

## PRESIDENT'S



## CORNER

**Sun, Sep. 18** — Fall '22  
Bar--B-Que  
**Mon, Sep. 19** — Forum  
Comm. Meeting  
**Tue, Sep. 20** — Re  
source Develop. Meet.  
**Thu, Sep. 29** — C&M  
Meeting  
**Mon, Oct. 3** — Board  
Meeting  
**Thu, Oct. 6** — MDCE  
Meeting  
**Fri, Oct. 7** — First Fri  
day ASI Envelope

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

**Deborah Seiler**  
President

The Renaissance Society  
of Sacramento

[deborah.seiler2@gmail.com](mailto:deborah.seiler2@gmail.com)

As Renaissance members we value our brains. What they do for us and, with them, what we do for others. Staying mentally active motivated our founders back in 1986 when they worked hard to create this organization.

So, what do we do for our brains, and how does Renaissance help us?

I recently read a book, *Keep Sharp*, by CNN reporter and neurosurgeon, Dr. Sanjay Gupta.

The book is one of many in a vast body of research, but this one expresses to a lay audience (me) a few essential points which I believe affirm and reaffirm the value of Renaissance.

Contrary to long-standing belief, scientists like Dr. Gupta now believe we can and do regenerate brain cells. It also appears as if a healthy brain is essential to a healthy body. So how do we promote a healthy brain and how is Renaissance involved?

To quote Elizabeth Barrett Browning, "Let me count the ways."

Learning: Continuing to stimulate our brains with new information makes those neurons fire. Consider the intriguing seminars, shared interest groups and single presentations our Program and Forum committees have worked tirelessly to bring you both in person and virtually. It's up to you to grab the brass ring.

Dr. Gupta mentions lifelong learning associations in a very positive way but cautions that many are expensive. This is not the case for our organization with its flat membership dues and the availability of member scholarships.

Connecting: Interacting with others is a well-known benefit to good mental and brain health. Our Summer Program, our return to campus this Fall, and our shared interest groups are all ways to boost your sense of self and your involvement with others. Look for the September 18 Back to School party and First Friday Pizza gatherings at the Round Table in the University Union. And look for some prominent Sac State folks to help us join in the fun.

Sharing: Dr. Gupta is not alone in advocating the need for sound sleep, a good diet, and plenty of exercise. Consider how many members have stepped up to share their expertise in Qi Gong, walking tours, plant-based dieting and more. Best news? As Renaissance members, you may purchase a \$32 monthly pass to The Well, with its state-of-the-art fitness equipment and access to the pool in the Aquatic Center.

Lastly, sleep well, my friends, knowing you are part of something meaningful, helpful, and good for your brain!

## Dining Together

By Cheryl Nelson

Dining Together will meet at **Bennett's American Cooking**, 2232 Fair Oaks Blvd.  
([www.bennetts.americancooking.com](http://www.bennetts.americancooking.com)) at **5:30 PM on October 12 AND 20 2022**.

Dining Together members who wish to attend should select **ONE** preferred date and **RSVP** to Cheryl Nelson: [slynnsearch@yahoo.com](mailto:slynnsearch@yahoo.com), or (916) 421-0407 no later than October 6, 2022.

Separate checks will be provided. Free valet parking is available. The dinners will conform to County COVID health requirements.



## Forums

By Forum Committee

**7 October**

### *How the Decline of Local News Threatens Democracy*

**Michael Hendrix** will examine how the Covid Pandemic caused the shutdown of newsrooms across the country, and how we must now focus on the importance of finding ways to preserve local journalism.

**14 October**

### *An Introduction to California History: From Indians, to Sutter, to Gold and Agriculture (Part 2: 1846-1865)*

**Steve Beck**, retired Director of the Sacramento Historical Society, undoubtedly knows more than anyone else alive about John Sutter and his Fort. Steve will examine the people, places, and events that carried California into modernity.

**21 October**

### *Moving the Needle on Antiracism & Inclusion*

**Dr. Mia Settles-Tidwell** is Sac State's new VP Officer for Inclusive Excellence and University Diversity. Her division will help Sac State go beyond the values of anti-racism, diversity, equity, inclusion and belonging into actionable embedded practice and equity-centered outcomes.

**28 October**

### *The Aging Eye and Blindness*

As a retina specialist **Dr. Ala Moshiri** will provide an overview of diseases and challenges associated with the aging eye and evolving therapies. With the doctor and blind since the age of two **Regina Brink**, will grace us with perspectives on her own challenges and successes from a different view of life.



## President Nelsen's Fall Address

*"We're Back!"*

By Deborah Seiler

Ever inspirational and armed with facts, President Robert S. Nelsen on August 25 shared a brief history of Sac State's 75-year history, beginning with its initial, unwelcome presence on the Sacramento City Junior College campus when five faculty had to squeeze their classes before and after city college classes and during their noon hours. Eventually the campus moved to a former restaurant facility where professors used ovens as file cabinets, with one mishap burning a complete set of files. By 1952, the cornerstone was laid at Sac Hall.

Calling education "a sacred profession," President Nelsen celebrated Sac State's current enrollment at 11% above its goal, and he noted the graduation of 9,435 students last May. He pointed with pride to the 187% increase in four-year graduation rates.

President Nelsen's call for diversity is more than just a fine speech. He noted the student body, once made up of former GIs and overwhelmingly white, is now 31% Latino and the fourth most diverse campus in the Western United States. Diversity goals have resulted in a new Native American Center and a doubling of the MLK, Jr., Dreamer's, and Serna centers. Most recently the university acquired a \$500,000 grant for a house for formerly incarcerated students, entitled Project Rebound.

"Sac State is a transformative university, a healing university," he said. His speech was a celebration of a successful \$238 million "On the Rise" campaign, the long-delayed award of 7% raises for faculty and staff, and technological upgrades to 420 classrooms.

President Nelsen said there is no change to covid requirements to be vaccinated and boosted. Wearing face masks is optional and testing is only required if the person is showing symptoms.

Looking ahead, he noted the recent grant of a 300-acre site in Placer County and said planning efforts for the next 75 years are underway. As Sac State prepares to celebrate its 75<sup>th</sup> "diamond" anniversary. President Nelsen proclaimed, "We have not just endured, we have thrived."

## Volunteer Highlights

By Deborah Seiler

With each passing month, I'm reminded of the tremendous dedication of so many of our members. This past month was filled with activity preparing our seminar leaders and presenters to offer instruction on Zoom, in person, and both in person and on Zoom simultaneously. Two members have stood out to me during this process:

**Marian Kile:** Marian is well known for various contributions from the time she joined Renaissance in 2006. Her very first seminar was leading "How to Tell Stories," and she has led at least one seminar every semester since. She currently leads a book group as one of our shared interest groups and is also the tech host for another book club, a writer's group, and another seminar this semester. On the technical side, Marian organizes tech hosts for our virtual programs and writes instructional guides, posted on our website, to help members with Zoom. What very few members see is Marian's utterly calm face behind the scenes of our virtual productions of Orientation and Rendezvous, Seminar Leader Workshops, and our Annual Meeting. She determines the flow, sets up the programming, and guides presenters through the process. And apples don't fall far from the tree, as the saying goes. One of Marian's two accomplished progeny, daughter Jen Mahlke, recently came up from Cal Poly to wow Renaissance seminar leaders with her inspirational presentation on teaching. Imagine where she learned the art of that!?!

**Chris Smith:** Chris and his wife, Julia, joined Renaissance in 2014. Chris has been an active member of the Photography in Art class since 2015 and served as its tech host since covid. Importantly, Chris has done the heavy technical lifting for the Forum Committee since it went virtual. He's set up webinars, done video editing for Forum recordings on the website, coached Forum speakers with pre-meeting login information and flow of the presentation, produced informational slides, and recently created a spreadsheet with login information for Fall 2022 Forums. And he created the Forum YouTube channel and edited the videos that have been viewed over 11,500 times. Whew! That's not even a complete list, but it gives you an idea of the vast array of his talents and contributions. Thanks, Chris!



## Fun Volunteer Opportunity!

By Paula Connors and Pat Paul

For many semesters now, the Renaissance Society has been proud to offer its members the opportunity to volunteer as an Usher at Sac State's Department of Theatre and Dance performance...plus they then get to enjoy the show for free!

The Fall 2022 Theatre & Dance productions will include *The 25th Annual Putnam County Spelling Bee* in Playwright's Theatre, October 2--30 & November 9--13; *The Laramie Project* in Playwright's Theatre, November 2--6 & November 16--20; and the Department's Annual Dance Performance in University Theatre, December 1--3.

Wednesday through Saturday dates are evening performances starting at 7:00 pm with **Ushers arriving at 6:00 pm**. Sunday performances are matinees starting at 2:00 pm with **Ushers arriving at 1:00 pm**. Ushers are asked to **wear a white shirt and black pants or skirt**. 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.

Free parking for Ushers is available adjacent to the Shasta Hall Theatres in Parking Lot 2A, the lot with the 'Sacramento' mural. Usher duties include scanning tickets, directing patrons to open seating and restrooms, and minding the doors. After that, sit back, relax, and enjoy the show!

Interested in joining this fun group of Renaissance volunteers?

Please send **your name, email, and phone number** to Paula Connors at [paconnors@sbcglobal.net](mailto:paconnors@sbcglobal.net) or Pat Paul at [patpaul249@gmail.com](mailto:patpaul249@gmail.com). Please also note any date preferences or restrictions you have, and we will work to accommodate those wherever possible.



## AARP Seeking Volunteers for its Capitol Response Team

By Nina Weiler-Harwell

AARP offers many volunteer opportunities for those who want to help make a positive difference in the lives of 50+ Californians and their families. In Sacramento, volunteer members of the Capitol Response Team serve as AARP's representatives in the State Capitol, holding regular meetings with state legislators to share AARP's advocacy priorities, representing AARP in committee hearings, and keeping track of developments on AARP's state priority issues. If **YOU** would like to learn more about joining the Capitol Response Team, register for one of these information sessions:

**Oct 26, 9:30 AM** or **Oct 27, 2-3 PM**.

# Honoring Our Generous Donors to Renaissance Programs

*By Nancy Findeisen*

This list represents donors to all of our programs—  
scholarship, special programs and RS general programs.\*\*

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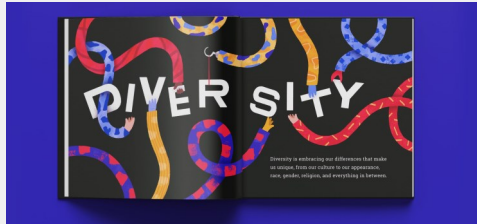
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## Diversity & Literary Readings

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:



**'Always Running':** Luis J. Rodriguez, (LA activist), (Bt Bound)

**Do the Work!:** W. Kamau Bell and Kate Schatz (workbook for anyone overwhelmed by racial injustice, who keeps asking the question "what can I DOOOOOO?!" ) (Workman Publishing Company)

**Horse:** Geraldine Brooks, (Viking)

**Black Girl Magic: A Book About Loving Yourself Just the Way You Are:** Zahra Bryan, (Children) (Arhaz Nyleak Books)

You are invited to submit suggested readings for distribution to the wider membership to: [rbenedetti@pacific.edu](mailto:rbenedetti@pacific.edu).

## Sac State's "One Book"

By Roberta Gleeson

The **One Book** at Sac State this year is entitled **Haben: The Deafblind Woman Who Conquered Harvard Law** by Haben Girma.

As a member of the Membership, Diversity and Engagement Committee, I am hoping some of you Renaissance members might want to read the book and be willing to discuss it later.

If feasible, I am hoping to plan a get together with both RS members and some Sac State students to discuss the book. This discussion would take place later this year or even next semester. I believe this would be a nice tie-in to what the students are doing!

For more information, please feel free to contact Roberta Gleeson at: [wascsan@yahoo.com](mailto:wascsan@yahoo.com) or at (916) 683-2601.

## Green and Gold Speaker Series:

### 'Disability Justice'

By Sac State

On Monday, September 12, Sac State started their Fall 2022 Green and Gold Speaker Series with Haben Girma. As the first Deafblind person to graduate from Harvard Law School, Girma advocates for equal opportunities for people with disabilities in higher education and beyond.



Her best-selling book, *Haben: The Deafblind Woman Who Conquered Harvard Law*, was chosen as this year's **One Book**. Girma believes disability generates innovation, so she travels the world teaching the benefits of choosing inclusion.



## In Memoriam

**Frank Stork** passed away the end of 2021 according to his daughter.

**Keith Askew** has passed away according to his wife, Joanne.

**Philp Nelson** has passed away according to his family in Texas.

**George Waegell** has passed away last June according to Becky Waegell.

**Onkar Singh Bindra** passed away on August 21 according to his son. He was a tireless supporter of the Sikh community and actively promoted the teaching of the Punjabi language.

**George Nash** passed away on May 15. He was an avid sailor and a talented wood worker. He was a respected local business man and enthusiastic traveler in retirement.

**Steward Jamieson** died July 13. He frequently taught history classes for the Society and stayed in Sacramento despite the wishes of his family in order to continue his relationship to the friends he had made in the Society.

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On the Private or members only site, RS members can post comments and personal photos, making it easy to connect with other members. Yet to spread the word about our wonderful organization to all the world, go to our Public stie, and Click on the “Like” button at the top of the page. While the Administrators, Kathy Hart and Kathy Sullivan, can solely post to the Public account, EVERY MEMBER can “Like, Share, or Comment.”