



The Renaissance
Society of Sacramento
fall.catalog.2022

welcome

to the Sacramento Renaissance Society



Welcome to the Renaissance Society Fall 2022 Semester! Our semester theme is “The Joy of Learning Together,” and we truly celebrate another transition in our 36-year history. After nearly two years of virtual learning, and almost no social connections, we are proud to say we are “building back better!”

More programs. More options for learning. More joy in sharing with one another and with our Sac State Hornet Family. We welcome you to the leafy Sac State campus for Friday presentations and events. Monday through Thursday, we invite you to partake of our virtual offerings. Best of all, these many offerings come with no increase in membership dues!

It’s the best of both worlds: virtual, in person, and a combination of the two. Here are some key dates as you engage with Renaissance:

- Monday, August 8: Class registration opens. Check in early as some classes fill quickly!
- Friday, August 12: Orientation. Whether you are new or returning, hear important information—from 9 to 11 am; then
- Friday, August 12: Rendezvous. Mingle with seminar leaders, committee chairs, and affiliated groups to learn about seminars and volunteer opportunities—from Noon to 2 pm.
- Tuesday, September 6: Classes begin. Launch your learning journey!

We will give you all the details about these events in our email Weekly Updates and monthly Recorder newsletters, on our website, in Twitter and Facebook posts, as well as this catalog.

Renaissance members value being part of the Sac State family and we love to give back. Members give generously of time, money, and their own wisdom to fund student scholarships, support the ASI Food Pantry, usher student performances, mentor Gerontology students, join Physical Therapy students who evaluate and work with us, and support various campus functions. Look into it. There is something for everyone.

How to make the most of your involvement in Renaissance? Volunteer! There are committees and special projects and publications. It’s all a way to meet a fabulous group of people and enrich your own life by giving back. We will offer lots of suggestions as the semester progresses.

Most of all, enjoy, ask questions, and get on board to **Learn. Connect. Share.** It’s going to be a great semester!

Deborah Seiler
Board President

joys

of learning together

Renaissance Society begins its 36th anniversary with a third year of Covid and its aftermath of challenges. This semester features our fifth virtual catalog. Unlike the previous four, which celebrated abstract themes, this catalog features the theme “The Joys of Learning Together.”

The Fall of 1986 witnessed the birth of the Renaissance Society on the Sac State campus with forty members who attended four morning Seminars followed by afternoon Forums. This Fall members may choose from 120 programs and 13 Forums. The programs meet in-person either on campus, at members’ homes, or other locations, and virtually via Zoom. For \$100/year you can enroll in as many programs as you wish.

Over the years, members have commented on the joys that flow from our programs, chosen only according to one’s personal interests, passions, and curiosities—unrestricted by work or professional-advancement considerations. Learning as adults as a matter of choice remains an exhilarating experience in and of itself.

With two+ years of Covid experience behind us, we intentionally call attention to the communal part of our lifelong learning lives: being together as we learn individually and collectively. On May 1st the Renaissance Society renewed its formal social activities with an end-of-semester Mexican Heritage Fiesta. Gatherings continued on and off campus this summer. In September we resume our social life with programs and events, through volunteer opportunities, and with informal get-togethers.


Honoring this crucial social aspect of the Renaissance Society, we have focused our theme for this catalog by featuring photos of our members learning, playing, and socializing TOGETHER.

Our Renaissance Society community continues to grow and nourish each of us in ways small and large, for which we are grateful. Welcome to our Fall 2022 program. We look forward to seeing you soon.



Pam O’Brien and Cindy Suchanek
Program Committee Co-Chairs

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calendar of events

AUGUST 1 Fall 2022 Catalog posted to RS website	SEPTEMBER 23 Invitation to all members to submit photos for Spring 2023
AUGUST 8 Program enrollment starts	OCTOBER 12 Deadline for PAF submissions
AUGUST 12 Orientation and Rendezvous	OCTOBER 19 Deadline for photo submissions
AUGUST 19 Seminar Leaders Workshop	NOVEMBER 11 Veterans Day/Campus Closed
SEPTEMBER 6 Fall Programs begin	NOVEMBER 24-25 Thanksgiving/Campus Closed
SEPTEMBER 21 Constant Contact invitation to potential leaders requesting Spring 2023 Program Application Forms (PAF)	DECEMBER 9-16 Renaissance Society semester ends
	DECEMBER 25 TO JANUARY 1 Holiday Season/Campus Closed



Special thanks for our two featured cover photographs:
Front cover photo provided by David J. Grenier.
Back cover photo provided by Michael Pidd

our various learning programs

We are lucky to be living in a technology-friendly era and will continue to use these tools at our fingertips to deliver the majority of our programs, either in hybrid mode on campus or by Zoom in the safety and comfort of our own homes. Zoom is not difficult to use, and you'll discover new avenues of connecting with classmates through discussion groups, breakout rooms, and other interactive tools. You will get directions from your program leaders, facilitators, or tech hosts, or in the user-friendly materials developed by our Tech Committee. As a note, many of our programs will also be recorded and available for viewing later on our member website. We offer four types of programs—Seminars, Shared Interest Groups (SIGs), One-time Presentations, and Forums.

SEMINARS	SIGs (Shared Interest Groups)	ONE TIME PRESENTATIONS	FORUMS
<ul style="list-style-type: none"> Series of classes initiated and led by fellow RS Members Wide-ranging subject areas: arts, entertainment, literature, history, social justice, science, technology, contemporary thought, etc. Weekly courses meet for 3 to 12 weeks/semester, Monday–Friday most begin at 10 am, noon, or 2 pm Currently meeting via Zoom (M–Th) and on Campus (F) 	<ul style="list-style-type: none"> Groups initiated and facilitated by fellow RS Members sharing common interests and ideas Activities typically include writing, art, literature, games, foreign language, food, health and travel Meeting times and frequency set by the SIG facilitator and group Usually meet off campus, in a variety of settings (now regulated by Covid guidelines) 	<ul style="list-style-type: none"> Single, one-time presentations given by RS Members or community-at-large speakers Wide-ranging, varied topics Typically, last 1 – 1.5 hours Partnering with local groups such as Sac. Historical Society, local libraries, Senior Living Facilities Currently meeting via Zoom (M, Tu) and on campus (F) 	<ul style="list-style-type: none"> Highly acclaimed speakers, community leaders, and recognized topic experts Addressing diverse issues of critical concern and intense interest Fridays – 3-4 pm Sep 9 – Dec 9 (no schedule conflicts with any other programs) Presentations with interactive Q & A Currently meeting via Zoom or in-person/ Zoom hybrid (Hyflex)

at-a-glance program schedule

What follows is the at-a-glance schedule that sets forth all our Fall 2022 programs by day of the week, time of day, and format. Use it to manage your schedule. This array of incredible educational opportunities allows you to take as many programs as you want—as long as they don't have a day and time conflict. This fall only our interests, curiosity, and level of energy, not physical space, date, or time will limit us. How marvelous!

Monday—Thursday programs are either on Zoom or in an off-campus location (noted in program description). Most Friday Programs are in-person only, on-campus, unless indicated differently. Hybrid programs will be offered in-person/on-campus and via Zoom.

Use the **Table No.** to find a program at Rendezvous
 Link to a **Page No.** for the course description

MONDAY PROGRAMS AT A GLANCE					
T#	Time	Title	Leader Name	Dates	Pg#
Seminars					
1	9–11 am	Conversations Around Race	Stacie Walton, Gretchen Jung	Sep 12–Nov 28	20
2	10–Noon	Invisible Threads and Hidden Walls of Time	Gus Koehler	Oct 3–Nov 7	30
3	Noon–1 pm	How to Invest in this Market and Economy	Sanjay Varshney	Sep 12–Oct 17	24
4	Noon–1 pm	Toastmasters Speechcraft	Lance McMahan	Sep 12–Oct 31	19
5	Noon–3 pm	The Great Directors. Part One: The Films of Steven Spielberg.	Gerald Camp, Frederick Chapman	Sep 12–Nov 28	17
Shared Interest Groups					
6	10:30–12:30 pm	Friends of <i>The New Yorker</i> magazine	Ronald Meyer, Judy Day	Sep 12–Dec 12	37
7	1–2 pm	The 'My Story' Project	Craig McCulloch, Allan Keown	Sep 12–Dec 12	38
8	3–4 pm	Qi Gong (Year-round dates and times vary)	Diana Loo	Sep 12–Dec 5	38

Use the **Table No.** to find a program at Rendezvous

Link to a **Page No.** for the course description

MONDAY PROGRAMS AT A GLANCE (CONT.)

T#	Time	Title	Leader Name	Dates	Pg#
One-Time Presentations—Monday Big History Series					
9	10–11:30 am	Paradigm Shifts, Global Expansion	Ranny Eckstrom	Sep 12	44
9	10–11:30 am	The History of Pandemics: A Paradigm Shift	Guenter Risse, Bonnita Wirth	Sep 19	44
9	10–11:30 am	The Effect of Communication Technology on Culture: The Beginnings	Phil Lane	Sep 26	44
9	10–11:30 am	Emergence of Modern Western Thought During the Enlightenment	Ed Sherman	Oct 3	44
9	10–11:30 am	Evolution of Evolution: History of the Concept of Organic Evolution	Paul Davis	Oct 10	45
9	10–11:30 am	Doggerland: What Happened There? Where Did it Go?	Lynette Blumhardt	Oct 17	45
9	10–11:30 am	The Effect of Communication Technology on Culture: The Great Electronic Paradigm Shift	Phil Lane	Oct 24	45
9	10–11:30 am	How Rapid Environmental Changes Affected Human History in the Ancient Middle World	David Lewis, Marty Keale	Oct 31	45
9	10–11:30 am	Genghis Khan and the Asian Continent	Karun Yee	Nov 7	45
9	10–11:30 am	Textiles	Kathryn Tobias	Nov 14	45
9	10–11:30 am	The History of Cannibal Pedophiles	Martha Lewis	Nov 21	46
9	10–11:30 am	A Look at a Book: <i>The WEIRDest People in the World: How the West Became Psychologically Peculiar and Particularly Prosperous</i>	Jerry Steinman	Nov 28	46
9	10–11:30 am	Alexander the Great	David Lewis	Dec 5	46
9	10–11:30 am	Chinese in Yosemite History	Karun Yee	Dec 12	46



Use the **Table No.** to find a program at Rendezvous

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TUESDAY PROGRAMS AT A GLANCE

T#	Time	Title	Leader Name	Dates	Pg#
Seminars					
10	10–11 am	Dance Documentaries—Short Films	Chip Zempel	Sep 6–Nov 29	16
11	10–11:30 am	Alexander the Great and How He Changed the Cultures of Eurasia	David Lewis	Sep 6–Sep 20	25
12	10–11:30 am	Grading America: What Would the Founders Think?	Ron Tochterman, Michael Hersher	Sep 6–Nov 8	21
13	10–11:30 am	Let's Write Some Songs	Al Zagofsky	Sep 6–Dec 6	17
14	10–Noon	As Long as Space/Time Endures: A Buddhist Practice Journey	Gus Koehler	Sep 6–Sep 27	29
Shared Interest Groups					
15	9:30–11 am	Book Group—Third Tuesday Book club	Marian Kile	Sep 20–Dec 20	36
16	10–11:30 am	Book Group—First Tuesday Book Club	Gwen Bedient	Sep 6–Nov 1	35
17	10–Noon	Digital Photography	Jane Steele, Colleen Wong	Sep 6–Nov 15	32
18	Noon–2 pm	Writer's Workshop II (P)	Anita Adams, Lani Hahn	Sep 6–Nov 29	36
19	2–4 pm	Book Group—Great Books Discussion Group	Steven Debry	Sep 6–Nov 29	35
One-Time Presentations—Tuesday Speakers Series					
20	2–3:30 pm	Ukraine and Its Sacramento Connection	Vlad Skots	Sep 6	46
20	2–3:30 pm	Nuclear Power— <i>The New Green Deal</i>	Jerry Glasser	Sep 13	47
20	2–3:30 pm	Climate Change Impacts on the California Coast and Ocean: How can we solve this crisis?	Tom Suchanek	Sep 20	47
20	2–3:30 pm	Street Art	Anne Rewell	Sep 27	47
20	2–3:30 pm	A Year in the Life of a Vietnam Grunt	Dan Callnon	Oct 4	48
20	2–3:30 pm	The Future of Sustainable Food	Jim Porterfield	Oct 11	48
20	2–3:30 pm	John Wesley Powell: Grand Canyon Explorer	David Abelson	Oct 18	48
20	2–3:30 pm	Foods That Fight Diabetes	Linda Middlesworth	Oct 25	48
20	2–3:30 pm	The Auburn Ravine Salmon Revival	Jim Hauffer	Nov 1	49
20	2–3:30 pm	American Apocalypse I	Harry Cohen	Nov 8	49
20	2–3:30 pm	Could the USA Lose Its Shine?	Sanjay Varshney	Nov 15	49
20	2–3:30 pm	American Apocalypse II	Harry Cohen	Nov 29	49
One-Time Presentations—Community Presentations					
21	6:30–8:30 pm	A Cook's Tour of Sacramento Neighborhoods and Beyond (See catalog for detailed information)	Maryellen Burns and Dan Cross	Days, dates, and times vary	43

Use the **Table No.** to find a program at Rendezvous

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WEDNESDAY PROGRAMS AT A GLANCE

T#	Time	Title	Leader Name	Dates	Pg#
Seminars					
22	10–11:30 am	iPad Basics	Carol Dabrowiak, Melissa Green	Sep 7-Oct12	30
23	10–Noon	Climate Chaos and the Individual	Don Forrester	Oct 26-Dec 7	29
24	10–Noon	Photography as Art (Closed to new participants)	Roger Klemm	Aug 31-Nov 16	41
25	10–Noon	Read Charles Dickens' <i>A Tale of Two Cities</i> —the book you loved to hate—and be surprised!	Louise DiMattio	Sep 21-Oct 26	19
26	Noon–1:45 pm	The Greco-Roman Tradition within Western Civilization	Ed Sherman	Oct 19-Nov 30	27
Shared Interest Groups					
27	9:25–11:30 am	Walkabouts	Lance Muller	Sep 7-Nov 30	39
28	10–Noon	Le Cercle Français (Conversational French)	Gerard Lagomarsino, Debra da Costa	Sep 7-Nov 30	36
29	5:30–7:30 pm	Dining Together	Cheryl Nelson	Sep 7-Nov 30	32
30	7–8:30 pm	<i>The Economist</i>	Wayne Luney	Sep 7-Nov 30	37
One-time Presentations—Community Presentations					
31	11–Noon	Support and Services for Sacramento Seniors	Kathy Hart, Danny Lee	Sep 21	42
31	11–Noon	Bits and Pieces: Beginner-Friendly Watercolor Fall Floral Doodles	Kathy Hart	Sep 28	42
31	11–Noon	Bits and Pieces: Beginner-Friendly Watercolor Pumpkin Doodles	Kathy Hart	Oct 19	42
31	11–Noon	Bits and Pieces: Beginner-Friendly Watercolor Holiday Doodles	Kathy Hart	Nov 16	42



Use the **Table No.** to find a program at Rendezvous

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THURSDAY PROGRAMS AT A GLANCE

T#	Time	Title	Leader Name	Dates	Pg#
Seminars					
32	10–11:30 am	The Assault on Our Democracy—What Is to Be Done?	Duane Campbell, Carl Pinkston	Sep 8-Dec 1	20
33	10–11:30 am	Imagining the Sacramento-San Joaquin River Delta: Voices Across Centuries	Robert Benedetti	Sep 8-Dec 1	26
34	10–Noon	iPhone Photographic Studio	Melissa Green	Sep 8-Oct 13	41
35	10–Noon	Word of Engineering	Richard Dabrowiak	Sep 8-Dec 1	31
36	1–3 pm	Relationships: How to Build Strong, Healthy, Loving Relationships	Nanci Kuzins, Anamaria Pasquiers	Sep 8-Dec 1	25
Shared Interest Groups					
37	9:30–11:30 am	Writer's Group I (Closed to new participants)	Curtis Nelson	Sep 8-Dec 1	41
38	10–Noon	Spanish Conversation, Advanced (Prerequisite required)	Béatrice Hildebrand, Susan Dlugach	Sep 8-Dec 1	34
39	10–Noon	Introduction to Walking Meditation Using a Labyrinth	Christie Braziel	Oct 6	37
40	1–2 pm	Partners in Crime (Closed to new participants)	Lynda Cassady, Pat Stokes	Sep 22-Nov 17	40
41	1–3 pm	Games for Entertainment	Roberta Frieze, Judy Keaton	Sep 8-Dec 1	32
42	2–4 pm	Book Group—Great Books Shared Interest Group (Closed to new participants)	Jean Cawood, Dan Rooney	Sep 8-Dec 8	39
43	3:30–5 pm	The Music of <i>Your Life</i>	Loretta Burdeaux	Sep 8-Dec 1	33



Use the **Table No.** to find a program at Rendezvous

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FRIDAY PROGRAMS AT A GLANCE

T#	Time	Title	Leader Name	Dates	Pg#
Seminars					
44	10–10:45 am	Android Basics	Carol Limbaga, Victoria Star	Sep 9-Dec 2	29
45	10–11:30 am	The California Trail—A Personal and Historic Journey (Hybrid)	William Sullivan	Oct 21-Dec 2	26
46	10–11:30 am	Travel and Adventure (Hybrid)	Terry Moss, Jennifer Kerr	Sep 9-Dec 2	18
47	10–11:30 am	The 2022 US Supreme Court at Work	Wolfgang Hoppe	Sep 9-Sep 23	23
48	10–11:30 am	A Visit to Ancient Egypt	David Warren	Sep 9-Dec 2	28
49	10–11:45 am	The Homeless Crisis in California	Sherman Haggerty	Sep 9-Sep 23	21
50	10–11:45 am	Racism, Prejudice, and Fascism (Hybrid)	Greg Beale	Sep 9-Dec 2	22
51	Noon–12:45 pm	The History and Anthropology of the Sacramento Valley from California Indians through the Gold Rush (~1825–1865)	Stephen Beck	Sep 9-Dec 2	27
52	Noon–1:30 pm	Cracker Barrel (Hybrid)	Anita Fante, Per Ostlund	Sep 9-Dec 2	20
53	Noon–1:30 pm	Haiku Poetry in Japan and America (Hybrid)	Theodore Goodwin	Oct 14-Oct 28	19
54	Noon–1:30 pm	Public Lands and the American Dream	Arthur Bauer	Sep 9-Dec 2	28
55	Noon–1:45 pm	Celebrating the Great Pop and Vocal Jazz Albums—Part II (Zoom only)	Michael Agron	Sep 9-Dec 2	16
56	Noon–2:30 pm	Dance Documentaries—Feature Films (Zoom only)	Chip Zempel	Sep 9-Dec 2	16
57	Noon–2:30 pm	"Top 10" U.S. Domestic Issues and Potential Solutions (Hybrid)	Ken Cross	Sep 9-Dec 2	23
58	12:15–2:45 pm	For the Love of Classical Music	Cynthia Hearden	Sep 9-Dec 2	17
59	1–2:30 pm	Active Retirement Investing	Bill Bailey, Marsha Holland	Sep 9-Dec 2	24
60	1–2:30 pm	The Dynamic, Dramatic, Sometimes Dirty Dozen of Early California	Richard Fuller	Sep 9-Dec 2	26
61	1–2:30 pm	The Great Hunger and Irish Immigration to the United States	Catherine Minicucci	Oct 7-Oct 21	26
62	1–2:30 pm	Real Rock 'n' Roll (Hybrid)	Bob Lang	Sep 9-Dec 2	18
63	1–2:30 pm	Stoic Insights: Ancient Wisdom for Resilience, Calmness, and Strength	Ivy Hendy	Sep 9-Sep 23	25
64	1–2:30 pm	Water in California: Its History, Challenges, Conflicts, and Solutions (Hybrid)	David Abelson	Sep 9-Dec 2	23
65	1–2:45 pm	Critical Thinking	Richard Kowaleski	Sep 9-Dec 2	21
66	1–2:45 pm	Ireland: History, Politics, and Culture	Michael Storey	Sep 9-Dec 2	28

Use the **Table No.** to find a program at Rendezvous

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FRIDAY PROGRAMS AT A GLANCE (CONT.)

T#	Time	Title	Leader Name	Dates	Pg#
Seminars (cont.)					
67	1–2:45 pm	Looking at the World with New Eyes: A Systems Perspective	Susan Osborn	Sep 9-Nov 18	22
68	1–2:45 pm	What's So Great About the Great Lakes?	Beth Mann, Maryellen Burns	Sep 9-Dec 2	31
Shared Interest Groups					
69	9:30– 11:30 am	Knitting with Friends	Barbara Kletzman, Kristen Strand	Sep 9-Dec 2	34
70	10–11:30 am	High Intermediate Spanish (Closed to new participants) (Hybrid)	Melody Flores	Sep 9-Dec 2	40
71	10–11:45 am	Fun with Jane: Sense and Sensibility on Page and Screen	Dierdre Downes	Sep 9-Oct 14	35
72	11:30–12:15 pm	A Guided Tour of the University Arboretum	Donna Eash, Michael Baad	Sep 9	38
72	11:30–12:15 pm	A Guided Tour of the University Arboretum	Donna Eash, Michael Baad	Sep 23	38
72	11:30–12:15 pm	A Guided Tour of the University Arboretum	Donna Eash, Michael Baad	Oct 7	38
72	11:30–12:15 pm	A Guided Tour of the University Arboretum	Donna Eash, Michael Baad	Oct 21	38
72	11:30–12:15 pm	A Guided Tour of the University Arboretum	Donna Eash, Michael Baad	Nov 4	38
72	11:30–12:15 pm	A Guided Tour of the University Arboretum	Donna Eash, Michael Baad	Nov 18	38
72	11:30–12:15 pm	A Guided Tour of the University Arboretum	Donna Eash, Michael Baad	Dec 2	38
72	11:30–12:15 pm	A Guided Tour of the University Arboretum	Donna Eash, Michael Baad	Dec 16	38
73	Noon–12:45 pm	Social Dancing	Richard Kowaleski	Sep 9-Dec 2	34
74	1–3:30 pm	Sketching in Nature	Alice Stamm	Sep 9-Oct 14	33
One-time Presentations—Friday On Campus Speakers Series (In-person only)					
75	10–11:30 am	Herb Caen	Maryellen Burns	Sep 9	50
75	10–11:30 am	Eastern Europe	Helena Kanderka	Sep 16	50
75	10–11:30 am	When Are We Dead?	Howard Slyter	Sep 23	50
75	10–11:30 am	Informed Consent	Howard Slyter	Sep 30	50
75	10–11:30 am	Take Your Garden into the Future	Mary Jane Sutliff	Oct 7	51
75	10–11:30 am	The Incarceration of Japanese Americans in WWII: A Personal Perspective	Brian Sakai	Oct 14	51

Most Friday Programs are in-person only, on-campus, unless indicated differently. Hybrid programs will be offered in-person/on-campus and via Zoom.

Use the **Table No.** to find a program at RendezvousLink to a **Page No.** for the course description**FRIDAY PROGRAMS AT A GLANCE (CONT.)**

T#	Time	Title	Leader Name	Dates	Pg#
One-time Presentations—Friday On Campus Speakers Series (cont.)					
75	10–11:30 am	The Leviathans of Lake Tahoe: The Biggest Fish Tale You've Probably Never Heard!	David Abelson	Oct 21	52
75	10–11:30 am	From the Vault: Stories Celebrating 100 years of 20th Century Fox	Mike Troyan	Oct 28	52
75	10–11:30 am	The Life and Art of John James Audubon	Theodore Goodwin	Nov 4	52
75	10–11:30 am	Are "Black Indians" real Native Americans?—Historical and Contemporary Perspectives	Darryl Omar Freeman	Nov 18	53
75	10–11:30 am	Jekyll Island: The Millionaire's Club	Beth Mann	Dec 2	53
Forums					
76	3–4 pm	The Ukrainian/Russian War: First-Hand Insights	Ruslan Gurzhiy, Marta Dyczok, Ksenia Kirillova	Sep 9	54
76	3–4 pm	Ballot Measures in the Nov 2022 Election	Steven Maviglio, Rob Stutzman	Sep 16	54
76	3–4 pm	A Future Mobility Commercialization Collaborative	Arlen Orchard	Sep 23	55
76	3–4 pm	The Evolution of Policing and Public Safety in a Time of Social Unrest	Daniel Hahn	Sep 30	55
76	3–4 pm	How the Decline of Local News Threatens Democracy	Michael Hendrix	Oct 7	55
76	3–4 pm	An Introduction to California History: From Indians, to Sutter, to Gold, and Agriculture (Part 2: 1846-1865)	Steve Beck	Oct 14	55
76	3–4 pm	Moving the Needle on Antiracism and Inclusion	Dr. Mia Settles-Tidwell	Oct 21	56
76	3–4 pm	The Aging Eye and Blindness	Dr. Ala Moshiri, Regina Brink	Oct 28	56
76	3–4 pm	The SMUD Museum of Science and Curiosity	Michele Wong	Nov 4	57
76	3–4 pm	The Latest Updates in Treatments for Alzheimer's	Claire Day	Nov 11	57
76	3–4 pm	Space Debris: It's Just Floating Space Junk, So Why Do We Care?	Dr. John L. Crassidis	Nov 18	57
76	3–4 pm	What's Happening in California's Environmental Legislation?	Senator Ben Allen	Dec 2	58
76	3–4 pm	Mystery Guest Speaker	Mystery Guest Speaker	Dec 9	58

In keeping with recent semesters, all Forums will be broadcast virtually using Zoom Webinar. However, for RS members attending earlier Friday classes on campus, we will provide an optional classroom—**Del Norte Hall (DLN) 1004**—where the Forums will also be simulcast and viewable in real time.

Use the **Table No.** to find a program at RendezvousLink to a **Page No.** for the course description**SATURDAY PROGRAMS AT A GLANCE**

T#	Time	Title	Leader Name	Dates	Pg#
Saturday Trip					
77	8:30 am–6 pm	See the Sundial Bridge	Cynthia Hearden	Oct 22	53



programs by topic

seminars

Art, Entertainment, Food, and Travel

Celebrating the Great Pop And Vocal Jazz Albums—Part II

Michael Agron

Fridays, Sep 9 to Dec 2 (12 weeks)

12 Noon to 1:45 pm **(Zoom only)**

In Part II we will continue our musical journey by exploring some more of the greatest pop and vocal jazz artists and their albums such as Streisand, Carole King, Sinatra, Mathis, Kingston Trio, Sarah Vaughn, Simon and Garfunkel, James Taylor, Carmen McRae, Joe Williams, Peggy Lee, Everly Brothers, Beach Boys, and the Beatles. Our journey will be to unpack recordings from selected albums, their artistic influences, and the cultural impact on the jazz and pop vocal landscape of the 50s, 60s, and 70s.

Michael Agron grew up in Los Angeles, the heart of the recording, TV, and film industry. This baby boomer's exposure and love of music and entertainment started at an incredibly young age. He has been fortunate to fulfill his musical and entertainment passions by offering his unique and popular seminars nine times to all types of music lovers who are members of the Sacramento Renaissance Society.

**CLICK HERE TO ENROLL
IN ANY PROGRAM**

Dance Documentaries—Feature Films

Chip Zempel

Fridays, Sep 9 to Dec 2 (12 weeks)

12 noon to 2:30 pm **(Zoom only)**

From Ballet and Ballroom to Clownin' and Krumping, we'll watch and discuss feature-length films about music and movement in different cultures. Some films will spotlight the dancers themselves, some will be about artistic expression and the aesthetic experience, and some will focus on storytelling through dance.

Note: Both the Friday (Feature Films) and Tuesday (Short Films) seminars will be online-only classes. Each seminar has a separate registration.

Chip Zempel is in his seventh year leading film seminars for Renaissance Society. He seeks out unusual "genre busters" that don't fit standard categories, and his seminars have covered a broad range of themes from samurai films and westerns, to romantic comedies, coming-of-age stories, animation, time travel, and magic, myths, and fairy tales.

Dance Documentaries—Short Films

Chip Zempel

Tuesdays, Sep 6 to Nov 29 (12 weeks)

10 to 11 am

From Ballet and Ballroom to Clownin' and Krumping, we'll watch and discuss short documentary films about music and movement in different cultures. Some of the films will spotlight the dancers themselves, some will be about artistic expression and the aesthetic experience, and some will focus on storytelling through dance. **Note:** Both the Friday (Feature Films) and Tuesday (Short Films) seminars will be online-only classes. Each seminar has a separate registration.

Chip Zempel is in his seventh year leading film seminars for Renaissance Society. He seeks out unusual "genre busters" that don't fit standard categories, and his seminars have covered a broad range of themes from samurai films and westerns, to romantic comedies, coming-of-age stories, animation, time travel, and magic, myths, and fairy tales.



For the Love of Classical Music

Cynthia Hearden

Fridays, Sep 9 to Dec 2 (12 weeks)

12:15 to 2:45 pm

Capistrano Hall (CPS) 223

In this seminar we will enjoy live musical performances almost every week, with a few lectures as well. We will enjoy the music of violinists, pianists, flutists, cellists, bassists, and many more. We will learn about the instruments of the orchestra, as well as the beautiful human voice, and will enjoy not only classical music but also some opera and musical theater. Musical knowledge and/or background are not necessary for this seminar. **Note:** A voluntary donation of \$40 is requested for scholarships.

Cynthia Hearden was a teacher, school principal, and education consultant during her career, but was always a lover of classical music. She has been an usher with the San Francisco Opera and plays her own piano for fun. She travels extensively, always looking for another performance in another city.

Most Friday Programs are in-person only, on-campus, unless indicated differently. Hybrid programs will be offered in-person/ on-campus and via Zoom.

The Great Directors. Part One: The Films of Steven Spielberg

Gerald (Gerry) Camp

Co-leader: Frederick Chapman

Mondays, Sep 12 to Nov 28 (12 weeks)

12 noon to 3 pm

Meet and Greet: Wednesday, Sep 7

(12 noon – 1:30 pm)

Participants will view and discuss in depth some of the greatest movies directed by Steven Spielberg. Movies will (probably) be chosen from this list: E.T. The Extra-Terrestrial, Saving Private Ryan, The Color Purple, Empire of the Sun, Schindler's List, A.I. Artificial Intelligence, or Amistad. **Note:** Join us for a Meet and Greet on Wednesday, Sep 7th from 12 Noon to 1:30 pm using the same Zoom link you receive when you enroll in this seminar.

Gerald Camp spent his career years as an educator. Beginning as a high school English teacher, he went on to become a teacher of future teachers, and a curriculum specialist for the Department of Defense Dependents Schools in Europe. He is a fan of Shakespeare and great movies.

Frederick Chapman was a Renaissance class leader of *Writing Personal Histories* for four years. He has given two presentations for *Travel and Adventure*. His main use of his disposable income is traveling, both domestically and abroad.

Let's Write Some Songs

Al Zagofsky

Tuesdays, Sep 6 to Nov 29 (12 weeks)

10 to 11:30 am

If you've toyed with writing a song, this class is for you. The class is designed in four three-week sessions: Introduction to Songwriting, History of Songwriting, Basics of Songwriting, and Songwriting Workshop. No prior experience is required but is always helpful, as is a familiarity with an instrument—guitar or piano is best. So, Let's Write Some Songs!

Al Zagofsky has written over 150 songs in the last four years. He has taught several Renaissance courses including several classes

on *Songwriting*. He hosts weekly sing-along sessions and belongs to the Yosemite Songwriters Retreat where he has song jams and exchanges across the USA and Canada.



Real Rock 'n' Roll

Bob Lang
Fridays, Sep 9 to Dec 2 (12 weeks)
1 to 2:30 pm
Mendocino Hall (MND) 3013 (Hybrid)

Real Rock 'n' Roll explores the influences, roots, and development of traditional rock 'n' roll music leading to the heyday of the 50s and early 60s up to the British Invasion. Genres include early R&B, rockabilly, doo-wop, plus the popular teen idols, crazy dance crazes, one-hit wonders, British groups, and more—all with updated music and several new video examples: Elvis, Little Richard, Chuck Berry, Ray Charles, Dion and the Belmonts, and the Beatles—plus "Bob's Bonus Tracks!"

Bob Lang has provided music appreciation classes for the Renaissance Society for the last decade. His two classes are *Real Rock 'n' Roll* and *All That Jazz*. Lang spent his early career in radio and television, also taught community

college media classes, was an equipment trainer, and retired from the California Department of Corrections and Rehabilitation. He has written three books and is a singer/guitarist with the classic rock horn band "On Air."

Travel and Adventure

Terry Moss
Co-leader: Jennifer Kerr
Fridays, Sep 9 to Dec 2 (12 weeks)
10 to 11:30 am
University Library (LIB) 3021 (Hybrid)

The first Renaissance travel class was in 1999 and Terry joined. It met twice a month with fewer than 10 attendees; it lasted a semester. Bob Seyfried was asked to organize another *Travel and Adventure* and was successful. Then and now, *Travel and Adventure* meets Fridays at 10 a.m., giving speakers time for presentations and questions. Slide shows and videos play a key role. Topics have included most countries around the globe. *Travel and Adventure* works: Terry and his wife heard a presentation on Morocco; they went and loved it! **Note:** This program will be offered in person and on Zoom.

Terry Moss was born to travel. His army service in the early 50s took him to Germany. Later, he hitchhiked throughout Europe and in the 60s returned to Germany as a teacher-coach, meeting his future wife there. When they fully retired, they upped their travels, almost reaching 80 countries.

Jennifer Kerr worked for The Associated Press, but found out upon retirement that Renaissance classes were a lot more fun. Also a lot more fun is traveling, which she and her late husband enjoyed doing. Her latest trip was to Peru and Ecuador in January 2022.

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Books, Language, and Literature

Haiku Poetry in Japan and America

Theodore (Theo) Goodwin
Fridays, Oct 14 to Oct 28 (3 weeks)
12 noon to 1:30 pm
Brighton Hall (BRH) 208 (Hybrid)

We will study a survey of Japanese Haiku poetry translated into English from its origins in the 1600s through contemporary American Haiku. Haiku began as a Buddhist form of poetry consisting of three lines and 17 syllables that examined the beauty of specific natural settings. It evolved to focus on all topics. Japanese Americans wrote haiku when they settled in California's Central Valley, helping them survive imprisonment in Manzanar, California. We will read their poems of sorrow.

Theodore Goodwin is a naturalist, a student of history, a photographer, and a guitarist. As an attorney, he specialized in environmental law, tax, and juvenile court cases. He has presented Renaissance classes on *California Air Quality Law*, *How to Read and Write Haiku Poetry*, and *Creative Paris in 1890*.

Read Charles Dickens' *A Tale of Two Cities*—the book you loved to hate—and be surprised!

Louise DiMattio
Wednesdays, Sep 21 to Oct 26 (6 weeks)
10 to 12 noon

Participants will read and discuss *A Tale of Two Cities* using a read-as-you-go format over a period of six weeks. Each session will be about two hours in length and will be divided in the same way that Dickens serialized his novel. The discussion will be hosted by a Great Books leader and the Shared Inquiry discussion method will be used. We will utilize the Penguin Classics Edition so that all members have the same page numbers for ease of textual reference.

Louise DiMattio is the current President of the Great Books Council of Northern California. She has been facilitating book groups for

more than 30 years using the Shared Inquiry Method of discussion. She is a retired Labor and Delivery Nurse and practiced nursing in San Francisco for the better part of 30 years. She resides in San Francisco, is married, and a mother and grandmother. Her greatest joy is discussing books, short stories, and essays with like-minded adults.



Toastmasters Speechcraft

Lance McMahan
Mondays, Sep 12 to Oct 31 (8 weeks)
12 noon to 1 pm

Speechcraft is a blended learning program designed to provide optimal support for learners interested in building their communication and public speaking skills. The projects include: Choose a Topic; Prepare to Present; Giving and Receiving Feedback; Know Your Purpose; Body Language; How to Evaluate; Vocal Variety; and Powerful Words.

Lance McMahan was raised in Sacramento and graduated from CSU Sacramento in 1985. Lance has presented many times to public and regulatory bodies and in 2008 he joined a Toastmasters club where he speaks regularly. Lance provides training to Toastmaster officers and has earned the highest honor possible in Toastmasters, the Distinguished Toastmaster Award. Lance is currently serving as the Club Growth Director for Toastmasters District 39 in Sacramento, and beginning July 1, 2022 will serve as the Program Quality Director.

Contemporary Thought: Local and Global Perspectives

The Assault on Our Democracy—What Is To Be Done?

Duane Campbell

Co-leader: Carl Pinkston

Thursdays, Sep 8 to Dec 1 (12 weeks)

10 to 11:30 am

Our political system, democracy, is under assault. What are we going to do about it?

We face the danger of a right-wing racist and authoritarian movement seizing state power, producing the loss of what remains of U.S. democracy. This movement has already captured one of the two major political parties, and it is now laying the groundwork for overturning democratic elections in 2022. There are alternatives we can engage in. Our study will include an analysis of the political and economic forces of this movement.

Duane Campbell is a professor emeritus of bilingual multicultural education at California State University Sacramento, a union activist, and a former chair of Sacramento Democratic Socialists of America. He was a volunteer for the UFW from 1972 to 1977. He has published numerous journal articles and two books, and has been teaching and co-teaching in the Renaissance Society since 2009.

Carl Pinkston is a retired accountant. He is Director of the Black Parallel School Board (Sacramento) and Chair of the Community Priorities Coalition (Education) for Sacramento. Carl and Duane have co-taught seminars in Renaissance for at least six years.

Conversations Around Race

Gretchen Jung

Co-leader: Stacie Walton

Mondays, Sep 12 to Nov 28 (11 weeks)

9 to 11 am

Race is the elephant in the room. Although Racism is a critical problem in our society, many choose not to discuss it and only observe it from

afar. In this interactive seminar, we decide to dance with RACISM, engaging in courageous conversations that put Race and Racism front and center. We will adopt the Circle Process from Indigenous traditions to support our need to create a brave welcoming space to share stories and deeply listen to one another.

Gretchen Jung MS, MA, is passionate about diversity, inclusion, and all forms of social justice. Her most recent activism includes Coming to the Table Racial Healing Circles, Sacramento Area Congregation Together (ACT) social justice group, and facilitating book groups and film groups on social justice themes at the Center for Spiritual Awareness. She has taught a *Race Conversations* class for the Renaissance Society for the past two years.

Stacie Walton MD, MPH, has been a consultant in DEI for various institutions for 25 years. Currently, she works as the Diversity Director for two organizations and provides keynotes for Tour de Force Speakers. She has been a volunteer instructor in *Race Conversations* for the Renaissance Society for the past two years.



Cracker Barrel

Anita Fante

Co-leader: Per Ostlund

Fridays, Sep 9 to Dec 2 (12 weeks)

12 noon to 1:30 pm

Amador Hall (AMD) 152 (Hybrid)

This is a year-round, weekly discussion group that emphasizes thoughtful dialogue on current social, political, economic, and cultural



issues. Participation in class discussion is not required, but desirable. Prerequisites include good listening skills as well as tolerance and patience for the values and beliefs expressed by others. Once registered, participants may treat it as a drop-in class.

Anita Fante has been an active member of the *Cracker Barrel* for more than 10 years. In the past few years, she helped set up and administer the group starting in the summer of 2020. She has a background in public affairs management for the State of California.

Per Ostlund started with *Cracker Barrel* in 2011 and became the moderator in 2016. Prior to joining the Renaissance Society, he was employed by the State Fund of CA working with trade associations.

Critical Thinking

Richard Kowaleski

Fridays, Sep 9 to Dec 2 (12 weeks)

1 to 2:45 pm

Douglass Hall (DH) 208

Hone your ability to think critically about politics, consumer affairs, relationships, alternative medicine, investments, and more. Spot the logical fallacies so common in emotional appeals. This seminar is very popular, so register early online before the seminar is full. Members are encouraged to buy the text, do the weekly homework, and participate in the discussions, but they do not make presentations.

Richard Kowaleski has taught at the United States Air Force Academy and California State University, Sacramento. He shows, in an entertaining manner, how to think clearly and logically.

Grading America: What Would the Founders Think?

Ron Tochterman

Co-leader: Michael Hersher

Tuesdays, Sep 6 to Nov 8 (10 weeks)

10 to 11:30 am

We will read and discuss Joseph Ellis's *American Dialogue*, the subject of which is not only the Founding Era, but also our own, and the "ongoing conversation between past and present." The book posits that the founding generation's "greatest legacy is the recognition that argument itself is the answer." Class participation encouraged but not required. Lecture with Q and A.

Ron Tochterman was a judge of the Superior Court in Sacramento for 32 years, retiring in 2011. Before that he was a deputy district attorney in Sacramento. For 20 of those years, he taught night law school (Constitutional Law and Evidence). He has led approximately 15 Renaissance Society Seminars (*Literature and the Constitution*). He grew up in Sacramento, and graduated from Cal and Berkeley Law. He is married and has two sons and four grandchildren.

Michael Hersher was an attorney of public education law for 40 years and a law school professor. He has taught several Renaissance classes on protest songs and one-time seminars on music and culture.

The Homeless Crisis in California

Sherman Haggerty

Fridays, Sep 9 to Sep 23 (3 weeks)

10 to 11:45 am

Eureka Hall (EUR) 104

This three-part program will explore the homeless crisis in California. Part one presents a history of the service model in place around the turn of the century, and reviews the federal policy changes that took place between 2008 and 2015 that restricted the use of government funds beginning in 2016. Part two will look at the impacts of those changes, including cost and outcome comparisons. Part three explores what options we have to consider to slow the "out of control" growth of homelessness.

Sherman Haggerty has been employed in homeless services since 2014 for Volunteers of America. Prior to that, he was the regional VP for Lennar Homes in Sacramento. Sherman was inducted into the California Homebuilding Foundation Hall of Fame in 2012. He has a Master's Degree in Management from Claremont Graduate School. He became an ordained minister in June of 2019 and a published author in November 2021 with his book on the current homeless crisis, *Hope Disappearing*.

Looking at the World with New Eyes: A Systems Perspective

Susan Osborn
Fridays, Sep 9 to Nov 18 (10 weeks)
1 to 2:45 pm
Mendocino Hall (MND) 1028

Einstein demonstrated that if we look at anything through a different lens, what we perceive will be different. (Those of us who have had successful cataract surgery can attest to his experience.) Being able to see things in different ways is a key to understanding each other and the complex, ever-changing world in which we live. In this seminar we will use six systemic lenses and a wide range of resources to expand our vision.



Susan Osborn earned a degree in organizational systems from Fielding Graduate University, developed the performance management system at Sun Microsystems, created the M.S. in Systems Management program at Notre Dame de Namur University, taught "Leadership and Systems" for the M.A. in Organizational Leadership program at Chapman University, and published *The System Made Me Do It.*"

Racism, Prejudice, and Fascism

Greg Beale
Fridays, Sep 9 to Dec 2 (12 weeks)
10 to 11:45 am
Amador Hall (AMD) 151 (Hybrid)

Racism, Prejudice, and Fascism all degrade liberal democracy. Our country is not immune, as is Russia or China, regardless of the propaganda. Freedom is NOT free, and every generation faces the same challenges that engulfed Italy, Germany, and Japan. Presently Russia has entered the realm of fascism, and some in America have followed suit. We need to stop this because our very existence depends on not allowing fascist dictators to use racism to take over freedom. There will be new material in this class AND it will be, God willing, a hybrid of in-class and Zoom. What happened just now in



Buffalo, New York lends even more urgency to learn all we can about this scourge on humanity!

Greg Beale has a lifetime of working in at-risk schools. He also was a long-time school administrator in lower socioeconomic schools. He has seen the devastating effects on children of racism and prejudice. Moreover, a lifetime of working to be an anti-racist AND an anti-fascist is becoming more relevant in today's dangerous world.

"Top 10" U.S. Domestic Issues and Potential Solutions

Ken Cross
Fridays, Sep 9 to Dec 2 (12 weeks)
12 noon to 2:30 pm
Folsom Hall (FLS) 1050 (Hybrid)

This seminar focuses on U.S. domestic issues and potential solutions: poverty (income inequality, homelessness and affordable housing, hunger and food insecurity), who stole the American dream, Wall Street and capitalism, immigration, diversity and equity, mass incarceration, healthcare, education, war and the national security state, climate change, and active U.S. citizenship! The series utilizes documentary film, expert speakers, and discussion to define issues and organizing steps for citizens to promote positive change. Other resources include films, books, articles, and websites to expand knowledge and awareness. Community-based experts share their experience developing and implementing practical solutions to Sacramento's and California's social justice issues.

Ken Cross graduated from the U.S. Military Academy, West Point, NY in 1974 serving as a U.S. Army airborne ranger, armor officer. Ken was a financial planner, manager, and corporate trainer serving career military service members. His final career was as the CEO of Habitat for Humanity of Greater Sacramento. Join us for a Zoom-only Meet and Greet on Friday, Sep 2nd at Noon using the same Zoom link you received when you enrolled in this seminar.

The 2022 US Supreme Court at Work

Wolfgang Hoppe
Fridays, Sep 9 to Sep 23 (3 weeks)
10 to 11:30 am
Tahoe Hall (TAH) 1007

In this three-week lecture course we will review and put into historical context three current US Supreme Court decisions that were announced in mid-2022. We will examine one decision in each of three class meetings. In all probability, these will be decisions involving abortion, gun laws, and religion.

Wolfgang Hoppe is a retired trial lawyer, former adjunct professor at Wayne University Law School in Detroit, and retired US Foreign Service officer. Before moving to Carmichael, CA in 2020, he taught at OLLI/SOU (Southern Oregon University) in Ashland, OR, between 1999 and 2019, where his courses concerned important current US Supreme Court decisions involving the US Constitution.

Water in California: Its History, Challenges, Conflicts, and Solutions

David Abelson
Fridays, Sep 9 to Dec 2 (12 weeks)
1 to 2:30 pm
Mendocino Hall (MND) 4008 (Hybrid)

Water is essential for all life, and the story of water in California is exceptionally colorful, complex, and controversial. This seminar explores many water-related topics including: (1) Where does water in California come from and where does it go? (2) What service(s) does water provide, historically and currently?



(3) How is water captured, controlled, and regulated? (4) Why is water such a contentious issue? (5) How (if ever) will California resolve its many conflicts over water?

David Abelson will lead this 12-week seminar on *Water In California*. Mr. Abelson is a retired attorney who specialized in environmental law. He has taught a number of semester-long courses and given numerous presentations on a variety of topics since joining the Renaissance Society in 2012. David has a passion for lifelong learning and his seminars and talks on *Water in California* have always been well-received. So if you've got "water on the brain," this class is definitely for you!

Economics

Active Retirement Investing

Bill Bailey
Co-leader: Marsha Holland
Fridays, Sep 9 to Dec 2 (12 weeks)
1 to 2:30 pm
Douglass Hall (DH) 106

This seminar simplifies your finances into three phases of investing: the financial planning process; new portfolio construction and the monitoring of your investments; and portfolio and estate reviews. Think of it as reviewing the past, considering actions for now, and objectives for the future. Discussions include different techniques for balancing a viable lifelong investment program. Learn tools to ground yourself in the reality of investing.

Bill Bailey graduated from Sac State and went on to get his master's degree in financial services. He has been a financial adviser for over 40 years and full retirement is not in sight. The Renaissance Society creates the opportunity to share his lifelong career experiences with others.

Marsha Holland has been a member of the Renaissance Society since 2014. She assists Bill Bailey in making his seminars interesting and informative. Marsha enjoys all the opportunities that the Renaissance Society provides and has served on the Seminar Committee.

How to Invest in This Market

Sanjay Varshney
Mondays, Sep 12 to Oct 17 (6 weeks)
12 noon to 1 pm

For those who have a basic understanding of how the economy and markets work, the question arises: How do you invest now to take advantage and optimize your opportunities? What factors must one consider in these decisions? Given the complexities of the markets and the plethora of investment outlets, what is the most educated way to approach asset allocation and strategy? Are there lessons learned from the past that may help navigate the future? **Note:** This seminar is the same as the Spring 2022 program.

Sanjay Varshney is Founder and Principal, Goldenstone Wealth Management, and Professor of Finance at California State University, Sacramento. He was Senior Vice President/Investment Strategy Specialist for California and Nevada at Wells Fargo Private Bank—Wealth Management Group. He served as the Vice President for Economic and Regional Partnerships and Dean of the College of Business at California State University, Sacramento for 10 years.

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Health and Well-Being

Relationships: How to Build Strong, Healthy, Loving Relationships

Nanci Kuzins
Co-leader: Anamaria Pasquiers
Thursdays, Sep 8 to Dec 1 (12 weeks)
1 to 3 pm

Come learn compassionate communication skills to bring joy and meaning into your relationships. We use games, role playing, and exercises woven in with *Nonviolent Communication: A Language of Life* by Marshall B. Rosenberg; *The Four Agreements* by Don Miguel Ruiz; *Change Your Thoughts, Change Your Life* by Wayne Dyer; and other resources. This new life language can reduce stress, decrease anxiety, clear up misunderstandings, and heal old conflicts. Learn how to interrupt when necessary, how to release resentment when you hear "NO," and how to let go of any shame, guilt, or fear when you need to say "NO" to yourself or someone else.

Nanci Kuzins is committed to helping people find their self-empowerment and voice so they may develop skills to enrich life for themselves and others through Compassionate Communication. She is co-founder of Community Skill Exchange Sacramento, a time bank in which members exchange skills and services for time instead of money and all are equal.

Anamaria Pasquiers is committed to helping people gain a deeper understanding of themselves and others. Anamaria consults on

self-healing methods and spiritual counseling, and is a social activist and an interfaith minister. She has led spiritual growth groups on Taoism, Kundalini Yoga, and A Course in Miracles, and served as a prayer chaplain.

Stoic Insights: Ancient Wisdom for Resilience, Calmness, and Strength

Ivy Hendy
Fridays, Sep 9 to Sep 23 (3 weeks)
1 to 2:30 pm
Alpine Hall (ALP) 236

How do we find calmness and strength in times of uncertainty and stress? Through the ages, people have identified with Stoicism and its attention on teaching courage and resilience, and having a worldview that focuses on harmony and contentment. The Stoics emphasized the importance of close relationships in addressing life's challenges. Stoicism is a practical non-theoretical approach to facing human travails. In this seminar, we will draw on the wisdom of the three most famous ancient Stoics.

Ivy Hendy has been a Renaissance Society member for nine years and has led seminars in *Ethics and Everyday Life* and *Art History*. Ivy holds a degree in philosophy and has always been an avid fan of making philosophy understandable and applicable to our current life situations.

History

Alexander the Great and How He Changed the Cultures of Eurasia

David Lewis
Tuesdays, Sep 6 to Sep 20 (3 weeks)
10 to 11:30 am

Alexander the Great is recognized as one of the top five generals in the history of warfare. From the age of 18, Alexander conquered most of the known world in just 14 years, and then he died in Babylon at the age of 32. But his influence on the conquered lands did not end there. We will explore how he was able to conquer Eurasia, Egypt, and even some of

India in such a short time, as well as the impact he had on the cultures of his Hellenistic empire that went on for centuries thereafter.

David Lewis retired after 35 years in Silicon Valley making computer chips. After 12 years living in Murphys, CA, he moved to Sun City Lincoln Hills, where he joined and eventually became the VP of the Big History Club. After Big History partnered with the Renaissance Society, David made several presentations and has led the *Ancient Egypt* seminar for the past two semesters.



The California Trail—A Personal and Historic Journey

William Sullivan
Fridays, Oct 21 to Dec 2 (6 weeks)
10 to 11:30 am
Shasta Hall (SHS) 240 (Hybrid)

This seminar explores the events of an 1800-mile journey that followed the California Emigrant Trail. Included in the class are the history of the trail; the actual emigrant experience of the trail; and what can be found on the trail, both historic and social.

William Sullivan is a “very” (his word) amateur historian with a special interest in California emigration. In the summer of 2021, Bill researched and drove the 1800 miles of the California Emigrant Trail, a route that emigrants—his family included—used to get to California. That drive is the basis of this seminar. In the past, Bill has offered a Renaissance seminar on the *History of Donner Pass*, and he continues to be interested in the Donner Pass area, where he spends much time after the snow melts.

The Dynamic, Dramatic, Sometimes Dirty Dozen of Early California

Richard Fuller
Fridays, Sep 9 to Dec 2 (12 weeks)
1 to 2:45 pm
Mariposa Hall (MRP) 1001

Across Beringia to Sacramento, from Modocs to Ishi, Father Serra to Mother Donner, John Sutter to John Bidwell to John Muir, from James Marshall to vigilantes, California characters have been amazing: fighting Mexico with almost no weapons, immigrants coming west BEFORE gold was discovered, hand-digging gold for five years and then using water cannons and dredges, and finally finding riches in Central Valley dirt. Richard tells tales for friends, families, and/or lovers.

Richard Fuller taught high school for 13 years. He has been a Renaissance Society member for 13 years, and has led 18 seminars. He does extensive fieldwork, researches voluminously, dresses the part[s], and presents original material. Two favorite seminars: *Making of the Bible* and *Native Americana*.

The Great Hunger and Irish Immigration to the United States

Catherine Minicucci
Fridays, Oct 7 to Oct 21 (3 weeks)
1 to 2:30 pm
Alpine Hall (ALP) 122

Between 1845 and 1854, the population of Ireland dropped from 8 million to 5 million: half from famine and half from emigration. This class will cover the factors that set the stage for the Great Hunger. The British response to the famine will be described, as well as philanthropy from America and other countries. 1.5 million Irish people emigrated to countries around the world, especially America. The Irish immigration experience and their contribution to building America will be covered.

Catherine Minicucci was born in Berkeley and raised in Los Angeles. She graduated from UCLA and earned a graduate degree from Harvard. For 30 years she led Minicucci Associates, a consulting firm specializing in

evaluating programs for children and youth. A Renaissance Society member since 2012, Cathy began offering presentations in 2016. Her interest is history. Cathy enjoys travel, water exercise, and her two grandchildren.

The Greco-Roman Tradition within Western Civilization

Ed Sherman
Wednesdays, Oct 19 to Nov 30 (6 weeks)
12 noon to 1:45 pm

Western Civilization consists of two principal cultural traditions: 1) Judeo-Christian, religious-philosophical values, and 2) Greco-Roman, secular values. In this course we will inquire into 1) Greek intellectual and aesthetic creativity, and 2) Roman practical ingenuity.

Ed Sherman has spent more than 60 years studying and teaching Ancient History at colleges in California and Nevada. In addition, he spent nearly three years wandering around the Mediterranean exploring its antiquities and landscapes. Ed has led seminars for the Renaissance Society for the past 10 years.

The History and Anthropology of the Sacramento Valley from California Indians through the Gold Rush (~1825–1865)

Stephen Beck
Fridays, Sep 9 to Dec 2 (12 weeks)
12 noon to 12:45 pm
Alpine Hall (ALP) 235

This program will examine the role played by Sutter’s Fort, and the people who lived and worked there in the 19th century development of California, including the role of California Indians, trappers, explorers, soldiers, emigrants, entrepreneurs, foreign nations, Argonauts, and politicians. It will examine the socio-political culture of California, as well as specific events, such as the establishment of Sutter’s Fort, Western Migration, the Donner Party, the Mexican-American War, the Gold Rush, and Sacramento.

Stephen Beck is a retired Director of the Sacramento Historical Society local and he worked over 20 years for California State

Parks. Beck has appeared in several TV shows regarding California History, Natural History, and Anthropology. He appears regularly on Sacramento Access Channel’s award-winning history show, *Living in the West*. Beck is regularly invited by schools and organizations to speak on the History and Anthropology of California.



Imagining the Sacramento-San Joaquin River Delta: Voices Across Centuries

Robert Benedetti
Thursdays, Sep 8 to Dec 1 (12 weeks)
10 to 11:30 am

This 200-year journey through the Sacramento-San Joaquin Delta begins with native voices, then listens to Spanish explorers. Rancheros and prospectors are heard, then arguments over agricultural land dominate. Inventors describe machines to tame the Delta. Inhabitants picture communities, labor tensions, and ethnic enclaves. Prohibition and WWII disrupt the Delta, but marinas become hubs of conversation. The region’s water and habitats are contested, but some imagine new settlement patterns.

Robert Benedetti is publishing an anthology of Delta writings. He is the Secretary of the Renaissance Society and an emeritus professor of political science at the University of the Pacific where he was Dean of the College. His doctorate from the University of Pennsylvania is in political science. Join us for a Meet and Greet on Thursday, Sep 1st at 10 am using the same Zoom link you received when you enrolled in this seminar.

Ireland: History, Politics, and Culture

Michael Storey
Fridays, Sep 9 to Dec 2 (12 weeks)
1 to 2:45 pm
Douglass Hall (DH) 105

Ireland is known for its beautiful landscape and its wonderful writers. But it has never been a unified nation. Today, the island is split between the independent Republic of Ireland and Northern Ireland, a British entity, a split that is the result of centuries of invasions and conflicts. The course will explore Ireland's tumultuous history, including the so-called Troubles, the violent conflict between Republicans and Unionists, Catholics, and Protestants; and its cultural achievements, especially its myths and literature. The course will consist of lectures, DVDs, and discussion.

Michael Storey has been a member of the Renaissance Society since 2015 and has offered courses in poetry, Irish fiction, and the history, politics and culture of Ireland. He is a retired English professor and the author of articles, reviews, and a book about Irish Literature.



Public Lands and the American Dream

Arthur Bauer
Fridays, Sep 9 to Dec 2 (12 weeks)
12 noon to 1:30 pm
Douglass Hall (DH) 209

The federal government owns 45% of the land in California and only 0.3 % in Iowa. Why? The answer lies in the history of land ownership, beginning with the first permanent colonial settlements. It is a story of national aspirations—

aspirations that conflicted with other nations and Native Americans. We will explore the creation of the national public land domain, its disposition, and its management. Among the issues will be land grants to farmers including women and Blacks, colleges, railroads, and California land issues.

Arthur Bauer has a long-time interest in public land policy. In his transportation consulting practice, he became knowledgeable about the Treaty of Guadalupe Hidalgo and how it applied to certain designated lands in California. In addition, both sides of his family homesteaded under the terms of the Homestead Act of 1862. His maternal family homesteaded in North Dakota and his paternal family homesteaded in Mariposa County.



A Visit to Ancient Egypt

David Warren
Fridays, Sep 9 to Dec 2 (12 weeks)
10 to 11:30 am
Sequoia Hall (SQU) 316

Using lecture and slides, we will visit Ancient Egypt and explore its rulers, its mythology, and its major historical and archeological sites. Come, learn, and be entertained.

David Warren received his doctoral training in Rome, Italy, and he has personally visited most of the major sites of the Ancient World. He would like to share his collected knowledge with you.j7

Nature, Science, and Technology

Android Basics

Carol Limbaga
Co-leader: Victoria Star
Fridays, Sep 9 to Dec 2 (12 weeks)
10 to 10:45 am
Douglass Hall (DH) 107

This is both an on-campus and email class. It is **not** on Zoom. Email me to enroll. Because you cannot enroll in more than one program on the same day and time, contact me first if you want to enroll in another Friday morning class. On-campus and email only. This seminar is an Android Smartphone, one-on-one, hands-on support class with your own cell phone. The seminar will cover basic usage: phone features, settings, make and receive calls, contact info, voicemail, message/text, delete, email, camera, apps on your phone, and new apps from the Play Store. We want YOUR basic questions!

Originally from Burlington, VT, the family moved to California. **Carol Limbaga** loves all things science, is curious, tenacious, and enjoys supporting others. She likes being a Renaissance Society lifelong learner.

Victoria Star is a very generous person, always wanting to help!

As Long as Space/Time Endures: A Buddhist Practice Journey

Gus Koehler
Tuesdays, Sep 6 to Sep 27 (4 weeks)
10 to 12 noon

Buddhism integrates concepts of space-time into a frame of reference that all human experiences occur in. We will use meditation to see how time-space instants emerge, use it to "see" through ritual, and directly experience awareness-emptiness. Ram Das saw these ways of knowing as similar to stations selected from a radio band. We will explore stations and the band itself. As Longchenpa puts it: "Awakened mind is something marvelous and superb, primordially and spontaneously present."

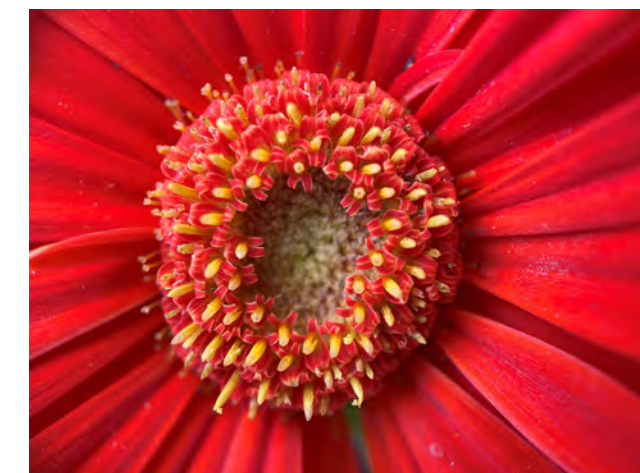
Gus Koehler's doctorate is in Philosophy and Political Sociology from UC Davis. He has been a Tantric and Dzogchen Buddhist for over 50 years. His Dzogchen teachers have been: Lama Sogyal Rinpoche, Lama Surya Das, Lama Dawa, His Holiness the Dali Lama, and Lama Lodo. He taught Buddhism for five years at Folsom Prison. He presented a course on Tangkas to the Sacramento Insight Meditation Sangha, and is planning a new one for the Renaissance Society where he has offered courses since 2020.

Climate Chaos and the Individual

Don Forrester
Wednesdays, Oct 26 to Dec 7 (6 weeks)
10 to 12 noon

This seminar presents an overview of the complex science relating to our Climate Crisis. We explore advocacy groups and actions that individuals can take to lessen their contribution to the sixth mass extinction. The seminar will provide an overview of climate science and options for individual actions both home and away. Bring your questions as together we develop our personal checklists for action.

Don Forrester is a Family Medicine physician with an undergraduate degree in Chemical Engineering. He is a fellow with the American College of Physician Executives and has advanced training in Quality Improvement. He has been a climate activist since August 2019, and is teaching *Climate Chaos and the Individual* for the third time.





Invisible Threads and Hidden Walls of Time

Gus Koehler
Mondays, Oct 3 to Nov 7 (6 weeks)
10 to 12 noon

If I asked you what “time” is, you think you know, and if I asked you to explain it, you, like me, wouldn’t be able to. There is NO accepted, overarching theory of time. First, we will study our cosmology of space and time comparing it to the Buddhist and Shamanic. We will look at our and other living being’s evolution relative to time’s characteristics, such as suchness, life spans, aging, etc. We then look at experiences of time in sleep/dream and near-death. We explore art and poetry, and meditation and prayer, for insights into the eternal. Disasters like pandemics, tsunamis, earthquakes, and climate warming all change social time. Videos and structured experiences are key to the course. Questions and discussion are a priority.

Gus Koehler PhD is a Political Philosopher and Political Sociologist. He has published academic papers on complex systems and time. Gus was a Policy Analyst for state agencies and the legislature, and a response planner and respondent to state disasters. He created and managed Time Structures, Inc. He is an artist and poet, and has taught at Folsom Prison.

iPad Basics

Carol Dabrowiak
Co-leader: Melissa Green
Wednesdays, Sep 7 to Oct 12 (6 weeks)
10 to 11:30 am

In this seminar you will learn the basic functions of the iPad. We present the features you need to know to take advantage of your device: Settings, Control Center, Notifications, Contacts, Calendar, Notes, Maps, and Photos. This seminar is for beginners or anyone wanting to improve their Apple skills. Participants will need to know their Apple ID and password. This seminar lasts for six weeks beginning Sep 7. For additional information visit our website: <https://rsiosbasics.blogspot.com>. Join us for a Meet and Greet on Wednesday, Aug 31st at 10 am using the same Zoom link you received when you enrolled in this seminar.

Carol Dabrowiak joined the Renaissance Society in 2011 after retiring from Sacramento County. She’s been a leader or co-leader of the iPad classes for several semesters, and wants to share her Interest with other lifelong learners.

Melissa Green joined the Renaissance Society in 2012 with an interest in digital photography and the *Apple iPad and iPhone* seminars. She is a retired instructional development coordinator from Sacramento City College.

What’s So Great About the Great Lakes?

Beth Mann
Co-leader: Maryellen Burns
Fridays, Sep 9 to Dec 2 (12 weeks)
1 to 2:45 pm
Douglass Hall (DH) 212

Just about everything: size, history, and impact on the making of America. Come learn about the native tribes, the French trappers, and the impact of the British soldiers and settlers; the shipping industry (from sailing schooners to steamships); Chicago’s architecture; Detroit’s auto industry; and rum-runners during Prohibition (really?) And of course, their multi-ethnic cuisine and breweries. Also, we will explore the Great Lakes water wars and what scientists are doing to save the Great Lakes.

Beth Mann has conducted several participation-type classes for the Renaissance Society: *The Silk Road, Early Mediterranean Trade, Women Artists, and The Mayas*. She is a history buff who loves to travel and share the knowledge she has learned through her travels. Prior to retirement, she was a trainer (among other things) for the California Department of Aging, developing classes that she conducted statewide.

Maryellen Burns spent time this summer exploring the food and drink of Lake Michigan. She is a food historian and author/editor of several books on food and regional history including *Lost Restaurants of Sacramento and Their Recipes; A Taste of History, and Extracts: Mostly True Stories with a Sprinkling of Recipes*. She also is co-host of *A Cook’s Tour of Sacramento*.

World of Engineering

Richard Dabrowiak
Thursdays, Sep 8 to Dec 1 (12 weeks)
10 to Noon

From building colossal pyramids in ancient Egypt to erecting modern skyscrapers, mankind’s greatest engineering marvels are documented through the ages. This video-based seminar will clarify how these incredible megastructures were designed and built. Class discussions

and supplemental information will reveal basic engineering principles used in the design and construction processes, enabling participants to better appreciate the challenges involved. Participating in discussions is encouraged.

Richard Dabrowiak is a graduate Civil Engineer from Purdue University and licensed in the state of California. He has 35 years of experience working on the design and construction of projects all over the world. Projects include nuclear power plants, space shuttle facilities, microelectronics manufacturing plants and flood control projects.



shared interest groups (SIGs)

Art, Entertainment, Food, and Travel

Digital Photography

Jane Steele
Co-leader: Colleen Wong
Tuesdays, Sep 6 to Nov 15 (11 weeks)
10 to 12 noon
Arden-Diminck Library

We are geared toward photographers who are interested in exploring the various modes and settings of their cameras. This year we will explore various techniques in photography. The class alternates between class sessions and field trips, to provide an opportunity to practice what is learned in class. **Note:** (1) We will meet at the Arden-Dimick Library, 891 Arden Way, Sacramento, CA 95864 and (2) As we get closer to the Fall session, we will provide a list of topics for class.

This Shared Interest Group is run by a dedicated group of volunteers. **Jane Steele** plans and administers the program. **Colleen Wong** facilitates the classes. **Jay McKeeman** and **Scott Schaffner** plan and host the field trips.



Dining Together

Cheryl Nelson
Wednesdays, Sep 7 to Nov 30
(Year-round monthly)
5:30 to 7:30 pm

Registered members can dine with other registered members each month at a selected restaurant. Unless COVID restrictions are dropped, members read the Recorder and RSVP for either a 2nd Wednesday or 3rd Thursday dinner. If there are no COVID restrictions, we may change to just once a month.

Cheryl Nelson led *Dining Together* for 5 years pre-COVID and a modified version for the last 2 years.

Games for Entertainment

Roberta Frieze
Co-leader: Judy Keaton
Thursdays, Sep 6 to Dec 2 (Year-round weekly)
1 to 3 pm

Card games, word games, dominoes, and other team games are played. We are open to learning new games. A basic knowledge of cards and trump is helpful. We spend a few minutes socializing at each meeting before



game play starts. Enjoy the opportunity to learn and socialize with people who have similar interests. Our members host and provide refreshments on a rotating basis depending on their own calendars. You may use the leader's home if your space does not allow.

Roberta Frieze has been a member of the Renaissance Society for more than 10 years. She maintains a list of changing meeting locations in members' homes and contacts for the group. Bobby previously worked in the dental profession and is widowed with 2 children and 3 grandchildren. She is an active gardener, reader and investor.

Judy Keaton is a longtime member of the Renaissance Society and is well-experienced in the topic being presented.

The Music of Your Life

Loretta Burdeaux
Thursdays, Sep 8 to Dec 1 (12 weeks)
3:30 to 5 pm

Have fun with music and each other as we explore different types of music. Share a favorite song or something brand new—you choose

and tell us why. Share your song with an audio recording, a video clip, or perform it live if you dare! Past topics included The Beatles, Show Tunes, Folk Music, Motown, and Classic Rock (all chosen by participants). These and more in store for the upcoming semester. We'll show you how to easily find music with free online resources and how to share it on Zoom. Help is always available if you need tech assistance.

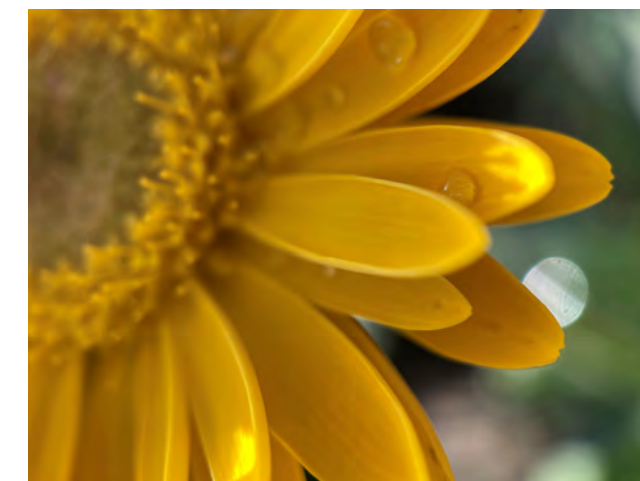
Loretta Burdeaux is a retired educator who enjoys water aerobics, Tai Chi, playing the ukulele, singing with Threshold Choir, and taking Renaissance classes.

Sketching in Nature

Alice Stamm
Fridays, Sep 9 to Oct 14 (6 weeks)
1 to 3:30 pm
Academic Info Resource Center (ARC) 1011

We will meet outside where we can enjoy the college campus and sketch the trees! We will begin to "see" forms and shapes and patterns anew and, if time, sketch people as well. When one travels, sketching and making time to do so, opens up the world around one in ways differently from taking a photo. Materials needed: your own sketch pad of paper and two #8 or #9 pencils (soft lead).

Alice Stamm is a retired eurythmy (beautiful art of movement) teacher but still teaches kindergarten children. She enjoys drawing and sketching nature and people, especially while traveling.



Knitting with Friends

Barbara Kletzman
Co-leader: Kristen Strand
Fridays, Sep 9 to Dec 2 (12 weeks)
9:30 to 11:30 am
Academic Info Resource Center (ARC) 1007

Bring your knitting or crocheting, and spend two hours on your craft and chatting with fiber friends at all levels of knitting and crocheting. There are no instructions, but always help from one another. This is a drop-in seminar. Join us and meet new friends.

Barbara Kletzman joined the Renaissance Society in 1999 and led or co-led eight knitting groups. She looked forward to Fridays where she could knit or crochet while developing special friendships. She started knitting at 12 years old. In 2005, she started a 10-year project recruiting volunteers to knit baby blankets, dropping off 30+ blankets monthly at local hospitals for newborns.

Kristen Strand, a retired teacher of 30 years, joined Renaissance and wanted to return to knitting, which she learned early from her mother. She joined the knitting group, and fell in love with the people and the joy of working on projects together.

Social Dancing

Richard Kowaleski
Fridays, Sep 9 to Dec 2 (12 weeks)
12 noon to 12:45 pm
Yosemite Hall (YSM) 183

Learn ballroom, country, line, and even freestyle dancing — you choose the mix! Easy-to-learn moves that look great on the dance floor. For beginners and experienced dancers alike. No partner required.

Richard Kowaleski is a very popular dance instructor and dance host with unique teaching methods and a delightful sense of humor that puts participants at ease so they can quickly learn while also having fun. Please bring smooth-soled shoes with good heel support. A noontime favorite for years – check it out!



Books, Language, and Literature

Spanish Conversation, Advanced (Prerequisite required)

Béatrice Hildebrand
Co-leader: Susan Dlugach
Thursdays, Sep 8 to Dec 1 (12 weeks)
10 to 12 noon

This Shared Interest Group is for Spanish speakers at high intermediate or advanced levels. The emphasis is on conversation. Ability to use the imperfect and preterite tenses is necessary. In addition to conversation, we read and discuss literature selections or watch videos. Registration is required. **Important Note:** *To ensure a place in the course, please contact the leader before registering.* A waiting list is maintained.

Béatrice Hildebrand is a native French speaker. She received a minor in Spanish (Sac State, 2001) and travelled several times to Spain and Latin American countries over the years. In 2007 she attended a two-week Spanish immersion program in Cuernavaca, Mexico. She has been a member of the Renaissance *Spanish Advanced Conversation Seminar* for about 10 years.

Susan Dlugach has had an interest in all things Spanish since seventh grade and has traveled to Mexico, Peru, Costa Rica, Bolivia, Argentina and most recently spent time in Spain.

Book Group—First Tuesday Book Club

Gwen Bedient
Tuesdays, Sep 6 to Nov 1 (Year-round monthly)
10 to 11:30 am

The members of the group rotate selecting a book for everyone to read and discuss on the first Tuesday of the month. We review a wide variety of both fiction and non-fiction books that are available in the Sacramento Public Library system. Members engage in intelligent yet comfortable discussions about the writing topic and author.

A native of Nebraska, **Gwen Bedient** spent 11 years in the U.S. Foreign Service before retiring in Spring 2021. She and her husband settled in Carmichael for retirement to be close to family in the Bay area. Gwen has been a part of many book clubs over the years, both in Nebraska and overseas, and looks forward to seeing how this one develops. Some of her other interests include gardening and travel.

Fun with Jane: Sense and Sensibility on Page and Screen

Deirdre Downes
Fridays, Sep 9 to Oct 14 (6 weeks)
10 to 11:45 am
Tahoe Hall (TAH) 1004

In our troubled times, it is calming and pleasurable to read the novels of Jane Austen, which depict daily life in what seem like simpler days. But were they? Let's enjoy Austen's humor and wisdom, consider her life and times, and reflect on what she was trying to accomplish in her novel *Sense and Sensibility*. In addition to discussing the novel, we will view the 1995 Emma Thompson film and the 2008 British TV series.

Deirdre Downes is a published novelist who has worked as a teacher and editor. She received a BA in European History from the University of Chicago and an MA in English from Sac State.

Book Group—Great Books Discussion Group

Steven DeBry
Tuesdays, Sep 6 to Dec 6 (Year-round monthly)
2 to 4 pm

This Great Books discussion group will meet on the first Tuesday of the month. We will discuss selections from the Great Conversations 6 anthology. The Great Books anthologies include sections from a variety of renowned fiction and non-fiction works from the recent or distant past. Our Great Books discussion group relies on the use of the Shared Inquiry method of discussion as much as reliance on the content of the readings. This method emphasizes a close examination of the text and the citation of passages from the reading to support interpretive conclusions. Digressions on general topics are discouraged unless they enhance understanding of the selection. We also alternate the discussion leader based on volunteers.

Steven DeBry is a retired librarian from the California Research Bureau of the California State Library. He has participated in Great Books discussion groups over many years and has experience with the Shared Inquiry model.



Le Cercle Francais (Conversational French)

Gerard (Jerry) Lagomarsino
Co-leader: Debra da Costa
Wednesdays, Sep 7 to Nov 30 (12 weeks)
10 to 12 noon

This hybrid Shared Interest Group will meet once weekly at Campus Commons and use Zoom and is for intermediate French speakers, requiring a working acquaintance with French through high school or college classes or from living in a French-speaking country. Members share interests through presentations, reading, and conversation. Registration is required; size is limited to 12 with a waiting list.

Gerard Lagomarsino taught Spanish, French, and English at Cordova High School for 32 years. He participated in programs for French teachers in Quebec and France. At Universite de Quebec, Jerry trained with other teachers, and in France he lived with a French family while attending a program for French teachers. A love of languages and France, and being with others who share his passion, fuel his interest to participate in *Le Cercle*.

Debra da Costa, a longtime Francophile, sold her marketing business and is the new Office Manager for Renaissance. She is also resuming activities in landscape architecture/urban design, gardening, and art.

Book Group—Third Tuesday Book Club

Marian Kile
Tuesdays, Sep 20 to Dec 20 (Year-round monthly)
9:30 to 11 am

The members of the group rotate selecting a book for everyone to read and discuss in an intelligent yet comfortable manner. We review a wide variety of fiction and non-fiction books that are available in the Sacramento Public Library system.

Somewhere around age 30, **Marian Kile** started enjoying reading more and more. When she retired, she had time to join her first book club here at Renaissance, and then she started this one. She enjoys the variety of genres and books that she never would have read without the book clubs

Writer's Workshop II (P)

Anita Adams
Co-leader: Lani Hahn
Tuesdays, Sep 6 to Nov 29 (Year-round weekly)
12 noon to 2 pm

Our members come from a variety of backgrounds and write in a variety of styles with their own choice of subjects. They bring at least six copies of what they wish to share, limiting their writing to three pages each week. Feedback is provided if requested, as well as positive encouragement. **Important Information:** Contact Facilitator to register. Registration is required. There is a maximum of 10 members; a waiting list is maintained.

Anita Adams and her co-facilitator, **Lani Hahn**, bring a variety of work experiences to this workshop—Anita as an advertising executive with The Sacramento Union newspaper, and Lani as an ESL instructor.



[CLICK HERE TO ENROLL
IN ANY PROGRAM](#)

Contemporary Thought: Local and Global Perspectives

The Economist

Wayne Luney
Wednesdays, Sep 7 to Nov 30
(Year-round weekly)
7 to 8:30 pm

The Economist is arguably the best and most comprehensive weekly news magazine in the English language. It was founded in England in 1843 to advocate for the repeal of the Corn Laws. Today it is global in its coverage. Class members will be expected to read and be prepared to discuss selected articles appearing in the current issue. The class is likely to continue during holiday breaks and between semesters.

Wayne Luney graduated from the University of California at Berkeley with a degree in Economics. He has facilitated the seminar on *The Economist* for the Renaissance Society since the Fall 2019 semester. During his career with Caltrans he worked on regional traffic and motor vehicle emissions modeling.

Friends of The New Yorker Magazine

Ronald Meyer
Co-leader: Judy Day
Mondays, Sep 12 to Dec 12 (Year-round weekly)
10:30 am to 12:30 pm

This seminar is for those who enjoy *The New Yorker* magazine. Participants read and review each week's issue in advance. Members freely discuss articles in the recent issue, share opinions and gain insights. **Note:** We meet in-person every Monday 10:30 am—12:30 pm, year-round, in the *KOH Library*, in *The Center*, 2300 Sierra Blvd., Sacramento.

This discussion group has met for at least 25 years. **Ronald Meyer** has served as Coordinator for eight years. He graduated from San Francisco State University majoring in International Relations, served for 22 years in the USAF (stationed in France, U.K, Vietnam,

and Japan), and has master's degrees in Systems Management and Health Care Administration.

Judy Day, a native Californian, has a master's degree in public policy. She retired from the State Department of Finance, where she was a budget and program analyst. Current interests are reading, travel, and politics.



Health and Well-Being

Introduction to Walking Meditation Using a Labyrinth

Christie Braziel
Thursday, October 6, 2022
10 am to 12 noon
Unitarian Universalist Society of Sacramento

Looking for a simple way to let go of everyday stress? Learn another way to meditate by walking an ancient time-tested design known as a labyrinth. Join this one-hour lecture with PowerPoint slides, video, and handouts followed by a walking a labyrinth. You will learn the history of labyrinths. What is a labyrinth? What is the difference between a maze and a labyrinth, and the variety of benefits from walking a labyrinth? Also, the three stages of the labyrinth walk and how to find local labyrinths. **Notes:** This class is offered at the *Unitarian Universalist Society of Sacramento*, 2425 Sierra Blvd., Sacramento, CA 95825.

Christie Braziel is a Veriditas certified, trained labyrinth facilitator.

The 'My Story' Project

Craig McCulloch
 Co-leader: Allan Keown
 Mondays, Sep 12 to Dec 12 (12 weeks)
 1 to 2 pm

Everyone's life is an interesting story. The 'My Story' Project uses skilled volunteers to assist seniors in preserving their memories and stories on DVDs. In this class you will receive training in coaching storytellers and/or training in digital video/computer technologies, depending on your interests, as well as the opportunity to tell your own story. The program is conducted at the Sierra 2 Center in Curtis Park, 2791 24th St., Sacramento, CA 95818.

Craig McCulloch graduated from UC Davis in Political Science and worked with several State agencies in various analyst and management positions. He has volunteered with the 'My Story' Project for 10 years. He joined the Renaissance Society in 2014.

Allan Keown attended the University of Oklahoma as well as the Pacific School of Religion (Berkeley) and Hastings College of the Law (San Francisco). His legal career was with the State Public Defender's Office and the California Department of Education. He joined the Renaissance Society in 2010.

Qi Gong

Diana Loo
 Mondays, Sep 12 to Dec 5
 (Year-round days, dates, and times vary)
 3 to 4 pm

Learn how to cultivate vital energy to assist with self-healing. Qi Gong is an ancient Chinese exercise and healing technique that involves meditation, controlled slow deep breathing, and movement exercises. Qi Gong is sometimes translated as "vital energy cultivation" or "mastery of your energy." This gentle movement class will help release tension both physically and mentally. The class will be done standing, although a chair may be used.

Diana Loo has been taking Qi Gong since 2012. She has certifications in Medical Qi Gong, Reiki Levels 1 and 2, Acupressure, Qi Gong Infused Yoga, and Laughter Yoga.

Nature, Science, and Technology

A Guided Tour of the Sacramento State University Arboretum—Sessions 1 to 8

(You will be able to enroll in only one session. See table below.)

Donna Eash
 Co-leader: Michael Baad
 Fridays, Sep 9 to Dec 16 (8 weeks)
 11:30 to 12:30 pm
 University Arboretum

See table below for the schedule of events We will be taking a walking tour of the University Arboretum. This 3.5 acre site is now home to more than 1,400 different trees, shrubs, and herbaceous perennials from throughout the temperate regions of the world. This is an introductory walk to acquaint you with this campus resource. **Note:** These eight walks are identical. Please register for only one.



Donna Eash has been a Renaissance Society member for approximately 10 years. She has been part of the Renaissance *Walkabouts* for many years and enjoys leading the *Arboretum Tours* in coordination with the current Director, Michael Baad.

Dr. Michael Baad is a Professor of Biological Sciences and Director of the University Arboretum.

Tours	Day	Date	Time
Session 1	Friday	Sep 9	11:30 to 12:30 pm
Session 2	Friday	Sep 23	11:30 to 12:30 pm
Session 3	Friday	Oct 7	11:30 to 12:30 pm
Session 4	Friday	Oct 21	11:30 to 12:30 pm
Session 5	Friday	Nov 04	11:30 to 12:30 pm
Session 6	Friday	Nov 18	11:30 to 12:30 pm
Session 7	Friday	Dec 2	11:30 to 12:30 pm
Session 8	Friday	Dec 16	11:30 to 12:30 pm

Walkabouts

Lance Muller
 Co-leader: Brady Torres
 Wednesdays, Sep 7 to Nov 30 (12 weeks)
 9:25 to 11 am

Each Wednesday morning we walk at a different location chosen by our volunteer leaders. Announcements are at 9:25 am,

followed by stretches, and then by that week's Walkabout. You will have a choice of 2 miles with the Tortoises group, or 4 miles with the Hares group. Afterward, for those who wish to join in, there is a group lunch at a nearby restaurant.

Note: Only register with us at our own Walkabouts website—
<https://renaissancewalkabouts.weebly.com/>.
 Any other registration is not valid.

Closed to New Participants this Semester

Book Group—Great Books Shared Interest Group

Jean Cawood
 Co-leader: Dan Rooney
 Thursdays, Sep 8 to Dec 8 (Year-round weekly)
 2 to 4 pm

We use the Great Books Shared Inquiry method and rules of discussion set forth by the Great Books Foundation. We will be discussing readings from the following books: *The Civically Engaged Reader*; *Counterparts*; and *Immigrant Voices*. Members are expected to lead a discussion once a year.

Jean Cawood joined the Renaissance Society in 1999 after retiring as a high school Resource Specialist. She has co-lead and coordinated the *Great Books* seminar since 2001, the *Don Quixote* seminar of 2011-2012 with Jim Gallant, and served as tech host for the *James Joyce Ulysses* seminar for the two semesters of 2021.

Dan Rooney is a retired attorney and has been a member of Renaissance and the Great Books seminar since 2006. In 2021, Dan organized and led a two-semester seminar on *James Joyce's Ulysses* and has been tech host for the *Great Books* seminar.

Book Group—Partners in Crime

Lynda Cassady
Co-leader: Pat Stokes
Thursdays, Sep 22 to Nov 17
(Year-round monthly)
1 to 2 pm

This Shared Interest Group reads mysteries and once a month reviews a particular writer's novels. Past authors were Jane Harper, Alexander McCall Smith, Walter Mosley, Elly Griffiths, and CJ Box. **Note:** The group is closed to new participants.

Lynda Cassady enjoys reading and discussing mystery novels. She leads the book group members in discussion on an author's style, character development, and story credibility. She promotes frank but considerate opinions.

Pat Stokes has been in this group for several years and continues to enjoy new mystery writers. She is an expert in finding unique and interesting writers who bring new life to writing a good story.

High Intermediate Spanish

Melody Flores
Fridays, Sep 9 to Dec 2 (Year-round bi-weekly)
10 to 11:30 am
Mendocino Hall (MND) 3007 (Hybrid)

This Shared Interest Group is participatory and provides a casual environment to support and develop existing intermediate level Spanish reading and speaking skills. The classwork includes reading and translating the reading material selected. There is also a grammar workbook, and we are currently studying the subjunctive verb tense. As there are currently 12 participants, there will not be any new participants or a waiting list

Melody Flores has led this Shared Interest Group for several years. She studied Spanish at Shasta Jr. College in Redding and the Univ of Guadalajara in the state of Jalisco in Mexico. She keeps the group limited to 12 students to provide adequate time for each to read and translate the reading material which is currently *Don Quixote*. The class is now being held as a hyflex class with some students in person and some on Zoom.

iPhone Photographic Studio

Melissa Green
Thursdays, Sep 8 to Oct 13 (6 weeks)
10 to 12 noon

This is a continuing seminar featuring participant-led demonstrations meeting six times on Zoom and in-person off campus. We are experienced photographers using iPhone apps to create print-ready artwork. In-class demonstrations and online shared albums are our critique and learning platforms. Visit our public website for links to demonstration videos, recommended apps, and artwork examples at <https://rsi-iphonephotostudio.blogspot.com>. **Note:** This seminar is closed to new participants.

Melissa Green joined the Renaissance Society in 2012 with an interest in digital photography and the *Apple iPad and iPhone* seminars. She is a retired instructional development coordinator from Sacramento City College where her focus was training faculty and staff to use computers and teach online. Melissa happily admits to being an "Apple Fan Gal".

Photography as Art

Roger Klemm
Co-leader: Mary Elliott-Klemm
Wednesdays, Aug 31 to Nov 16 (12 weeks)
10 to 12 noon

Using art concepts as a guide, this class develops an informed way of seeing. This is not a camera class. **Note:** This Seminar has been **closed** for many semesters. For wait list contact leader directly—do not use the Renaissance system.

Roger Klemm is a Preservation Architect, trained in historic and modern architecture, as well as in both classical and modern art and art history. He has been a commercial and published architectural photographer. This seminar will be the 19th he has taught for the Renaissance Society.



Writer's Group I

Curtis Nelson
Co-leader: Marian Kile
Thursdays, Sep 8 to Dec 1 (Year-round weekly)
9:30 to 11:30 am

Members are encouraged to write on a variety of subjects in any style to include poetry, essay, prose, and more. The other members offer suggestions to help polish the presented piece of literature. We have a pleasant atmosphere for presenting your writing. **Note:** At the present time, this Shared Interest Group is full.

Curtis Nelson joined the Renaissance Society in 2017 and has attended classes on many subjects. He has been a member of *Writer's Group I* since 2017, and is currently leading the group. His writing interests are poetry and haiku.

Marian Kile is a longtime member of *Writer's Group I*. She has published three books of personal stories for her family.



one-time presentations

community presentations

Zoom only

Support and Services for Sacramento Seniors

Kathy Hart
Presenter: Danny Lee
Wednesday, Sep 21
11 to 12 noon

A Caring Community Senior Services (ACC) is a local non-profit organization dedicated to promoting the general welfare and enhancing the quality of life for our community by identifying, developing, and providing culturally sensitive health and social services for older adults.

Danny Lee, ACC Program Manager, will give a presentation on the types of services and programs available for older adults in the greater Sacramento area.

Bits and Pieces: Beginner-Friendly Watercolor Fall Floral Doodles

Kathy Hart
Wednesday, Sep 28
11 to 12 noon

Join **Kathy Hart** for a one-hour, beginner-friendly, watercolor class to learn how to create something beautiful while having fun. Each session is a separate program. These events will be open to the public to promote the Renaissance Society and give back to our community. Supplies: primary watercolor set, watercolor paper or card stock, small and medium paintbrush, water and papertowel.

Bits and Pieces: Beginner-Friendly Watercolor Pumpkin Doodles

Kathy Hart
Wednesday, Oct 19
11 to 12 noon

Join **Kathy Hart** for a one-hour, beginner-friendly, watercolor class to learn how to create something beautiful while having fun. Each session is a separate program. These events will be open to the public to promote the Renaissance Society and give back to our community. Supplies: primary watercolor set, watercolor paper or card stock, small and medium paintbrush, water and papertowel.

Bits and Pieces: Beginner-Friendly Watercolor Holiday Doodles

Kathy Hart
Wednesday, Nov 16
11 to 12 noon

Join **Kathy Hart** for a one-hour, beginner-friendly, watercolor class to learn how to create something beautiful while having fun. Each session is a separate program. These events will be open to the public to promote the Renaissance Society and give back to our community. Supplies: primary watercolor set,



watercolor paper or card stock, small and medium paintbrush, water and papertowel.

A Cook's Tour of Sacramento Neighborhoods and Beyond

Maryellen Burns and Dan Cross
Sep 6 to Dec 2,
(Year-round, days, dates, and times vary)
6:30 to 8:30 pm
Sep 6, 6:30 to 8 pm is a virtual meeting

We'll explore our region's neighborhoods—East Sacramento, Curtis Park, Broadway, Poverty Ridge, Midtown, Oak Park, Fair Oaks, Carmichael, Little Saigon, the Delta, foothills, and all the places and spaces in between. We'll meet up for a brief walk or talk to bring the neighborhood to life and explore its architectural treasures, flora and fauna, cultural scene, and historical significance. We'll stop for bites or a sit-down meal, libation or performance. Days, dates, and times vary.



Important Note: The first virtual meeting for the Fall semester will take place on September 6 at 6:30 pm.

Maryellen Burns and **Dan Cross** have led *A Cook's Tour* for several years. Maryellen is a historian and author/editor of books and articles on food, culture, and regional history. Dan is a seasoned traveler who knows how to find the hidden places most of us don't know exist.

monday big history series

Zoom only

Bill Gates and David Christian co-founded the *Big History Project* to enable the global teaching of "the attempt to understand, in a unified way, the history of Cosmos, Earth, Life, and Humanity." Combining the interdisciplinary viewpoints of history, science, and the humanities to explore human existence in the context of the bigger picture. This Monday Series continues our investigations into concepts ranging from the Big Bang to the physical and cultural evolution of humans. It is a look at the big picture of humanity and narrower histories as examples of what was and is happening globally to our species. The theme for Fall 2022 is paradigm shifts.

We use a variety of formats including PowerPoint, professional videos, informed speakers, informal discussions, book reviews, and whatever fits. The goal is to widen our worldview of who we are and how we got here, and maybe even try to predict the future. Each session is a separate program, so you can enroll in individual sessions or all of them. Listed are examples of the topics we may cover in Fall 2022. **Note:** The schedule and topics may change. Class members will be informed about upcoming sessions as the semester progresses. Enjoy!

Ranny Eckstrom has co-led over 15 seminars since joining the Renaissance Society in 2009. **David Lewis** has been instrumental in developing *Big History* at both Sun City Lincoln Hills and the Renaissance Society.

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Paradigm Shifts, Global Expansion

Ranny Eckstrom
Monday, Sep 12
10 to 11:30 am

Paradigm shifts change the existing order. History is full of many such shifts caused by a variety of reasons such as environment, politics, technology, climate, and disease. Big History's next paradigm shift is how changes in technology and trade slowly increased interconnections among Eurasia, Africa, the Americas, and Oceania. This paradigm shift expanded the advancement out of the more limited agrarian civilizations into ever greater civilizations.

The History of Pandemics: A Paradigm Shift

Guenter Risse and Bonnita Wirth
Monday, Sep 19
10 to 11:30 am

Since its detection in Wuhan, China in December 2019, the severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2), better known as COVID-19, has caused an enormous change in how we look at pandemics and pandemic preparedness. In this episode, we will explore how historians, demographers, epidemiologists, virologists,

and economists are looking at differential exposure, susceptibility, and macroeconomic consequences in unique ways that impact our historical and contemporary understanding of plagues and pandemics.

The Effect of Communication Technology on Culture: The Beginnings

Phil Lane
Monday, Sep 26
10 to 11:30 am

From the oral culture of our primitive ancestors to the development of the printing press, communication technology has played a significant role in the advancement of civilization and human intelligence. We will examine how humans communicated in oral cultures and how that changed with the introduction of writing and the printing press.

Emergence of Modern Western Thought During the Enlightenment

Ed Sherman
Monday, Oct 3
10 to 11:30 am

It was during the European Enlightenment that Western scholarly concepts and methods of historiography were developed. How did they affect the European world view?

Evolution of Evolution: History of the Concept of Organic Evolution

Paul K. Davis
Monday, Oct 10
10 to 11:30 am

The concept of organic evolution is a major paradigm shift in biology. Contrary to the usual perception, it did not arise suddenly with Darwin's epochal Origin of Species. It was contemplated in ancient times; it was dependent on concurrent paradigm shifts in geology and physics; it was developing for over a century before Origin of Species, and it has continued until today.

Doggerland: What Happened There? Where Did It Go?

Lynette Blumhardt
Monday, Oct 17
10 to 11:30 am

It was a land as large as California, rich in plant and animal resources for early humans. Why can't you go there today?

The Effect of Communication Technology on Culture: The Great Electronic Paradigm Shift

Phil Lane
Monday, Oct 24
10 to 11:30 am

We have seen how Communication Media such as writing and the printing press have changed our lives, our culture, and our society. But, beginning in the 1800s there was a communication revolution that changed how we write and send messages – the Great Electronic paradigm shift. Scientists and others began to recognize the useful properties of electricity, which led to many innovations in communication that today we can hardly do without. We will explore some of those innovations and consider some of the effects they have had on our world. What would we do today without our smartphones?



How Rapid Environmental Changes Affected Human History in the Ancient Middle World

David Lewis and Marty Keale
Monday, Oct 31
10 to 11:30 am

There were two time periods during the middle and end of the Bronze Age in the ancient Middle World when relatively abrupt climatic change led to equally abrupt and widespread economic and political change as well. The first was the 4.2 Kiloyear Event. The second, the Bronze Age Collapse. We will discuss those climatic events and the widespread effect on governments and cultures over large geographic regions.

Genghis Khan and the Asian Continent

Karun Yee
Monday, Nov 7
10 to 11:30 am

The fascinating story of how one man conquered a continent for a brief period of time. See also Dave Lewis' **Alexander the Great** presentation.

Textiles

Kathryn Tobias
Monday, Nov 14
10 to 11:30 am

Further exploration into the history of textiles – how did textiles change history? Textiles influenced trade, told us about social hierarchy, moved us forward in math, accounting, and chemistry, to list only a few subjects. Join us for exciting reveals about recent discoveries in textile exploration.

The History of Cannibal Pedophiles

Martha Lewis
Monday, Nov 21
10 to 11:30 am

The belief that a powerful elite of pedophilic cannibals threatens civilization crops up periodically in Western History. It begins in ancient history and continues until today. Sound familiar? Why is this myth so detailed, so compelling?

A Look at a Book: *The WEIRDest People in the World: How the West Became Psychologically Peculiar and Particularly Prosperous*

Jerome Steinman
Monday, Nov 28
10 to 11:30 am

A review and discussion of a book – *The WEIRDest People in the World: How the West Became Psychologically Peculiar and Particularly Prosperous* by Joseph Henrich that explores how the West became very WEIRD (Western, Educated, Industrialized, Rich, and Democratic). We are WEIRD compared to the rest of the world. And how the Catholic Church and monogamy played key roles in our transformation.

tuesday speaker series

Zoom
only

Ukraine and Its Sacramento Connection

Vlad Skots
Tuesday, Sep 6
2 to 3:30 pm

Ukraine, a country rich in history, beauty, natural resources, and breathtaking landscapes has also experienced multiple invasions and warfare. The Ukrainian people are no strangers to the call of protecting their homeland, and on February 24, 2022 the call came once more. This talk will focus on the history of Ukraine, background on the Russian invasion, first-hand

Alexander the Great

Dave Lewis
Monday, Dec 5
10 to 11:30 am

He conquered most of the known world in 13 years and then died. But his generals lived on and established vast kingdoms that ruled for many centuries. How did “Hellenism” have an impact on cultures as diverse as Anatolia, Egypt, Afghanistan, and India? That is what we will explore in this presentation.

Chinese in Yosemite

Karun Yee
Monday, Dec 12
10 to 11:30 am

Little known facts recently surfaced about the Chinese and Yosemite National Park. How did the park get established; who were the players and who built the infrastructure and then supported all the activities in the park? Park Ranger Yenyen Chen researched this topic and the findings proved this beautiful place would not exist without the aid of these people. My family’s ties to Yosemite will be touched on.

accounts of the war, and humanitarian efforts. Additionally, it will explore the role of the greater Sacramento community uniting with the local Ukrainian-American community in assisting and providing critical aid.

Vlad Skots was born in the Ukraine, and at the age of 21 he had an opportunity to immigrate to the United States. With no knowledge of the language or startup capital, he became a business owner. America rewarded his hard work with opening doors he never knew existed. Vlad is happy to share his successes and experiences with those who are seeking something better.

Nuclear Power—“The New Green Deal”

Jerry Glasser
Tuesday, Sep 13
2 to 3:30 pm

The movement to save the planet and “The New Green Deal” have become a mass movement in this country and throughout the world, highlighting “clean wind and solar energy”. However, the reality is that for the next 50+ years, the choices are quite limited, and a transition to nuclear power is the only “practical-realistic” option for “continuous power production.” By 2050, the world’s electrical needs will double. Russia, with financial help from China, is developing the world’s (Arctic) largest source of natural gas and oil. The Russians do not care about climate change as their economy is based on fossil fuels and will not change.

Col. Jerry Glasser is a retired SR-71 Blackbird Pilot who flew supersonic reconnaissance missions around the world during and along the Chinese and Russian borders during the Cold War. Jerry retired to teach physics and is an informed observer of advances in science in our defense and economy.

Climate Change Impacts on the California Coast and Ocean: How Can We Solve This Crisis?

Tom Suchanek
Tuesday, Sep 20
2 to 3:30 pm

As with all oceans, our California coastal zone is experiencing dramatic changes associated with global climate change. However, how does that influence our homes, businesses, airports, fisheries, recreation, and ultimately our entire way of life? Marine ecologist Dr. Tom Suchanek from UC Davis will provide insights into how climate change is impacting our California coastal ocean and what each of us can do about it.

Dr. Tom Suchanek has had three diverse careers: UC Davis, US Fish & Wildlife Service, and US Geological Survey. For the past 40 years, he has researched the impacts of many environmental contaminants on our oceans and now focusses on CO2 as the most critical pollutant of all time.



Street Art

Anne Rewell
Tuesday, Sep 27
2 to 3:30 pm

How the graffiti artists of the 1970s and 1980s morphed into and were the catalyst of what the world knows today as Street Art. From world-renowned artists such as Banksy and Maya Hayuk, to NYC graffiti artist Phase 2, and Philly’s Cornbread, among others, we will explore the Graffiti – Street Art movement that has become a mainstream art form in cities around the world.

Anne Rewell is originally from Australia and is a longtime Sacramento resident. She has worn many hats in her working career – with an accounting background, she worked for the County, a “Big 8” accounting firm, and managed a rice farming and drying operation. Anne’s Renaissance presentations have covered a wide variety of subjects she has researched well.

A Year in the Life of a Vietnam Grunt

Dan Callnon
Tuesday, Oct 4
2 to 3:30 pm

The war in Vietnam was a long time ago but the effects remain in so many ways – mistrust of government, the shattered lives of so many veterans, and the lasting memories of those who served. This is what those serving in combat experienced day to day in the field – how they were trained, how they survived, or didn't.... Dan Callnon and his brothers served in Vietnam and this is their story.

Dan Callnon came home to a career in commercial art and then traveling the world pioneering HDD, horizontal and vertical drilling until retiring in 2006. He has since founded the band Keep on Truckin—another story.



The Future of Sustainable Food

Jim Porterfield
Tuesday, Oct 11
2 to 3:30 pm

Climate change and the depletion of our natural resources have a huge impact on the production of food. This presentation will explore how the (1) depletion of our natural resources and climate change impact the quality and quantity of our food, and (2) production of food must change to provide healthy food for a growing population. In addition, it will cover many of the solutions that are in progress.

Jim Porterfield became interested in the impact of climate change and resource depletion on food production in 2015. This led him to complete several certifications including a Food and Sustainability Program at Cornell University.

John Wesley Powell: Grand Canyon Explorer

David Abelson
Tuesday, Oct 18
2 to 3:30 pm

John Wesley Powell was one of the great, yet least known explorers of America's vast, arid southwest territories. In 1869, he led a 1000-mile journey down the uncharted waters of the Green and Colorado Rivers, becoming the first to survey and survive the treacherous depths of the Grand Canyon. This talk features the highlights of Powell's daring expedition, and his major contributions to science, ethnology, and western water policy in the United States.

David Abelson is a retired attorney who specialized in environmental law. He has given numerous seminars and presentations on a variety of topics and is former President of the Renaissance Society.

Foods That Fight Diabetes

Linda Middlesworth
Tuesday, Oct 25
2 to 3:30 pm

The road to diabetes does not have to be a one-way street. There is reason for hope. People who eat plant-based meals are less likely to develop diabetes, and for those who have diabetes plant-based meals can help improve blood sugar levels, which prevent complications. These meals are affordable, can be delicious, and satisfying. A low fat, plant-based approach works for many. We will review the science supporting this approach and some simple steps to begin.

Linda Middlesworth is certified to teach Food for Life and Cooking Classes and has been a Health Coach since 20012. We now know we have a scientifically proven system for reversing adult-onset diabetes without drugs.

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The Auburn Ravine Salmon Revival

Jim Haufler
Tuesday, Nov 1
2 to 3:30 pm

Auburn Ravine is a 34-mile-long creek that originates in the foothills around Auburn! Hundreds of Chinook salmon and some steelhead feel that flow and swim up the Auburn Ravine every fall and winter to spawn. This presentation covers: dynamics of the watershed; many photos and some videos of Auburn Ravine wildlife; stakeholder engagement; completed projects; planned projects; how we gather data to guide future projects; and what you can do to help.

James Haufler is President of Friends of Auburn Ravine. After a long successful career with AT&T, Jim retired to Lincoln and began the Friends organization in 2016.

American Apocalypse I

Harry Cohen
Tuesday, Nov 8
2 to 3:30 pm

What did Pope Francis mean when he recently told an interviewer, "We need to recover our memory because memory will come to our aid?" Recovering from the ill effects of "American exceptionalism" will entail remembering things most Americans would rather forget. The history that legitimates the use of U.S. military and economic power consists almost entirely of selectively remembered events. We will analyze how and why America has eroded from its founding documents. How does America recover?

Harry Cohen was a Partner in a San Francisco accounting firm in his former life. He

began teaching Management and Business Courses at Notre Dame de Namur University before retiring. He has taught his popular *American Leadership* class for five semesters on campus with the Renaissance Society.

Could the USA Lose Its Shine?

Sanjay Varshney
Tuesday, Nov 15
2 to 3:30 pm

The United States of America has been a pillar of strength and the envy of the world in the last century when it comes to its economy and capital markets. However, increasingly we see clouds on the horizon, and it is hard not to imagine reasons or factors that could make it lose its shine. Can the world order change?

Dr. Sanjay Varshney, CFA, is Principal and Owner of Goldenstone Wealth Management. He is also Professor of Finance at Sacramento State, and Chief Economist and Publisher of the Sacramento Business Review—Regional Economic Forecast.

American Apocalypse II

Harry Cohen
Tuesday, Nov 29
2 to 3:30 pm

What did Pope Francis mean when he recently told an interviewer, "We need to recover our memory because memory will come to our aid?" Recovering from the ill effects of "American exceptionalism" will entail remembering things most Americans would rather forget. The history that legitimates the use of U.S. military and economic power consists almost entirely of selectively remembered events. We will analyze how and why America has eroded from its founding documents. How does America recover?

Harry Cohen was a Partner in a San Francisco accounting firm in his former life. He began teaching Management and Business Courses at Notre Dame de Namur University before retiring. He has taught his popular *American Leadership* class for five semesters on campus with the Renaissance Society.

friday on-campus speakers series

In-person only

Herb Caen

Maryellen Burns
Friday, Sep 9
10 to 11:30 am
Eureka Hall (EUR) 107

Herbert Eugene Caen was a Sacramento-born humorist and journalist whose daily column of local goings-on and insider gossip, social and political happenings, and offbeat puns and anecdotes appeared in the San Francisco Chronicle for almost sixty years. He coined the term “beatnik,” popularized “hippy,” and put Sacrotomato on the map.

Caen’s creation of three dot. . . journalism, a series of short items separated by ellipses, inspired **Maryellen Burns** to write a similar column for Mark Twain Elementary School when she was in the 9th grade. She’ll share stories about Caen’s growing up in Sacramento, reveal some of his sources, and explain how he helped define San Francisco.

Eastern Europe

Helena Kanderka
Friday, Sep 16
10 to 11:30 am
Eureka Hall (EUR) 107

Helena Kanderka is the granddaughter of four Slovak-Americans who immigrated to America between 1904 and 1908. In order to give her aunt something special for her 100th birthday, she began a quest to learn about their ancestral village. The result was her novel, *Slovakland*, which covers the fascinating history of the Slovak people from the Dark Ages until 1904. Come learn about the Avars, Mongols, Moravians, Magyars, Turks, and the mighty Austro-Hungarian Empire. Helena will also tie in the history of Slovakia’s neighbor, Ukraine. She is currently working with a researcher in Kosice, Slovakia, who is housing over 200 Ukrainian refugee families.

When Are We Dead?

Howard Slyter
Friday, Sep 23
10 to 11:30 am
Eureka Hall (EUR) 107

When is a person dead? Is there a moment of death? Why do we need to know that the person is dead? Until the 1960s, the answers to these questions would have been obvious. Are they obvious today? If not, why not? Is death a biologic event or a social construct? Come, learn, and discuss the history, ethics, and the puzzle of defining death.

Dr. Howard Slyter is a retired neurologist with nearly 40 years of experience in medical ethics. He is currently a member of two hospital ethics committees in Sacramento and teaches bioethics at California Northstate University School of Medicine.

Informed Consent

Howard Slyter
Friday, Sep 30
10 to 11:30 am
Eureka Hall (EUR) 107

Your doctor recommends a minor surgical procedure or that you enter a research study. What do you want to know before you proceed? What must your doctor tell you? Doctors have not always told their patients the truth. How did we gain the rights we have today? Come, learn, and discuss the history and ethics of informed consent.

Dr. Howard Slyter is a retired neurologist with nearly 40 years of experience in medical ethics. He is currently a member of two hospital ethics committees in Sacramento and teaches bioethics at California Northstate University School of Medicine.

Take Your Garden into the Future

Mary Jane Sutliff
Friday, Oct 7
10 to 11:30 am
Eureka Hall (EUR) 107

New science about native plants, why you need to plant them, where to get them (most are not available in nurseries), new legislation to protect native plants, money in the state budget to protect native plants, new studies, and uses of native plants by farmers, etc.

Mary Jane Sutliff has a BA and and Teaching Credential from the University of the Pacific, Master’s Degree in Literature, University College of North Wales, Great Britain, Law Degree, Lincoln Law School, Sacramento County Master Gardener, Past District Director Sacramento River Valley Garden Clubs, California Garden Clubs (650 members).



The Incarceration of Japanese Americans in WWII: a Personal Perspective

Brian Sakai
Friday, Oct 14
10 to 11:30 am
Eureka Hall (EUR) 107

The attendees will learn about the existence and impact of the incarceration of 120,000+ Japanese Americans from the West Coast at the beginning of WWII, see videos about the “enduring spirit of the Japanese Americans” who experienced the removal from their homes and farms on the West Coast, and understand why my grandfather continued to assert “America is the greatest country in the world!” due to courageous acts of ordinary people who helped the Japanese Americans before and after the war.

Brian Sakai earned a BS in Mathematics, an MA in Education from Stanford University, and is a Vietnam-era veteran; was the math department chair of Grant Union High School, and introduced microcomputers into Grant; worked at Hewlett-Packard and Cisco Systems as software manager; and consulted on an NSF-funded program at Sac State to bring more women into STEM fields.

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The Leviathans of Lake Tahoe: The Biggest Fish Tale You've Probably Never Heard!

David Abelson
Friday, Oct 21
10 to 11:30 am
Eureka Hall (EUR) 107

California has some of the most unique ecosystems and life-forms on earth. One of these is the "Lahontan Cutthroat Trout," which evolved in a very limited watershed surrounding Lake Tahoe and a small portion of Nevada. These fish were once the largest native trout in North America. Their story is utterly amazing, tragic, and yet somehow optimistic at the same time. The presentation familiarizes the audience with this totally unique strain of trout, its tragic history, and its miraculous, on-going recovery.

David Abelson is a retired attorney who practiced environmental law during his career. He has led many seminars and classes including topics on *Water in California*, *Constitutional Law*, *Bob Dylan*, and *John Wesley Powell*. He has also served on the Renaissance Society Board of Directors for seven years, holding offices including President and Vice President.

From the Vault: Stories Celebrating 100 years of 20th Century Fox.

Mike Troyan
Friday, Oct 28
10 to 11:30 am
Eureka Hall (EUR) 107

Celebrate the stars and movies that made 20th Century Fox such a legendary name in entertainment history with author Michael Troyan who wrote the company's official history book for their 100th anniversary: *20th Century Fox: Century of Entertainment!* Plus an update on the company since it was purchased by The Walt Disney Company.

Michael Troyan holds a Master's In Library Sciences and BA in Media Communications that he has utilized working for archives of The Walt Disney Company, Turner Entertainment, and Warner Bros. He has published *20th Century Fox*;

Century of Entertainment!; *MGM Hollywood's Greatest Backlot*, *A Rose For Mrs. Miniver*; and the *Life of Greer Garson*. He co-authored *Disney A To Z*; *The Official Encyclopedia*, and recently assisted the Fairbanks family publish *Douglas Fairbanks*; *The 4th Musketeer*.

The Life and Art of John James Audubon

Theodore Goodwin
Friday, Nov 4
10 to 11:30 am
Eureka Hall (EUR) 107

John James Audubon was America's pre-eminent painter of birds in the nineteenth century. He painted the greatest collection of life-size portraits of birds. It was published as *The Birds of America* in 1827-1838. He was an explorer, hunter, artist, teacher, businessman, and slave owner. He was a family man and a wanderer. What was America like in Audubon's era? What difficulties did he endure to complete his lifetime work? What made him such a unique person?

Theo Goodwin is a naturalist, a student of history, a photographer, and a guitarist. As an attorney he specialized in environmental law, tax law, and juvenile court cases. He has presented other Renaissance classes on *California Air Quality Law*, *How to Write Haiku Poetry*, and *Creative Paris in 1890*.



Are "Black Indians" Real Native Americans?—Historical and Contemporary Perspectives

Darryl Omar Freeman
Friday, Nov 18
10 to 11:30 am
Eureka Hall (EUR) 107

This seminar explores the historical interactions and relationships between the African American community and different Native American communities from eras of enslavement up to contemporary times. This Power Point presentation will employ a combination of lecture and video shorts to highlight the complex social/political identity struggles between members of these ethnic groups as they navigate life in our evolving, diverse American society.

Professor Freeman is a 10-year faculty member in the Department of Ethnic Studies in the Sac State College of Social Sciences and Interdisciplinary Studies. He specializes in the historical interactions and relationships of mixed race/ethnic groups.

Jekyll Island: The Millionaire's Club

Beth Mann
Friday, Dec 2
10 to 11:30 am
Eureka Hall (EUR) 107

Between 1886 and 1943, the Millionaire's Club controlled 1/6 of the world's wealth. Limited to 100 members and their families, Jekyll Island, on the coast of Georgia, was the exclusive place to get away. Access was by boat only; no outsiders allowed—except staff. The club was open from January thru March each year. Members included the Rockefellers, Goulds, Pultizers, and other elites. So how did this get started and what happened to it?

Beth Mann has conducted several participation-type classes for Renaissance Society; *The Silk Road*, *Early Mediterranean Trade*, *Women Artists*, and *The Mayas*. She is a history buff who loves to travel and share the knowledge she has learned through her travels. Prior to retirement, she was a trainer (among other things) for the California Department of Aging, developing classes that she conducted statewide.

saturday trip

See the Sundial Bridge

Cynthia Hearden
Saturday, Oct 22
8:30 am to 6 pm

Join us for a day trip to see the Sundial Bridge in Redding on Saturday, October 22nd. An amazing architectural wonder that really acts as a sundial, it attracts visitors from around the world. Enjoy a catered lunch on arrival, walk across the bridge, and visit the Botanical Gardens and Turtle Bay Museum. Or spend your time strolling the many walkways and bask in the sun. It is a truly lovely area to visit. We will leave at approximately 8:30 am and return by 6:00 pm. Cost will be approximately \$125.



forums

FORUMS are a special category of highly acclaimed and high-profile speakers addressing current topics of special interest to a wide variety of our Renaissance members. These esteemed speakers are also seasoned experts in their fields. They bring a diversity, depth, and breadth of topics to inform us about critical issues facing us and our society on an ongoing basis.

All Forums occur on Friday afternoons from 3 to 4 or 4:30 pm when few other Renaissance seminars or presentations are being offered. Speakers encourage the audience to ask probing questions about their topics.

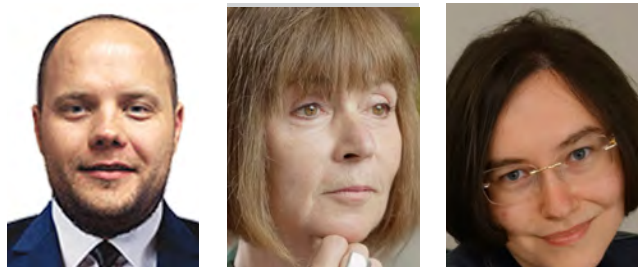
Note: In keeping with recent semesters, all Forums will be broadcast virtually using Zoom Webinar. However, for RS members attending earlier Friday classes on campus, we will provide an optional classroom—**Del Norte Hall (DLN) 1004**—where the Forums will also be simulcast and viewable in real time.

Sep 9, 2022

The Ukranian/Russian War: First-Hand Insights

3 to 4 pm

For Remote Viewing on campus: Del Norte Hall (DLN) 1004



Ruslan Gurzhiy was born in Belarus and immigrated to the US in 2001. He has been a film producer, writer, and director in the Russian TV industry. In 2014 he created the first Russian-speaking news portal in California, Slavic Sacramento (Slavicsac.com), which is the most visited of such news resources on the West Coast. Russ will be joined by experts on Ukraine with **Marta Dyczok** (a Professor of Political Science at Western University), and Russia with a highly published Russian investigative journalist **Ksenia Kirillova** (who is an analyst for the thinktank Center for European Policy Analysis) to give us some first-hand insights into how each of these Slavic compatriots views the Ukranian/Russian conflict of 2022.

Sep 16, 2022

Ballot Measures in the Nov 2022 Election

3 to 4 pm

For Remote Viewing on campus: Del Norte Hall (DLN) 1004



California voters will decide the fate of nearly a dozen ballot measures in the November election. Who's behind them? Who's funding them? What are their implications for public policy? Two Sacramento-based political experts, Democrat **Steven Maviglio** of Forza Communications and Republican **Rob Stutzman** of Stutzman Public Affairs, have both worked on multiple initiative campaigns over the past two decades. They will offer their insights on the upcoming initiatives. Learn about what's hidden in the fine print, the budget implications, and who has endorsed each initiative to help you make an informed decision when your ballot arrives.

Sep 23, 2022

A Future Mobility Commercialization Collaborative

3 to 4 pm

For Remote Viewing on campus: Del Norte Hall (DLN) 1004



Recently retired as CEO of SMUD, **Arlen Orchard** had previously served on the Alliance to Save Energy 50X50 Transportation Commission, which was charged with envisioning bold and achievable goals to advance clean transportation transformation. Now, he serves as Chair of the California Mobility Center (CMC) board. This organization strives to streamline the interaction between early-stage mobility companies and industry leaders. The CMC works to reduce friction in the commercialization process, accelerating the pace at which future mobility products and services head to market. Orchard will introduce some of the collaborative efforts of the CMC, and discuss California's status as the location of choice for future mobility innovators, highlighting why it is a benchmark for product standardization.

Sep 30, 2022

The Evolution of Policing and Public Safety in a Time of Social Unrest

3 to 4 pm

For Remote Viewing on campus: Del Norte Hall (DLN) 1004



Retired Sacramento Chief of Police **Daniel Hahn** will share lessons learned and the innovation of public safety during a time of unprecedented social unrest. Retiring in 2021 after 34 years of policing experience, Chief Hahn describes the challenges and successes as the senior law enforcement official of the 37th largest U.S. city with over 530,000 people. He will discuss his thoughts on

community policing, increasing gun violence, homelessness, and numerous social justice issues. A native Sacramentan, Daniel will share why he returned to his hometown to assume the demanding duties of urban policing in one of America's most diverse cities.

Oct 7, 2022

How the Decline of Local News Threatens Democracy

3 to 4 pm

For Remote Viewing on campus: Del Norte Hall (DLN) 1004



As a Senior Fellow and the Director of state and local policy at the Manhattan Institute, **Michael Hendrix** is leading this free-market think tank dedicated to developing ideas and articles that help to foster individual awareness and responsibility. In October of 2020, Michael wrote a piece examining the altered landscape of journalism in the United States after the Coronavirus Pandemic left its mark. In this presentation, he will examine how good governance takes a hit and partisanship worsens as newsrooms shut down across the country. Michael will also focus on the importance of finding ways to preserve local journalism, now more than ever.

Oct 14, 2022

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

3 to 4 pm

For Remote Viewing on campus: Del Norte Hall (DLN) 1004



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. John Sutter, his employees, and his Fort were a centerpiece of this massive American expansion that led to the discovery of gold, the building of great cities, the destruction of the Native People and their Culture, and instigated the birth of a booming agricultural industry that still thrives today. Steve's Forum presentation will examine the people, places, and events that carried California into modernity.

Oct 21, 2022

Moving the Needle on Antiracism & Inclusion

3 to 4 pm
For Remote Viewing on campus: Del Norte Hall (DLN) 1004



With a Master's and EdD in Educational Leadership for Social Justice from CSU East Bay and an undergraduate degree from UC Berkeley, **Dr. Mia Settles-Tidwell** is Sac State's new VP for Inclusive Excellence and University Diversity Officer. Known for her equity and activism work for underserved and disenfranchised communities, she has over 30 years of leadership experience in both K-12 and higher education systems. Her division will help Sac State go beyond the values of antiracism, diversity, equity, inclusion, and belonging into actionable embedded practice and equity-centered outcomes. Her goal is to implement this through a lens of "Believing" (year 1), "Becoming" (years 2-3), and "Being" (years 4-5) to transform Sac State into a national leader and thought partner in this field of work.

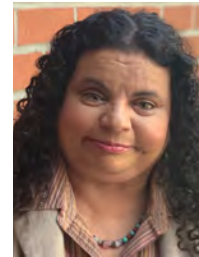
Oct 28, 2022

The Aging Eye and Blindness

3 to 4 pm
For Remote Viewing on campus: Del Norte Hall (DLN) 1004



As a retina specialist in the Department of Ophthalmology and Vision Science at UC Davis Health, **Dr. Ala Moshiri** treats all forms of medical and surgical diseases of the retina, including macular degeneration, diabetic retinopathy, and retinal vascular diseases, and he specializes in the diagnosis of inherited retinal diseases. Dr. Moshiri will provide an overview of diseases and challenges associated with



the aging eye and evolving therapies. With Dr. Moshiri will be **Regina Brink**, an actor who has been blind since the age of two. She has been promoting disability awareness for several organizations and is currently Deputy Director of Governmental Affairs for the California Council of the Blind and Performing Arts Facilitator for the Short Repertory Theater. Regina will grace us with perspectives on her own challenges and successes from a different view of life.



Nov 4, 2022

The SMUD Museum of Science and Curiosity

3 to 4 pm
For Remote Viewing on campus: Del Norte Hall (DLN) 1004



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, 2022

The Latest Updates In Treatments for Alzheimer's

3 to 4 pm
Zoom Only



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 six 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.

Nov 18, 2022

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

3 to 4 pm
For Remote Viewing on campus: Del Norte Hall (DLN) 1004



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.

[CLICK HERE TO ENROLL IN ANY PROGRAM](#)

Dec 2, 2022

Senator Ben Allen: What's Happening in California's Environmental Legislation?

3 to 4 pm

For Remote Viewing on campus: Del Norte Hall (DLN) 1004



Representing California's 26th State Senate District including the Hollywood, Westside, and coastal South Bay communities of Los Angeles County, **Senator Ben Allen** chairs the Senate Environmental Quality Committee and the Legislature's Environmental Caucus. He received a Bachelor's degree from Harvard, a Master's degree from the University of Cambridge, and a Juris Doctor degree from UC Berkeley. A leader in addressing the impacts of plastics pollution and climate change, he has worked to bolster our state's climate resiliency

amidst increasing risks from wildfires, droughts, and sea-level rise. Senator Allen will provide an informative roundup of the most crucial environmental legislation of 2022.

Dec 9, 2022

Mystery Guest Speaker

3 to 4 pm

For Remote Viewing on campus: Del Norte Hall (DLN) 1004



Our concluding Forum for Fall semester will be a spectacular Guest Speaker! We can't let the **Cat out of the Bag** quite yet, but DON'T MISS IT! We will announce the **Mystery Guest** a couple of months before the event

Diversity, Inclusion, and Social Justice

Seminars

The Assault on Our Democracy—What Is to Be Done?

Duane Campbell and Carl Pinkston, Thursdays, Sep 8 to Dec 1, 10 to 11:30 am

Climate Chaos and the Individual

Don Forrester, Wednesdays, Oct 26 to Dec 7, 10 to 12 noon

Conversations Around Race

Gretchen Jung and Co-leader: Stacie Walton, Mondays, Sep 12 to Nov 28, 9 to 11 am

Dance Documentaries—Feature Films (Zoom only)

Chip Zempel, Fridays, Sep 9 to Dec 2, 12 noon to 2:30 pm

Dance Documentaries—Short Films

Chip Zempel, Tuesdays, Sep 6 to Nov 29, 10 to 11 am

The Homeless Crisis in California:

Sherman Haggerty and Jeff McKenzie, Fridays, Sep 9 to Sep 23, 10 to 11:45 am, Alpine Hall (ALP) 138

Public Lands and the American Dream

Arthur Bauer, Fridays, Sep 9 to Dec 2, 12 noon to 1:30 pm, Douglass Hall (DH) 209

Racism, Prejudice, and Fascism (Hybrid)

Greg Beale, Fridays, Sep 9 to Dec 2, 10 to 11:45 am, Amador Hall (AMD) 151

"Top 10" U.S. Domestic Issues and Potential Solutions (Hybrid)

Ken Cross, Fridays, Sep 9 to Dec 2, 12 noon to 2:30 pm, Folsom Hall (FLS) 1049

The 2022 US Supreme Court at Work

Wolfgang Hoppe, Fridays, Sep 9 to Sep 23, 10 to 11:30 am, Tahoe Hall (TAH) 1007

Presentations

Are "Black Indians" Real Native Americans?—Historical and Contemporary Perspectives

Darryl Omar Freeman, Friday, Nov 18, 10 to 11:30 am

The Incarceration of Japanese Americans in WWII: a Personal Perspective

Brian Sakai, Friday, Oct 14, 10 to 11:30 am

Forums

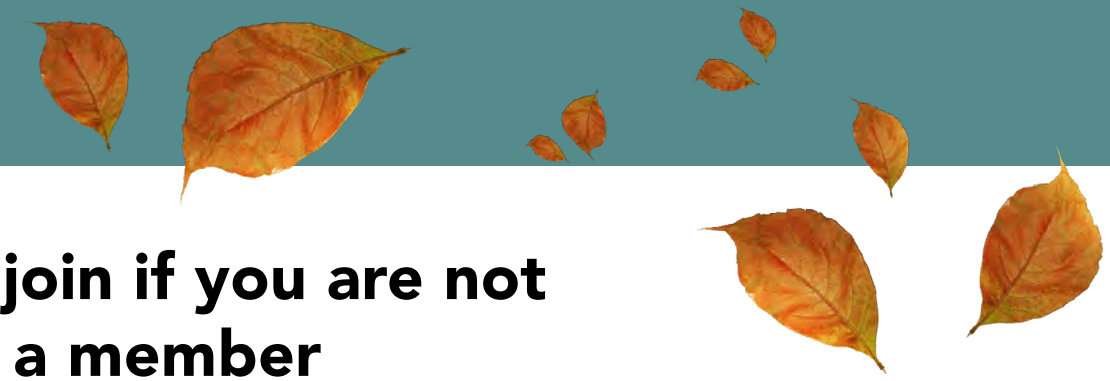
Moving the Needle on Antiracism & Inclusion (Hybrid)

Dr. Mia Settles-Tidwell, Friday, Oct 21, 3 to 4 pm

What's Happening in California's Environmental Legislation? (Hybrid)

Senator Ben Allen, Friday, Dec 2, 3 to 4 pm





who we are

The Renaissance Society community offers:

- A lively community of curious adults eager to pursue their passion for lifelong learning, community, and service.
- Unlimited access to hundreds of engaging seminars, talks, discussions, workshops, presentations, documentaries, hands-on activities, and community forums offered five-days a week, both on campus and on Zoom.
- Exciting ways to connect with friends, old and new, through our Renaissance Society Facebook page; Twitter; the *Weekly Update*; and *The Recorder Newsletter*. In addition, we offer virtual and in-person hangouts with other aficionados of food, travel, games, books, the arts, film, and other Shared Interest Groups (SIGs).
- Opportunities to give back to the community by joining a committee, coordinating a seminar or program, donating to the ASI Food Pantry and Student Scholarships, and providing services to the University, such as ushering at student theater performances or volunteering as a mentor for students in the gerontology department.

Our Programs

- Wide Ranging Seminars
- Fascinating Forum Speakers
- Outstanding Presentations
- Many Shared Interest Groups



Our Appreciation for One Another

- New Friendships
- Shared Time Together
- Picnics, Parties and Fun
- Honorary Memberships (for friends over 90)

Our Commitment to our Community

- Annual Scholarship Awards
- Support for Sac State Food Pantry
- Mentoring of College Students
- Outreach Beyond the Campus (Libraries, Assisted Living Homes)

how to join if you are not already a member

Our Renaissance Society Membership fees are \$100 for an Annual membership and \$60 for a Mid-year membership. Our [Annual Membership Registration Portal](#) opened on June 1, 2022. The Program Enrollment Portal opens on August 8, 2022. Fall programs begin on September 6, 2022, though we may have a sprinkling of events the week before to tease your appetite.

Two simple registration options:

1. Online, with a credit card—
 - The online process is simple and secure. By following the prompts on each page, the system will ask for your credit card information to make your payment. The information is not retained once your transaction is complete.
 - Click [here](#) to register online.
2. By mail, with a paper application and check made out to the Renaissance Society.
 - Print the application form and mail to: Renaissance Society, California State University, Sacramento, 6000 J Street, Mail Stop (MS) 6074, Sacramento, CA 95819-6074.

orientation and rendezvous

If you are either a prospective, new, or renewing member of the Renaissance Society, please attend this semiannual event to learn more about our current programs and services. Orientation and Rendezvous will be held on Friday, August 12, 2022 from 9 to 1:30 pm for the Fall semester.

Orientation and Redezvous Program Agenda

Orientation—Learn how the hybrid classrooms will operate and how you can participate.

Rendezvous Moderated Panel—Receive an overview of the numerous changes and transformations of the Renaissance Society programs and services.

Question and Answer Session—Panel members are available to respond to questions regarding what to expect during the upcoming semester.

Volunteer Opportunities—Learn from Sac State organizations seeking volunteers to support students and the campus. These include Sac State Gerontology, Physical Therapy Departments, and the UC Davis Department of Preventative Medicine.

Enroll—<https://tinyurl.com/RSWebsiteHomePage>

Zoom Invitation—If you are already a Renaissance Society member, you will receive an invitation email to these events.

Survey—Please respond to the Renaissance Society survey that is emailed to you following the event.

Questions—Contact Evie Boggs at evieboggs@comcast.net or 916-955-1593 or Ken Cross at kencross@kencrossconsulting.com or 916-995-8288.

library card information

Become a member, and pay the associated \$10 library card fee. You can purchase it online, when you join as a member using either a credit card or a check, or separately by mailing in a check. Please mail to 6000 J St., Mail Stop 6074, Sac CA 95819-6074, or you can drop it by our office at 350 University Ave. Suite 108. Office Hours: M-F 10-1.

Visit the University Library Service Desk (1st floor) to activate your library account and claim your library card. Please bring proof of payment for the \$10.

parking registration

Go to the [Sac State parking site](#). Click on the Purchase Parking Permit button and either click on Guest Login or Guest Signup. If you purchased a parking permit last year, use the Guest Login button and use your email and password to log in and purchase a parking permit. Use the Guest Signup button if you do not already have an account. Be sure to select the \$40 option if you see multiple choices for permits.



membership application fall 2022

Please complete one form for each member

Please Print

first name	last	date
street address	city	zip
phone	email	
emergency contact name	phone	
membership fee		\$100
donation for Renaissance Society General programs**		\$
TOTAL		\$

** do you want your donation to be anonymous? yes no

Note: there will be no refunds

Mail check payable to: The Renaissance Society
California State University, Sacramento
6000 J Street—Mail Stop 6074
Sacramento, CA 95819-6074

Important: please answer the following questions since this will determine how you receive Renaissance Society publications:

1. Renaissance Society publications are available online. Limited print copies are made but it is expensive to reproduce and mail them. Please indicate if you will accept an online copy of each publication.

- a) I will read the At-a-Glance Program Schedule online Yes____ No____
- b) I will read the Renaissance Recorder online Yes____ No____
- c) I will read the Membership Directory online Yes____ No____

2. Do you want your name, email and phone listed in the Membership Directory?

Yes____ No____

Signature and Date

online learning options

Fall brings more classes back on campus. We love seeing each other in person and socializing. However, what the last couple of years has taught us is that many of us also like the convenience of the Zoom online classrooms. Well, you might want to try a Hybrid class—giving you options for both environments.

What is a Hybrid classroom?

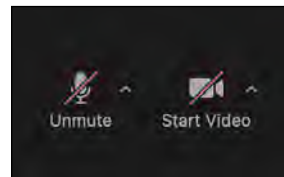
A hybrid classroom, sometimes referred to as a Hyflex classroom, is a learning environment, which includes a mix of students who are present in the physical classroom, and participants joining the class virtually using Zoom.



You don't have to specify which way you'll participate. You can start on online then switch to in-person or vice versa, and you can change from week to week. For joining online, it's easy. You just click on the Zoom link you are given for the class and you are enrolled in. Whether you select a hybrid class or one that is Zoom only, it's good to know a few Zoom basics.

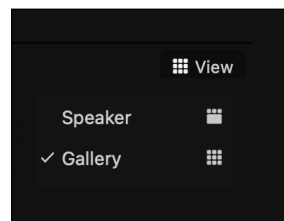
What do I do once I'm in the meeting?

The tools for these are in different locations depending on your device (computer, tablet, or smartphone) so look for the icons or labels.



Audio—If you see a red line through the microphone, that means no one can hear you—you are muted. Click Unmute and now everyone can hear you.

Video—If you see a red line through the camera, no one can see you; instead, they just see your name or your Profile picture. Click Start Video and now everyone can see you. Both tools toggle each time you click.



View—When you are in Gallery view, you see small video images of other participants, like in the first graphic; when you are in Speaker view you see a large video image of whomever is talking. Just select the view you prefer.

For more information—Refer to the individual handouts on the Renaissance Society [Online Learning Resources page](#) under Basic Training Guides>Getting Started. If you need additional help, send an email to rensocit@gmail.com.

enrolling in programs

After officially registering as a member, you will receive additional information on how to enroll in seminars, SIGs, presentations, and forums. You can enroll in as many programs as you have time for. We offer dozens to choose from. Ready to join us? Click [here](#).

If you are not a member of the Renaissance Society, you can still attend our free Community Presentations and Forums that are open to the public. Information on how to enroll is regularly updated on our website.

ways to connect

Reaching out to Renaissance Members

Renaissance Website
[\(click here\)](#)

Renaissance Catalog
[\(click here\)](#)

Renaissance Membership Directory
(for members to reach each other and Board members)

The Recorder
(Our Newsletter sent via Constant Contact)

Weekly Update
(our emails to you sent via Constant Contact, IF we have your email!)

 **Our community Facebook page**
[\(click here\)](#)

 **Our Twitter Feed**
[\(click here\)](#)

 **Our member-only Facebook page**
(members only)

Renaissance Café
[\(click here\)](#)

Renaissance Office
916-758-5133
renaissa@csus.edu



2022-23 Renaissance Society

Board of Directors, Committee Chairs, Sac State Liaison, and Staff

Board Officers/Executive Committee			
President	Deborah Seiler	916-704-5735	deborah.seiler2@gmail.com
Vice President	Vacant		
Controller	Norv Wellsfry	916-718-6920	nlwellsfry@comcast.net
Secretary	Bob Benedetti	209-603-6281	rbenedetti@pacific.edu
Past President	Ken Cross	916-995-8288	kencross@kencrossconsulting.com
Members-at-Large	Kevin Bray	916-212-8034	kbrayb@live.com
	Laurye Brownfield	916-599-2677	lauryebrownfield@gmail.com
	Michele Finerty	916-730-5506	mfinerty3782@gmail.com
	Darryl Omar Freeman	916-284-6866	darrylofreeman@gmail.com
	Kathryn Tobias	916-447-8002	tobiaskj@comcast.net
	Walter Wilson	916-801-6080	wilson_walter@aol.com

Committee Chairs			
Communications and Marketing	Lorraine Murphy	916-835-8210	ltara626@gmail.com
Finance and Administration	Norv Wellsfry	916-718-6920	nlwellsfry@comcast.net
Forums	Michele Finerty	916-730-5506	mfinerty3782@gmail.com
Gerontology Liaison	Susan Brackenhoff	217-254-5037	susan.brackenhoff@gmail.com
	Marty Keale	916-995-3299	kealesacto@comcast.net
Historian	Vacant		
Long-Range Planning	Ken Cross	916-995-8288	kencross@kencrossconsulting.com
Membership, Diversity and Community Engagement	Debbie Martinez	916-802-6530	Debralyn78@pacbell.net

Committee Chairs (cont.)			
Nominating	Susan Brackenhoff	217-254-5037	susan.brackenhoff@gmail.com
Programs	Pam O'Brien	916-662-7156	obriendesign@comcast.net
	Kathryn Tobias	916-447-8002	tobiaskj@comcast.net
Resource Development	Nancy Findeisen	916-391-5046	nancy.findeisen@gmail.com
	Michael Pidd	916-541-5104	mikepidd@sbcglobal.net
Rules	Bob Benedetti	209-603-6281	rbenedetti@pacific.edu
Scholarships	Laurye Brownfield	916-599-2677	lauryebrownfield@gmail.com
Technology	Jeff Hendy	916-337-9852	edhjeff@gmail.com
	Sarah Ryan-Roberts	916-216-3535	sarahrr@me.com
University Services	Pat Paul	916-203-5026	patpaul_fo@hotmail.com
	Paula Connors	209-327-5234	Paconnors@sbcglobal.net

Board Liaison Members			
Recorder	Lorraine Murphy	916-835-8210	ltara626@gmail.com
Website	Jennifer Kerr	916-837-9023	kerr.jennifer.m@gmail.com
Weekly Update	Rita Pasillas	916-494-9348	rcline331@yahoo.com

Sac State Liaison			
Dean, SSIS	Dianne Hyson	916-278-6504	dhyson@csus.edu

Staff			
Office Manager	Debra da Costa	916-758-5133	debra.dacosta@csus.edu
Office Assistant	Amber Korb	916-758-5133	amber.korb@csus.edu
Senior Clerk	Lorene Sarne	916-661-6981	lorene.sarne@csus.edu



renaissance society 2020-2021 annual report

Our annual report is available by clicking [here](#). It features descriptions of our programs and activities. We urge you to spend time with it—returning members as well as new recruits. Enjoy!!

renaissance society values

While serving Sacramento's community of lifelong learners since 1986, the Renaissance Society has been nurtured and supported by Sac State. These are the values we celebrate:

- **Member Participation and Connection:** We are a member-driven organization that engages our members in all aspects of Renaissance Society operations.
- **Diversity:** We encourage and support membership diversity, both in racial, ethnic, and social dimensions, and in thoughts, life experiences, and perspectives.
- **Lifelong Learning:** We believe in intellectual curiosity, personal growth, scholarship, research, creativity, and learning.
- **Community Engagement:** We come from many different neighborhoods and communities throughout the Sacramento Region. Since 1986, the Renaissance Society has enjoyed a partnership with Sac State. Our members bring a visible presence. We are another 'student body' when on campus. We are engaged with and supportive of the communities where we live and learn; and extend that support throughout the Greater Sacramento Region.
- **Organizational Integrity:** We provide innovative, affordable, and flexible learning opportunities for our members; and are committed to high operational standards, transparency, accountability, and continuous improvement.
- **Gratitude and Appreciation:** We are a friendly organization and extend a warm welcome to those with whom we come in contact. We believe in and practice the values of gratitude and appreciation for each other and all others with whom we interact.
- **Respect:** We treat each member and Sac State students, faculty, administrators, and staff with the utmost respect.
- **Service:** We are dedicated to serving each other, the Sac State community, and the greater Sacramento region to the best of our ability.

join our team of leaders, facilitators, and presenters

What You Can Offer

Program leaders, facilitators, and presenters form the heart of the Renaissance Society experience. We welcome and appreciate new and returning leaders, facilitators, and presenters, and invite proposals for:

- Semester seminar series that last three, six, or twelve weeks,
- Single presentations, and
- Various learning formats for Shared Interest Groups (SIGs): facilitated discussions of books, films, or ideas; informational lectures; presentations; hands-on instruction; and field trips.

From the arts to food to hiking to zoology, we welcome all topics, issues, and activities.

Our peer-to-peer leaders, facilitators, and presenters have found teaching, in some cases for the first time, a rich and rewarding experience. Your selected topic may reflect either vocational expertise or an avocational passion. Invariably, Renaissance Society leaders, facilitators, and presenters describe teaching deepens their own knowledge of the subject matter. Participants also bring their own expertise and life experiences to the classroom creating opportunities for lively class discussions.

Traditionally, Renaissance leaders, facilitators, and presenters have come from the membership. However, we also actively seek presenters and speakers from the community who have knowledge of a wide variety of subject matter, sensitivity to different learning styles, and an ability to clearly communicate concepts.

How to Submit a Proposal

Send an email to lorene.sarne@csus.edu or call 916-661-6981 for more information. The Program Committee reviews course proposals and provides instructor support and training. Make note of the date when you will receive the Program Application Form and the deadline for submission.

your donations make a difference



Giving is not just about making a donation. It is about "making a difference."
 —Cathy Calvin, former President, UN Foundation

6 Ways Your Donations Can Make a Difference

1. Gifts to the **Renaissance Scholarship Fund*** provide scholarships to Sac State students; we currently award seven \$3,000 scholarships annually.
2. Gifts to the **Renaissance Special Program Fund*** provide resources for new and innovative programs that engage Renaissance members, Sac State students, and the greater community.

Donate online at the [Get Involved: Donate. Volunteer](#) page or by check made out to *University Foundation at Sacramento State* with the designated fund(s) indicated in the notes section of your check. If paying by check, please complete the Gift Form and follow the mailing instructions.

3. Gifts to the **ASI Food Pantry*** provide food and personal supplies to Sac State students in need.

Donate online at <https://asi.csus.edu/asi-food-pantry> or by check made out to ASI Food Pantry. If paying by check, please complete the Gift Form and follow mailing instructions.

*Contributions to the three funds listed above are tax-deductible.

4. Gifts to the **Renaissance Society Operations Fund** help us maintain and enhance the high quality of programming that members have come to expect. Since membership dues only cover a portion of the costs of Renaissance Society operations, these donations are essential to our continued growth and sustainability.

Donating is easy. The Membership Application Form includes a section where you can add "a little something extra" to your membership dues, or you can donate anytime by check payable to Renaissance Society. Complete the Gift Form and follow the mailing instructions.

5. If you want your donation to go to **Member Scholarships** for those who cannot afford full membership dues, indicate *Member Scholarship* on the Gift Form and in the notes section of your check.

6. Give the **Gift of Learning**. Share the joy of lifelong learning with someone special to you by giving them a membership in the Renaissance Society. Just fill in the regular Membership Application Form, pay the dues, note member gift in the notes section of the check, and your honoree will enjoy the benefits of Renaissance Society membership for an entire year.

gift form

name			
address			
city	state	zip	
email		phone	
\$_____ Renaissance Scholarship Fund* (payable to University Foundation at Sacramento State—note, RS Scholarship)			
\$_____ Renaissance Special Program Fund* (payable to University Foundation at Sacramento State—note, RS Special Program)			
\$_____ ASI Food Pantry* (payable to ASI Food Pantry)			
\$_____ Renaissance Society Operations Fund (payable to Renaissance Society—note, RS Operations Fund)			
\$_____ Member Scholarship (payable to Renaissance Society—note, Member Scholarship)			
\$_____ Give the Gift of Learning (payable to Renaissance Society—note, Member Gift)			
\$_____ Total Gift			
Note: *These donations are tax deductible.			
I wish my gift to remain anonymous. ____yes ____no			
This gift is ____in honor of ____in memory of _____			
Please send notification of my tribute to _____			
Address		City	State Zip
Mail checks to:		The Renaissance Society California State University, Sacramento 6000 J Street – Mail Stop 6074 Sacramento, CA 95819-6074	

be a zoom tech host volunteer

The Renaissance Society is comprised of many volunteers that make our organization work. With the advent of our transition to online learning, a new category of volunteers was needed. We call these volunteers “Tech Hosts” and their job is to support Seminar leaders, presenters, and Shared Interest Group (SIG) facilitators in managing the technical aspects of a Zoom meeting.

If you are comfortable with basic Zoom tools, and want to help, contact Marian Kile mariankile@yahoo.com or Sarah Ryan-Roberts sarahrr@me.com. We will put you in touch with presenters that need your help. This semester we have a new category of tech hosts that support programs delivered in a hybrid mode (on-campus in person and Zoom participants). You can also be a back-up tech host for when another tech host is on vacation or otherwise unavailable. There are lots of options to help if you are technically oriented.

Training videos and handouts are available on the Renaissance Society Online Learning Resources page, under Basic Training and Guides, that explain the most common Zoom features you’ll need to be acquainted with.

For on-going support, you can join the Tech Host User Support (THUS) Group. We meet regularly during the semester. This group provides a place for Tech Hosts to practice new skills, discuss technical challenges, and support each other with problem-solving ideas. Contact Laurye Brownfield lauryebrownfield@gmail.com to join the group. We work as a team supporting each other.

So, come on and join the fun!



Laurye Brownfield (first row, second from left), Facilitator of the THUS group, celebrating at the end of Spring semester with other tech hosts and supporters.

volunteer to work with sac state students and our community

Our vibrant volunteer culture springs from a sense of belonging and shared commitment, expressed in members’ involvement in every aspect of the Renaissance Society’s operations and programming.

We offer a variety of activities for every interest, ability, or availability. Members contribute to our outstanding success as the premier place for lifelong learning in the Sacramento region. Options listed below are just the beginning!

- Teaching or facilitating a program
- Serving on one of our committees
- Coordinating a social or community event
- Raising funds
- Working in the office
- Serving on the board
- Financial operations
- Curriculum development
- Strategic planning
- Membership, diversity, and cultural engagement
- Communications and social media



Why volunteer?

- *For the connections:* Volunteering links you up with people who share your interests, goals, and passions.
- *For the fun:* We take a “people first” approach to connecting volunteers to opportunities. Do what you love; love what you do.
- *For the satisfaction:* Renaissance Society thrives when everyone gets involved. When you pitch in, you get more than you give.

Our Ambassador Program

The Ambassadors are a group of enthusiastic members, who share their love of the Renaissance Society with others as part of our Speaker’s Bureau.

Our Goal: To increase and diversify our membership while raising Renaissance Society visibility in the greater Sacramento Community.

We table various community events bringing visual displays and printed material showcasing what the Renaissance Society is all about. We give presentations, both virtual and in-person,

about the Renaissance Society to promote partnerships and to recruit new members. We share personal testimonials of our Renaissance experience and invite others to join so they too can learn, teach, and volunteer. We are always looking for new Ambassadors. Join us and we will train you! If you are interested, contact Debbie Martinez at Debralyn78@pacbell.net.

U Mentor

Connect with a student through the [Sac State U Mentor program](#). This program, run by the office of Student Academic Success and Educational Equity Programs (SASEEP), promotes the following goals:

- Increase student retention,
- Increase the graduation rate, and
- Eliminate the Achievement Gap

U Mentor matches Renaissance Society members to a student seeking an experienced person to talk with about navigating the challenges of major, career goals, or work/life balance. You benefit by building a relationship with a student and a greater connection to Sac State. With this one-semester commitment, you gain the satisfaction of giving back, sharing your wisdom, and contributing to your mentee's success. No previous experience is necessary. To sign up: Watch for a link in the Weekly Update. Contact Debbie Martinez at Debralyn78@pacbell.net for more information.

Gerontology

Help a Sac State Gerontology student earn classroom credits and experience working with an elder. If you have been an Elder Mentor in the past, you can volunteer again. Volunteers will:

- Be assigned to a Gerontology student for four or five on- or off-campus meetings during the semester,
- Get to know your student and participate in social, physical, and mental acuity assessments during the meetings,
- Assist students who have experience with seniors in skilled nursing, but also want to experience a senior who is aging well,
- Help a student earn three college credits in a required class,
- Attend a reception for Mentors hosted by students at semester's end, and
- Participate in a one-time assessment practice session.

Renaissance has participated in this program for several years, and many Elder Mentors continue a friendship with their students for years after the semester is completed.

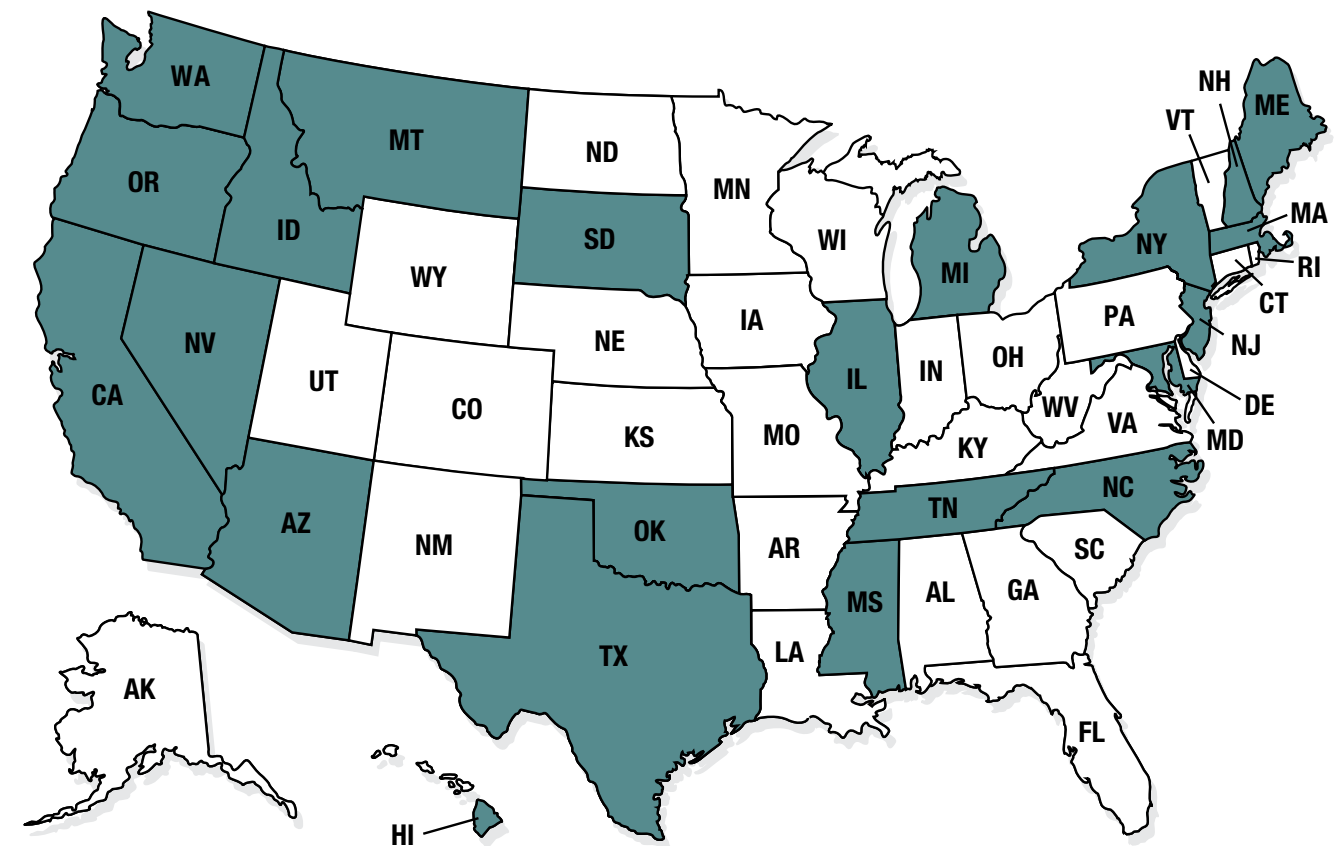
If you are interested in volunteering as an Elder Mentor, watch for Constant Contact emails with opportunities or sign up at the Orientation and Rendezvous.

volunteer for a committee

As a peer-to-peer learning organization, the Renaissance Society relies on its members in many ways. Committees welcome volunteers and rely on them for their wisdom and willingness to work. Think about where you could be of service and contact the committee chair(s). We welcome new committee members! See pages [66-67](#) for contact information.

membership map

Reach out to your friends and associates to share this Renaissance Society lifelong learning opportunity. Surveys show that most of our new members hear about us from a friend. The Renaissance Society Board of Directors is asking each member, new or renewing, to reach out to their family and friends to share our story and catalog. It's easy to do. Just use the 'share' icon in the flipbook toolbar. This is one of the best gifts you can give someone you value – lifelong learning, socialization, service, and fun.



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Daniel Hahn	Claire Day
Michael Hendrix	Dr. John L. Crassidis
Stephen Beck	Senator Ben Allen
Dr. Mia Settles-Tidwell	Mystery Speaker

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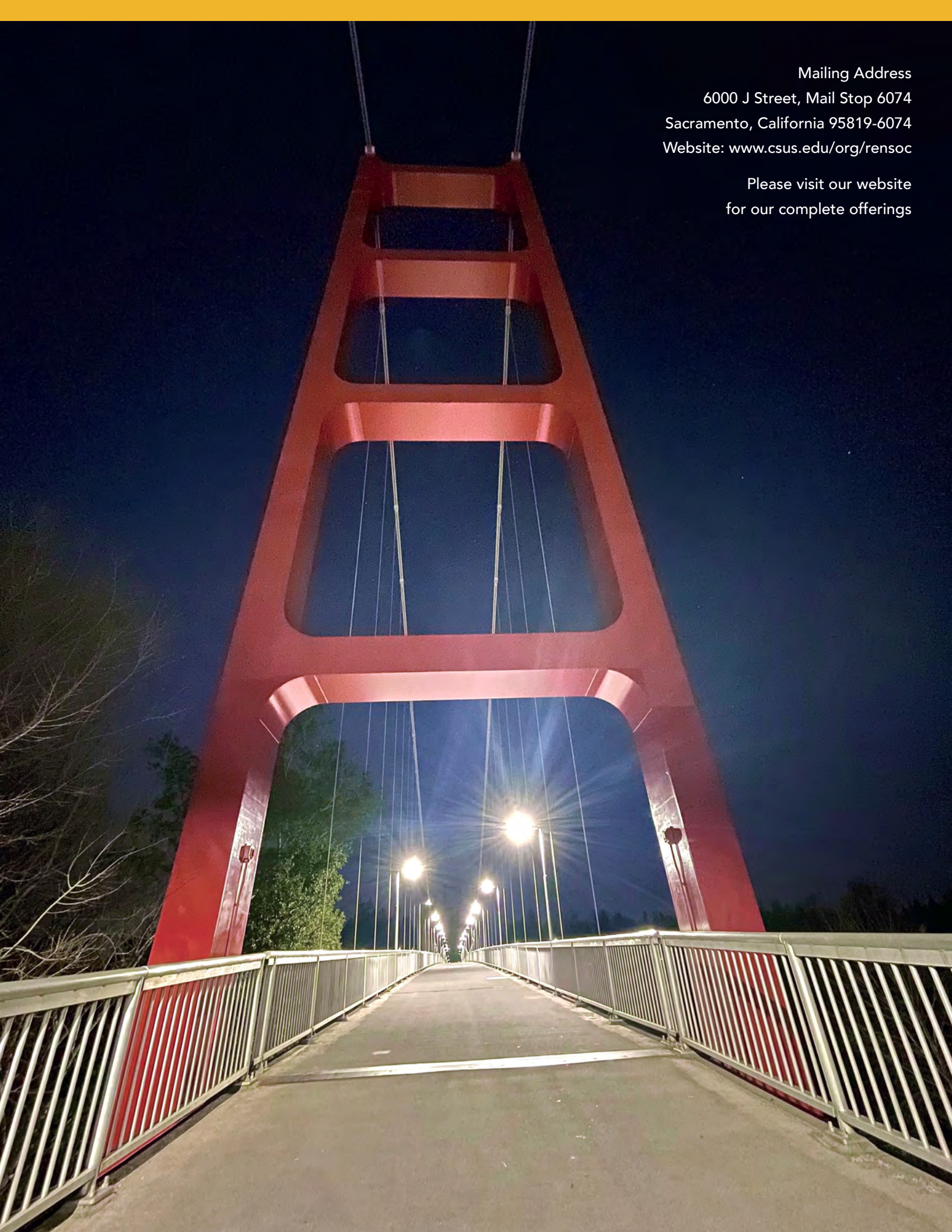
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