our dedication to sharing our time and resources to help Sac State students thrive. This Fall, Orientation for new and returning members will be back on campus and on zoom. Rendezvous with seminar leaders, campus organizations, and Renaissance committees will be all in person. Come meet presenters, old and new members, and take a campus tour. Yes, there will be cookies!

As your new President, I am mindful of the need for transparency in our operations as well as inclusiveness of our programming and membership. Most of all, Renaissance should be fun! I call it TIF: Transparency, Inclusiveness, Fun. Together we can make it happen.

I hope you will reach out to me with your comments and suggestions as we move into the future.

Above all, please join me in enjoying the many benefits of our wonderful organization.

MANY THANKS TO KEN CROSS FOR TWO FINE YEARS AS OUR PRESIDENT!

...transitions always prod us to adapt and grow.



Wednesday, June 1: MEMBERSHIP REGISTRATION PORTAL OPENED. We sent a message on June 1 with a link to the College of Continuing Education (CCE) registration site inviting you to renew or start a new membership for the 2022-2023 academic year.

For Member Registration:

- ◇ ◇ To register online from this 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 1: FALL 2022 PROGRAM CATALOG AVAILABLE. It will be posted on the our website. Our flipbook catalog will offer extensive seminars, presentations, Forum speakers, and Shared Interest Groups (SIGs).

Monday, August 8: SEMINAR REGISTRATION PORTAL OPENS. We will send a Constant Contact message on August 8 with a link to the CCE registration site inviting you to sign-up for programs for the Fall 2022 semester.

For Seminar Registration:

- ◇ ◇ To register online from this 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**, or email **renaissa@csus.edu**.

Friday, August 12: ORIENTATION 9:00-10:30 am: in-person in Ballroom III & on Zoom (watch for an Zoom invitation). **RENDEZVOUS** 12:00-1:30 pm: in-person in Ballrooms I & II.

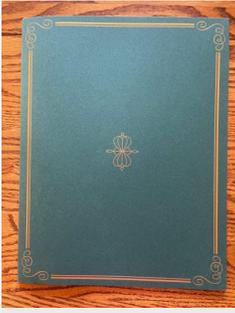
Tuesday, Sept. 6: SEMINARS AND PROGRAMS START on Zoom Monday-Thursday or in-person/hybrid on Fridays.

Friday, Sept. 9: FORUM SPEAKER SERIES BEGINS on Zoom at 3:00 pm. Registration is required.

For questions or comments, please **Contact** MDCE Committee Chair Debbie Martinez at: Debralyn78@pacbell.net or Darryl Omar Freeman at: darryl.o.freeman@csus.edu

CONGRATULATIONS TO THE 2022 SCHOLARSHIP WINNERS!

By Judy A. Lewis



More than 100 scholarship applications were submitted to Sac State. After screening 79 qualified potential recipients, the final seven winners were selected. Each year, the Renaissance Society provides seven \$3,000 scholarships to Sac State students whose projected career path would provide benefits to individuals of retirement age. This year's winners and their majors are:

Alyssa Lee	—	Health Science
Jasmine Vargas	—	Health Science
Quenton Pham	—	Nursing
Mohammad Omari	—	Finance
Kyle Nguyen	—	Computer Science
Liliana Serrano	—	Psychology
Christina Zumalt	—	Doctorate Physical Therapy

Each student expressed their appreciation for the lift to their financial situation.

My name is **Alyssa Lee** and I am from El Dorado Hills, California. I am a sophomore and health science major, hoping to get into the nursing program in the Spring of 2023. I became interested in nursing since my grandparents and great-grandmas were always in and out of the hospitals due to a long history of diseases that runs in my family. Therefore, I was able to learn how to assist my family with their health issues which included diabetes, heart disease, and tuberculosis.



As a nurse, I would love to work with children and the elderly since I come from a big family which consists of these age groups. In the future, after some experience as a registered nurse, I would love to dream further and become Nurse Practitioner to further be able to serve the community. In my free time, I like to draw, go hiking around Folsom Lake (since I live 2 minutes away), and play tag and board games with my 6 younger siblings. I am honored and thankful to the Renaissance Society for supporting my academic journey to my future career!

I am **Jasmine Vargas** and am currently a junior here at Sacramento State as a Health Science major. I am a first-generation college student which has been such an accomplishment for me. Growing up, my family and I faced many financial and health-related hardships. My parents worked their hardest to allow me to be where I am today. I always wanted to work in the medical field, and I want to become a Registered Nurse.

Jasmine Vargas, 2nd from left, & RS Members



My health occasionally hinders me from achieving my goals, I was diagnosed with Juvenile Rheumatoid Arthritis (JRA) as a teen and it has discouraged me from wanting to pursue anything in life because it is painful and disabling during flare-ups. JRA affected my health not only physically, but also mentally. After I began treatment and spoke with peers, I realized that although I was diagnosed with JRA, it would not dictate what achievements I make.



As a nurse, I can help others who may be facing issues that lead to disability or chronic pain and encourage them that through the pain and the struggle, there is light at the end of the tunnel. Working closely with older adults during Service Learning at the Cardiovascular Wellness Program at Sacramento State allowed me to learn the importance of being an advocate for older adults to ensure that their opinions are heard and that the continuous care they receive is of excellent quality. Winning this scholarship means the world to me and I am so grateful for it.

My name is **Quenton Pham**, and I am a sophomore at Sacramento State University. For the last two years, I have been completing prerequisites for the School of Nursing at Sacramento State. I hope to graduate within the next two years with my BS in Nursing and become a Registered Nurse. Of course, that means I am currently a full-time student: my cumulative GPA up to this point is a 3.93 through 92



accumulated credits.

Health care has always appealed to me since it merges my passion for medicine and science with my drive to help others; but caring for the elderly was something that came to me relatively recently. Assisted living homes were my only options during the pandemic if I wanted to gain experience toward this field. Since then, I've really enjoyed my work and genuinely believe this is my niche.

Through the height of the COVID 19 pandemic to the time of this writing, I have put in over 1800 hours of work as a caregiver and medication technician at the Commons of Elk Grove Senior Living. I specialize in memory care: Alzheimer's and advanced dementia patients who require significant direct care. My ability to connect with the patients on an emotional level is my secret to success when providing the care that they need. Although it is difficult for them to formulate thoughts and control things that we take for granted, their emotional understanding remains. Thus, I want to capitalize on my abilities to create a system based on empathy and compassion. My vision of elderly health care will be successful and undoubtedly have a major impact on the community.

...this is my niche

My name is **Mohammad Shoab Omari**, I was born in Kabul, Afghanistan. I have been raised in a bright and educated family. I have experienced many difficulties in life; specifically, during the civil war in Afghanistan. It was a time and/or a situation that the only hope was to be alive. We were under bullets and rockets, but still I and my other siblings were not left in the darkness of illiteracy.



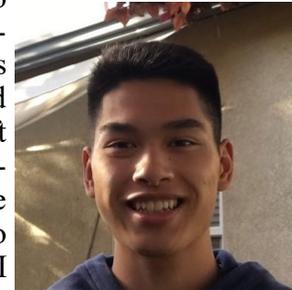
Working for the American government to implement the USAID projects in Afghanistan, I could receive special immigrant visa and a chance to immigrate on February 2017 to the United States. I came to the United States to escape the threats and live in a better situation. However, there have been more challenges and challenging times to overcome. I didn't expect my education, work experience, and knowledge could not benefit me here in the United States. I also had to work and support my family since I am married and have four kids, but, on the other hand, I couldn't find



a career job in my interest, so I decided to start college and then university here in the United States.

Now, I have completed two associate degrees, business administration and accounting, and one taxation certificate. Moreover, I am heading to complete my bachelor's degree in the fall 2022 – majoring in Finance and minoring in Real Estate and land affairs in the Sacramento State University. I am determined to complete my bachelors, get a job, do my MBA, and do a PhD in Economics or Finance.

I am **Kyle Nguyen** and am currently a first-year undergraduate student at Sacramento State University. After the Fall of Saigon in 1975 my family fled their war-torn country to pursue a better life and immigrated to the United States. My family had everything and left family, their comfort, all to provide a better future. I strive to do everything that I can, academics, extracurriculars, and work to not let their sacrifices be in vain. I have lived in the Sacramento area all my life and graduated from Pleasant Grove High School with honors while participating in Soul Purpose Dance Company, cross country, and track.



I am currently majoring in Computer Science and hope to use my education to enhance technology that will aid others in their daily lives. In my free time I love to be a part of the community and serve the needy. I have been blessed with opportunities to volunteer and fundraise for organizations such as Key Club, Leukemia and Lymphoma Society, and Arnold Air Society. I am also a swim instructor at Sunshine Swim Center in Elk Grove and love it! I sincerely thank the Renaissance Society for selecting me as one of the 2022 scholarship recipients.

My name is **Liliana Serrano**. I was born and raised in El Salvador by my loving and caring grandparents. I emigrated to the U.S when I was 14 and I currently live in San Leandro with my husband and my energetic one year old maltipoo, Coco. When I first arrived in the U.S, I had



dreams but adapting to a new culture and learning a second language took most of my focus, so I almost saw it impossible for me to be able to obtain a higher education. Through hard work and determination, I am proud to be a first-generation Latina student pursuing a career in Psychology.

This is my second semester at Sac State transferring from Chabot College. As a teenager who had just arrived in this country, I faced many emotional, psychological, and financial hardships with my family, so I started seeing a therapist who helped me through every process. This sparked an interest in me because although she did not “fix me,” she helped me learn to use the tools I needed to overcome every situation and provided me guidance and support. This led me to want to learn more about how development occurs, how personality forms, and how factors like society and culture impact our behavior.

As I started studying psychology, I found myself gaining a deeper understanding of the many influences that have impacted my own life. Psychiatrist Carl Gustav Jung once said, “I am not what happened to me, I am what I choose to become.” I chose to overcome and prepare for my future. After graduating with my bachelors, I plan to apply to graduate school to become a Marriage and Family Therapist.

Members Delivering Cookie Awards



My name is **Christina Zumalt** and I am a second-year graduate student in the Doctor of Physical Therapy program at Sac State. I first became interested in physical therapy as a high school senior who enjoyed playing soccer and volleyball. I followed my interests in the field of health and movement sciences by earning my bachelor's degree in Kinesiology from Cal Poly, San Luis

Obispo. While earning my undergraduate degree, I worked as an aide in a physical therapy clinic where I was able to learn more about the profession and discover the positive impact physical therapists can make.



Since coming to Sac State, I have been welcomed into a community of faculty and students who share a passion for helping others. My time in this program has further ignited my desire to learn and challenged me to prioritize my mental health and friendships in addition to my academic pursuits. The generosity of the Renaissance Society will help ease the financial burden associated with tuition and allow me to focus on my upcoming clinical rotation where I will gain firsthand learning experience and develop the skills, I need to help my patients.

A total of \$36,070 has been contributed by generous members of the Renaissance Society. Those who might wish to donate to next year's fund can do so via:

Check payable to University Foundation at CSUS with Renaissance Scholarship in the notation line and mailed to The Renaissance Society, CSUS, 6000 J Street, Mail Stop 6074, Sacramento, CA. 95819-6074.

Online <https://tinyurl.com/RenaissanceFunds>.

The Scholarship Committee, headed by Laurye Brownfield, consists of Carol Barake, Barbara Davis-Lyman, Janne Graham, Judy Lewis, Emily Moulton and Virginia Sturdevant.

LITERARY READINGS ON DIVERSITY

By Robert Benedetti and Roberta Gleeson

In our on-going commitment to President Nelsen's campus-wide plan to end discrimination and prejudice, we present our latest. You may submit suggested readings for distribution to the wider membership to: rbenedetti@pacific.edu.

The Pretty One, Keah Brown (Atria, Simon and Schuster)

Mei-Mei's Lucky Birthday Noodles, Shan Shan Chen (Tuttle) Children's Book.

Hear my Voice; Testimonies of Children Detained at Southern Border of US, Warren Binford (Workman) Youth Book.



ETHNIC REFLECTIONS

History of the African American Bourgeoisie

By Darryl Omar Freeman



The social class, sometimes referred to as the Black upper class, the Black upper middle class or Black elite, represents less than two percent of the total Black population in the United States. This group of African Americans has a history

of organizations and activities that distinguish it from other classes within the black community, as well as from the white-American upper class. Many of these traditions, which have persisted for several generations, are discussed in Lawrence Otis Graham's 2000 book, *Our Kind of People: Inside America's Black Upper Class*.

By the 1800s there existed a significant "Free black" community located largely in the northern States of the Union. There were communities of mixed race "mulattos" who were not enslaved by white slave-holding fathers who comprised a small, but significant part of the black population in the Antebellum South (before the U.S. Civil War). In addition, some blacks escaped to freedom during the American Revolution. Others were manumitted by their enslavers. Most free blacks in the South lived in the few large cities of New Orleans, Baltimore, and Atlanta. Although most were poor, some were able to own farmland or learn mechanical or artisan trades. Other free African Americans acquired marketable skills such as cooking and tailoring, worked in domestic fields or were able to open small businesses such as restaurants and catering firms. Some free African Americans in the North also founded small businesses and even newspapers. They were able to secure a head-start economically on African Americans who were essentially still enslaved by their lack of access to wealth accumulation, particularly when it came to owning land.

Education became the pathway for development of the African American Upper-class. **Cheyney University in Pennsylvania** founded in 1854, and **Wilberforce University** founded in 1856, were the only Black colleges (**HBCU's**) operational prior to the American Civil War. These schools were in the North. However, there had been a few predominantly white colleges, such as **Oberlin College** in Ohio and **Berea College** in Kentucky, that accepted black students even before the war, and their black graduates subsequently achieved a head start on economic stability. During the U.S. Civil War in the 1860s, some of the first historically Black colleges and universities. were established. These include **Fisk University**, **Hampton University**, **Howard University**, **Tuskegee University**, **Spelman College** and **Morehouse College**. (my mother and father graduated from the later two institutions).

Those who attended these schools, as well as such other black colleges were able to acquire skills and academic knowledge that put them in a distinctly different economic class. In 1904 Sigma Pi Phi fraternity, was established as the first Greek-letter society for African Americans, admitting mainly those black men who had gained considerable respect within their chosen industries. Within a decade, African American undergraduate college students established fraternities and sororities as small, selective social groups that later developed an emphasis on scholarship and social activism. Today there are a total of nine historically black sororities and fraternities that make up the

National Pan-Hellenic Council. Some contend that historically Black Greek organizations differ from those that are traditionally all-white, because of their importance to African Americans long after they have left their respective colleges and universities. They establish a national network for middle class African Americans that form a basis for social and economic development.

The ascent of the elite African American community in America has developed with the increase in the economic gains of African American entertainers and professional athletes who have annual incomes in the millions of dollars. Latest census estimates are that 90 percent of upper-class Blacks own their own homes. This is compared to 66 percent of those earning more than \$50,000 and 52 percent of those who earn between \$30,000 and \$49,999 in income. Since around 1980, Black professional athletes have financially joined the Black Bourgeoisie. There is some generalization that the African American professional athlete's primary loyalty is to the capitalist system. However recent political activism by many African American athletes identifying with efforts to challenge the continued racial disparities in this country have coalesced with the academic and entrepreneurial minded African American elite economic class in terms of social political awareness and activism.

VOLUNTEER HIGHLIGHTS

BY DEBORAH SEILER

A hallmark of our lifelong learning organization that sets us apart from others is the dedication and talent of hundreds of Renaissance Society volunteers. From leading seminars to directing committee activities, to staffing a table at a community event, there is a seemingly endless variety of ways our members can help. It seems daunting and a bit arbitrary to feature two volunteers each month, some well-known, others less so. But I plan to initiate this as a small tribute to all of you who step up to help us learn, connect, and share.

Nancy Findeisen has been a Renaissance member since 2012. She has served on the Finance and Administration and Communications and Marketing committees with distinction. Significantly, she launched the Resource Development Committee and, thanks to her leadership, raised over \$30,000 in just the past two years for the Renaissance general fund. It has made the difference between running a deficit and a small surplus these past two years. Her fund-raising leadership has also enabled us to provide \$21,000 per year in student scholarship contributions from member donations alone. Nancy is a senior advisor to various members of the Board of Directors, including myself and Past President Ken Cross. Her great mind and gracious manner set an example for all of us.

Cheryl Nelson is well known and appreciated for her popular Dining Together efforts. What was unknown until recently, at least to me, is the number of hours she toiled writing thank you notes to Forum speakers each week. With little fanfare and no complaints, she took on this task, going to the Dollar Store for cards and sending beautifully crafted messages to our prominent speakers. Through her work in developing the note-taking guidelines and assistance in the establishment of official Renaissance Society stationery, several of these speakers have commented that her generous praise encouraged them to return as speakers and to recommend our organization to others. Thankfully, Cheryl set an example for others who have now stepped up to assist in this lesser known but highly significant task.



GIVE SAC STATE DAY 2022 DONORS

By Nancy Findeisen

SACRAMENTO
STATE

Thank You to our members who donated \$6,630 to Renaissance Society Funds during Give Sac State Day 2022 - \$5,330 to the Scholarship Fund for Sac State students and \$1,300 to the

Special Programs Fund to support new and innovative programs and projects with Sacramento State.**

Michael Agron	Nancy & Kurt Findeisen	Rita Padilla-Cline
Sharon Anderson	Michele Finerty	Gerald Powell
Robert Benedetti	William Floyd	Deborah Seiler
Karen Benson	Mynga Futrell	Janis Senna
Evelyn Boggs	Theodore Goodwin	Jill Sherrill
Elizabeth Borland	Janne Graham	Rebecca & Jon Siiteri
Randall Boyer	Judith Harrison	Fredi Slaughter Walker
Laurye Brownfield	Liane Hopkins	Kimberly Smith
Vicki Carlson	Allan Keown	Freda & Roger Sornsen
Albert Chin	Jennifer Kerr	Victoria Star
Janice Chung	Teresa Licholai	Rhoda Stewart
Lindsley Cross	Sandra Lockwood	Kathleen Styc
Ken Cross	Susan McGinty	Cynthia Tashiro Cramer
Ranny Eckstrom	Curtis Nelson	Ron Tochterman
Linda Eslick	Chris Norwood	Julia Wilson
David Ferguson	Susan Osborn	

**With the 500 dollar award below, we actually raised \$7,130 overall and \$5,830 for scholarships.

"You [Renaissance Society] are one of our most influential Ambassadors [Nancy Findeisen] and have won the contest for obtaining the greatest dollars donated on Give Sac State Day. Congratulations! Not only did you help make the day a success for our students and community, you get to choose where to allocate an additional \$500. Please let me know to which area you would like to support, and know that we [Sac State Advancement Office] are so grateful for your participation and generosity."

DINING TOGETHER

By Cheryl Nelson

The Dining Together group will meet on Wednesday, August 10 OR Thursday August 18, at Mamma Susanas, 5487 Carlson Dr., (mammamusanas.com). Individual checks may be provided, but please bring cash just in case the number of attendees cannot permit separate checks. Parking is available.

RSVP to Cheryl Nelson, slynnsearch@yahoo.com, no later than August 3, 2022.

Seating is limited. You will receive a confirmation email if space is available.



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ltara626@gmail.com

This could be You!

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GRACE TO
LIVE WELL
THIS SUMMER
IS THE
BLESSING WE
CRAVE.

