

President's



Corner

Fri, Nov. 4 — Deadline for Thanksgiving Food Basket Donations

Tue, Nov. 8 — Volunteers needed to assemble & decorate Food Baskets for ASI Food Pantry

Tue, Nov. 15 — Registration Portal Closes

Thu/Fri, Nov. 24/25 — Thanksgiving Holiday, No Classes

Renaissance Website:
<https://tinyurl.com/rensociety/>

Deborah Seiler
President

The Renaissance Society
of Sacramento

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November is a time to give thanks for the many blessings we enjoy. As I reflect on what these are for Renaissance, I am mindful of our good fortune to be affiliated with Sacramento State University. Those of us living in the region are moved by the beauty of the campus with its huge trees and the sight of students going about their lives and seeking to educate themselves. It fills us with hope and a sense of purpose, reminding us that we belong to something much larger than ourselves.

Many of us feel fortunate to be back on the lovely campus, even as we continue to enjoy remote learning. We appreciate abundant classrooms, now retrofitted with state-of-the-art audio-visual equipment, Friday and Saturday parking privileges to make our return accessible, and access to many programs and facilities the campus has to offer.

How fun to celebrate First Friday Pizza Parties at the Round Table in the University Union again! And how welcomed and well-served we are by staff at Engrained restaurant and all the campus food venues. Recently, when member Bob Benedetti published his new book on the San Joaquin Delta, the Hornet Bookstore made a special effort to stock his book for the convenience of Renaissance members who take his class- or just want to read it.

Our access to campus programs and benefits is nothing short of bountiful. Last month I wrote about our membership privileges at the Well, including the Aquatic Center, for a mere \$32 per month. In addition, we have free access to numerous exercise and nutritional instruction programs at the Cardiovascular Wellness Center in Folsom Hall. A doctor's note gives unlimited access to Tai Chi, blood pressure checks, exercise equipment, and opportunities to connect with others seeking better health. Did I mention the Audiology Clinic? Hearing tests are free for members and easy to schedule.

Of course, there is plenty of enrichment at the University Library. Recently, Renaissance members and their guests were treated to a private tour of the "Dressing Sacramento, 120 Years of Fashion in the Sacramento State Costume Collection" by curator Taylor Anderson and gallery attendant Lena Sakkab. It was a delightful way to spend an hour or so on a Saturday.

Above all, we take comfort in knowing that the campus we enjoy is a safe and welcoming place. Recent expressions of hate and intolerance were openly acknowledged by the University and condemned in the strongest possible terms by President Robert Nelsen. We give thanks for his commitment to diversity and fairness and his great love for the entire Hornet Family.

Wishing you a wonderful Thanksgiving season.



Forums

Nov 18 – **JOHN CRASSIDIS:**

Space Debris: It's Just Floating Space Junk, So Why Do We Care?

The US Air Force and Space Force maintains a catalog of nearly 30,000 resident space objects, made up of mostly debris. **Dr. John L. Crassidis** is dedicated to the importance of mitigating the effects of such space debris. He is a distinguished Professor and Director of the Nanosatellite Laboratory at the University of Buffalo, and has held five fellowships in space-related societies. With his veritable trove of insights on this subject, Dr. Crassidis will provide an overview of why space debris needs to be studied and taken seriously. He will offer several real-world examples of incidents that have occurred as well as current approaches to mitigate the negative effects of space debris.



Nov 4 – **MICHELE WONG:**

A Legacy of Learning: The SMUD Museum of Science and Curiosity



A UCD graduate, **Michele Wong** has an impressive resume of many leadership positions with several Sacramento organizations, including: KVIE, the American Leadership Forum, the Leukemia & Lymphoma Society and the Sacramento Chamber among others. She is currently the Executive Director of the Museum of Science and Curiosity (MOSAC), the new home of the Powerhouse Science Center and a Director with the Synergex International Corporation software company, both in Sacramento. Learn about her 15-year journey to bring Sacramento's newest museum to our community. This \$83 million project, funded by both public and private partners, turned an historic building into a legacy project that will stimulate curiosity, lead to life-long science and technology learning for visitors of all ages and inspire the next generation to go into STEM fields of study.

Nov 11 – **CLAIRE DAY:**

The Latest Updates In Treatments for Alzheimer's

Claire Day is a clinical social worker with over 20 years of experience in Long Term Care and is a professional educator in dementia care. She has worked for the Alzheimer's Association for 21 years, the last five as the Chief Program Officer for the Northern California / Northern Nevada Chapter. In 2018 she was appointed the Chapter Lead for the US Study to Protect Brain Health Through Lifestyle Interventions to protect cognitive function in older adults. With more than 6 million people living with Alzheimer's in the US alone, Claire will provide the most recent data on the prevention, early detection, diagnosis and therapeutic interventions as well as the latest advances in clinical trials available for Alzheimer's and other forms of dementia.



Notice



From the Renaissance Society Office

It has come to our attention that several of the Renaissance members may not be receiving messages from our registration system with your program list, communications from your leaders, including links, etc.

Please make sure that rensoc@csus.edu is in your "good" address category."

In addition, we would appreciate it if all leaders announce to their participants to do the same.

Ushering Opportunities Available

By Pat Paul and Paula Connors,
Ushering Coordinators

For many semesters, the Renaissance Society has been proud to offer members the opportunity to volunteer as an Usher at Sac State Drama and Dance productions – and to see the show for free. Sign-ups for specific performance dates are now open.

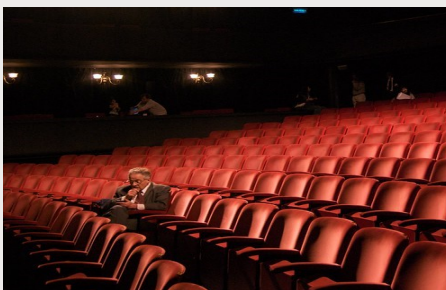
The Fall 2022 Theatre & Dance productions will include *The 25th Annual Putnam County Spelling Bee* (October 26-30 and November 9-13) and *The Laramie Project* (November 2-6 and 16-20), as well as the Department's *Annual Dance Performance Healing* (December 1-3). Evening performances are at 7 p.m., and Sunday matinees are at 2 p.m.

Interested in ushering? Just contact ushering coordinators Pat Paul and Paula Connors at paconnors@sbcglobal.net. Please feel free to sign up for multiple performances!

General Information:

- Ushers are asked to arrive one hour before the 2:00 pm or 7:00 pm curtain and to **wear a white shirt and black pants or skirt**.
- Usher duties include scanning tickets, directing patrons to open seating and restrooms, and minding the doors.
- Free parking for Ushers is available adjacent to the Shasta Hall Theatres in Parking Lot 2A, the lot with the 'Sacramento' mural.
- Please note we will respect whatever Covid protocols the University has in place and this will be communicated to you from the Co-Chairs closer to the performance dates.

Thank you for your support of the Renaissance Society Ushering Program!



Dining Together

By Cheryl Nelson

The Dining Together group will meet on Wednesday, November 9 OR Thursday November 17 at Serritella's, 6241 Fair Oaks Blvd. (Milagro Centre) (<http://www.serritellas.com>). Parking is available.

RSVP to Cheryl Nelson, slynnsearch@yahoo.com, no later than November 5, 2022. **CASH ONLY so that separate checks can be provided.** 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.





Do you Tweet?

By Lorraine Murphy

How do you find the Renaissance Society's Twitter handle (or address)?

Search for: <https://twitter.com/RenaissanceSoc1/>

While only the Administrator, Lorraine Murphy, can post to our Renaissance account, members can personally connect with other members (Followers of the account) by Clicking on the "half box & up arrow;" to send a friend a direct message via email or text. However, to help us spread RS Tweets throughout the globe, members can Click on the "**Heart**" and show that you like the post! Or you can Click on the "**Comment bubble**" and express your thoughts regarding a post. Moreover, Members can share a post with their own personal group of followers by Clicking the "**Retweet**" (double arrows) button.

We look forward to **Tweeting** with all of you!

Volunteer Highlights

By DEBORAH SEILER

November is our traditional month of Thanksgiving, and how thankful I am this and every month for the tremendous contributions of hundreds of Renaissance Society volunteers who are the heart and soul of this organization. As we launched the Fall semester and dealt with all the many questions, bumps, and just plain odd situations, two volunteers stood out to me.

Jennifer Kerr: Jennifer has been a member of Renaissance since 2002. A former AP reporter, she has written Wednesday email blasts and, beginning in 2020, helped me with the Weekly Update by adding style, graphics, links, and editorial notes. She continues to support and coach new Weekly Update writers and distribute these email blasts *without fail* each Wednesday morning. Perhaps most significantly, Jennifer maintains our website and its contents. She is constantly besieged with requests to post every imaginable document and responds with calm efficiency. All the while, Jennifer, always an intrepid traveler, co-leads the immensely popular Travel and Adventure seminar. As if that were not enough, she is tech host for most of the Tuesday Speakers Series. Notably, she has done all this while still finding time to serve our community as a docent at the Effie Yeaw Nature Center. Thankfully, Loretta Burdeaux has stepped forward to assume some of this tremendous burden and learn from the master!

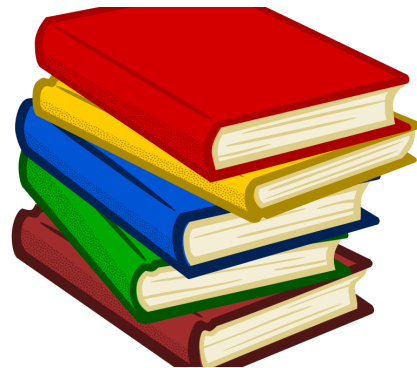
Lorraine Murphy: When the pandemic-inspired decision was made in 2020 to increase the number of editions of the monthly *Recorder* newsletter, we needed an additional co-editor to alternate months. Lorraine answered the call and approached the effort with new vision, added colorful graphics, and created a calendar of articles to ensure we cover various communication needs throughout the year. At the same time, we were searching for ways to increase our external communications and had been advised to use Twitter. Who knew Twitter or how to set it up? Lorraine didn't but she sat down, learned it, and has continued to use it with increasing effectiveness. Over the past several months, Lorraine has stepped up to edit each edition of the *Recorder* without backup, and without dropping her contributions to Twitter. During that same time, she accepted my request to serve as Chair of the Communications and Marketing Committee. Kudos for a tireless effort and thanks to Mark Vance for stepping up to help with the *Recorder*!

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:

- [The Met Faith Ringgold: Narrating the World in Pattern and Color: What the Artist Saw \(Children\)](#) (DK Children), Sharna Jackson and Andrea Pippins.
- [Everyone Wants to be Loved](#) (Children) (independently published), Francisca Polanka.
- [Driven Out: The Forgotten War against Chinese Americans](#) (UC Press), Jean Pfaefer.
- "Relocation" and other poems (Create Space Independent Publishing Platform), R.Y. Takagi,.



In Memoriam



Barbara LePera-Stacey passed away on July 23, 2021. She had lived in Sacramento most of her life, though she did move for a time to Henderson, Nevada. She liked travel and dining out. She had a large family whom she adored.

Ray Reynolds passed away on August 14, 2022. He was a UC Berkeley graduate who had a long career with the State of California. He was active in the Unitarian Church and enjoyed discussions of current events.

Ethnic Reflections

Reflections of America

By Darryl Omar Freeman

The Pew Research Center has tracked American marriage rates and found a steady increase in interracial marriages since 1967 — the year interracial marriage was legalized by the United States Supreme Court. In 1967, just 3% of marriages in the U.S. were between interracial couples. Today, 17% of newlyweds are entering into an interracial marriage. That may not sound like a lot, but it amounts to about 11 million married men and women who have chosen a partner of a different race or ethnicity.



A recent Pew Research poll asked Americans “Is interracial marriage a good thing or a bad thing for society?” The answers reflected the generational shift in the U.S. regarding race and inclusion. As might be expected, the younger generations expressed a more tolerant and forward-thinking view than the older generations. Most of respondents under the age of 30 (54%), agreed that interracial marriage is good for society, and another 42% said it doesn’t make any difference. This is in comparison to only a 24% agreement by those over the age of 65 queried.

Additionally, the 1970 Census revealed that 1% of the U.S. children were biracial or mixed ethnicity. The 2020 Census reported 33.8 million people identified themselves as bi/multiracial, about 10% of the U.S. population.



The consequence of these statistics is that there is an inevitability of interacting with people of a different or multiethnic heritage than your own daily. They are



likely to have had a significantly different experience navigating life in this evolving United States society. Their social political values may challenge relationship norms of past generations and impact the complexity of daily interactions between us as we navigate living in this changing society. The objective of this brief article is to raise our consciousness as to the intricacies of understanding the different attitudes and behavior of people we may encounter as we go about our daily lives.

The heightened awareness of the changing culture of our nation will help us maintain an appreciation for the value of the changes our society is encountering and accept these changes in a less concerning manner, making our own journey more satisfying and enjoyable.

RMD Donations

By Mike Pidd

Help Sac State Students and Save on Your Taxes
Giving all or part of the annual Required Minimum Distribution (RMD) from your IRA to a charitable organization like the **Renaissance Society (RS) Scholarship Fund** benefits students and reduces your tax liability at the same time.

“I have written a check to RS Scholarship Fund for many years, but this year I decided that I could do a little more by directing a portion of my RMD to the RS Scholarship Fund,” said Renaissance member Nancy Findeisen. “I am so pleased that I could support Sacramento State students and reduce my tax bill at the same time. It was a win-win for all.”

The RMD allocation can be directed to the University Foundation at Sacramento State (EIN # 94-3001359 with designation to the Renaissance Scholarship Fund. You should request the allocation by early December to assure that your financial institution has time to process the request.

Member Profile

Art, Music, Urban Planning, and Teaching Have Consumed Cynthia Lee's Life

By Judy A. Lewis

The youngest of four siblings, Cynthia Lee was born in Bakersfield, while her parents were visiting her grandparents in that city. Her parent's home was in Berkeley. Because their house was quite small, each of the oldest children took turns spending the year with their grandparents. Eventually, the family moved to Bakersfield and later to Sacramento, where Cynthia graduated from Kennedy High School.

Then she was off to U.C. Berkley, where her Bachelor of Science degree focused on conservation of natural resources, as well as land use and urban planning. Initially, she worked as a planner for the Neighborhood Design Center in Oakland. Next came a VISTA volunteer position, where she served as a tenant organizer in that city. After relocating to Sacramento, she finished her contract with Northern California Intertribal Council as a housing consultant and then served as a housing organizer for Northern California Legal Services.



Self portrait

The idea of becoming an elementary school teacher appealed to her. Before she enrolled in Sac State's Teacher Credential Program, Cynthia assessed the waters at Forever Young Daycare, to determine whether being with children all day would fit for her. Since she was fascinated with art, she also enrolled in as many ceramics and photography classes as she was able. After completing her degree, Cynthia's first year and a half consisted of substituting for nearly 30 schools in the Sacramento City School District. Eventually she became a full-time teacher of third and fourth graders, a profession she enjoyed for 34 years. "Once I got into teaching, I never doubted that this was my place."

After retiring, Cynthia set her goals on traveling, resting, improving her health, and learning. She has found many new experiences at the Hart Center in midtown Sacramento which enhanced her love of art and music. Among them was learning to play the ukulele. As a child, she was exposed to violin, guitar, and piano. While teaching, she taught her students to use a recorder because she believed that learning an instrument is an important skill that was no longer offered. Through Renaissance, she tried to learn the American version of the game Mahjong. It didn't take. Cynthia initially learned to play the old Chinese version from her grandmother, who Cynthia describes as a 'card shark.' "I learned how to cuss in Chinese," she recalls. A camping trip to Camp Sacramento in the Sierras, sponsored by the Hart Center and the City of Sacramento, gave her exposure the ukulele, which is now her primary instrument. While line dancing at the Hart Center and folk dancing with Renaissance have kept her on her toes, she also takes online classes through the Asian Community Center.

Cynthia describes herself as an avid baseball fan of the Giants. Her extended family in Bakersfield is divided in their loyalties between the Giants and the Dodgers. Normally, she says, Chinese family members stick together as a unit, but this topic is an exception.

Her one trip to China left her frustrated. The trip was billed as "China Delicious." She discovered that nearly every dish served contained soy sauce, which usually contains gluten in the form of added wheat, something she no longer tolerates. Thus on this trip, her diet consisted primarily of steamed rice, chicken, and bell peppers.

The Renaissance Society came into her life in 2019. Now, Cynthia says, it is a big part of her week. As a member of the Digital Photography class, which meets at the Arden-Dimick library, she recently took over the video section. Partners in Crime book club, Big History, Dining Out, Jazz Music and Cooks' Tour keep her busy fulfilling her life goals.





Renaissance Scholarships

By Nancy Findeisen

As many Renaissance Society members know, each year our organization awards seven \$3,000 scholarships to students whose career goals include providing services which would benefit older individuals. The generosity of our members has continued to grow over the years. Each dollar donated goes directly to the winning students.

We contacted the students and among the responses we have received are these:

“I am grateful to the Renaissance Society scholarship that I received this semester; certainly, it was impactful. Education costs are a great challenge for all students, but they add burden on a student who has a family and dependents, like me. The scholarship helped me pay for tuition fees for my fall semester 2022, so it was a huge relief to me and my family. It allowed me to focus on my education to achieve my bachelor's degree concentrating in Finance with a minor in Real Estate. The generosity of Renaissance Society benefited not only me but also my family and the society because my education will impact not only my lives but also others around me and in the society. I sincerely appreciate your thoughtful support contributing to my educational success; thank you, noble members of the Renaissance Society.”

Mohammd Omari, Finance Student, Fall 2022

“The Renaissance Society scholarship that I received this semester has been very impactful in my education. Starting the nursing program involves some additional costs beyond normal college courses. These include clinical preparation software, uniforms, medical equipment, and most of the textbooks required for the two-year program. The scholarship helped me pay for all those items which was a huge relief to me and my family. I have been able to focus on being prepared to succeed in the program instead of wondering how to pay for all of it. That is a huge help and has also allowed me to focus on some of my other responsibilities like being a dad and helping my own mom find new housing during a difficult transi-

tion in her life. Truly the Renaissance Society scholarship has already made a huge difference in my life and the lives of those around me. The investment in my current education will continue to help me and my family for the rest of our lives. I cannot thank the wonderful members of the Renaissance Society enough for their generosity and encouragement. Thank you from the bottom of my heart.”

Tony Lima, Nursing Student, Spring 2023

“Since receiving the 2021 Renaissance Society Scholarship I started my second and last year of graduate school. I am studying Communication Sciences and Disorders to become a Speech Language Pathologist. This scholarship has made it possible for me to pay for this semester’s tuition without taking out any more student loans. My program also highly recommends graduate students to not work during school since we are taking 16 units. These 16 units include rigorous courses and working with four clients, twice per week. I am now able to put forth all my time and energy towards focusing on my studies to become the Speech Language Pathologist that I strive to be. The Renaissance Society has made such a positive impact on my life and I appreciate all your support in helping me achieve my Master of Science.”

Danielle King, Communications Sciences and Disorders (CASD)

If you want to help, choose one of these effortless ways to make your contribution:

- ◆ Donate online at <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



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Facebook Users!



We continue to recruit new members to join Renaissance so they can enjoy benefits of life-long learning. One way you can help is to follow our public Facebook page. Be sure to Like and Follow our page to help us increase visibility to the community.

FB link: <https://www.facebook.com/rensocietysac>

