

Greetings from Sac State President Robert S. Nelsen and welcome back to campus! Renaissance Society (RS) Board officers met with President Nelsen on January 31. The President shared how happy he is to have RS members back on the Sac State campus for our 35th year as part of the “Hornet family.”

President Nelsen invited RS to pay our respects to **Dr. Donald R. Gerth**, one of our RS founders and the longest serving CSUS President, who passed on December 6, 2021. Don’s **Celebration of Life** is scheduled for 1:00 p.m. on Sunday, March 20 in the University Union Ballroom. The memorial will be held in person and, simultaneously online, streaming on Zoom <https://www.csus.edu/events/live/>. Don’s spouse Bev Gerth would love to meet RS members representing Don’s legacy of lifelong learning. More @ <https://csus.co1.qualtrics.com/WRQualtricsControlPanelFile.phpF=F6z2Wpnm1qCzGVJI>

PRESIDENT’S CORNER

One of President Nelsen’s requests last Fall was to help establish a **Friends of The Arboretum** to help maintain the beautiful gardens at the 6000 J entrance to the Sac State campus. RS member Donna Eash and CSUS Professor of Ecology and Systematics Mike Baad are conducting six one-hour lunchtime tours of the University Arboretum on Fridays this Spring. They already have over sixty participants signed-up. If you have a “green thumb” and want to volunteer and put your skills to work, please contact Donna at donnaeash@gmail.com (916) 549-3739, or Mike at mbaad@csus.edu (916) 278-6494.



The RS Nominating Committee is seeking RS Board officer and Member-at-Large (MAL) applicants for the 2022-2023 Board elections. There are three MAL openings. MAL terms are for two years and are not renewable. For questions and to obtain an application, contact: President Ken Cross at kencross@kencrossconsulting.com (916) 995-8288, or Nominating Committee Chair Barbara Davis-Lyman at barbara8744@comcast.net (916) 743-5445, or the RS Office.

The RS Scholarship Committee is preparing to review applications for our seven \$3,000 Sac State Student Scholarships that will be presented at our virtual Annual General Meeting at 1:00 p.m. on Monday, May 9th on Zoom. These scholarships are made possible by RS member voluntary donations. Our annual scholarship campaign for these deserving student scholars is still underway. Please donate on the RS website **Get Involved: Donate. Volunteer** page.

KEN CROSS PRESIDENT

The Renaissance
Society of
Sacramento

kencross@kencrossconsulting.com

There is still time to reach out to your friends and associates to invite them to attend the Spring 2022 semester Renaissance Society lifelong learning programs. 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 the 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!

FRIDAY FORUMS & OBITS

MARCH 4

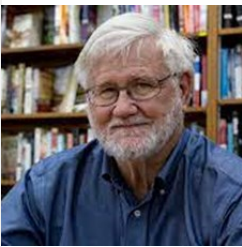
The Brave and Magnificent Women Behind the Men of Sacramento's Early Motorcycle Craze



As president of the California Writers Club of Sacramento, **Kimberly Reed Edwards** believes in the power of communities telling their own stories. In her new 2021 book *Sacramento Motorcycling: A Capital City Tradition*, Kim chronicles the formative years of cycling and brings to life the exciting early days of the "Greatest Sport in the World" in California's capital. She spent two years researching the history and culture of our local motorcycle craze and collected 400+ photos from 1910-60, many of which she will share with our Renaissance Forum audience.

MARCH 11

Redistricting 2020



The redistricting process plays a critical role in the distribution of political power and has become a flashpoint for growing conflicts between the major parties in the US. The public has a key role to play in pushing back against the practice, but it's important to understand that recognizing unfair maps means considering more than just the shapes of their districts. **Stan Forbes**, who is one of the original 14 members of the California Citizens Redistricting Commission and served as its Chair, will provide us with personal insights into the process and how it will affect our future elections.

MARCH 18

The Real John Sutter and His World 1834-1846



Steve Beck is a retired Director of the Sacramento Historical Society and was the Historian, Archivist and Educational Programming Director at Sutter's Fort and the California State Indian Museum from 1998 to 2018. He undoubtedly knows more than anyone else alive about John Sutter and the history of the Fort.

MARCH 25

La Gente: Struggles for Empowerment and Community Self-Determination in Sacramento



Assistant Professor **Lorena Márquez** is currently the Director of the Sacramento Chicana/o Movement Oral History Project, which has documented 98 oral interviews with local area movement activists. She will be discussing her new book *La Gente: Struggles for Empowerment and Community Self-Determination in Sacramento* which traces the rise of the Chicana/o movement in Sacramento.

In Memoriam



Charles Winterberger's death was reported by a friend. He was a member in good standing 2019-20.

Judy Mathews died this past August. She lived in Fair Oaks and was born in Washington.

Stephen Harley has passed, survived by his wife Birte. He and his wife lived in Fair Oaks.

Jack Kennedy, a long-time member of Renaissance, died January 3, 2022. The Sacramento community has benefitted greatly from his volunteer activities, especially those involving music.

Patrick Crowley's daughter reported his passing. He took classes on memoir writing and was subsequently able to write several books.

Gerald Bay's demise on October 1, 2021 was recored by his daughter. She said Renaissance was the highlight of his week. He kept active in music organizations and in his church.

CELEBRATING WOMEN & EATING OUT

HONOR A SPECIAL WOMAN IN YOUR LIFE

By Nancy Findeisen

March is Women's History Month and the perfect time to honor a special woman with a contribution to the Renaissance Society Scholarship Fund for Sacramento State students.

Your donation is tax-deductible, and your honoree will receive a special communication from the Renaissance Society noting your contribution in her honor. Donations may be made by check or online:

Donate online: <https://tinyurl.com/RenaissanceFunds>.

Donate by check: Make check payable to University Foundation at Sacramento State and write Renaissance Scholarship is the notation line. Mail to Renaissance Society, 6000 J Street, Mail Stop 6074, Sacramento, CA 95819 -6074.



CHRIS BUDWINE "PAY IT FORWARD"

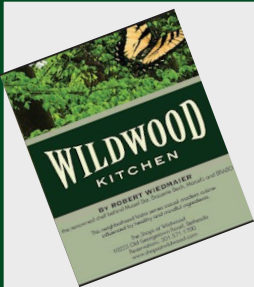
By Nancy Findeisen

Born in Hong Kong, a British colony at the time, Chris Budwine credits her family and teachers for her joy and lifelong pursuit of learning. After graduating from high school, Chris was awarded a small scholarship by the Goethe Institute. Knowing no German and that the amount could not possibly support studying in Germany, she turned it down. However, this event proved to be a seminal moment for her. "The fact that they had confidence in me gave me encouragement. This vote of confidence was more important than the money scholarships offered," Chris says.

After immigrating to the United States and completing her college education, she never forgot that small scholarship offer - that "vote of confidence" in her abilities. This led Chris to service on the Renaissance Scholarship Committee, including more than two years as Chairperson. In addition to leading seminars, Chris is a generous annual donor to the Scholarship Fund. "I live frugally and have been blessed in my professional and personal life," she explains. "I want to 'pay it forward' and encourage young people to pursue knowledge; just as I was encouraged in my youth."

Chris adds that she wants to "keep the Scholarship program going and expand its impact." In addition to her annual gift, she donates in honor of friends or in memory of someone who has passed away. Chris also encourages members to include the Renaissance Society Scholarship Fund in their estate planning or to honor someone as a way of leaving a legacy of support for future generations of students.

Please join Chris with a donation to the Scholarship Fund.



DINING TOGETHER

By Cheryl Nelson

The Dining Together group will meet on Wednesday, April 13 OR Thursday, April 21, 2022, at 5:30 PM at Wildwood Kitchen, 556 Pavilions Ln. for outdoor dining (<https://www.wildwoodpavillions.com>). Individual checks will be provided. Parking is available.

RSVP to Cheryl Nelson, slynnsearch@yahoo.com, no later than April 5, 2022. Seating is limited. You will receive a confirmation email if space is available. Diners will conform to County and Renaissance in-person attendance COVID health requirements. At this time Renaissance requires proof of vaccination and boosters will be required, as well as signing a roster attesting to your status.

SERVING & READING

TEACH! CONNECT! SHARE!

Our Program Committee Wants Your New Ideas

By Deborah Seiler and Pam O'Brien

You know you already love learning, connecting, and sharing with Renaissance members. Isn't it exciting to find out about another member's passion for engineering, or gardening, or social justice? There are just so many intriguing avenues for learning and our wonderful Program and Forum committees bring a fantastic array of seminars and speakers to keep you in lifelong learning mode.

But now it's time to think about your own passion. What do you love to do in your spare time? What skills, large or small, might you share with other members? What topic would you like to pursue in greater depth to present to your friends?

Perhaps you would like to participate in "brainstorming" sessions with other members to map out a new series of presentations in such fields as Arts & Humanities or Science & Technology or History & Social Justice. You might even consider organizing a new speakers' series on a Wednesday or Thursday.

Maybe you secretly want to consider your own presentation on a topic that fascinates and inspires you. You know you do, but frankly, you're hesitant. Wait! you say. I'm not an experienced teacher. I'm not adept at Zoom. I need someone to collaborate with me to help organize my thoughts and materials.

Good news. Our program and tech folks have you covered. They will work with you to help you design your program and learn the technical ropes. If brainstorming a program area appeals to you, they will pair you up with folks with similar interests.



There is no limit to our collective imaginations and talents. Let's channel them for our Fall 2022 semester by beginning now.

If you want to join a program brainstorming group or just need more information, contact Pam O'Brien: obriendesign@comcast.net or Cindy Suchanek: csuchanek3@gmail.com.

LITERARY READINGS ON DIVERSITY

By Bob Benedetti & Roberta Gleeson

In a continued response to President Nelson's call to expand the campus-wide discussion of institutionalized prejudice, Renaissance offers a series of readings that highlight race, class, ethnicity, and other modes of discrimination in Sacramento and California. We hope these texts draw us closer to the diverse communities that constitute our region. You are invited to suggest titles for distribution to the wider membership. Email Bob Benedetti at: rbenedetti@pacific.edu.

Hunger for Memory....Richard Rodriguez, (Bantam)

Farewell to Manzanar....Jeanne Wakatsuki, (Clarion)

Water GhostsShawna Yang Ryan, (Penguin)

Ishi in Two WorldsT. Kroeber, (UC Press)

For young children: ***Little Deer and the First Native American Flute***....Al Striplen, (I Street Press)

For middle school/high school: ***Street Life: Poverty, Gangs, and a PhD***....Victor Rios, (Five Rivers)



MEMBER PROFILE

ANGIE ROONEY HAS QUITE A STORY TO SHARE

By Judy A. Lewis



It would take a world map to follow Angie Rooney's life story. She was born in Shanghai, China during World War II. To escape the Holocaust, her German parents had fled to Shanghai, which was one of the only places refugees could get in without a passport or visa. The family spent the war years in the only Ghetto outside of Europe. Angie's father was a skilled engineer, and following the war, worked for the American forces stationed in Shanghai, as well as Chief Engineer for the pilot boats for the City of Shanghai.

To avoid the Communist takeover, the family left Shanghai in 1948 on an American troop ship which carried refugees to the United States. They were able to enter the U.S. under the 1947 Displaced Persons Act.

While her father was employed as a machinist, Angie and her mother set out to learn English. She reports that her father turned his bee-keeping hobby into a thriving apiary business, and at the time of his death he was the third largest honey-producer in California.

Following graduation from U.C. Berkeley, Angie embarked on what she describes as the first of her three careers. She taught junior high in Morgan Hill, California for nine years, as well as teaching geography at a boy's high school in Sydney, Australia.

Because of her life-long love of travel, Angie enrolled at the Thunderbird School of International Management (now part of Arizona State University), where she earned an MBA.

Next came what she describes as her second career in Richland, Washington, where she negotiated equipment contracts for a massive nuclear power plant construction project. It was there that she met her husband, Dan Rooney, who is also a Renaissance Society member. Shortly after their marriage, the couple moved to Silicon Valley, where Angie worked for various high-tech companies, negotiating contracts in Brazil, Australia, Mexico, China, Indonesia, the Soviet Union, and the U.K.

In 1993 Citibank offered Angie a position as a vice-president, negotiating contracts for computer hardware and software for their corporate offices in New York City and she and Dan were off for a 5 ½ year adventure in the Big Apple.

After returning to California and working briefly in San Diego. Angie joined Hewlett Packard in 2001 and the couple moved to Fair Oaks. Angie negotiated world-wide call center and service desk contracts for HP. In 2007, she retired and began what she calls her third career. Her volunteer work with SCORE (an affiliate of the U.S. Small Business Administration) involved working with small business owners and teaching classes on how to establish a small business.

Included in her retirement plans was joining the Renaissance Society, immediately after retiring. With the introduction of Zoom meetings, she has served as a technical host, as well as providing presentations on *Haven in the East - My Shanghai*, *The Stolpersteine Story*, and *Adventures with Genealogy*. Angie feels especially grateful to be living in the United States, "a country that took my family in when we were stateless."



POSITIVE SELF TALK

SUCCESSFUL CONSCIOUSNESS

By Dolores Eitel

Most of us engage in inner monologues (self talk) talking to ourselves during the day. Perhaps suffering from the many emotions relative to the COVID-19 Pandemic and social isolation, self talk has been quite common. This self talk is frequently negative. Negative thoughts affect you mentally and physically. Negative thoughts create feelings of helplessness, anger, sadness, and disappointments. These feelings can result in loss of confidence, low self esteem, distorted body image, stress and anxiety disorders, loneliness, and depression. Negative self talk can contribute to medical disorders such as cardio-vascular disease, hypertension, gastrointestinal, skin and neurological disorders, many that may go undiagnosed.

Our actions are inspired by our thoughts. Changing negative self talk to positive self talk empowers you to realize your hopes and dreams and live a longer, healthy life.

Here are some ways to begin to rid your inner negative self talk to positive self talk and empowering thoughts:

- **Mindfulness:** In order to make a change of negative thoughts you will need to recognize them. When you find yourself saying something negative, visualize a Red Stop Sign. Stop the thought. Visualize the thought, changing it to a positive thought, e.g., “I can’t” to “I can.”
- Develop a personal mantra and say it as many times a day or week until you feel it. Say it aloud when you are alone, walking or whenever you are having a negative thought. Inspire yourself, e.g., “I am proud of who I am.”
- Everyday, to start the day develop a positive statement (Affirmation) of a desired outcome or goal. Negative talk is created when you feel overwhelmed and feel like you can’t deal with everything on your plate. You feel overextended, helpless. Think of this quote by the Dali Lama: “There are only two days that nothing can be done, yesterday and tomorrow, so today is the right day to love, believe, do and mostly live”. Don’t waste energy on the things you can’t control, focus on what you can control.
- Focus your thoughts on happy events in your life rather than the difficult times. Life has its ups and downs. That’s the reality. Roll with the punches and learn from them.

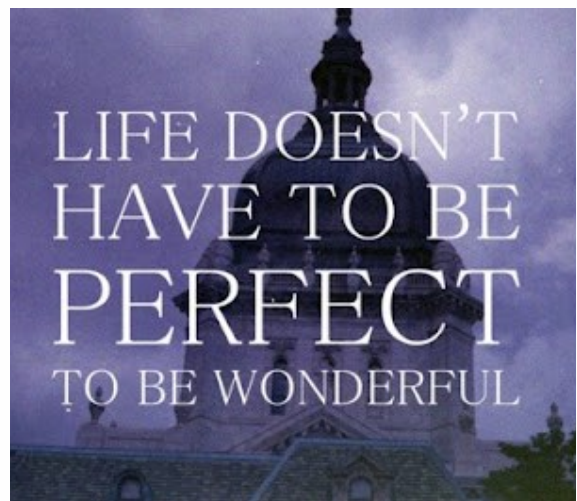
- Find the humor in your situation: Turn the negative thought to something that makes you laugh at that situation.
- At the end of the day, reflect on three reasons for gratitude. Write them down in a journal. Happy thoughts.
- Connect with people who emote positive energy, make you laugh, respect your expertise and support your dreams, goals and plans.
- Control your fears. Ask yourself “What is the worst thing that can happen?” Worse case scenario is not as bad as you think. After all, Where will you be in 100 years?

Ridding yourself of negative self talk is not easy. It is a process that takes work. Keep your eye on the outcome. Experience an improvement in the quality of your life; greater happiness, peace, and feel empowered. “I CAN DO IT!”

References:

Guy Winch,PD.D, Emotional First Aid: Healing Rejection, Guilt, Failure, and Hurts: Audible, Kindle, Book. June 1916

Ted Talks: Paul Jenkins: Pathological Positivity: How To Be Positive No Matter What . August 2018



ETHNIC REFLECTIONS

WOMEN'S HISTORY MONTH

By Darryl Omar Freeman

Since 1987, Women's History Month has been celebrated women's contributions to history, culture and society. Subsequently, I will feature a little-known historic contribution of Jewish American Women.

Unlike many of the European immigrants to the United States in the 1900s, Jewish immigrants were educated. Not only were 80% of the men and 63% of women literate, but they were skilled in professional, manufacturing, or handicrafts. The German sewing machine company Singer introduced its machines in Russia in 1870. Thousands of Russian and German Jews developed skills in manufacturing the machines and used them as tailors and seamstresses. Subsequently, many of the Jewish immigrants to the United States were skilled garment workers. Over 50,000 Jewish women collaborated along with men in the sewing trade constituting 70% of the registered female artisans. The sweatshop working conditions were inhumanly horrific. The young ladies were packed side by side in long rows so closely that if there was any kind of an emergency, escape would be impossible. The young women forced the two small local women's garment unions to call a general strike for better working conditions and better wages. Between 1909 and 1910, numerous strikes at various garment companies became known as the "uprising of twenty thousand." Within months, another 50,000 women cloak and suit workers also went on strike demanding 50-hour work weeks, overtime pay, and better working conditions. The strikers were overwhelmingly Jewish and it became a call to arms in the Jewish community. Food and clothing and credit from Jewish shopkeepers supported the striking workers. In less than a year, most of the 450 garment industry companies were forced to negotiate with the now powerful Jewish women's labor unions. The strikes and resulting political consciousness rising within the Jewish community created a new identity of solidarity and staked their claim to the American dream of prosperity they had come to America to obtain.

Unfortunately, the labor reforms in the industry did not come soon enough for the garment workers of the Triangle Shirtwaist Company. On March 26, 1911, a fire broke out on the lower floors of the eight-story garment factory trapping many of the 800 workers on the upper floors. The owners had locked the emergency doors to prevent theft and as a result 146 workers died, many jumping from the upper story windows to escape the flames. This solidified the Jewish labor struggle with a decade of strike and union campaigns. These social-political actions resulted in the honing of new Jewish American identity.

Triangle Shirtwaist Factory interior, destroyed sewing machines, gutted by a fire that killed 146 on March 25, 1911. Managers locked fire exits to prevent thefts, trapping immigrant women workers.
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