



The Renaissance
Society of Sacramento
spring.catalog.2021

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celebrate lifelong learning

Reflections

“Sometimes, you have to look back in order to understand the things that lie ahead.”

Looking back allows us to study the nature of ourselves. It gives us perspective on why we do what we do: whether reflecting on a recent problem we encountered, how we might have handled a situation differently, or assessing our life journey and what we might do differently moving forward. Looking back will remind us of why we are here in the first place and where we are going. It will give us a sense of direction. *The Renaissance Society* is no exception. We have always known what we value and why we strive to excel as the region’s premier lifelong learning organization.

That’s why, when faced with a global pandemic none of us could have imagined, we were required to rethink everything. Passionate about creating new ways to deliver our programs, engage our members, and enrich the learning experience for all of us, we were able to quickly pivot from on-campus programs at Sac State, local libraries and residence centers to the virtual world of Zoom.

We also created a Facebook presence and launched Renaissance Café as a place to join conversations with the larger community; produced monthly editions of the Recorder newsletter; and enhanced our weekly announcements through Constant Contact email. The Program and Technology Committees spent countless hours providing support to instructors and technical hosts on innovative ways to use Zoom interactively and get the rest of us up to speed. Our Board of Directors and other committees worked tirelessly to plan for the future, building on the best practices of the past.

As we finish our successful Fall 2020 season, all of us can finally take a little time to breathe, reflect and gain some perspective about where we’ve landed. We look forward to another successful *Renaissance Society* season. Flip through these pages and check out everything we offer in Spring 2021.



WE EXTEND ALL OUR NEW AND RENEWING MEMBERS A WARM INVITATION TO JOIN US AS WE STEP FORWARD INTO THE NEW YEAR.

Cindy Suchanek & Allan Keown
Co-Chairs, Seminar Committee

Janice Kelley & Maryellen Burns
Catalog Editors

contents

Welcome to the Sacramento <i>Renaissance Society</i>	2
Spring 2021 Program Schedule At a Glance	8
Our Programs	16
Seminars	17
Shared Interest Groups	30
Presentations.....	35
Pop-Ups	45
Forums	46
Join Our Team	52
Board of Directors	68

welcome

to the Sacramento Renaissance Society

Thank you for joining us for our second semester on the virtual campus. Last Fall almost 1,600 returning and new members took a leap of faith. Wow! We were brilliantly rewarded!

We presented 125 programs with more than 13,000 enrollments in our expanded Monday through Friday online curriculum.

Our Program Committee has continued to improve Zoom training and delivery. We are developing a range of new talks and seminar topics for Spring sessions. One of many benefits to our virtual classroom is that the flexibility and ease in varying our class days and times. We are not limited to classroom availability, commuting time or access to parking spaces.

Who do you know? It does not matter where you live to attend our virtual classroom. Invite others to sample the various *Renaissance Society* programs. Forward our Spring Catalog website link to your friends, family, and acquaintances. Share the website program recordings links of the 2020 Summer and Fall Speaker Series. Where else can you find such value for as many programs for a \$60 midyear membership?

Your friends will ask, "Why didn't you tell me about this educational opportunity sooner?"

In June 2020, our Board of Directors committed their support to Sac State President Robert S. Nelsen in his efforts to combat racism and bias on the campus with the following resolution:

"The Renaissance Society, a member of the Sacramento State University campus, embraces diversity, equity and inclusion in all facets: ethnicity, gender, and political persuasion. We do this as we learn, connect, and share with each other and our community. We are committed to eradicating the disease of racism and bias in our community, and we will promote the kindness and compassion necessary to build inclusiveness and trust in our community."

In keeping with this resolution, this Spring you will see curriculum focused on social justice topics related to better understanding our diverse community of neighbors and fellow citizens.

Welcome to our existing members as well as our new members who have recently joined our lifelong learning community. I look forward to seeing you in the virtual classroom this Spring to learn, connect, and share.

In gratitude,



Ken Cross
Board President
The Sacramento
Renaissance Society

become part of

our Renaissance Society Community

Our Society Midyear Membership fee is \$60. We offer:

- 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 six-days a week.
- Exciting ways to connect with friends, old and new, through our Renaissance Society Facebook group; The Renaissance Café blog, The Recorder, our monthly newsletter; Constant Contact email blasts; and virtual hangouts with other aficionados of food, travel, games, books, the arts, film and other "Shared Interest Groups."
- Opportunities to give back to the community by participating in a committee, coordinating a seminar or program, giving to the ASI Food Pantry and Student Scholarships, and other services to the University.

How to Join: If you are already a member of Renaissance you don't have to do anything until January 11, 2021 when our Seminar Registration portal opens. Our Midyear Membership Registration Portal opens Tuesday, January 5, 2021. Our programs begin Monday, February 8, 2021, though we may have a sprinkling of events the week before to tease your appetite.

Just follow this link to our website: www.csus.edu/org/rensoc

Questions? For general membership questions: phone or email renaissa@csus.edu or 916-758-5133.

who are we?

The Renaissance period began in Italy in the 16th century, largely as an outgrowth of interest in the mastery of a wide-ranging set of disciplines, including philosophy, science, history, and the arts. Values such as secularism, beauty, humanism, individualism, skepticism, and classicism were central. The word itself comes from the French phrase *renaissance des lettres*, used by the 19th century historian Jules Michelet. In Old French *renaissance* means rebirth.

The Renaissance Society has served Sacramento's community of lifelong learners for more than 35 years. From its beginning, the Society has been nurtured and supported by Sac State.

our values

Member Participation and Connection

We are a member-driven organization that engages our members in all aspects of 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 for the sheer joy of it.

Community Engagement

We come from many different neighborhoods and communities throughout the Sacramento Region and beyond. 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 and beyond.

Organizational Integrity

We provide innovative, affordable, and flexible learning opportunities for our members; and 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 all of Sac State students, faculty, administrators and staff with the utmost respect.

Service

We are dedicated to serving each other, Sac State community, and the greater Sacramento region to the best of our ability.

who we are

- 35 Number of Years the Sacramento Renaissance Society at CSUS
- 1500+ Number of Mature Lifelong Learners
- 300+ Seminar, Lectures, & Presentations Annually
- 150+ Instructors & Community Leaders
- 75% Average Membership Renewal

who we serve

100%

- Learners 50 Years and Older
- Community of Knowledge Seekers
- Adults Who Identify as Lifelong Learners
- Mostly Live Within the Greater Sacramento Area

why join Renaissance

- Stay Mentally Fit in Retirement Years and Age Successfully
 - Discover Social, Cultural, and Academic Interests Locally and Beyond
- Network with Like-Minded Individuals
 - Reconnect with New and Old Friends

how to join us

Two enrollment options:

- Online, with a credit card payment.
- Mail a paper application and check to the Renaissance Office.

The online process is simple and secure. By following the prompts on each page, the system will ask for credit card information to make your payment. The information is not retained once your transaction is complete.

Follow the link to enroll online.

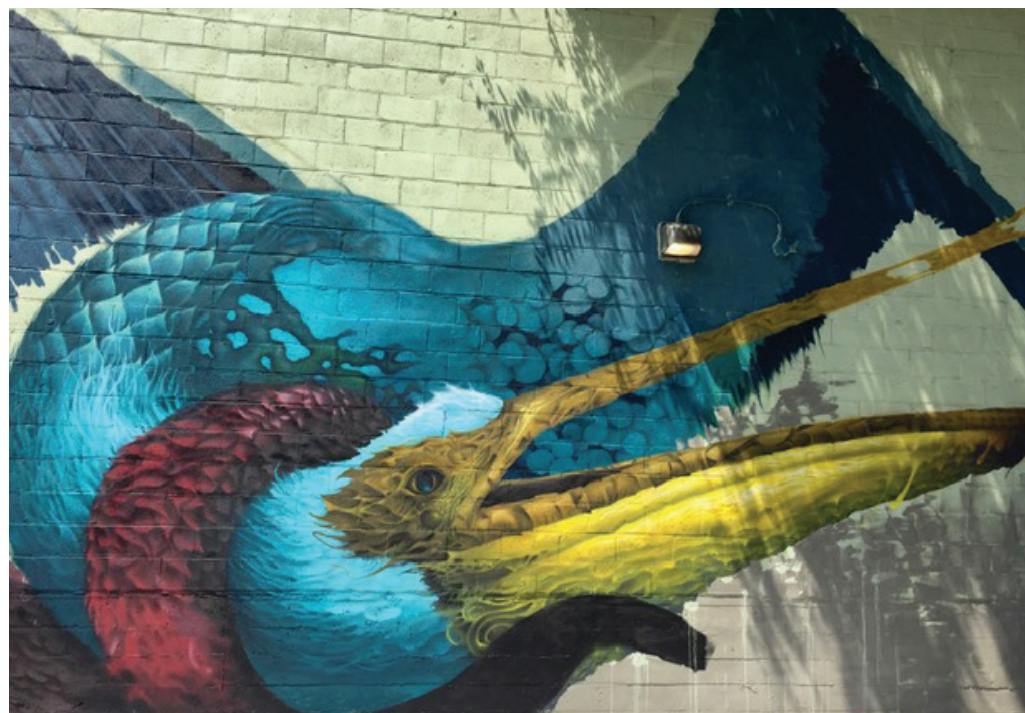
<https://apps.cce.csus.edu/sites/renaissanceSociety/index.cfm?>

Paper—Use this form for either new or renewal memberships.

https://www.csus.edu/college/social-sciences-interdisciplinary-studies/renaissance-society/_internal/_documents/memappspring21.pdf

Or print out the form in the e-catalog. Mail enrollment form to the office with your check payable to *The Renaissance Society*.

The Renaissance Society
 California State University, Sacramento
 6000 J Street, Mail Stop 6074
 Sacramento, California 95819-6074
www.csus.edu/org/rensoc



2020-21 membership

Are you a new member of the *Renaissance Society*? yes no

first name	last	date
street address	city	zip
phone	email	
emergency contact name		phone
membership fee		\$60
donation for <i>Renaissance Society</i> 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 Catalog 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____

spring 2021 program schedule at a glance

What follows is an at-a-glance schedule that sets forth all of our Spring 2021 programs. There are four types of programs **Seminars**, **Shared Interest Groups**, **Presentations** and **Forums**.

Our **Seminars** are led by one or more leaders and co-leaders. Each is a series ranging from three, six, or twelve weeks, focused on one subject. Many include guest speakers.

Shared Interest Groups include various activities and interests that center on what people enjoy doing together such as photography, games, walking, reading, writing, eating, and storytelling.

Our increasingly popular one-time **Presentations** feature a variety of topics by Renaissance and Community speakers. The *Tuesday Speakers Series* is for members only. *Talk Talk Talk*, A Community Series, is open to anyone, anywhere.

Forums will again feature a group of community speakers who reflect on current topics.

This array of incredible learning opportunities allows you to take as many courses as you want—as long as you don't have a time conflict. This spring we'll only be limited by our interests, curiosity, levels of energy, and time to reflect.

MONDAY PROGRAMS AT A GLANCE				
Time	Title	Leader Name	Start Date	✓
<i>Seminar Coordinators: Allan Keown and Cindy Suchanek</i>				
10 – 11:30 am	Big History-Iron Age Who are we? Where did we come from? Where might we be going?	Ranny Eckstrom, David Lewis	Feb 8	
10 – 11:30 am	Happy Losers Seminar and Discussion for Emotional Overeaters	Mimi Dixon	Feb 8	
10 – 11:30 am	Racial Healing: Conversations on Race	Stacie Walton, Gretchen Jung	Feb 8	
12 – 1:00 pm	Learning and Listening	Laura Gaeta, Julia Ahlquist Tanner	Feb 8	
12 – 1:00 pm	What's Behind the US Economy and Markets?	Sanjay Varshney	Feb 8	
12 – 1:30 pm	Corporate Accountability: Restoring the Balance	Jim McRitchie	Feb 8	
12 – 1:00 pm	Reading Poetry	Michael Storey	Feb 8	
2 – 3:30 pm	Vegetable Gardening in Sacramento	Bonnie Gault-Blue	Feb 8	
2 – 4:00 pm	Slavery: America's Original Sin and Its Continuing Aftermath	Allan Keown, Dale Stark	Feb 8	
2 – 4:30 pm	Roger Ebert's Great Movies	Gerry Camp	Feb 8	
<i>Shared Interest Groups Coordinators: Karen Martin and Chuck Wiseley</i>				
10 – 11:30 am	Plant Based Living - Session A	Twyla Teitzel	Feb 8	
10 – 11:30 am	Plant Based Living - Session B	Twyla Teitzel	Mar 8	
10 – 11:30 am	Plant Based Living - Session C	Twyla Teitzel	Apr 5	
<i>Talk Talk Talk Presentations Coordinator: Maryellen Burns</i>				
7 – 8:30 pm	Back of the White House	Kimberley Graham	Feb 15	
7 – 8:30 pm	Food in Space in Fiction and Reality	Richard Foss	May 4	
7 – 8:30 pm	Food on the Westward Trail	Richard Foss	Apr 20	
7 – 8:30 pm	The Culinary Misadventures of Eleanor Roosevelt	Maryellen Burns	Mar 1	

TUESDAY PROGRAMS AT A GLANCE				
Time	Title	Leader Name	Start Date	✓
<i>Seminar Coordinators: Allan Keown and Cindy Suchanek</i>				
9:30 – 12 pm	Romantic? Comedies? Again?	Chip Zempel	Feb 9	
10 – 11:00 am	Active Retirement Investing -Part One	Bill Bailey, Marsha Holland	Feb 9	
10 – 11:00 am	Active Retirement Investing -Part Two	Bill Bailey, Marsha Holland	Mar 23	
10 am – 12 pm	Gift of Klio, a study of History.	Ed Sherman	Mar 23	
12 – 1:30 pm	Cracker Barrel	Anita Fante, Per Ostlund	Feb 9	
12 – 1:30 pm	Heterodox Economics: Modern Money Theory	Mark Dempsey	Feb 9	
12 – 1:30 pm	The Native American Experience: Racism, Prejudice, and Culture	Greg Beale	Feb 9	

2 – 3:00 pm	Policing in the US	William Vizzard	Feb 9	
2 – 3:30 pm	American Leadership From 1620 to 1965	Catherine Minicucci	Mar 23	
2 – 3:30 pm	Wisdom Questions	Mimi Dixon	Feb 9	
7 – 8:30 pm	Self-Portraiture	Julia Stagg	Mar 23	
7 – 8:30 pm	The Economist	Wayne Luney	Feb 9	
Shared Interest Groups Coordinators: Karen Martin and Chuck Wiseley				
8:30 – 10:30 am	Inspired by Nature - Creating Nature Journals to Capture Sense of Place	Janice Kelley	Mar 23	
9:30 – 11:00 am	Book Group: Third Tuesday	Marian Kile	Feb 9	
10 – 12 pm	Digital Photography	Colleen Wong, Jane Steele	Feb 9	
12 – 2:00 pm	Writers' Workshop II	Anita Adams, Lani Hahn	Feb 9	
2 – 3:30 pm	Book Group: Discovering Your Neighbors Through the Written Word - Diversity Uncovered	Roberta Gleeson	Feb 9	
4 – 7:00 pm	A Cook's Tour of Sacramento Continues to Meander	Dan Cross, Maryellen Burns	Feb 16	
6 – 8:00 pm	Alter Egos – Renaissance Society Actors and Storytellers	Maryellen Burns, Christie Braziel, and 20 more	Feb 9	
Talk Talk Talk Presentations Coordinator: Maryellen Burns				
7 – 8:30 pm	Renaissance Society Authors, Poets, and Writers Panel	Ivy Hendy, Elizabeth Nelson, and Others	Feb 16	
7 – 8:30 pm	The Bakersfield Boys Club	Anne Vigo	Mar 9	
7 – 8:30 pm	The Veil of The Great Storm King -- Story of the Donner Party	Christina Richter	Mar 23	
7 – 8:30 pm	Under the Covers – Sacramento's Historic Bookstores	Scott Burns	Apr 13	
Tuesday Speakers Series Presentations Coordinator: Jack Jennings				
2 – 3:45 pm	The Fall of the Roman Empire	Ed Sherman	Feb 9	
2 – 3:45 pm	Commercial Aviation - The Future	Jerry Glasser	Feb 16	
2 – 3:45 pm	Reparation	Anne Rewell	Feb 23	
2 – 3:45 pm	Indus Valley Civilization	Ruth McElhinney	Mar 2	
2 – 3:45 pm	History, Culture and Conflict in the Sacramento/San Joaquin Delta	David Abelson	Mar 9	
2 – 3:45 pm	Women in Sports	Carolyn Martin	Mar 16	
2 – 3:45 pm	After the Inauguration: Washington 2021	Bob Benedetti	Mar 23	
2 – 3:45 pm	The Mound Builder Culture of North America	Lynette Blumhardt	Mar 30	
2 – 3:45 pm	The Middle East and the 2020 Election—Now What?	Norv Wellsfry	Apr 6	
2 – 3:45 pm	Are You Ready? Healthy Living: Planning Your End-of-Life Journey	Dolores Eitel	Apr 13	
2 – 3:45 pm	Women in the Civil War	Doug Bonetti	Apr 20	
2 – 3:45 pm	Asian Steppe to Europe with the Indo Europeans	Marty Keale	Apr 27	
2 – 3:45 pm	The World Health Organization, WHO – What It Is and What They Do, an Inside Look	Jack Jennings	May 4	

WEDNESDAY PROGRAMS AT A GLANCE				
Time	Title	Leader Name	Start Date	✓
Seminar Coordinators: Allan Keown and Cindy Suchanek				
10 – 11:00 am	Android Basics	Carol Limbaga, Victoria Star	Feb 10	
10 – 11:30 am	iPhone basics for IOS 14	Tom Holt	Feb 10	
10 – 12:00 pm	History and Practice of Songwriting	Al Zagofsky	Feb 10	
10 – 11:30 am	iPad Basics	Carol Dabrowiak, Melissa Green, Tom Holt	Mar 24	
12 – 1:30 pm	Enlightened Aging Academy	Renee Balcom, Dustin MacFarlane	Feb 10	
12 – 1:30 pm	Popular Culture and Narrative Media Genres	Philip Lane, Michele Rickey-Pidd	Feb 10	
12 – 1:30 pm	Donner Pass: Who Came, What They Did, Where They Went, and What They Left	William Sullivan	Feb 10	
2 – 3:30 pm	James Joyce's Ulysses	Dan Rooney, Jean Cawood	Feb 10	
2 – 4:00 pm	Delaying Death and Avoiding Disability	Don Forrester, Allan Keown	Feb 10	
2 – 4:30 pm	Transitions: What will I do with the rest of my life?	Ken Cross	Feb 10	
Shared Interest Groups Coordinators: Karen Martin and Chuck Wiseley				
9:25 – 10:55 am	Walkabouts	Lance Muller	Feb 10	
2 – 3:00 pm	Bits and Pieces	Kathy Hart, Maryellen Burns	Feb 10	
Talk Talk Talk Presentations Coordinator: Maryellen Burns				
2 – 3:30 pm	A New Archaeological Find in China	Chris Budwine	Apr 7	
2 – 3:30 pm	Ancient Origins of the Mediterranean Diet	Ed Sherman	Mar 3	
2 – 3:30 pm	Australian Convicts	Anne Rewell	Mar 10	
7 – 8:30 pm	Edible Art in the 20th Century	Carolyn Tillie	Apr 14	
7 – 8:30 pm	Food as an Art Form	Carolyn Tillie	Feb 17	
7 – 8:30 pm	Food on the Page – Cookbooks, Menus, and American Culture	Maryellen Burns	Mar 24	
7 – 8:30 pm	How Prohibition Changed America	Richard Foss	Feb 10	
7 – 8:30 pm	Local Farmers Markets	Joany Titherington	Apr 28	
7 – 8:30 pm	Oysters – The World's Oldest Superfood	Carolyn Tillie	Mar 10	
7 – 8:30 pm	Sacramento - City of Immigrants	Kelsey Maher	Apr 21	
7 – 8:30 pm	The Elizabethan Mind	Richard Foss	Mar 3	
7 – 8:30 pm	The Food of Jazz	Maryellen Burns	Feb 24	
7 – 8:30 pm	When Luxury Floated Through the Skies	Richard Foss	Apr 7	

THURSDAY PROGRAMS AT A GLANCE

Time	Title	Leader Name	Start Date	✓
Seminar Coordinators: Allan Keown and Cindy Suchanek				
10 – 11:00 am	Romantic? Comedies? Again? Discussion Group	Chip Zempel	Feb 11	
10 – 12:00 pm	Mankind's Greatest Engineering Achievements	Richard Dabrowiak	Feb 11	
10 – 12:00 pm	Delving into Dementia: The science, the caring, the hope	Mynga Futrell	Feb 11	
10 – 12:00 pm	iPhone Photography Experimental Studio (Pre-requisite needed)	Melissa Green	Feb 11	
10 – 12:00 pm	Relationships: How to Build Strong, Healthy, Loving Relationships	Nanci Kuzins	Feb 11	
12 – 1:30 pm	The Pandemic and the Economy	Duane Campbell	Feb 11	
12 – 2:00 pm	Rebellion in America: The American Civil War	Douglas Bonetti	Feb 11	
2 – 3:30 pm	Middle East 2 - Empire and Nationalism	Norv Wellsfry	Feb 11	
2 – 4:00 pm	Climate Chaos and the Individual	Don Forrester	Feb 11	
Shared Interest Groups Coordinators: Karen Martin and Chuck Wiseley				
10 – 12:00 pm	Art on the Spot	Joy Gee	Mar 11	
10 – 12:00 pm	Advanced Spanish conversation (Language skill pre-requisite needed)	JoAnn Peter	Feb 11	
1 – 3:00 pm	Games for Entertainment	Roberta Frieze	Feb 11	
5 – 6:00 pm	Virtual Yoga	Twyla Teitzel	Mar 25	
Talk Talk Talk Presentations Coordinator: Maryellen Burns				
2 – 3:30 pm	Everything 1950's	Anne Rewell	Feb 11	
2 – 3:30 pm	Rupert Murdoch, the early years	Anne Rewell	Feb 18	
7 – 8:30 pm	Dunbar Beck: Renaissance Master of Poverty Ridge	Bruce Marwick	Feb 18	
7 – 8:30 pm	The Golden Spike -- Roseville and Transcontinental Railroad	Christina Richter	Feb 25	
7 – 8:30 pm	The Place Called Junction -- Early Roseville History	Christina Richter	Apr 29	
7 – 8:30 pm	Printing in the Renaissance	Maryellen Burns	May 6	
7 – 8:30 pm	Rosa Sonneschein – The American Jewess	Maryellen Burns	Mar 11	
7 – 8:30 pm	Sargent Johnson: Sculpting Beauty on The West Coast during The Harlem Renaissance	Bruce Marwick	Apr 22	

FRIDAY PROGRAMS AT A GLANCE

Time	Title	Leader Name	Start Date	✓
Seminar Coordinators: Allan Keown and Cindy Suchanek				
10 - 11:30 am	American Diversity: Exploring Our Racial/Ethnic Mosaic	Darryl Omar Freeman	Feb 12	
10 - 11:30 am	Making the Court Supreme	Ronald Tochterman, Rosemary Kelley	Feb 12	
10 – 11:30 am	Reassessing American Leadership	Harry Cohen	Feb 12	
10 – 12:00 pm	Invisible Threads and Hidden Walls of Time	Gus Koehler	Feb 12	
12 – 1:30 pm	Great American Trials and Constitutional law	Joel Primes	Feb 12	
12 – 1:30 pm	Transitions Alumni : A continuation of Ken Cross' Transitions Class	Kathleen Ellertson, Catherine Kirwan, Matthew Legrand	Feb 12	
12 – 1:30 pm	Celebrating Late Night Talk Shows – The Early Years	Mike Agron	Feb 12	
Forums Coordinator: Tom Suchanek				
3 – 4:00 pm	Breaking Through Glass Ceilings In The California State Legislature!	Maeley Tom and Dr. Barbara O Connor	Feb 12	
3 – 4:00 pm	Mexican Culture in the Context of the Complex USA-Mexico Relationship	Dr. Juan Carlos Ruiz Guajardo	Feb 19	
3 – 4:00 pm	What You Need To Know About Computer Crimes and Elder Fraud	Detective Matthew Deaux	Feb 26	
3 – 4:00 pm	SPACE: The Last Frontier (We May Need It!)	Commander Tom Jones	Mar 05	
3 – 4:00 pm	Confronting and Controlling Pandemics and Insurrections—Continuing Civil Rights Issues in the 2020's	Judge Brian Van Camp	Mar 12	
3 – 4:00 pm	Theatre: Here Today, Gone Tomorrow? The State of Live Theater in the COVID Era and Beyond	Director Buck Busfield	Mar 19	
3 – 4:00 pm	Domestic Sex-Trafficking of Minors	DeAnne Brining	Mar 26	
3 – 4:00 pm	Understanding the "Unhoused" in Sacramento and California	Faye Wilson Kennedy	Apr 02	
3 – 4:00 pm	A Tale of Three Spouses: Partners In Leadership	Julie Steinberg, Jody Nelsen, Markos Kounalakis and Beth Ruyak	Apr 09	
3 – 4:00 pm	Accepting and Adapting to Your Disabilities	Heather Fargo	Apr 16	
3 – 4:00 pm	Taking the Pulse of Sacramento's Business Scene in the Era of Covid	Adam Steinhauer	Apr 23	
3 – 4:00 pm	Hot Topics at the High Court	Leslie Jacobs	Apr 30	
3 – 4:00 pm	Healthy Aging in A Digital World	Heather Young and Tom Nesbitt	May 07	
Talk Talk Talk Presentations Coordinator: Maryellen Burns				
10 – 11:30 am	Age-related hearing loss and hearing technology	Laura Gaeta, Julia Ahlquist Tanner	Apr 09	

our programs

where community begins!

Renaissance Society Seminars, Shared Interest Groups, Presentations, Pop-Ups and Forums. Sign up for as many programs as you want to explore. Unless there is a time conflict, registration should not be an issue.

We're still Zooming along.

The fascinating, informative, funny, and entertaining programs that have always been the heart and soul of Renaissance continue.

Our Renaissance Society tech team has been hard at work training our program leaders and members so that we can continue to experience our life-long learning programs in the safety and comfort of our own homes.

If you were enrolled in the Fall you know that Zoom isn't difficult to use. You download the program for free onto your computer, tablet or smartphone. Once registered you'll receive directions from your program leaders or co-leaders with the zoom links. If you are new, there will be many opportunities to learn.

What about the future? The Sac State campus will be open for students in the Fall. It's possible that the community rooms of the Sacramento Public Library will also be open to us. We don't know whether it will be safe for us to return too, but if we do—the Renaissance Society will continue a hybrid program of in person and online.

learn.connect.share

seminars

Seminars have been at the center of Renaissance Society's programs since its founding in the Fall of 1986. Since then, they have grown dramatically in format, style, and diversity of topics. What began as our unique peer-to-peer learning format continues today as the foundation of our approaches to lifelong learning. We now offer multiple approaches, from leader lecture, often supplemented by discussion; pure discussion seminars; viewing films followed by discussion; co-teaching formats led by several co-leaders; as well as the original format of seminars led each week by a rotating seminar participant. This diversity in seminar style is a real strength of the Renaissance Society, featuring multiple benefits for our leaders and our participants. As we have moved into our virtual world we continue to offer a variety of programs and thrive as a source for lifelong learning, community engagement, and personal connection.

Art, Entertainment, Food, and Travel

Celebrating Late Night Talk Shows—The Early Years

Mike Agron
Fridays, Feb. 12 to May 7 (12 weeks)
Noon to 2 pm

Starting in the 1950s, Late-night talk shows became a focal point of our nightly routines and culture. They were shaped by the personality of the host, an opening monologue, the "desk," and a lineup of entertaining guests. We'll start with Steve Allen, the inventor of late-night TV, and his 1954 Tonight Show debut. Other "Tonight Show" featured hosts include Jack Parr, Johnny Carson, Conan O'Brien, Jay Leno and Jimmy Fallon. We will also explore their competitors: Joey Bishop, Jerry Lewis, David Letterman, Arsenio Hall, Joan Rivers, Jimmy Kimmel, and others. We will also unpack how these shows launched the careers of many entertainment personalities and pay homage to their sidekicks, guest hosts, bandleaders and musicians.

Beginning in 2018, Mike Agron has developed and taught six Celebrating Music Seminars such as *This is Sinatra!—Celebrating the Artistry of the Man and His Music*, *Celebrating Perfect Vocal Harmony Groups*, and *Celebrating the Composers and Singers of the Great American Songbook* for Renaissance.

History and Practice of Songwriting

Al Zagofsky
Wednesdays, Feb. 10 to May 5 (12 weeks)
10 am to Noon

You, too, can write a song. You don't have to read music—most songwriters, including such notable composers as Irving Berlin and all four Beatles, did not.

Learn how Paul Simon, Paul McCartney, Peter Yarrow, Mike Stoller, Jerry Leiber, and other songwriters created songs like *The Sounds of Silence*, *Yesterday*, and *Puff the Magic Dragon*. We will also discuss commercial vs. noncommercial music and the rise and fall of the Tin Pan Alley and Brill Building songwriting factories.

Al Zagofsky has written more than 100 songs. He has no training in either songwriting or music, which qualifies him to teach this subject, as it doesn't take any training to be a songwriter. In addition to this seminar, Al has taught Renaissance Society classes in movement awareness, storytelling and journalism.

Romantic? Comedies? Again?

Chip Zempel
Tuesdays, Feb. 9 to May 4 (12 weeks.)
9:30 am to Noon

Ever since Chip's first film seminar on RomComs, people have been asking for a reprise. (Or was it reprieve?) We'll watch obscure, offbeat and foreign films that defy Hollywood's overworked "meet cute" formula: boy meets girl, boy loses girl, boy wins girl back. In the process, we'll explore Chip's three fundamental RomCom questions: Was it romantic? Was it a comedy? Was it a romantic comedy? You'll laugh, you'll cry, you'll say, "What on earth did I just watch?" Note that there is also a discussion group scheduled for 11 a.m. on Thursdays to allow for further discussion.

Chip Zempel has been leading film seminars for the Renaissance Society for five years. He seeks out unusual genre busters that don't fit into standard categories, and his various themes have covered a broad range, from samurai films and westerns, to animation, documentaries, time travel, magic, myths, fairy tales and, of course, romantic comedies.

Romantic? Comedies? Again? Discussion Group

Chip Zempel
Thursdays, Feb. 11 to May 6 (12 weeks)
10 to 11 am

This is a group to give people attending Chip's seminar Romantic? Comedy? Again? more time for discussion. Note that you must be enrolled in the main seminar on Tuesday mornings at 9:30 a.m. to attend this discussion group.

Chip Zempel has been leading film seminars for the *Renaissance Society* for five years. He seeks out unusual genre busters that don't fit into standard categories, and his various themes have covered a broad range, from samurai films and westerns, to animation, documentaries, time travel, magic, myths, and fairy tales and, of course, romantic comedies.

Self-Portraiture

Julia Stagg
Tuesdays, March 23 to May 4 (6 weeks)
7 to 8:30 pm

Using a variety of materials, seminar participants will create a series of self-portraits that seek to capture their unique character though change—either history or a future being. Beginners or advanced artists will have the opportunity for response/feedback on their work from the leader and fellow participants. Basic material skills, identification and discussion, along with studying a variety of other artists' responses to self-portraits, will be presented during the seminar. In six weeks, students will create four portraits with an online art exhibition of the complete series available for viewing.

Julia Stagg is a Sacramento artist. Her art is self-reflective and humorous. She graduated from Sac State with a BA in Fine Art and learned/shared many experiences within the local arts community. She works with young students either within school districts or families by providing art lessons. Her art mixes personal experiences, folk and fairy tales with stories that wind through life. She joined the *Renaissance Society* in 2020 and is pleased to work with fellow art enthusiasts.

Roger Ebert's Great Movies

Gerry Camp
Mondays, Feb. 8 to May 3 (12 weeks)
2 to 4:30 pm

Pulitzer Prize winner Roger Ebert was the film critic for *Chicago Sun-Times* from 1967 until 2013. He wrote three *Great Movies* books, each reviewing 100 movies. Ebert defined a Great Movie as "any movie

you could not bear the thought of never seeing again." He will show his favorite movies named in Ebert's books. Selected movies are those that are viewed less often, including foreign films and some films made in years before we were born. We will start with a brief introduction to each film, followed by an uninterrupted showing and discussion. Ebert's essay on each film will be sent to all enrolled students before class.

Gerry Camp grew up in Spokane, Washington, and earned his Bachelor of Arts and Master of Arts degrees at Johns Hopkins University. He launched his career as a high school English teacher and went on to become a teacher-educator and curriculum specialist for the Department of Defense Dependents Schools in the Mediterranean region. After retirement, he owned several bookstores.



Books, Language and Literature

James Joyce's *Ulysses*

Dan Rooney
Wednesdays, Feb. 10 to May 5 (12 weeks)
2 to 3:30 pm

Participants will read and discuss Joyce's masterpiece, *Ulysses*, over the course of two semesters. The seminar will be anchored around the *Teaching Company Great Courses* video lectures by well-known Joyce scholar, Professor James A. Heffernan of Dartmouth College. Participants will use the Gabler edition, available on Amazon. Participants will be encouraged to supplement discussion with short presentations on relevant topics, such as Bloomsday, Irish History and Joyce's life. Outside speakers may be invited.

Dan Rooney has been a *Renaissance Society* member since 2006. He is a retired attorney and a graduate of Northwestern Pritzker School of Law. He has an abiding interest in Irish history and literature and visited Ireland a number of times.

Popular Culture and Narrative Media Genres

Philip Lane
Co-Leader: Michele Rickey-Pidd
Wednesdays, Feb. 10 to March 17 (6 weeks)
Noon to 1:30 pm

In this six-week seminar we will examine the art of storytelling in communication media, such as television and film, and discuss the various story genre related to each medium. Beginning with a historical exploration of storytelling in the media through the ages, we will then consider the importance of storytelling in popular culture as it affects our changing values and beliefs. Lectures will be supported by videos when appropriate.

Phil Lane has taught media courses for the *Renaissance Society* for four years. He also taught communication media courses in several universities during the past 45 years, including 35 years at Fresno State.

Reading Poetry

Michael Storey
Mondays, Feb. 8 to March 15 (6 weeks)
Noon to 1:30 pm

Members of this seminar will read, analyze and discuss a variety of poems, mostly American and English. The focus will primarily be on themes and meaning of poems. We will also discuss various figures of speech employed by poets, such as metaphor, simile and symbol, as well as sound techniques such as meter, rhyme and stanzaic patterns. The required text will be announced later.

Michael Storey is a retired English professor, taught for 45 years at Notre Dame of Maryland University (formerly College of Notre Dame of Maryland) in Baltimore. He taught courses in poetry, literary theory and criticism, short story, writing, Dickens, English literature, and Irish literature, among others.

Contemporary Thought: Local and Global Perspectives

American Diversity: Exploring Our Racial/Ethnic Mosaic

Darryl Omar Freeman
Fridays, Feb. 12 to April 30 (12 weeks)
10 to 11:30 am

This Seminar will explore the multiple dimensions of persistent and hotly debated topics around race and culture in the United States. This PowerPoint presentation examines the roles of public policy, the media, religion, social movements and identity formation as it pertains to the mosaic of ethnic, racially and culturally designated groups in this country. This is accomplished using historical narratives, supported by pictorial and video links to testimony from members of impacted ethnic minority and other historically oppressed people of this evolving United States society. Participants will see a nuanced perspective of how social advantage and disadvantage accumulate, and how constructions of race, ethnicity, class, disability and gender influence how we navigate life in this country. Audience interaction is encouraged.

Darryl Omar Freeman is a University Faculty Senator and Adjunct Professor in the Department of Ethnic Studies at Sac State. He is an accomplished writer, speaker and social/political issues researcher. His scholastic work focuses on issues of public policy transformation, social/political justice and multicultural identity in the United States.

Climate Chaos

Don Forrester
Thursdays, Feb. 11 to March 18 (6 weeks)
2 to 4 pm

These six sessions explore the science of climate and the various options for individuals to help reduce the impact of humans on our environment. We will look at the science, trends and explore options for individual action. We will highlight the groups working in the greater Sacramento Area.

Don Forrester is a family medicine physician with 45 years of clinical experience. In January 2019, in preparation for his book group selection, he read Paul Hawken's book, *Project Drawdown*. The book started a journey in learning more about the science and various advocacy groups for climate change (e.g. Extinction Rebellion, Sunrise, Friday's for Future,

Citizen's Climate Lobby). He currently supports efforts in Northern California to force the government to enact policies to reduce greenhouse gases and reduce global warming. He is an active member of Extinction Rebellion America, American River Chapter.

Cracker Barrel

Anita Fante
Tuesdays, Feb. 9 to May 4 (12 weeks)
Noon to 1:30 pm

This is a year-round, weekly discussion group that emphasizes thoughtful dialogue on current issues of interest: social, political, economic and cultural. Participation in class discussion is not required, but desirable. Prerequisites include good listening skills as well as a 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 participated in Cracker Barrel for about 10 years. She currently moderates a smaller discussion group on current affairs on Zoom. She brings 20 years of experience in public education and promoting education campaigns for the State of California. **Per Ostlund** is the co-leader and moderator, and the Technical Host is **Steven Lewis**.

Great American Trials and Constitutional Law

Joel Primes
Fridays, Feb. 12 to May 7 (12 weeks)
Noon to 1:30 pm

If you want to know more about the law and how it works, please join me in exploring some great American trials. Each class session discusses a major case and specific area of law. Participants will be able to request a specific case or area of law to be covered. Each step of the case will be broken down to explain and understand how the legal system works. Fun for all!

Joel Primes enjoyed a 37-year career in the California Attorney General's office representing the Department of Consumer Affairs licensing agencies. He also has served as a temporary Sacramento County Superior Court judge and a member of the Appellate Mediation Panel for the Third District Court of Appeal. Joel is currently in private practice.

Making the Court Supreme

Ronald Tochterman
Co-Leader: Rosemary Kelley
Fridays, Feb. 12 to April 16 (10 weeks)
10 to 11:30 am

This seminar will feature lectures, reading and discussion of *John Marshall: The Man Who Made the Supreme Court*, Richard Brookhiser's "compact" and balanced life of Marshall (from 2018). It reminds us of the urgent importance of current Chief Justice John Roberts' efforts to persuade his colleagues to "unite around a shared commitment to defending the legitimacy of the court by rising above partisan politics," writes Jeffrey Rosen, New York Times.

Ron Tochterman is a retired judge and law professor. He has led more than a dozen other *Renaissance Society* seminars.

Middle East 2: Empire and Nationalism

Norv Wellsfry
Thursdays, Feb. 11 to May 6 (12 weeks)
2 to 3:30 pm

The modern Middle East was shaped by Western empire expansion after World War I. The aftermath of World War II, including refugee resettlement, the power struggles of the Cold War and oil, nationalism, and religious conflict, has shaped the current condition of the Middle East. This seminar will focus on the historical and political events and pressures that shaped the modern Middle East.

Norv Wellsfry earned a bachelor's degree from the University of Wisconsin, Madison, an MBA from Old Dominion University, an Ed. D from Virginia Tech, with post-graduate work in Accounting and Finance that led to completion of the CPA examinations. He had a 41-year career that included service as an administrator and professor at multiple community colleges in Virginia and California. Norv also worked with and led multiple higher education organizations, in California and nationwide.



The Native American Experience: Racism, Prejudice and Culture

Greg Beale
Tuesdays, Feb. 9 to May 4 (12 weeks)
12 to 1:30 pm

The USA is a multicultural experiment in democracy. America's original sin was twofold: slavery and physical-cultural annihilation. This ethnocentric tradition has larger, ongoing social and economic consequences. Racism is a false invention to justify what were criminal behaviors: trafficking people and land theft. Our nation now faces both the opportunity to finally heal cultural damage or, conversely, a chance to perpetuate injustice and cultural destruction.

This will be the legacy our generation leaves: a Renaissance of justice and mercy or a deadly reckoning of injustice—the triumph of positive ethnic accommodations or the banality of evil?

Greg Beale's interest in indigenous peoples and the impacts of racism and prejudice on their cultures grew out of his experience as both a school administrator and US history teacher. He is the retired superintendent of a school district located next to a Native American Rancheria. From that vantage point, he witnessed the range of problems inflicted upon a victimized culture. Beale also earned a master's degree in government with extensive studies in racism and prejudice.

Policing in the United States

William Vizzard
Tuesdays, Feb. 9 to May 4 (12 weeks)
2 to 3 pm

This course is a survey of the history and development of policing in the United States, including an examination of the functions, organization and problems associated with policing. We will examine the roles that history, culture, class, race and social movements have played in shaping policing. Featured topics include policing and crime, policing and disorder, as well as policing and the use of force.

William Vizzard is a retired professor and chair of the Division of Criminal Justice at Sac State. He spent 29 years working and managing law enforcement at the local and federal level. Vizzard has taught courses in policing, investigations, justice policy and management at both the undergraduate and graduate level.

Racial Healing: Conversations on Race

Stacie Walton and Gretchen Jung
Mondays, Feb. 8 to May 3 (12 weeks)
10 to 11:30 am

Although racism is a critical problem in our society, many choose not to discuss it. In this interactive seminar, we engage in courageous conversations about Race and Racism. This seminar features discussions of Race and Racial Identity, internalized Racism, how to become anti-racist, while manifesting a racially just world. Adopting the Indigenous practice of the Circle Process for restorative justice, we will sit in a virtual circle while facilitating a co-learning environment. The Circle provides a safe space for racial conversations, deep dialogue, and relationship building.

Stacie L Walton M.D., M.P.H. is a Speaker and Trainer for Implicit bias and Social Determinants of Health. She earned her M.D. degree from Columbia University, and M.P.H. from Berkeley, and bachelor of arts in Cultural Anthropology from Stanford University. **Gretchen Jung** facilitates Coming to the Table Racial Healing Circles with Stacie Walton. Education includes an M.A. in Bilingual Multicultural Education, which led to an adjunct faculty position at Sacramento State University.

Reassessing American Leadership

Harry Cohen
Fridays, Feb. 12 to May 7 (12 weeks)
10 to 11:30 am

In the face of populism and authoritarianism, America's pre-eminent world leadership and the international world order created by it has waned. Freedom, democracy and human rights seem to be in retreat. We will discuss what America should and can do to regain its position as the free world's leader and, together with other nations, strengthen democratic values throughout the world. Additionally, diminution of American leadership will have significant and profound impact on domestic and international security, freedom and prosperity. We will discuss the history that gave rise to America's role in the world and whether the hopes and inspirations of its past have significant value for our rapidly changing world.

Harry Cohen has led this *Renaissance Society* seminar for several years. Previously, he has taught business courses at the College of Notre Dame in Belmont as well as numerous technical courses for San Francisco CPA firms.

Slavery: America's Original Sin and its Continuing Aftermath

Allan Keown
Mondays, Feb. 8 to May 3 (12 weeks)
2 to 4 pm

This seminar features 12 documentaries that review the barbaric institution of slavery in America and its ongoing impact on our history, society, politics and culture. Bryan Stevenson has noted that before reconciliation can occur, there must be truth. Arriving at truth is sometimes brutally painful and difficult, but a focused journey is a necessary step forward. Films such as 13th, True Justice, I Am Not Your Negro, King in the Wilderness, Always in Season, and Whose Streets? will enable us to make that journey together as we explore the truths of slavery and its aftermath. The seminar will be run by groups within the seminar.

Allan Keown grew up in Norman, Oklahoma, one of two sons of two progressive parents. One parent was from Madison, Wisconsin, who thought of himself as a LaFollette Progressive. The other parent was from Gloucester, Virginia, who thought of herself as an FDR Democrat. He looks forward to sharing personal journeys with participants as we think and feel our way through the various insidious ways in which the original sin of American slavery has poisoned all of us. We hope to reach a modicum of reconciliation by the end of the seminar.

Transitions: What Will I Do with the Rest of my Life?

Ken Cross
Wednesdays, Feb. 10 to May 5 (12 weeks)
2 to 4:30 pm

Who am I? Why am I here? What's my life's purpose? How do I live in balance with mind/body/spirit, relationships, retirement/avocation, fun/leisure? Retired or approaching retirement, design your next chapter in this class using film, books, exercises, discussion, speakers and introspection to start envisioning your new life. Reconnect with your talents, skills, aptitudes and abilities for your new life path. Tap into your wisdom and experience to live a rich, and purposeful life. Share your gifts making a difference through service.

For more than 20 years, **Ken Cross** has helped hundreds of people follow their heart's desire. In midlife Ken discovered a passion for finding his life's purpose. His first career was in the military, graduating from the U.S. Military Academy at West Point in 1974, and served as an officer until 1984. He became a financial planner, sales manager and trainer serving the military from 1984 to 1994. In 1995 he worked within

the non-profit sector, most recently CEO of Greater Sacramento Habitat for Humanity and President 2003 to 2015.

Transitions Alumni: Extending Ken Cross' Transitions Seminar

Kathleen Ellerston
Fridays, Feb. 12 to March 19 (6 weeks)
12 to 1:30 pm

This seminar will be most meaningful to those who have already taken Ken Cross' Transitions seminar. Our purpose is to extend the benefits of the Transitions seminar past its 13-week duration. A sharing of our processes of introspection and exploration, especially during COVID, connects people in the same circumstances "of figuring out what's next" for themselves. This group of alumni will maintain the personal connections and continue the processes that the Transitions Seminar introduced. Topic areas will include Intellectual Stimulation, Thriving vs. Surviving, Emotional and Social Connections and Service and Giving Back.

Kathleen Ellerston, a *Renaissance Society* member since 2018, is leading this seminar with two other Renaissance members, Catherine Kirwan and Matthew Legrand. All participated in Ken Cross' Transitions Seminar and wish to continue growing as a result. Kathleen comes from a dual background as an Art History BFA and a 35-year IT career.



Economics

Active Retirement Investing-Two Sessions

Bill Bailey and Marsha Holland
Tuesdays, Feb. 9 to March 16 (6 weeks)
10 to 11 am
Tuesdays, March 23 to April 27 (6 weeks)
10 to 11 am

Is your financial clock ticking? If you are looking for presentations of bottom-line facts and information, you've found the right seminar! Complicated facts and concepts will be broken down to be understandable. We will discuss examples of real-life situations. Learn traditional planning steps with innovative investment techniques. Renaissance member **Hunter Wm. "Bill" Bailey**, MSFS, a financial adviser for over 40 years, is delighted to share his knowledge and expertise. *No sales or services will be sold.* Each 6-week session presents similar content.

Bill Bailey graduated from Sac State and then started in business selling insurance. He went on to get his *master's degree* in financial services and has been a financial adviser for over 40 years. *The Renaissance Society* creates the opportunity to share his lifelong career experiences.

Corporate Accountability: Restoring the Balance

Jim McRitchie
Mondays, Feb. 8 to May 3 (12 weeks)
Noon to 1:30 pm (or as determined)

Are you invested in stocks, but don't want to destroy the planet? Corporations are the most powerful social invention for creating wealth. They can also ruin our environment and tear our social fabric. This seminar is for people who sit between the "have nots" and "have yachts." Learn how even small shareholders can make corporations more accountable and sustainable, using the tools of democratic corporate governance. Come discuss strategies for shaping and influencing the proxy vote at public corporations and other tactics and steps where you can make a difference.

According to a New York Times columnist, **Jim McRitchie** is one of three shareholders holding corporations "hostage." He has written dozens of laws and rules and has filed over 300 proxy proposals. During the 2019 and 2020 proxy seasons, Jim's proposals averaged more than 50 percent support from shareholders, many at major corporations. Jim has testified before the Securities Exchange Commission (SEC) and other government bodies. Learn more about Jim at <https://www.corpgov.net/about/>.

Heterodox Economics: Modern Money Theory

Mark Dempsey
Tuesdays, Feb. 9 to March 16 (six weeks.)
Noon to 1:30 pm

Modern Money Theory (MMT) predicted the Great Recession. Orthodox economists from right (Mankiw) to left (Krugman) did not. MMT offers some surprising remedies to current social problems, providing seldom-heard solutions for National "Debt." So, it's not about business as usual in this six-session class. Participants get some 60 pages of material for class discussion and background. Class reading is no more than 20 pages. People who have taken the seminar and/or read the material have told me, "I'll never look at the economy the same way again."

Former technical writer **Mark Dempsey** has been explaining complex computer systems, writing for the *Sacramento Bee*, *Sacramento Business Journal*, *Sacramento News & Review*, and his own blog (itsimplerthanitlooks.blogspot.com) for years. Mark's own research, and the work of some unorthodox economists' present background for this class.

The Pandemic and the Economy

Duane Campbell
Co-Leader: Carl Pinkston
Thursdays, Feb. 11 to April 1 (8 weeks)
Noon to 1:30 pm

This seminar will be an examination of the political and economic consequences of the Pandemic. What are our options? With the new Administration, what can be done? The Federal Reserve and the Congress have provided massive stimulus to the economy. Will there be a new stimulus package? The states' budgets and economies are different than the federal economy. We will be discussing trade wars, social security, employment, labor, immigration, collusion and tax avoidance. The Resistance, election defense and protection are additional topics for discussion. This is political economy as if people mattered. Participants will be asked to watch videos at home during the week and participate in seminar Zoom meetings. Seminar will involve working in groups, using breakout rooms with a class size limit of 25 to invite dialogue.

Duane Campbell is a retired professor of Bilingual/Multicultural Education from Sac State and the author of *Choosing Democracy: A Practical Guide to Multicultural Education*. You can see his work on a number of blogs, including www.choosingdemocracy.blogspot.com.

The Economist

Wayne Luney
Tuesdays, Feb. 9 to May 4 (12 weeks)
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. Seminar members will be expected to read and be prepared to discuss selected articles in each current issue.

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

What's Behind the U.S. Economy and Markets

Sanjay Varshney
Mondays, Feb. 8 to March 15 (6 weeks)
Noon to 1 pm

The U.S. stock market has a market capitalization of over \$45 trillion, as household wealth has exceeded \$130 trillion. We remain the largest economy in the world at \$23 trillion in Gross Domestic Product (GDP). Yet, we find a huge paradox when we peel the layers away: The rich are getting richer, the poor poorer. On the one hand, we have high literacy as college graduation has gone up, yet many of people, including many professionals are financially illiterate. Our goal is to make sense of our markets and the economy.

Sanjay Varshney is Founder and Principal of Goldenstone Wealth Management and Professor of Finance at Sac State. He also served as the Dean of Sac State's College of Business. Dr. Varshney previous role includes Senior Vice President leading investment strategy for California and Nevada Wells Fargo Bank. He earned a PhD in finance from Louisiana State University. Dr. Varshney is Chief Economist for the *Sacramento Business Review*, the most sophisticated economic forecasting publication in Sacramento.

sneak peeks

Thirty-eight of our Seminar Leaders taped a quick minute to give you a taste of their individual Seminars. We call these one-minute presentations or **Sneak Peeks**. We believe they will be a great new tool to help you decide which programs you want to take. Follow this link so that you can see which ones grab your fancy!

https://www.youtube.com/channel/UCued-Swb_DbPXFWhhBJogQVw/videos

Health and Well-Being

Delaying Death and Avoiding Disability

Don Forrester
Co-Leader: Allan Keown
Wednesdays, Feb. 10 to March 17 (6 weeks)
2 to 4 pm

This six-week seminar presents the best science on prevention, stabilization, and reversal of significant chronic conditions (diabetes, obesity, high blood pressure, dementia and cancer) and disability (back pain, arthritis). Woven into the sessions will be useful concepts, including quality improvement, management, statistics, complex systems, genetics and human learning. The goal is to provide participants with information and tools they can use to improve their quality of life. To this end, the seminar will explore the relative importance of various behaviors in achieving personal goals that may involve avoiding chronic conditions and medications, disability while improving fitness.

Don Forrester is a family medicine physician with 45 years of clinical experience, working for Kaiser Permanente Medical Group in Sacramento from 1978 to 2008. Since retiring he developed expertise in prevention and reversal of chronic conditions with patients. He has advanced training in statistical clinical quality improvement and is a Fellow with the American College of Physician Executives. Don also serves on the board of NutritionFacts.org and the Institutional Review Board of True North Health Foundation.

Delving into Dementia: Science, Caring and Hope

Mynga Futrell
Thursdays Feb. 11 to May 6 (12 weeks)
10 am to Noon

This seminar promises a deep dive into its subject matter, aiming for authentic understanding by blending a scholarly approach with lively personal stories. Expect some additional leavening with humor. You will gain some knack for dealing with it, too, just in case cognitive decline confronts a friend or loved one. To ease the serious probing of the topic, Mynga tries to inject humor to accompany the more serious instructional content by way of her personal stories. Many real-life humorous happenings go hand-in-hand with the sad losses experienced in dementia caregiving.

Mynga Futrell's professional career was interrupted in the early 1990s, because of a learn-from-scratch dementia-care experience. Soon after concluding the care journey that accompanied her mother's decline, Mynga offered her personal experience and lessons-learned-the-hard-way to bolster the Alzheimer's Association's educational efforts. She continued volunteering, even as dementia hit her family again. Mynga's husband received his Alzheimer's diagnosis in 2010, and his decline endures.

Enlightened Aging Academy

Renee Balcom
Co-Leader: Dustin MacFarlane
Wednesdays, Feb. 10 to May 5 (12 weeks)
Noon to 1:30 pm

This seminar will provide essential ideas and perspectives on issues that matter most as we age. Join our group of experts who share their knowledge and findings. We will discuss *Dating, Advocating for Yourself or a Loved One, What is a Fiduciary, and What Does DNR Mean?* We will also explore the challenges facing our society as the population ages and what we need to do to prepare ourselves.

Renee Balcom is the CEO of Renee & Company. While living in Oregon, Renee found that her true passion and mission is to change the cultural point of view about aging. Renee's work is to make healthcare simpler by providing education and a path to finding the best providers. Renee lives with her husband and mother.

Dustin MacFarlane is the co-leader. His primary focus is on Elder Law and protecting families and seniors. Prior to becoming an attorney in 2009, he worked in the Long-Term Care industry.

Happy Losers Seminar and Discussion for Emotional Overeaters

Mimi Dixon
Mondays, Feb. 8 to March 15 (6 weeks)
10 to 11:30 am

The seminar is intended for people who currently need to lose at least 25 pounds to regain good health. It focuses on the emotional and cognitive influences on overeating. No medical information, diets or recipes will be presented. Format is leader presentation and group discussion. Participants will be asked to experiment with lifestyle changes by taking one of several suggested actions each week (such as write five gratitude statements a day) and reporting their results to the class. After registering, the leader will contact you to confirm your registration.

Mimi Dixon, M.A. (Counseling Psychology), has mentored emotional overeaters for more than 40 years and is currently maintaining a 100-pound weight loss (for 12 years and still counting one day at a time). She also leads another Renaissance seminar, *The Wisdom Questions*.

How to Build Strong, Healthy, Loving Relationships

Anamaria Pasquiers and Nanci Kuzins
Thursdays, Feb. 11 to May 6 (12 weeks.)
10 am to Noon

Come learn compassionate communication skills to bring joy and meaning into your relationships. We use games, role play and exercises woven with *Nonviolent Communication: A Language of Life* by Marshall Rosenberg; *The Four Agreements* by Don Miguel Ruiz; *Change Your Thoughts, Change Your Life* by Wayne Dyer. This new life language can reduce stress, decrease anxiety, clear up misunderstandings and heal old conflicts. Learn how to interrupt when necessary; 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.

Anamaria Pasquiers is committed to helping people gain deeper understanding of themselves and others. She consults on self-healing methods, spiritual counseling, is a social activist, and an interfaith minister. Anamaria has led spiritual growth groups on Taoism, Kundalini Yoga and *A Course in Miracles* intensive training program.

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. She's co-founder of Skill Exchange Sacramento, a time bank.

Learning and Listening

Laura Gaeta

Co-Leader: Julia Ahlquist Tanner

Mondays, Feb. 8, Feb. 22, Mar 8, (3 weeks)

Noon to 1 pm

Do you have hearing loss? This three-part seminar will include training in communication strategies, lip reading and clear speech, and other topics related to living and thriving with hearing loss.

Laura Gaeta, PhD, is an assistant professor in the Department of Communication Sciences and Disorders at Sacramento State.

Julia Ahlquist Tanner, AuD, the co-leader, is a private practice audiologist at The Hearing Solution in Sacramento.

Wisdom Questions

Mimi Dixon

Tuesdays, Feb. 9 to May 4 (12 weeks)

2 to 3:30 pm

In our later decades, each of us has accrued wisdom that we may not be aware of. Answer a "wisdom question" a week to uncover the positive lessons of your journey so far. As you write your answers each week, you can also create a legacy book to share with others if you wish. A sample question: What's a decision you made in the past that changed your life for the better and "made all the difference?" You may choose to discuss your answers in class. This seminar is based on the premise that "you are a blessing waiting to be discovered by yourself."

Mimi Dixon, M.A. in Counseling Psychology, devised "wisdom questions" and interviewed 30 seniors this past summer. The interviews were compiled into an unpublished book given to each participant. All the people interviewed said they discovered things about their own wisdom that they did not know and felt uplifted by the experience. Mimi also teaches Renaissance seminars that address emotional overeating.



History

American Leadership from 1620 to 1965

Catherine Minicucci

Tuesdays, March 23 to May 4 (6 weeks)

2 to 3:30 pm

Throughout our history, Americans have stepped up into leadership roles. Some leaders we know well; others have slipped into obscurity. This class will cover leaders who made significant contributions to our country: William Bradford, head of the Plymouth settlers; Massasoit, the Native American leader who forged a compromise with Bradford; Samuel Adams, the leader of the Sons of Liberty; Mercy Otis Warren, writer and advocate for revolution; Dr. Benjamin Rush, physician innovator; Frederick Douglass, prophet of freedom; Harriet Beecher Stowe, Alice Paul, and Carrie Catt, leaders of the women's suffrage movement; civil rights leaders Martin Luther King, Jr., Fannie Lou Hamer and John Lewis; and President Lyndon Johnson.

Catherine Minicucci is enjoying her retirement because it gives her more time to conduct in-depth research in American history. She has presented classes and seminars for the *Renaissance Society* on U.S. history topics. In the fall of 2020, she taught *Turning Points in American Democracy*. Catherine's professional background is in education policy and evaluation, running her own research and evaluation consulting business for 30 years.

Big History Iron Age: Who Are We? Where Did We Come From? Where Might We Be Going?

Ranny Eckstrom

Mondays, Feb. 8 to May 3 (12 weeks)

10 to 11:30 am

Big History is a science-based interdisciplinary approach to answer humanity's big and small questions. This ongoing program started with the Big Bang, on to the formation of our solar system, the emergence of life, and human biological and cultural evolution, to the present day. In Spring 2021, we will continue to see major, world-wide cultural changes from the end of the Bronze Age and into the Iron Age in such areas as trade, language, government, religion, art, technology, recreation and others. What do these evolving areas mean to us today and the future?

Ranny Eckstrom is a lifelong seeker of answers to the big questions. A retired Civil Engineer, she joined the *Renaissance Society* in 2009 and has

presented Big History through Renaissance and in Sun City Lincoln Hills for several years. She is always learning new things along the way. Ranny has held several Renaissance board positions. She doesn't have answers to the Big Questions yet. She does have some ever-evolving ideas. Just ask!

Donner Pass: Who Came, What They Did, Where They Went, and What They Left

William Sullivan

Wednesdays, Feb. 10 to March 17 (6 weeks)

Noon to 1:30 pm

This seminar will focus on the people who came through Donner Pass, starting with the Native Americans. We'll continue by talking about early explorers and emigrants, spend a session on the railroad, and finish up with a discussion of roads in the area, Donner Pass as a recreation mecca, and its future.

Bill Sullivan's ancestors spent the winter of 1844-45 snowbound in the high Sierra inspiring an endless fascination in the Donner Pass area. He has hiked, camped, gotten lost, explored and extensively researched this region of the Sierra Nevada. He taught U.S. History in high school, was a community college instructor and a guidance counselor.



Gift of Klio: A Study of History

Ed Sherman

Tuesdays, March 23 to May 4 (6 weeks)

10 am to Noon

The discipline of history is changing for two primary reasons: 1) professional historians foster an atmosphere of intellectual exclusion where they speak and write only for one another, not the literate reading public; and 2) teachers and writers of history are distorting the historical narrative in an effort to conform to contemporary social values. So, what is history? Who practices history? What are the processes of making history? How is history remembered and told? What does history tell us? How reliable is history? What are the criticisms of history? What is the new history? What is the future of history? The seminar will feature lectures and lively discussions.

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.

Rebellion: The American Civil War

Doug Bonetti
Thursdays, Feb. 11 to May 7 (12 weeks)
Noon to 2 pm

Our class will explore many topics of the Rebellion, including causes of the war, technology and the war, a new focus on key leaders and figures, and the life of the common soldier. This refresher course based on the session offered last Spring, is primarily a series of lectures, guest speakers and class members presenting short reports. Doug will bring authentic weapons and memorabilia from his personal collection.

Doug Bonetti a California native, grew up in King City in the heart of the Salinas Valley. He attained his *bachelor's* and *master's degrees* at Sac State and worked for 34 years in sales and marketing at Procter & Gamble. Now retired, he resides in Cameron Park. Bonetti's passion is history, specifically Civil War history. He has an extensive collection of weapons, letters and accoutrements, and speaks extensively throughout the region at local school, service clubs and Sons in Retirement (SIRS).



Nature, Science, and Technology

Advanced iPhone Photography Experimental Studio

Melissa Green
Co-leader: Cynthia Nicholson
Thursdays, Feb. 11 to March 18 (6 weeks)
10 am to Noon

This is an advanced photography seminar. All students will be placed on a waiting list until they have instructor approval to enter. Requirements: iPhone 7, 8, X, XR, XS, 11, 11Pro, 12, 12Pro; iOS 13 or 14, AppleID. Be prepared to spend \$25 on apps for this class.

We feature participant demonstrations where experienced photographers use iPhone apps to create digital artwork. Online demonstrations with shared albums serve as our learning and critique platforms. This semester we continue using apps for computer migration and reporting exposure metadata. New photo studio artists should be at ease with iOS basics. An iPad is helpful for editing images. A computer is helpful to attend the Zoom meetings so you can use your iPhone or iPad for demonstrated activities.

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.

Android Basics

Carol Limbaga
Mondays, Feb 15 to May 3 (12 weeks)
10 to 11:00 am

This is an Android Smartphone email-in support group. We provide one-on-one support for using your cell phone. Discuss usage basics, phone features, settings, how to make and receive calls, create contact info, setup and use voice mail, send messages and text, how to delete, set up email, use your camera, phone apps, and play store. We want your basic questions!

Carol Limbaga was born in Burlington, Vermont and graduated from Vermont Trinity College. She moved to California with her family and raised five children. She loves science, anthropology, sociology, and supporting others to learn about their mobile phone.

Invisible Threads and Hidden Walls of Time

Gus Koehler
Fridays, Feb. 12 to March 19 (6 weeks)
10 am to Noon

We live in a world defined by time. In this seminar, we will thoughtfully examine the physics of time, its biological roots as compared to clock time, aging, out-of-body experiences, social networks and different cultural views comparing Taoist, Christian and Buddhist time. Discussion and questions are strongly encouraged.

Gus Koehler has a PhD in Political Philosophy. He has taught at several local colleges and at Folsom Prison, where he taught Buddhist meditation. He has worked in the Peace Corps, as a policy analyst for state government, and as a state disaster medical response planner. His company, Time Structures, provided policy research to Community Colleges and various community advocacy groups, and he has published many time- and chaos-oriented papers in academic journals.

iPhone Basics for iOS14

Tom Holt
Wednesdays, Feb. 10 to March 17 (6 weeks)
10 to 11:30 am

This class is intended for beginning iPhone users who want to understand how to customize and use their phone running the new iOS14 operating system. This major new release changes many basic features of the iPhone.

Tom Holt is a specialist in Information Technology, spending most of his career working for businesses located in Silicon Valley. As an avid Apple fan since its inception, he works diligently to keep up with all of Apple's developments

iPad Basics

Carol Dabrowiak
Wednesdays, March 24 to May 5 (6 weeks)
10 to 11:30 am

Our focus is to take advantage of all the features available on your Apple iPad. Using a team approach, we will present the Basics you need to know: Settings, Control Center, Notifications, Contacts, Calendar, Notes, Maps, Camera, Photos, and tips and tricks to improve your skills.

Carol Dabrowiak purchased her first iPhone after retiring from Sacramento County. She shared the features she learned about with friends and family; and quickly realized that the best way to learn something is to teach it. Carol remarks that each time she teaches this seminar she learns something new.

Mankind's Greatest Engineering Achievements

Richard Dabrowiak
Thursdays, Feb. 11 to May 6 (12 weeks)
10 to Noon

From building colossal pyramids in ancient Egypt to erecting modern skyscrapers, man's greatest engineering marvels are documented through the ages. This video-based seminar will clarify how these incredible megastructures were built. Class discussions and supplemental information will reveal basic engineering principles used in the design and construction process, enabling seminar participants to better appreciate the challenges involved. Participation in discussions is encouraged.

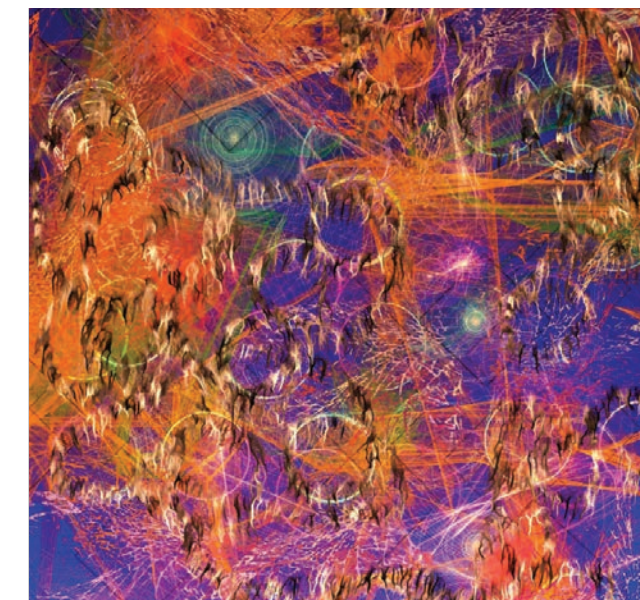
Richard Dabrowiak is a graduate Civil Engineer registered in the State of California. He has worked for the Army Corps of Engineers and private companies on projects around the world.

Vegetable Gardening in Sacramento

Bonnie Gault-Blue
Mondays, Feb. 8, to 22 (3 weeks)
2 to 3:30 pm

This three-week seminar will cover soil preparation using the no-dig method, compost and worm-casting preparations, and cool and warm weather vegetables that thrive in Sacramento. Participants are welcome to share their favorite growing secrets. We will learn about developing soil health—the most important aspect of vegetable growing.

Bonnie Gault-Blue is a long-time gardener who cares about nutritional health and planetary health. She presented a gardening class last spring.



shared interest groups

Though they have been known by various names in the past—affinity groups, special interest groups, clubs, or just group activities—our shared interest groups (SIGs) continue to provide rich opportunities for our members to join together with other Renaissance members who share similar interests, ideas, or passions. Like Seminars, SIGs are initiated and led by our members. However, unlike Seminars, SIGs may not necessarily meet weekly, as their schedules are set by the individual SIG members and the desires of their group.

Traditionally SIGs met off-campus, in libraries, community rooms, restaurants, coffee shops, and homes. With the COVID-19 health guidelines currently in place, most SIGs have turned to creative ways of using Zoom for their activities. Some SIGs have suspended their groups until they can return to safe face-to-face gatherings.

If you want to find out more or know you want to join any of the listed SIGs, please contact either the designated coordinator or register online. Registration information will be on our website (<https://www.csus.edu/org/rensoc>)

New SIGs are always welcome. If you have an interest that you think would be a great shared interest group, contact the SIG coordinators Karen Martin or Chuck Wiseley for info on how to start a group.

Karen Martin, 916-204-1870, martinke@comcast.net

Chuck Wiseley 916-682-8857 chuck@wiseley.org

Advanced Spanish Conversation

JoAnn Peter

Thursdays, Feb. 11 to April 29 (12 weeks)
10 am to Noon

Intended for Spanish speakers who engage in conversation at a high intermediate or advanced level. Participants are required to use both imperfect and preterite tenses. We read selections from literature, watch a video or review grammar as desired by the group. **To ensure a place in the course, please contact leader before registering. Class maintains a waiting list.**

JoAnn Peter is a former Spanish teacher who lived in Spain for two years.

Alter Egos—Renaissance Society Actors and Storytellers

Maryellen Burns, Christie Braziel and others

First meeting Tuesday, Feb. 9

6 to 8 pm. Rest of days decided by when we want to get together

Join us if you enjoy research, developing a character, creating simple costumes or hats, telling a story in three to five minutes, or stringing them together for a full-length production. We welcome aspiring actors, playwrights, directors, or radio documentary makers. We plan to “perform” on a regular basis by sharing stories focused on a theme. Teams can also create longer scripts using diaries, newspaper articles, oral

histories, or personal interviews. “Performances” will be held virtually. We also may get together at the Social Distance Theater in Midtown, if County guidelines (and common sense) permit. We plan to capture all our stories on video or Zoom and make them available on YouTube or as podcasts. Our initial meeting will be held on Tuesday, Feb. 9, 6 to 8 pm. Ongoing meetups will be varied depending on the project.

Maryellen Burns and Christie Braziel have backgrounds in theater and storytelling and will help coordinate the program. However, if Fall was any indication, Alter Egos members will guide production.

Art on the Spot

Joy Gee

Thursdays, Mar 11 to May 6 (9 weeks)
10 am to noon

We will explore our creativity through various art forms: collage, assemblage, bookmaking and paper folding, watercolor, sketching, simple printmaking and much more. We hope to meet in person in outdoor spaces. We will meet virtually if necessary, to comply with County health guidelines. Please check in with instructor before class begins. **Joy Gee** is a multi-faceted artist, who has taught children, teens, and adults. She invites fellow artists to share their own talents and propose a project or two. Artists will be featured in the Renaissance Café virtual gallery in May 2020. We will continue to meet biweekly through the summer months, pending member interest.

Bits and Pieces

Kathy Hart and Maryellen Burns

First meeting Wednesday, Feb. 10

2 to 3 pm to get the ball rolling but most will meet on Saturdays or occasional Wednesday

Remember the days when *The Renaissance Society* featured presentations by individual members? These informal talks lasted 30 to 45-minute on a variety of subjects. Bits and Pieces creates opportunities for our members to give a talk or lead a hands-on project in an hour or less. From how to make dumplings, to the whys and wherefores of eating a plant-based diet, how to create a hand-sewn pamphlet book or sew a quilt square, explore genealogy or discover our local environment, or share stories about people, places and things almost lost to history. You choose a topic to present in 60 minutes or less. We expect most programs to be delivered virtually, so an unlimited amount of people can participate. We hope to have some hands-on projects in person, if we meet County health guidelines. What we offer, when we offer it, and how often, will depend upon our members’ selections.

Book Group

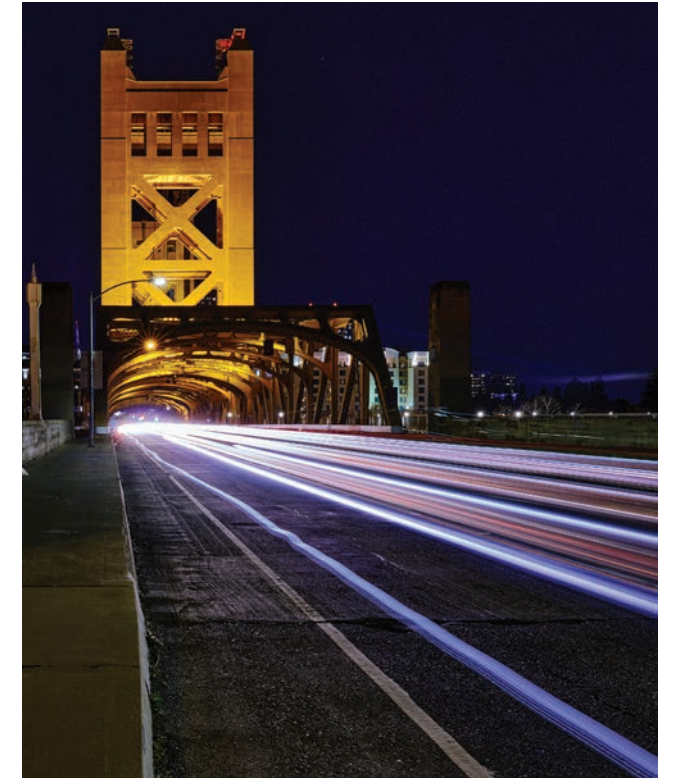
Discovering Your Neighbors Through the Written Word: Diversity Uncovered

Roberta Gleeson

Tuesdays, Feb. 9 to May 4 (3 weeks)
2 to 3:30 pm

In our multicultural cities and towns, neighborhoods are changing, but how much do we know about these new neighbors? Through this book group, we hope to better understand the diversity of our neighbors: their culture and ethnicity, disability, age, religion or other differences and similarities. Fiction and non-fiction books, in addition to a selection of readings, will focus on both historical and contemporary topics to broaden the reader’s perspective. Topics will include education, housing and inclusion. To allow for meaningful discussions, members will be in smaller groups (breakout rooms) part of the time. Class will be limited to 30 members.

Roberta Gleeson is a native of San Francisco. She earned a Bachelor of Arts in Humanities and Philosophy, in addition to completing teaching, library and administrative credentials. Roberta has served for many years as a K-12 librarian, a district librarian, state-wide coordinator for History Day in California and a global educator. Renaissance is the ideal tool for her unending thirst for knowledge.



A Cook’s Tour of Sacramento Continues to Meander

Dan Cross and Maryellen Burns

First meeting, Tuesday Feb. 16 at 4 pm

Dates and Times afterwards will vary

We will continue to meander through our region. During the winter we will remain virtual. Come Spring and fair weather, we might meander into the countryside (as regional county health guidelines allow). Closer to home, we may visit historic restaurants, wineries, and bars. All include an opportunity for us to get to know each other better and will have outdoor patios and allow ample physical distancing. Have other suggestions for ways to keep connected over zoom and still enjoy food, drink, travel, and conviviality? Potential speakers or other venues? Attend a virtual meetup **Tuesday February 16, at 4 pm** to create a plan for moving forward.

Dan Cross, an intrepid traveler and **Maryellen Burns**, a food maven and writer, facilitates a series of “A Cook’s Tour.” She has written several complementary books on area food history.

Digital Photography

Colleen Wong
Jane Steele
Tuesdays, Feb 9 to May 4 (12 weeks)
10 am to noon

The Zoom based interest group is intended to interest photographers who want to create better photos by improving their use of various modes and camera settings. We will explore techniques such as photographing still life, how to tell a story, taking better travel photos, and other topics. Field trips and other photo opportunities will provide potential possibilities to practice techniques learned in class. With safety being our highest priority, we will practice social distancing and other safety measures according to *Renaissance Society* and County health guidelines.

Colleen Wong and **Jane Steele** are leaders of a committee of dedicated volunteers will lead different aspects of each session.

Inspired by Nature—Creating Nature Journals to Capture Sense of Place

Janice Kelley
Tuesdays, March 23 - April 27 (6 weeks)
8:30 to 10:30 am

Bring a blank journal or sketchbook with you to enjoy these in person nature walks, talks, and writing activities, as we celebrate the beauty of nature and a sense of place through observation and creative expression. Janice invites participants to slow down and use their sense of smell, touch, sight, and hearing as we walk, stop, listen, and watch. We will discuss relationships and changes in wildlife and landscape over time. We pose questions, record insights, and sketch. She will share several different types of nature journal techniques and provide handouts with writing prompts. Janice will also read from her book *Mornings on Fair Oaks Bridge, Watching Wildlife at the American River* as an additional example of a nature journal. *Participants are welcome to stay later to continue discussion and journaling.* **Note: In consideration of others, you must wear a face covering.**

Janice Kelley brings a lifetime of writing experience to her “Inspired by Nature” workshops. She has also led guided walking tours of the American River.



Plant-Based Living

Twyla Teitzel
Dates of Seminar: (4 weeks)
Session 1: Mondays, Feb. 8, 15, 22, March 1
Session 2: Mondays, March 8, 15, 22, 29
Session 3: Mondays, April 5 to April 26
All sessions presented from 10 to 11:30 am

It's never too late to switch to Plant-Based diet! If you have been thinking about making the transition to a Whole Foods Plant-Based lifestyle - this group is for you! Please join Twyla for this Shared Interest Group that explores the health benefits and the delicious food of a plant-based lifestyle. Sessions will include resources, how to shop, guest speakers, recipes, and more. Learn from books and research by Dr. John McDougall, Dr. Caldwell Esselstyn, Dr. Garth Davis, and other authors.

Note: session is limited to eight in order to meet County health guidelines for public gatherings. Requirements for masks and social distancing will be followed.

Twyla has been a WFPB (Whole Food Plant-Based) enthusiast for several years. She facilitated the *Renaissance Society's* Plant-Based Living Seminar for four semesters. She has been a guest speaker at several VegFests, teaches Plant-Based Cooking classes, develops delicious recipes, and enjoys being a cheerleader for this WOE (Way of Eating.)

Tuesday Book Club

Marian Kile
Tuesdays, Feb 16 to May 18 (year-round)
9:30 to 11:00 am

Why join a book club? We hold our discussion in a Zoom meeting to share ideas and perspectives. We read a wide variety of fiction and non-fiction books that are available in the Sacramento Public library system, including eBooks. Members engage in intelligent, yet comfortable, discussions about the writing and the

author. We meet year-round, once a month, on the third Tuesday morning.

Marian Kile, a native of Sacramento, joined *Renaissance Society* in 2006. She led a seminar that first semester and has led or co-lead one every semester. She joined a book club her first semester and then a year later started this club.

Virtual Yoga

Twyla Teitzel
Thursdays, Mar 25 to April 29 (6 weeks)
5 to 6:00 pm

Do you want to reduce stress, improve sleep, enhance balance, flexibility, mobility, strength, and lessen the risk of depression? If you answered **yes** to any of these questions, then join Twyla for *Virtual Yoga*. This is a gentle stretch class.

Twyla Teitzel has been teaching yoga for more than 20 years. She will offer modifications for various issues, you need a chair, cannot get on the floor, or need help with balance, etc. Take the time to refresh, relax, and renew.

Walkabouts

Lance Muller
Donna Eash,
Mary Runyan,
Wednesdays, Feb. 10 to May 5 (12 weeks)
9:25 to 11:30 am

Each Wednesday morning, we walk at a different location chosen by our volunteer leaders. Announcements are at 9:25 a.m., followed by stretches, before beginning our WalkAbout. You will have a choice of two miles with the Tortoises group, or four miles with the Hares group.

Note: In consideration of others, you must wear a face covering when we walk. Other restrictions may apply to meet County guidelines. Check our group's website for up to date details. Register online at our Walkabouts website: <https://renaissancewalkabouts>.



weebly.com/ and click on the “Walkabouts Registration” tab. It will be not in the regular registration system.

Writers' Workshop II (max 10; current waiting list)

Anita Adams
Coleader: Lani Hahn
Tuesdays, Feb 8 to May 3 (12 weeks)
Noon to 2:00 pm

Our members come from a variety of backgrounds and write in a wide range of styles with their own choice of subjects. They bring at least six copies of what they wish to share, limiting their writing to about three pages each week.

Anita Adams brings a variety of unusual work experiences to her workshop, including “majoring in recess” and Real Estate Advertising Supervisor at *The Sacramento Union* on a high school education.”

CLOSED TO NEW MEMBERS

Some Shared Interest Groups and Seminars have met for years, developing a loyal cadre of *Renaissance* members who fill the limited spaces. They are traditionally held in homes or in small community spaces. Others are on hiatus until they can meet in person. They will not be listed in registration. They do maintain waiting lists, so if you are interested in the program or would like to start a similar group, you can contact the leader or Lorene Sarne at Lorene.sarne@csus.edu.

Games for Entertainment

Roberta Frieze,
Thursdays, Feb 8 to May 13 (12 weeks)
1 to 3:00 pm

We play card games, word games, dominoes, and team games. A basic knowledge of cards is helpful. We spend some time socializing before starting our games. Members host and provide refreshments on a rotating basis. We welcome new members and fans of playing games to our group. Since safety is our highest priority, we will meet as permitted by *Renaissance Society* and County health guidelines.

Roberta Frieze is an avid card player, retired former dental assistant, gardener, reader, and mother. Her co-leader is **Judy Keaton**.

High Intermediate Spanish

Melody Flores
Fridays, Feb 8 to May 14 (12 weeks)
10 to 11:30 am

This seminar provides a relaxed atmosphere to build on your existing high intermediate level of Spanish.

Melody Flores has studied Spanish and Latin in various schools including The University of Guadalajara, Mexico. She speaks Spanish in her daily life and enjoys very much sharing her knowledge with others.

Monday Book Group

Carol Hayes
Co-Leader: Ann Blazina
Mondays, Feb. 8 to May 7 (Meets first Monday each month, year-round)
1 to 2:30 pm

Books of all genres are read and discussed at the relaxed monthly meeting of this group. Members take turns selecting a book for the group to read.

Carol Hayes has been a member of *Renaissance Society* since 2003 and has chaired this book group for 14 years. She has always enjoyed books and belongs to two other book groups.

Photography as Art

Roger Klemm
Wednesdays, Feb. 10 to May 5 (12 weeks)
10 am to Noon

Using art concepts as a guide, the class develops a way of seeing. This is not a camera class.

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 semester will be the 16th he has taught for *Renaissance Society*.

Writers Group 1

Dan Keller
Co-Leader: Marian Kile
Thursdays, Feb 4 to June 24 (12 weeks)
9:30 to 11:00 am

Writers write in a wide-open range of subjects: poetry, memoirs, random thoughts, even new challenging styles; expertise is not needed.

Dan Keller joined the *Renaissance Society* in 2013 and has enjoyed many different seminars. He joined Writers Group 1 in 2014 and became the leader shortly after that.

Renaissance provides me with the opportunity not only for lifelong learning, but also for a unique learning experience enriched by the perspective of its peer group instructors and associates.

—Susan George

Renaissance is a joy and a haven for those who want to keep thinking, keep discussing, keep learning and keep discerning—with like-minded people. Alone no more!

—Mimi Dixon

The Renaissance classes are a highlight of my week! Coming together with this diverse and wonderful group of people is a true joy.

—Bob Keith

It's never too late to learn and to enjoy.

—Ivy Hendy

I'm very fortunate to have discovered this treasure and look forward to many more years as a member.

—Irene Stone, 100.

presentations

Single Presentations that Whet our Appetite for More...

Presentations are held afternoons and evening, almost every day of the week – on every subject imaginable, featuring authors, writers, and speakers throughout the state; food, drink and cultural historians; *Renaissance Society* members; and others obsessed with sharing their passion.

Our series include **Talk Talk Talk**, **The Tuesday Speaker Series** and **Pop-Ups**. Sign up for as many as interest you.

- **Presentations** will be recorded for viewing at a later date with links featured on our *Renaissance Café*, so you won't miss a program.
- Many speakers are presenting multiple times. Their bios will be listed once under their first presentation.

talk talk talk

Talk Talk Talk feature single presentations held afternoons and evening, almost every day of the week—on every subject imaginable. We feature authors, writers and speakers throughout the state; food, drink and cultural historians; *Renaissance Society* members; and others who are passionate about the past and the present.

Thank you to our associates from *The Art Deco Society of Sacramento*, *Culinary Historians of Northern California*, *Friends of the Sacramento Library*, *Sacramento Public Library*, *Friendship Force*, *Sacramento Book Collectors Club*, *Sacramento Historical Society*, *Sacramento River Delta Historical Society*, *Social Distance Theater*, and many others.

Traditionally, these programs are offered in community centers, regional libraries, and residence communities and open to all. With our new virtual environment, we are expanding our list of speakers and online members far beyond our Sacramento community.

Art, Entertainment, Food, and Travel

Ancient Origins of the Mediterranean Diet

Ed Sherman
Wednesday, Mar. 3
2 to 3:45 pm

How landscape, climate and circumstances combined to create a healthy diet for conscientious eaters of the 21st Century.

Ed Sherman is a retired professor who studied the cultural historian of the ancient Mediterranean. He has been buying and selling art for 25 years. He has coordinated presentations for *Renaissance* for many years.

Back of the White House

Kimberley Graham and Maryellen Burns
Monday, Feb. 15
7 to 8:30 pm

For hundreds of years, slave-owning white families depended upon African Americans to grow, prepare, and serve their food. Our presidents were no exception. Hercules Posey, Emanuel Jones, James Hemings, Edith Fossett, and Fanny Hern are a few of the enslaved chefs, cooks, butlers, and stewards who served at the White House. Their creative talents are weaved into the fabric of our cultural heritage and helped create the roots of American cuisine. We will share these noteworthy men and women's stories and recipes.

Maryellen Burns is a food historian and author of books on food and regional history including *Lost Restaurants of Sacramento* and *A Taste of History*.

She facilitates food, travel, and cultural programs for *The Renaissance Society* as well as historical and food societies throughout the world.

Kimberley Graham is a writer from the Bay Area. She has presented a number of programs on African American cooking and foodways for *The Renaissance Society* and Sacramento Public Library.

The Culinary Misadventures of Eleanor Roosevelt

Maryellen Burns
Monday, Mar. 1
7 to 8:30 pm

When Franklin Delano Roosevelt won the presidency, Eleanor quickly realized that the way they ate in the White House had the potential to influence and help the nation through the Depression. Within six weeks, she and her friend Elizabeth Nesbitt began turning out some of the most unpalatable meals in modern memory. Meals the *New Yorker Magazine* described as “so gray, so drooping, and so spectacularly inept that they became a Washington legend.”

Dining on the Rails

Marilyn Sommerdorf
TBD
7 to 8:30 pm

During the golden age of American train travel, the dining car was the heart of train life; a place for passengers to relax and enjoy a meal in the company of newfound friends. Train chefs prepared food from scratch. Dining cars were set with fine china, crystal and silver. A bud vase with a single rose graced the table. Earlier train travel, however, wasn't so posh. Join railroad historian **Marilyn Sommerdorf**, as she shares the nuts and bolts of **Dining on the Rails**.

Marilyn Sommerdorf has written extensively about railroads and railroading and is the go-to person for anyone doing research or developing an exhibit. She was a curator of the California State Railroad Museum helping to design many of the exhibits including the dining cars.

Dunbar Beck: Renaissance Master of Poverty Ridge

Bruce Marwick
Thursday, Feb. 18
7:00 to 8:30 pm

The Preservation Chair of the Sacramento Art Deco Society, **Bruce Marwick**, will tell the remarkable story of Dunbar Dyson Beck (1902-1986), a painter,

muralist, and creative force in Sacramento from the 1940s to 1980s. Beck graduated from Yale University and won the prestigious American Academy *Prix de Rome* competition allowing him to study in Europe. In the 1930s Eleanor McClatchy (1895-1980) recognized Beck's talents and enticed him to the West Coast to live and work. McClatchy became Beck's most important patron, commissioning the artist for projects as varied as building stage sets for the Eagle Theater to designs for the *Sacramento Bee*.

Bruce Marwick is a board member of the Sacramento History Alliance. He also has written many articles about early 20th Century Sacramento artists and architects, including Alfred Eichler, designer of the Tower Bridge and Carlo Taliabue, a noted Gladding McBean sculptor.

Edible Art in the 20th Century

Carolyn Tillie
Wednesday, Apr. 14
7 to 8:30 pm

With a brief overview of edibles as the medium for art, **Carolyn Tillie** will delve into the expansive use of how food was not only the inspiration for the artwork of the Surrealists, Cubists, and Modernist art movements, but also how their everyday meals became part of the medium in which they worked and expressed themselves. How F.T. Marinetti spawned the Molecular Cuisine rage we know today to Salvador Dalí's infamous obsession with lobsters.

Carolyn Tillie is a freelance writer, exhibiting artist, and curator from the Bay Area. She obtained her MFA from California State University, Long Beach in 1998, Certified Master Chef certification in 1999, and Level 2 certification from Wine Spirit Education Trust. Her books include *Oysters, A Global History* and *A Feast for the Eyes—Edible Art from Apple to Zucchini*.

Food as an Art Form

Carolyn Tillie
Wednesday, Feb. 17
7 to 8:30 pm

In a presentation on food as an art form, Carolyn Tillie will show how the leftovers of an evening communal omelet—some 16,000 years before scenes of a hunt were depicted in caves—man began his innovative use of food to make art. Traveling through time, you will learn about the Medieval development of paints made with eggs and oils to *subtleties*—grand centerpieces created from marchpane (marzipan), butter, or meat—through the 20th century rise of the Instagram influencers with their ornate pies and colorful pastas.

The Food of Jazz

Maryellen Burns
Wednesday, Feb. 24
7 to 8:30 pm

What is the relationship between food, jazz, and American history? In the late 19th and early 20th centuries, jazz spread into American life, blending many influences and finding distinct forms in each community it was played—from *New Orleans to Harlem to Sacramento*. We will explore how each city produced unique culinary creations to feed both musicians and their audiences and also how the foods that feed jazz are as improvisational, innovative, and rooted in tradition as the music itself.

Food in Space in Fiction and Reality

Richard Foss
Tuesday, May 4
7 to 8:30 pm

The first science fiction stories about space travel ignored one of the most basic needs of any human pioneer—what did they eat, and how? The science fiction authors did get around to addressing this question. Their solutions were often novel, but impractical. How do their fantasies match up with reality? Are authors getting it right now? **Richard Foss**, a culinary historian who has written a book about food in space and a published science fiction author reveals all.

Richard Foss is a journalist, author, culinary historian, and lecturer based in Manhattan Beach, California. He has written two books, *Rum: A Global History* and *Food In The Air and Space: The Surprising History of Food and Drink in the Skies*. He also is Guest Curator at the **Autry Museum of the American West** for “Cooking Up a New West” an exhibition to open in May, 2022.

Food on the Page—Cookbooks, Menus, and American Culture

Maryellen Burns
Wednesday, Mar. 24
7 to 8:30 pm

Cookbooks and menus are much more than guides to your next meal. They tell you who you want to be, where you think you fit into your social world, and which cultures you feel comfortable exploring. We will look at American cookbooks and restaurant menus across the history of the nation and how Americans have defined both regional and national cuisines.

Food on the Westward Trail

Richard Foss
Tuesday, Apr. 20
7 to 8:30 pm

The pioneers who journeyed from the Midwest to California had a challenge that is hard to imagine for a modern person: how to carry enough food for a journey of several months along with all their possessions in a vehicle that also served as shelter. Their diet was monotonous but offered them the calories to survive. They managed to include a few minor luxuries to bring a hint of home to a desolate prairie camp. After you hear this presentation, you will marvel at the fortitude and ingenuity of the people who settled the West.

How Prohibition Changed America

Richard Foss
Wednesday, Feb. 10
7 to 8:30 pm

Eighty years after Prohibition was repealed, there are many misunderstandings about the Act, starting with why and when it was enacted. The “noble experiment” had more to do with sexism and hostility to immigrants than alcohol itself. This lecture gives a candid and humorous look at why Prohibition was enacted, what America was like before, during, and afterward, the many ways the law was circumvented, and how that era still affects us today.





Local Farmers Markets

A panel moderated by Joany Titherington and Maryellen Burns
Wednesday, Apr. 28
7 to 8:30 pm

Farmer's Markets are thriving under Covid-19. Fourteen farmers markets are currently active in the greater Sacramento Region. Many of these markets are located in places that used to be considered food deserts. We will take you on a virtual tour of many of these markets, past and present. Our tour includes Sacramento Central Farmers Market, Oak Park Farmer's Market, the old Public Market at 13th and J Street, Alhambra and Y and markets in Roseville, Davis, Natomas, and the foothills. If Sacramento County health guidelines permit us to convene as a group, we will schedule a tour of the Oak Park Farmer's Market.

Joany Titherington is the manager of the Oak Park Farmer's Market at McClatchy Park. She is also a member of Les Dames d'Escoffier, an international philanthropic organization for women in food, agriculture and the hospitality industry.

Oysters—The World's Oldest Superfood

Carolyn Tillie
Wednesday, Mar. 10
7 to 8:30 pm

Varying in size from as small as a grape to as large as a dinner plate, the humble oyster has played an outsized role in the building of empires and the discovery of new lands. Consumed by both rich and poor, the oyster has inspired writers, poets, painters, and even lovers (Casanova was said to have started each day with a breakfast of fifty oysters.) Carolyn Tillie shucks open the culinary, artistic, sexual, historical, and scientific history of this humble bivalve.

Sacramento—City of Immigrants

Maryellen Burns
Wednesday, Apr. 21
7 to 8:30 pm

Sacramento is a city of immigrants who have contributed to a constantly evolving definition of our food culture. Croatian, Italian, German, Middle Eastern, Thai, Japanese, Chinese, and other global foods and recipes play critical roles in the city's culinary culture. The historical importance of commodities such as caviar, oysters, poultry, pears, tomatoes, and coffee as well as dishes like chop suey, banana cream pie, and rotisserie chicken all provide nuanced stories to reveal the contributions of those who fed us throughout the city's history.

Sargent Johnson: Sculpting Beauty on The West Coast during The Harlem Renaissance

Bruce Marwick
Thursday, Apr. 22
7 to 8:30 pm

The presentation highlights the career of Sargent Claude Johnson (1888-1967), a Bay Area artist known for his moving depiction of African Americans in paintings, pottery, and sculptures. Johnson was one of the first African Americans to attend the San Francisco Art Institute where his professor, Ralph Stackpole, became a friend and supporter. Johnson's artwork won national competitions throughout the 1920s and 1930s bringing him to the attention of artists of the Harlem Renaissance. Today, Johnson is remembered for his WPA projects in San Francisco that include bas-reliefs on the Maritime Museum/Aquatic Park Bathhouse and a 12' x 185' relief next to the Washington High School football field.

Books, Language, and Literature

The Bakersfield Boys Club

Anne Da Vigo
Tuesday, Mar. 9
7 to 8:30 pm

In the 1970s and 80s, Bakersfield, California was the scene of a series of crimes the press dubbed the Lords of Bakersfield murders. Anne Da Vigo, then a journalist for the local newspaper, covered the trial in the first of the murders. Although it would be decades before the entire truth surfaced, she saw the first small clues:

a group of powerful men were involved, hiding their secrets from the world. Da Vigo's novel, **Bakersfield Boys Club**, was inspired by this infamous scandal. Learn how she took real California events and wove them into a fictional story that Midwest Book Review called a "riveting winner."

Anne Da Vigo's experience includes public relations specialist and journalist throughout California. Her short stories have been featured at Stories on Stage Sacramento and Stories on Stage Davis and read on the NPR affiliate in the Sacramento Valley. Her first novel, **Thread of Gold**, is a thriller whose plot has origins in the 1918 influenza epidemic. **Bakersfield Boys Club** is her second novel and was recently awarded an honorable mention in the Writer's Digest Self Published Book Awards contest.

The Elizabethan Mind

Richard Foss
Wednesday, Mar. 3
7 to 8:30 pm

What Shakespeare's audiences knew. Some scenes in Shakespeare's plays are obscure because modern audiences don't understand the language, manners, and social constraints between people of different classes. Every interaction was dictated by a complex code of conduct that everyone took for granted, so modern playgoers miss insults, flattery, or threats that would have been obvious to an informed audience. This talk goes into history, philosophy, and contemporary popular culture to explain the complex web of obligations and rights that oiled the gears of society.

Richard Foss brings more than 30 years' experience as a restaurant critic and food writer to this session. He taught classes in culinary history and Elizabethan theater at UCLA Extension. As an actor he has performed in theaters throughout California and Renaissance festivals and fairs.



Printing in the Renaissance

Lawrence Fox and Maryellen Burns
Thursday, May 6
7 to 8:30 pm

The Renaissance Period extended from the 1400s until the 1600s, launched an unprecedented leap forward in arts and intellectualism and inspired a time of great literary advancement. The processes of writing, printing, and thinking were profoundly changed in numerous ways during this time of academic and artistic flourishing. We will focus on the growth of printing and what it meant for reading, religion, and education during this period.

Lawrence Fox is the immediate past president of the Sacramento Book Collectors Club. He has created a series of "broadsheets or keepsakes" for the group and has attended many classes at the Center for the Book in San Francisco.

Maryellen Burns has been in the printing/publishing business for over 40 years, most recently as the creator of *Morning Coffee Press*, a company that produces one of a kind artists books as well as traditional publications.

Renaissance Society Authors, Poets, and Writers Panel

Ivy Hendy, Angela James, Judy Maben, Elizabeth Nelson, and others
Tuesday, Feb. 16
7 to 8:30 pm

The Renaissance Society includes an abundance of writers, journalists, and authors among our midst. From children's books to classic mysteries, plays, poetry, memoirs, food, movie reviews, hard news, and blogs, there is no end to the stories they can tell. Enjoy a spirited discussion of the writers' life.

Rupert Murdoch, the Early Years

Anne Rewell
Thursday, Feb. 18
2 to 3:30 pm

Born in 1931, Melbourne Australia, into the newspaper business (his father was a war correspondent), Rupert amassed news outlets in Australia before moving to London where he expanded his news domination to include London newspaper and then finally to New York.

Anne Rewell was born and educated in Australia. An avid researcher, she is offering four programs this session. She is an active member of the Renaissance Society and the 19th Amendment Centennial Committee and also helps to coordinate speaker's series programs.

Under the Covers—Sacramento's Historic Bookstores

Scott Burns
Tuesday, Apr. 13
7 to 8:30 pm

In the 1970s-80s, Sacramento was home to more than 30 independent bookstores. The memorable ones were far more than a place to find books (new, used, rare). They served as a gathering place to seek recommendations from a knowledgeable owner or employee, enjoy a visiting author or a local poet, connect with friends for a spirited discussion, or simply curl up in a chair with the bookstore cat and indulge your passion for reading. Bibliophile/bookseller **Scott Burns**, joined by another local bookstore owner or two, will ruminate about the iconic bookstores long gone, the rebirth of local independents, and the real possibility of a second extinction. Do not despair, some of what appears to be lost still exists, in virtual form. Instead of lamenting the past, the session will conclude with some tips on "How to Win Friends and Influence People" in the online book community outside Amazon's borders.

Scott Burns is a book and editorial cartoonists collector/seller, attorney, parliamentarian, avid researcher, humorist, and raconteur. He has lived in Sacramento for most of his life and knows just about everything about the book world.

Health and Well-Being

Age-related hearing loss and hearing technology

Laura Gaeta, PhD, and Julia Ahlquist Tanner, AuD
Friday, Apr. 9
10 am

This presentation will describe how we hear, what happens to our hearing as we get older, strategies for managing hearing difficulties, hearing aids, cochlear implants, and what to look for when looking for hearing health care. A Q&A will follow the presentation.

Laura Gaeta, PhD, is an assistant professor in the Department of Communication Sciences and Disorders at Sac State.

Julia Ahlquist Tanner, AuD, is a private practice audiologist at The Hearing Solution in Sacramento.



History

Australian Convicts

Anne Rewell
Wednesday, March 10
2 to 3:30 pm

In 1778 Britain sent the First Fleet to Sydney. The fleet consisted of 11 ships, carrying 789 men, women and children convicts, 247 Marines and 323 sailors. This is the story of the voyage, the people and the beginning of a nation.

Everything 1950s

Anne Rewell
Thursday, Feb. 11
2 to 3:30 pm

Anne Rewell will describe topics ranging from the Polio vaccine to Brown vs Board of Education; jeans to cocktail dresses; and many things in between. Participants are invited to share stories, memories, and photos of their 1950s experiences.

The Golden Spike—Roseville and Transcontinental Railroad

Christina Richter
Thursday, Feb. 25
7 to 8:30 pm

When Gold Rush settlers arrived, commerce flourished. People needed proper transportation to be effective for export and import of goods. In 1861 the first railroad in California traveled from Sacramento to Folsom. By 1864, track was laid for the first Transcontinental Railroad; the "whistle stop" was named "Junction" on the railroad maps and "Roseville" by the locals. Join Roseville Historical Society president Christina Richter as she takes you on a railroad journey that features Roseville, Northern California, and the nation!

Christina Richter is a local historian, author and presenter. She is the immediate past president of the Roseville Historical Society, a Placer County Historical Advisory Board member, Region 8 Vice President for the Conference of California Historical Societies, and a docent for the Placer County Museum. She is also a 2019 Sacramento Historical Society Enlightenment Award recipient.

A New Archeological Find in China

Chris Budwine
Wednesday, Apr. 7
2 to 3:30 pm

In 2005 a tomb belonging to a sixth century (Sui Dynasty) crown prince was found in Northern China. Learn about this important discovery in this talk. Sui was a very short Dynasty and very few artifacts were known before this in our time.

Chris Budwine has become very interested in Chinese History since her retirement. Because her first language is Chinese, she can research materials in Chinese language media and publications.

The Place Called Junction—Early Roseville History

Christina Richter
Thursday, Apr. 29
7 to 8:30 pm

Many people remember the Gold Rush. This transformational period of time left a profound impact on Northern California's history. Roseville was barely part of the Gold Rush, save for a few trails that took the miners to the diggings. So how did this little town get its roots? What was the impetus for those beginning days, and who were the brave pioneers that settled the land?

Rosa Sonneschein – The American Jewess

Maryellen Burns
Thursday, Mar. 11
7 to 8:30 pm

Rosa Sonneschein was an important figure in late nineteenth century American journalism, activism, Zionism, and fiction. She founded the *American Jewess*, the first English-language magazine for Jewish women in the United States in 1893. She married and divorced Solomon Sonneschein, a famous Rabbi and intellect.

Maryellen Burns will unravel this intriguing family story of Rosa and Solomon—who was her great uncle. She will share why she thinks this astonishing

woman—who wrote short stories, literary sketches, social, religious, educational and political addresses, essays, and editorials—retreated to St. Louis in 1898 to become a recluse for more than 30 years and never wrote another word.

The Veil of The Great Storm King—Story of the Donner Party

Christina Richter
Tuesday, Mar. 23
7 to 8:30 pm

When an anomaly occurs, an aberration, something so extremely out of the ordinary, a veil descends, and human behavior is no longer normal. Join Christina Richter as she presents the Donner Party event from the perspective of the Donner children's story. Her unique perspective is the result of Donner family letters shared with her during her research for a local pioneer family. Join us as we explore the time in 1864-65 and the journey that would become world famous.

When Luxury Floated Through the Skies

Richard Foss
Wednesday, Apr. 7
7 to 8:30 pm

Travel and dining aboard Zeppelins. The earliest aerial transportation was the most glamorous. Zeppelins competed with ocean liners for comfort and far outpaced them for speed. Passengers could travel from Germany to Brazil in just four days, or to America in three. During their flight, they enjoyed unparalleled views by day, gourmet meals and music from the world's only aluminum piano by night. This talk will transport you to the brief, but dazzling, era of the giant airships.



tuesday speaker series

Coordinator: Jack Jennings
All presentations are held from 2 to 3:45 pm on the dates indicated

Feb. 9

The Fall of the Roman Empire | Ed Sherman

Fall of the Roman Empire: Its symptoms, its causes, its consequences for Western Civilization. Secondly, is there any parallel between the Roman situation and our own 21st century civilization?

Ed Sherman is a former college history lecturer and frequent Renaissance speaker and Seminar Leader.

Feb. 16

Commercial Aviation—The Future | Jerry Glasser

Commercial Aviation is one of the major industries we all rely on for family connections and to explore the world. Post COVID-19—What are the industry prospects? Will it survive transitioning from fossil fuel power? What new technologies (hybrid, hydrogen power) proposals are being developed that meet the 2035 carbon reduction goals? A candid look at what is in store for commercial travel. Will it still be “spam-in-the-can” for the coach traveler? Of note: there are 70,000 + ships on the sea and they “pollute” at two/three times the rate as the commercial airline industry.

Jerry Glasser is a retired US Air Force Colonel, high school science teacher, and frequent RS Speaker.

Feb. 23

Reparation | Anne Rewell

Reparation—making amends for a wrong one has done. What does this entail? During the summer of 2020 Anne Rewell presented a talk on the enslaved people sold by the Maryland Jesuits of Georgetown University to help keep the institution afloat in 1838. A question was raised relating to what and how Georgetown should make reparation—a complicated subject with many layers. This presentation will look at the issues regarding reparations for the Georgetown descendants and others from around the world includ-

ing Holocaust survivors, the Japanese interned during WWII, Sherman’s Field Order 15 (40 acres and a Mule) and others.

Anne Rewell was born and educated in Australia. She lived in London for two years and travelled around Europe during that time. She is a regular RS Speaker on a wide variety of topics.

Mar. 2

Indus Valley Civilization | Ruth McElhinney

The little-known Indus Valley or Harappan Civilization flourished from 2600-1900 BCE along the Indus River in what is now Pakistan and India. Part of a 2,000 year-long agricultural society, the Indus Valley Civilization had, during its peak, cities with multi-story buildings, sewers, standardized roadways, and urban planning. This culture had the wheel, a writing system, and wide-reaching trade networks—yet little evidence of warfare or money. Today, who the Indus Valley people were and what language they spoke remains a mystery.

Ruth McElhinney, a retired economic development, legislative and community relations professional, has an active interest in history. She has visited archaeological sites in Europe, Meso-America, China and South Africa, participated in excavations, and is a member of the Board of the Sacramento Archeological Society.

Mar. 9

History, Culture, and Conflict in the Sacramento/San Joaquin Delta | David Abelson

The Sacramento/San Joaquin Delta consists of more than a half-million acres of diverse natural resources, rich farmland, and an intriguing history dating back to the state’s creation in 1850. Surprisingly, few Californians know where the Delta is located, and even fewer have visited this spectacular part of our state. This talk will present a brief overview of the Delta’s complex ecosystem, economy, and current controversy over building a large tunnel for water export to agricultural lands and cities located far outside the region.

David Abelson is past President of RS and an attorney who specializes in environmental law. He has taught several courses on California’s water resources at Sac State.

Mar. 16

Women in Sports | Carolyn Martin

Learn about the transition from “too fragile and not competitive” to winning Olympic medals in contact sports, the surprising opponents to women’s athletics, the dramatic effects of Title IX, and some shocking changes to professional sports.

Carolyn Martin is a retired community college history professor with a keen interest in women’s stories and accomplishments that never appeared in your history textbook.

Mar. 23

After the Inauguration: Washington 2021 | Bob Benedetti

Whatever the outcome of the election, there are policy issues which the new Congress and President face. What are these pressing issues and what options are available? How are these issues interrelated and what role will the states, the cities, and the courts play in their resolution? Will we need to consider changes in the rules of the game to address significant challenges? How can we overcome the deep divisions in the nation which the election has made manifest? What new leaders are emerging to champion different policy preferences?

Bob Benedetti is a retired professor of political science and dean from UOP and frequent RS Seminar Leader.

Mar. 30

The Mound Builder Culture of North America | Lynette Blumhardt

The Mound Builders were a complex culture that thrived in North America’s Midwest from 6000 years ago up until the 17th century. They are known for their ancient pyramids and earthworks, the oldest of which is older than both the Egyptian pyramids and Stonehenge. During its apex, the Mound Builder city of Cahokia was larger than contemporaneous London and remained the largest North American city until the 1780’s. Yet when the Europeans arrived in North America, they thought the local native people incapable of creating such complex societies.

Lynette Blumhardt has had an interest in archaeology, anthropology, and ancient history going back to her childhood. As an adult, Lynette took every anthropology class the local community college had to offer and followed that up as a volunteer on at least 15 archaeology field projects. She strives to make archaeology more accessible to the general public.

Apr. 6

The Middle East and the 2020 Election—Now What? | Norv Wellsfry

The election is over—now what? The presidential administration has changed. Donald Trump, Jared Kushner, and Mike Pompeo will be gone, and we have a new President and Secretary of State. What major factors are going to influence political events in the Middle East and how will they be handled in Washington? This session will provide a basic roadmap of the issues to follow.

Norv Wellsfry is a former community college professor and RS Seminar Leader/Speaker.



Apr. 13

Are You Ready? Healthy Living: Planning Your End of Life Journey | Dolores Eitel

Dolores Eitel will discuss the end of life choices available in California when planning for a peaceful death. These will include: Advanced Directive, DNR, Right to Die, Right to Try, Right to Refuse Medical Treatment, Hospice Services, DNR, MOLST, POLST, VSED, Alzheimer’s Criteria, and Medical Aid in Dying. We will also discuss how to ensure that your wishes will be implemented wherever your “home” is at your end of life.

Dolores Eitel is a Family Nurse Practitioner, a former Hospital Administrator, and a former Nursing Pro-

fessor. She served as a consultant for the NJ Supreme Court, the first Right to Die Law in the USA, and is an expert in End of Life Care. She writes a monthly column for the Recorder – Critical Pearls.

Apr. 20

Women in the Civil War | Doug Bonetti

Doug Bonetti is passionate about the American Rebellion, more specifically the U.S. Civil War. Join him in this fascinating lecture on the women from the North and South who made their mark in the Rebellion. He guarantees you will learn something new from his field research to his extensive reading of such thought-provoking books as Mary Chesnut's Diary. The talk will conclude with an in-depth discussion of that under-appreciated American hero, Clara Barton.

Doug Bonetti is a California native. He holds an MBA from Sac State and worked 34 years for Procter & Gamble. He is an avid lecturer on the Rebellion and speaks extensively throughout the Sacramento Region.

Apr. 27

Asian Steppe to Europe with the Indo Europeans | Marty Keale

This presentation explores the roots, languages, and cultural features of the Yamnaya tribes from the Steppe country, the Akkadians and other tribes of

Anatolia and the Black Sea neighborhood, and the Goths, Slavs, Celts and other tribes of Europe. We will finish by exploring the many ways in which the original Yamnaya, their cultures, and their (probably borrowed) language continue, after more than 6000 years, to influence the languages, cultures, and genetic make-up, not only of Indo-European Europe but also the once global colonies of the European nations.

Marty Keale has been teaching Renaissance audiences for close to 10 years. His specialties are the closely related subjects of the Development of Human Languages and Cultures, and Global Human Migrations.

May 4

The World Health Organization, WHO—What It Is and What They Do, an Inside Look | Jack Jennings

An overall view of the UN Worldwide Health Organization and some details of their work in SE Asia and the Western Pacific combatting the pandemic, providing immunization from measles and polio, and providing basic health services in Laos, Melanesia, the Philippines, and New Guinea. We will include firsthand reports from the field.

Jack Jennings is a former book publisher and media producer whose son and his partner work for WHO and are currently serving in Melanesia and the Philippines.

Pop-Ups are presented by members, usually virtual or in person activities for members and the community, outside our regularly scheduled programs. They can be:

- Presented in 20 minutes or less, like a Ted-Talk, or allow us to explore on our own and then come together to discuss.
- A talk, walk, hands-on workshop, or virtual hang out presented on short notice are also possibilities.

Pop-Ups can also feature any of the following:

Partner event. One of our partners in the arts, music, theater, library, poetry or history community may invite us to sponsor one of their programs or suggest a new collaboration.

On the Menu features presentations from chocolatiers, cooking instructors, food mavens, and authors from around here and around the world who have expressed interest in developing programs for us.

For example: Elaine Corn—From *Bagel to Bao*; David SooHoo on *Tie Sing*—the innovative and industrious head chef for the U.S. Geological Survey who has a Yosemite peak named after him; and inside *Hampton Court's Chocolate Kitchen* with Marc Meltonville, the UK's resident culinary historian.

Sacramento Stories will explore the people, places, and happenings that make our community such a vibrant and special place to live.

- You may find a walk through Old Sacramento to capture its role as the genesis for a multicultural city with a unique food and saloon culture.
- Stroll the R Street Corridor to learn its distinctive history as a transportation hub and currently the locus of a burgeoning food and music scene.
- Discover the less told stories of iconic civil rights leaders such as Nathaniel Colley; historic preservationist and railroad enthusiast Denny Anspach; and newspaper publisher Eleanor McClatchy; as well as other Sacramento men and women who shaped the city.

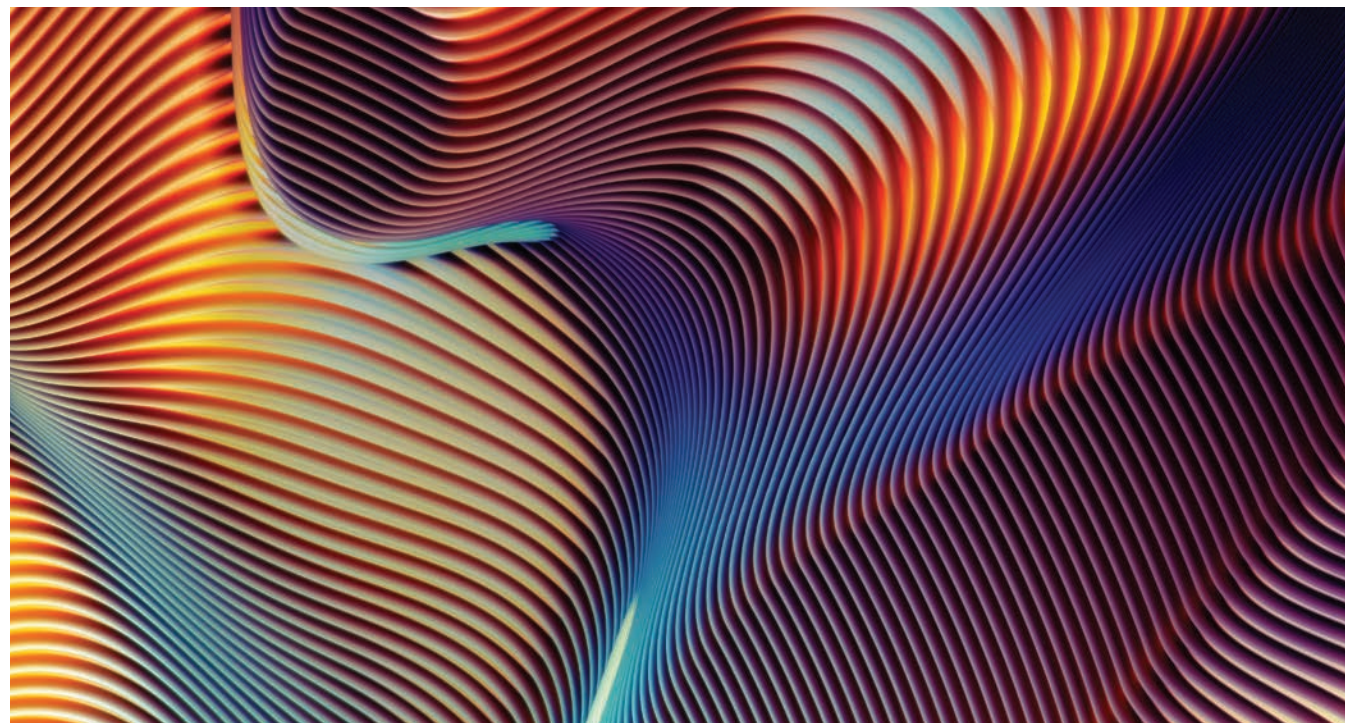
Variations on a Theme. We take a single word,

pop-ups

let's say **Blue**, and then we imagine all the ways we can discuss it—from Blue Zones, to Blue Suede Shoes, to blues music, to I've got the Blues, to blue drinks, to Rhapsody in Blue, to Ol' Blue eyes, to 167 Things that are Blue in Nature, etc. Or **Beats**, from Jack Kerouac and Sacramento's poet/actor Victor Wong, to poetry, music, winning or even beets, the vegetables.

Propose your own Pop-Up. Make it a single event or a series. Present it by yourself or in partnership with others. Don't want to lead an event yourself, but want to see it happen, or know of an event we can promote? Send us a one-page proposal (or less) with a title, description, date, length, and describe your passion for the subject. We will contact you to discuss inserting the event into our schedule.

Contact *Maryellen Burns*, Pop-Up Coordinator: maryellen_burns@mac.com.



forums

We feature **Forums** as a special category of high-caliber presentations involving community leaders, active professionals and highly acclaimed speakers to address topics of current interest. These esteemed speakers are seasoned experts in their fields. They bring a diversity, depth and breadth of topics to inform us about critical issues facing us on an ongoing basis.

All presentations occur on Friday afternoon from 3:00-4:00pm, when no other Renaissance seminars or presentations are being held. Speakers encourage the audience to ask probing questions about the topics.

Feb. 12

MAELEY TOM | Break Through Glass Ceilings In The California State Legislature!



Maeley Tom will share her story as presented in her new book: *I am not who you think I am: An Asian American Woman's Political Journey*. The book describes her amazing journey to break two glass ceilings in the California State Legislature (in both the

Assembly and the Senate). In doing so, she empowers Asian Americans in politics at the state and national level during a time when Asian Americans were politically invisible.

Dr. Barbara O Connor, Emeritus Professor of Communications and Director of the Institute for the Study of Politics and Media at Sac State, will interview Ms. Tom to explore how she overcame challenges and struggles she faced as an Asian American woman in politics.

Feb. 19

DR. JUAN CARLOS RUIZ GUAJARDO | Mexican Culture In The Context Of The Complex USA-Mexico Relationship



Dr. Ruiz-Guajardo is the Cultural and Educational Attaché at the Mexican Consulate in Sacramento. His work involves developing projects that promote cultural diplomacy and highlight the value of Mexican traditions and culture. He will present a quick

glance at the richness of Mexican history, biodiversity and culture. He explains why Mexicans feel proud about their origins and heritage. Mexico's geographical position also makes it a central player in the economic and social development of the Americas. In his

capacity as Attaché, He is also uniquely qualified to provide us with a fascinating view into the geopolitical opportunities and challenges imparted by NAFTA/USMCA and other cross-border interactions, such as immigration, the Border Wall, and illegal drug trade.

Feb. 26

DETECTIVE MATTHEW DEAUX | What You Need To Know About Computer Crimes and Elder Fraud



Detective Matt Deaux, has been with the Sacramento County Sheriff's office for 18 years and served on the Sacramento Valley ID Theft and Hi Tech Crimes Task force for the past 5 of those years. He specializes in computer and cell phone forensics. Matt

will identify common types of elder fraud, ID theft, and computer crimes as well as identifying methods designed to prevent elders from becoming victims. He will also address new and current trends becoming issues of concern now and into the near future. Matt will also identify local and federal resources and procedures to help if you have already become a victim.

Mar. 5

COMMANDER TOM JONES | Space: The Last Frontier (We May Need It!)



Tom Jones is the Director of the Aerospace Museum of California located at McClellan Airforce Base. He served 25 years in the U.S. Navy as an Aviator, Flight Instructor, and Lead Operations Research Analyst for the Deputy Chief of Naval Operations

and then as Commanding Officer. He has flown more than 4,100 hours in numerous types of aircraft, including fixed wing and helicopters. He flew in the Pacific Theater and the Persian Gulf during Desert Storm and Gulf Wars I and II. At the Aerospace Museum, Tom is focused on creating the finest Science, Technology, Engineering and Math (STEM) education and student learning facility on the West Coast. He will bring us up to date on some of the most exciting Space events happening today and share his love for the incredible opportunities presented at the Museum.

Mar. 12

JUDGE BRIAN VAN CAMP | Confronting and Controlling Pandemics and Insurrections—Continuing Civil Rights Issues in the 2020's



Judge Brian R. Van Camp (Ret.) brings more than four decades of judicial and practical legal experience. In 2012, after serving 16 years on the Superior Court, he began serving as a mediator, arbitrator, and judicial referee. Rhetorically, he posts: *Can the*

Governor close your barber and order your church choir not to sing? Can the President send federal troops into Portland?

While attempting to control the COVID pandemic, as well as violent social unrest, governments at all levels tested traditional and Constitutional boundaries in restricting individual choice and freedom. What are the limits of the federal government to direct or control either state action or individual liberty to combat disease and/or restore order? Judge Van Camp will assess whether the reactions to today's crises are grounded in our Constitutional framework or are breaking new ground, with long-term consequences.



Mar. 19

DIRECTOR BUCK BUSFIELD | Theatre: Here Today, Gone Tomorrow? The State of Live Theater in the COVID Era and Beyond



Buck Busfield, a leader in the Sacramento arts community for more than 30 years, as the Producing Artistic Director of B Street Theatre. He has overseen the expansion of B Street from a small, neighborhood playhouse to a company of national re-

nown culminating in the creation and opening of its new multi-theater venue, the Sofia Tsakopoulos Center for the Arts. Buck will discuss his views on the state of live theater in America before, during, and after COVID. Specifically, Buck will elaborate on how new technologies have created a popular and formidable alternative to live entertainment that may impact the performing arts for generations to come.

Mar. 26

DEANNE BRINING | Domestic Sex-Trafficking of Minors



DeAnne Brining, LMFT, is a licensed psychotherapist and nurse whose background includes more than 20 years working with minors (age 17 and under) who have been exploited by sex-traffickers. Approximately 300,000 Americans under 18 are

lured into the commercial sex trade every year, and statistics show a 25 percent jump in human trafficking cases from 2017 to 2018. DeAnne is dedicated to fighting this issue by providing therapeutic services to the victims and educating professionals and the community about this current epidemic. She also has a private practice in Sacramento and Oak Park that provides care and services to those who have experienced such deep trauma. DeAnne will open our eyes to this horrific epidemic and show us how medical experts and law enforcement are working to control it.

APR. 2

FAYE WILSON KENNEDY | Understanding the “Unhoused” in Sacramento and California



Faye Wilson Kennedy brings more than 30 years of experience as a community organizer, human service professional, educator and group facilitator working with diverse communities, agencies, and organizations throughout Northern California. She currently serves as Chair of the Sacramento Area Black Caucus (SABC) and a Co-Chair for the California Poor People’s Campaign (CA PPC). Faye addresses historical as well as modern “redlining,” which involves covenants that prohibit African-American, Asian-American and other minority groups from owning property in certain neighborhoods. She will share this data as well as homeless demographics at local and state levels, and explore how neighbors can engage and support our unhoused populations.

APR. 9

JULIE STEINBERG, JODY NELSEN, MARKOS KOUNALAKIS • BETH RUYAK | A Tale of Three Spouses: Partners In Leadership



Jody Nelsen is the wife of Sac State’s President Robert Nelsen. **Julie Steinberg** is the wife of Sacramento Mayor Darrell Steinberg. And, **Markos Kounalakis** is the husband of California’s Lieutenant Governor Eleni Kounalakis. All three have followed their spouses into the academic or political world and typically get “second billing” when it comes to their own areas of expertise. They will appear in a panel discussion to share what it’s like to be the spouse of a high-profile person and how that may have enhanced or disrupted their own careers. *Have they enjoyed this path or regretted it? What were their initial expectations or hesitations? Finally, what are the challenges and/or benefits of this “adventure” they have embarked upon in the public eye?* As a special treat, our



very own Emmy Award winning **Beth Ruyak**—reporter, writer, news anchor, producer, and former Host of Capital Public Radio’s Insight—will moderate and interview these amazing spouses.

APR. 16

HEATHER FARGO | Accepting and Adapting to Your Disabilities



Heather Fargo was Sacramento’s Mayor from 2000-2008. Before her term as mayor, she served for 11 years as a city council member. Heather is currently President of the Capital Women’s Campaign, guiding Sacramento women to flex their political and financial power. In 2020, she chaired the Neighborhoods Against “Strong-Mayor” campaign to defeat Measure A. In 1995 Heather was diagnosed with multiple sclerosis (MS). She will discuss the challenges of MS, aging, impacts on her life and how she has managed to stay engaged in community life and politics. Heather will also describe the physical and psychological tools she has used to stay active and relevant—including her friends, sense of humor, focus on health, and staying busy.

APR. 23

ADAM STEINHAEUER | Taking the Pulse of Sacramento’s Business Scene in the Era of COVID



Adam Steinhauer is the editor of the *Sacramento Business Journal*. As a journalist for almost 30 years, he is primarily focused on business, finance, and economic issues. Prior to coming to Sacramento in 2016, he was West Coast editor of the financial publication *The Deal* and reported for news outlets including *Bloomberg News* and for the *Las Vegas Review-Journal*. Before COVID, Sacramento was seen as an up-and-coming economy. Is it still? Where is the damage? What will it take to recover? Where is the Sacramento economy still growing? Adam will discuss these and other critical issues related to the current and future financial health of our region.

APR. 30

LESLIE JACOBS | Hot Topics at the High Court



Professor Leslie Jacobs received her BA from Wesleyan University, graduated magna cum laude from the University of Michigan Law School in 1985, and has been a Professor at the McGeorge School of Law since 1993. She is currently the Director of the Capital Center for Law & Policy, Justice Anthony M. Kennedy Professor of Law. Leslie has authored a substantial and important body of scholarship on constitutional doctrine, governance, bioterrorism, national security, and particularly on free speech and government speech. By April 2021, the Supreme Court will have heard oral arguments in almost all its cases for the October 2020 term, and it will have issued opinions in many of them. Professor Jacobs will review decisions involving elections, religious liberty, immigration, and the census count, among other topics, and also will discuss the composition of the Court and trends in its decision-making.

MAY 7

HEATHER YOUNG & TOM NESBITT | Healthy Aging in a Digital World



Heather M. Young is a nurse leader, educator, scientist and nationally recognized expert in gerontological nursing and rural health care, and professor as well as Dean Emerita for the Betty Irene Moore School of Nursing at UC Davis. Young researches healthy aging, with a particular focus on the interface between individuals, family and formal health care systems. **Dr. Tom Nesbitt** is Emeritus Associate Vice Chancellor for Strategic Technologies and Alliances and Founding Director of the Center for Health and Technology at UC Davis. Nesbitt is a pioneer in using telecommunications technology to deliver health-care services to underserved communities. Together, they lead the *Healthy Aging in a Digital World* initiative at UC Davis and will address issues at the intersection of an aging society and evolving technology, especially during the COVID-19 pandemic. This will include security, privacy, ease of use, the digital divide, and affordability. They are keenly interested in the perspectives of *Renaissance Society* members on these salient issues.

Diversity, Community Engagement, and Racial Justice

We recognize the individual and collective contributions of our diverse ethnic groups and cultures. Together, we create the fabric of the Sacramento region. With that in mind, we highlight specific programs to address these important topics. Please share your thoughts with us about what class you want to see—or propose your own topic. Contact *either a member of the Program Committee, Warren Bonta, or our president, Ken Cross.*

Forums

Maeley Tom, “Breaking Through Glass Ceilings in the California State Legislature,” February 12

Dr. Juan Carlos Ruiz Guajardo, “Mexican Culture in the Context of the Complex USA-Mexico Relationship,” February 19

Judge Brian Van Camp, “Confronting and Controlling Pandemics and Insurrections – Continuing Civil Rights Issues in the 2020’s,” March 12

Faye Wilson Kennedy, “Understanding the ‘Unhoused’ in Sacramento and California,” April 2

Heather Fargo, “Accepting and Adapting to Your Disabilities,” April 16

Presentations

“Back of the White House,” Kimberley Graham and Maryellen Burns
Monday, Feb. 15, 7 to 8:30 pm

Sacramento—City of Immigrants, Maryellen Burns
Wednesday Apr. 21, 7 to 8:30 pm

Sargent Johnson: Sculpting Beauty on The West Coast during The Harlem Renaissance, Bruce Marwick
Thursday, Apr. 22
7 to 8:30 pm

Seminars

“American Diversity: Exploring Our Racial/Ethnic Mosaic,” Darryl Omar Freeman; Fridays, Feb 12 to April 30 10 to 11:30 am

“The Native American Experience: Racism, Prejudice, and Culture,” Greg Beale; Wednesdays, Feb 10 to May 5, 10 to 11:30 am

“Policing in the U.S.,” William Vizzard; Tuesdays, Feb 9 to May 4, 2 to 3:00 pm

“Racial Healing; Conversations on Race,” Dr. Stacie Walton & Gretchen Young; Mondays, Feb 8 to May 3, 10 to 11:30 am

“Rebellion: The American Civil War,” Doug Bonetti, Thursdays, Feb 11 to May 7, 12 to 2:00 pm

“Slavery: America’s Original Sin and Its Aftermath,” Allan Keown; Mondays, Feb 8 to May 3, 2 to 4:00 pm

Shared Interest Groups

“Book Group: Discovering Your Neighbors Through the Written Word: Diversity Uncovered,” Roberta Gleason; once a month on Tuesdays, Feb 9 to May 4 2 to 3:30 pm.

join our team!

The Renaissance Society is always looking for new Program Leaders. Interested in becoming an instructor?

Our seminar leaders, co-leaders, and speakers are at the heart of *The Renaissance Society* experience. We welcome and appreciate new and returning instructors and invite proposals for:

- Single presentations or a series that lasts three, six, or twelve weeks.
- Variety of teaching formats, including facilitated discussions of books, films, or ideas; informational lectures; presentations; hands-on instruction; and field trips.
- From Arts to Food to Hiking to Zoology, we welcome all topics, issues, and activities.

Our peer-to-peer instructors 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* instructors 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* instructors 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 renaissa@csus.edu or call 916-758-5133 for more information. The Program Committee reviews course proposals and provides instructor support and training.



how do I register?

After officially enrolling in *The Renaissance Society*, you will receive additional information on how to register for seminars, presentations, or shared interest groups. You can enroll in as many programs as you have time for. We offer dozens to choose from. If you aren't a member of *The Renaissance Society*, you can still attend our free *Community Speakers Series*, such as *Talk Talk Talk* and other selections that might *Pop-Up* from time to time. Information on how to register is regularly updated on our website. www.csus.edu/org/rensoc

how do I take classes online?

After enrolling in a course, you will receive a registration confirmation email from your instructor and a reminder email prior to class that contains the information you need to join the class.

- If you haven't used Zoom before, allow about 5 minutes to set it up before your first use.
- If you plan to use a laptop or desktop, the first time you click on a link it will download a free and secure program to your computer.
- If you plan to use a tablet or smartphone, you'll want to download the free and secure Zoom application from your application store.

what equipment do I need?

You can access Zoom on a smartphone or mobile device. Features are limited. When linking from a computer, you can use the full capabilities of Zoom.

The following equipment will greatly enhance your experience:

1. **Web camera:** A camera will increase your connection with your instructor and your peers by allowing you to see each other face-to-face. If you do not have access to a web camera, you will still be able to see the instructor.
2. **Headset with a microphone:** This will let you hear and be heard more clearly. This does not need to be fancy equipment; it can be the same as the headphones you might use with your phone.
3. **Charger:** Charging your device during class will ensure that you do not have an unexpected power outage interrupting your learning.

our zoom online learning platform

Zoom is easy to use and your seminar leaders will send you instructions for their classes. Visit <https://support.zoom.us/hc/en-us/articles/206175806> to view frequently asked participant questions. Zoom frequently offers short training programs to help you get started using their platform and learn about its many features.

Download Zoom to your computer, tablet, or smartphone and check if you have the latest version at this website: <https://support.zoom.us/hc/en-us/articles/201362233-Upgrade-update-to-the-latest-version>.

virtual orientation & rendezvous

Join *The Renaissance Society* for a Virtual Orientation & Rendezvous on Friday, January 15, 2021 from 10:00 to 11:30 a.m. on Zoom.

If you are either a prospective or renewing member of *The Renaissance Society*, please attend our semiannual Orientation & Rendezvous to learn more about our lifelong learning programs and services.

Orientation & Rendezvous program agenda:

Orientation—Learn how the virtual 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 for the Winter 2021 session.

Question & Answer Session—Panel members are available to respond to questions regarding what to expect during Spring 2021.

Volunteer opportunities—Hear from Sac State organizations seeking volunteers to support students and campus: The Sac State Gerontology and Physical Therapy Departments and the UC Davis Department of Preventive Medicine.

Register—for the Orientation & Rendezvous at *The Renaissance Society* website <https://tinyurl.com/RSWebsiteHomePage>.

Zoom invitation—After your course registration is complete, you will receive an email with the Orientation & Rendezvous Zoom invitation link.

Following the Orientation & Rendezvous:

- **Survey.** Please complete the Constant Contact *Renaissance Society* Member Profile survey you receive by email following the event.
- **Spring 2021 “Flipbook” Catalog.** Check out the 2021 “Flipbook” catalog. <https://online.fliphtml5.com/vlaky/dcgb/#p=1>

- **“60-Second Introductions”** Preview these short videos and listen to seminar leaders describe their programs.

https://www.youtube.com/channel/UCuedSwb_DbPXFWhhBJogQVw/videos

Questions: Please contact Evie Boggs at evieboggs@comcast.net or call 916-955-1593 or Ken Cross kencross@kencrossconsulting.com or call 916-995-8288.

how members stay connected

The Renaissance Society offers many ways to stay connected

Every Wednesday, (and many other days too) members receive our e-blast on Constant Contact to keep members updated on new and events and programs. *The Recorder*, our monthly newsletter, features stories about members, upcoming events and programs, updates by the President, and information about new initiatives and opportunities for service.

We will continue our Monthly, Virtual Get-Acquainted Socials.

We invite all members to join us on the first Friday of each month at 4 pm. Each meeting presents a different theme. Cook or order in, grab a glass of wine, beer, or other beverage of your choice, and chat with friends new and old. We will meet on Friday February 12, March 5, April 2 and May 7.

Join our Facebook page online

Meet and greet more than 500 members online. Our members post favorite places to visit, special events, photos, coping strategies while sheltering in place, ask questions to seek advice and more. <https://www.facebook.com/groups/renaissancesocietysacramento/>

Contribute to Renaissance Cafe

This virtual space is organized as a blog to share our passion for learning, engage in deeper conversations about the ideas and issues that matter to us, meet new people and connect with old friends, and link to resources that connect us to the world. Curated by Society members, *Renaissance Café* offers a space to post stories, essays, opinion pieces, original art and photography, short films or videos, gardening, cooking and coping strategies, and other ways to navigate the world we now live in. <https://renaissancecafesacramento.com>.

Connect on your own. We provide a membership directory so that you can contact friends you make online.

what is the value of

The Renaissance Society?

In times of either “shelter in place” or “out and social,” we all need to feel connected and enjoy time to share stories with our friends, family, at the corner deli, restaurant, or our favorite coffee shop. We are not designed to live alone. *The Renaissance Society* creates many opportunities to feel connected—in a virtual space or in person.

A few reasons why *Renaissance Society* events can add value to your life are described below:

- **Continue to be a lifelong learner.** Being isolated at home, what better way to use your time than to keep your mind active and engaged?
- **Increase your learning capacity.** *The Renaissance Society* has expanded the learning week from Friday and Saturday to multiple days per week. You no longer must worry about competing seminars on Fridays and Saturdays because of time and space limitations.
- **Stay socially connected.** All research studies show that the best way to age well is to stay socially connected and in touch with your friends and loved ones. Isolation and loneliness are harmful to a person’s mental or physical health and, indeed, potentially lethal.
- **Enjoy Life.** Find *Renaissance Society* activities that feed your soul and brighten your spirit.
- **Continue to find ways to serve.** Service is the highest form of love. Be creative and find a way you can give back and make a difference in your community and the world. Even in a pandemic there are creative ways to pay it forward and serve others.
- **Grow your mind, body, and spirit.** *Renaissance Society* programs are an ideal way to engage your mind and your time in new and inspiring ways with other like-minded members.

scholarship program

The Renaissance Society Board of Directors approved a Member Scholarship Program in December 2019 so that a limited income is not a barrier to lifelong learning.

Scholarships provide current and prospective members who demonstrate a financial need and a commitment to lifelong learning the opportunity to participate. Member scholarships waive annual and mid-year membership dues, in addition to the cost of Sac State parking permits, if needed.

Qualified members can apply each year they have an identified need. Payments will be internal accounting transfers. No cash will be disbursed directly to individuals. There will be no retroactive reimbursements for previous semesters.

Interested members complete a *Member Scholarship Application* that includes a 500-word or less narrative explaining the applicant’s need. Email renaissa@csus.edu or phone 916-758-5133 to request an application.

Submit completed applications to:

- Shari Lowen email at shari.lowen@csus.edu **or**
- Mail to *The Renaissance Society*, Attention: Membership Committee, CSUS 6000 J Street, MS 6074, Sacramento, CA 95819-6074 **or**
- Deliver applications in person at *The Renaissance Society* office in the Adams Building, Room 106, 7750 College Town Drive, Sacramento. If no answer, slide application under the door.

Applications will be reviewed for completeness and demonstrating financial need. A lottery drawing will be conducted if needed, and winners will be notified prior to the semiannual *Renaissance Society* Orientation & Rendezvous.

For questions, please contact Ken Cross, Membership Committee Chair at 916-995-8288 or email kencross@kencrossconsulting.com .

give generously

*Renaissance members give generously
making a difference*

*"Giving is not make a donation, it is **making a difference.**"*

—Kathy Calvin, Former President, UN Foundation

There are many ways that you can support Sacramento State students and your fellow Renaissance members with donations to one or more of our funds. Make your gifts in honor of someone's birthday or achievements—a very special way to celebrate a friend or family member. Donate a Gift of Learning for someone who cannot afford to join or to the Special Program Fund or *Renaissance Society Fund* to help us sustain and enhance our programs. Give to the Scholarship Fund or the ASI Food Pantry to help students struggling financially. Whatever your passion, whatever your donations, know that your gifts will **make a difference** throughout the year.

- **Renaissance Scholarship Fund***: Provides scholarships annually to Sac State students.
- **Renaissance Special Program Fund***: Provides resources for new and innovative programs that educate and engage Renaissance members, Sac State students, and the community.
- **ASI Food Pantry***: Provides food and personal supplies for students in need.
- **Give the Gift of Learning Fund**: Provides scholarships for members unable to afford the Renaissance annual membership fee.
- **Renaissance Society Fund**: Supports the general program operations of the *Renaissance Society*.

**Contributions to these funds are tax-deductible.*

How to SHARE

Online: You can donate to two funds, the Renaissance Scholarship Fund and the Renaissance Special Program Fund, online. Use the University Foundation at Sac State website for gifts to *Renaissance Scholarship Fund* and *Renaissance Special Program Fund*: <https://tinyurl.com/RSSpecialProgramFund>.

By Check: Donations to all the funds can be made by check. Please enclose the form below with your check made out to the payee for each fund as indicated in the form. Mail to *The Renaissance Society*, Sacramento State, 6000 J Street, Mail Stop 6074, Sacramento, CA 95819-6074.

gift form

making a difference

- \$ _____ 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)
- \$ _____ Give the Gift of Learning (payable to *Renaissance Society* - note, Member Scholarship)
- \$ _____ *Renaissance Society* general support (payable to *Renaissance Society* - note, RS Programs)
- \$ _____ Total Gift

name		
address		
city	state	zip

I wish my gift to remain anonymous. ____yes ____no

This gift is ____in honor of ____in memory of _____
Name of honoree (please print)

Please send notification of my tribute to _____
Name of honoree (please print)

Address City State Zip

Mail checks to: *The Renaissance Society*
California State University, Sacramento
6000 J Street – Mail Stop 6074
Sacramento, Ca 95819-6074

a membership gift

Why not give an annual *Renaissance Society* membership to a family member, relative, or friend? At \$60 Midyear, this means that you can share your Society experiences with those who have been wondering all year (or longer) what the *Renaissance Society* is all about.

If you are not a member but want to give the gift of life-long learning to someone you care about, purchasing a membership is easy and quick:

- Visit: <https://apps.cce.csus.edu/sites/renaissanceSociety/index.cfm?>
- Click on "Sign Me Up" to enroll new members.
- Complete personal information for the person receiving the gift membership
- Click submit and enter your credit card information

who volunteers?

Everyone!

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 hosting a class, coordinating an 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, your goals, your 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

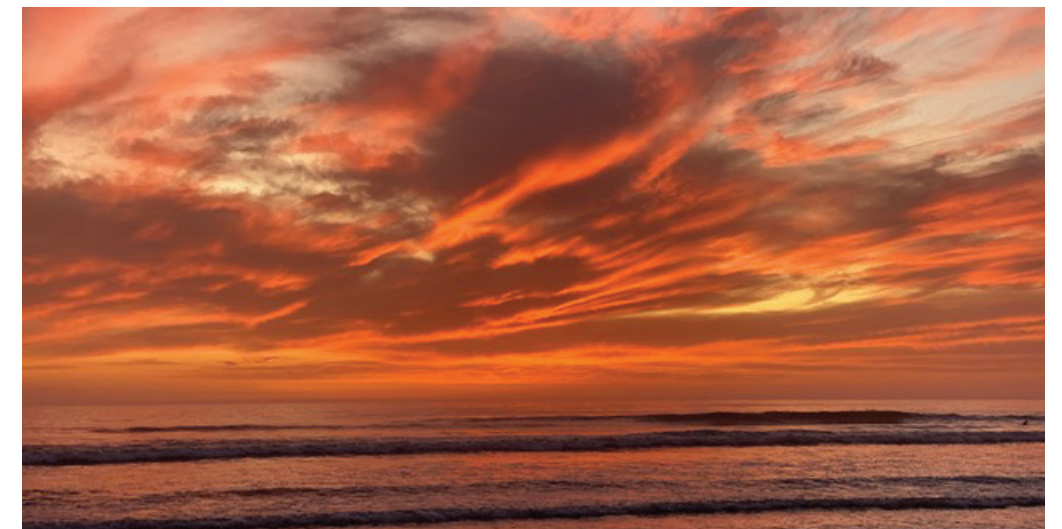
In January 2019, an enthusiastic and dedicated group of members helped create a Speaker's Bureau to share *The Renaissance Society* story.

Our goal:

Raise our visibility in the community to increase participation in a lifelong-learning journey for intellectually curious adults.

- We give public presentations at community events and for various organizations.
- We share personal testimonials and printed materials, including invitations to join our volunteer, peer-taught roster of subject matter experts who teach our many, varied seminars.

Until COVID-19 restrictions are lifted, this public venue outreach is on a temporary hold.



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 experience:

- Assignment to a Gerontology Student for four or five on- or off-campus meetings during the semester.
- Getting to know your Student and participating in social, physical and mental acuity assessments during the meetings.
- Assist students who have experience with seniors in skilled nursing but 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.
- Some volunteers are asked to speak in Gerontology classes.

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 Rendezvous.

u-mentor program

To initiate your interest in becoming a mentor to a Sac State student, complete the online mentor application by clicking https://csus.co1.qualtrics.com/jfe/form/SV_dbU9oFTIQINbQ7X. Sac State's Human Resources will send a link to verify an online background check. Fingerprint checks and \$30 fee will be waived for members. The U-Mentor program staff will match interested students with *Renaissance Society* members based on a student's major and mentor interest. Be sure to indicate Renaissance member on the application "other," asking how you found out about the program. It may take a few weeks for the program to recruit students and match with mentors.

For more information, contact the Sac State U-Mentor coordinator at Degreesproject-03@csus.edu. The Renaissance Society member contact is Sue Bollig, suebca2012@gmail.com.

member faqs

- **How will I learn about the opportunities available to me as a Renaissance Society (RS) member?** The website and the monthly *Renaissance Recorder* newsletter are your primary resources. Additionally, you will receive frequent updates by email.
- **What is Constant Contact (CC)?** Constant Contact is the tool we use to send emails to our members. You will be automatically subscribed to CC when you register. Watch for several emails each week keeping you informed of activities.
- **When can I sign up for Spring Programs?** The eCatalog will be posted online in early January. You will receive an email informing you the first date to register for seminars. The semester begins February 8, 2021.
- **How can I get assistance with the technical aspect of virtual seminars?** The Society is using Zoom online learning platform. A training team is creating tutorials and handouts. Watch your email for notifications about training.
- **Is financial assistance available?** Yes, in December 2019 the RS Board of Directors approved a Member Scholarship Program.
- **How many people are considered paid staff of The Renaissance Society?** We have two part-time people. However, a group of highly committed volunteers is responsible for all aspects of the organization. Various committees are always looking for assistance.
- **Who do I contact with general questions about The Renaissance Society?** Please review our website if you still have unanswered questions. Or email our office at renaissa@csus.edu. **Or** Contact us by phone at 916-758-5133.
- **How Do I get the Zoom link for my class?** If you have registered for any of the Spring 2021 programs, you should receive an email with the Zoom link when you register.

what will fall 2021 look like?

On September 10, 2020, Sac State President Robert Nelsen announced:

“Today, the California State University system announced that the Spring 2021 semester will be virtual, with very few exceptions for a small number of in-person classes. Of course, much can (and likely will) change in the coming months, but Chancellor Timothy P. White, in concert with the 23 CSU campus presidents, state and local agencies, and health officials, believes it is highly unlikely that conditions will improve enough to repopulate our 23 campuses.

“Health and safety continue to be our top priority, and while this decision will not be popular with everyone, I believe it is the right choice to keep our campus and our community safe.”

So, what will happen in the Fall of 2021? As this Spring catalog is being completed in January 2021, we do not know the answer. We have heard responses from our member Constant Contact survey. Our members miss being on campus in the face-to-face learning environment. *More than 28 percent, or almost 600 members, responded that one of their highest priorities is the social connection of coming to campus and being with their friends and fellow students.*

The Board of Directors is committed to opening our physical classrooms as soon as possible within the mandated “physical distancing” guidelines from the various state and local governmental organizations. *The Renaissance Society* is a guest on the Sac State University campus and follows the university’s rules. Since 1986, the CSU, Sacramento College of Social Science and Interdisciplinary Studies (SSIS) has been our host. SSIS Dean Dianne Hyson is our Sac State Liaison. Dean Hyson and her staff are actively keeping us updated on the latest information and changes on the Sac State campus. Know that as soon as we know more information, we shall pass along all relevant facts to you as soon as possible.

In the meantime, please take care of yourself and your loved ones. Be safe, healthy, and follow the advice of our public health officials.

Thank you for being a member of *The Renaissance Society* of Sacramento!

In gratitude,

Ken Cross
Board President
The Renaissance Society of Sacramento

directory

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SEMINARS *Allan Keown and Cindy Suchanek, Coordinators*

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And the many others who worked tirelessly to produce this new venture, including wordsmiths, editors, photographers and designers. Many more people contributed material than we could use in this e-catalog. However, look for them on our *Facebook Group Page, Renaissance Café* and other publications. If we have inadvertently missed acknowledging you, please let us know.

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“A drop of water, if it could write its own history, would explain the universe to us.”

—Lucy Larcom, American teacher and poet

Sometimes we need to stop for a moment to express our gratitude for the smallest things—like the scent of rain or rain drops on a beautiful flower. The three rain drops on our cover photo hold reflections of our photographer Donald Satterlee’s back yard after a soft spring rain. They point to an oft-overlooked aspect of lifelong learning—the back and forth between engaging with knowledge and the luxury we have of reflecting upon its possible meaning.

For over 35 years *The Renaissance Society* has continuously explored the universe of ideas through tough times and good ones as we have vastly expanded and refined our program. Along the way we’ve created a unique peer-to-peer lifelong learning community that allows us to learn more about ourselves, reflect on the past, and envision the future—together. We are excited to begin this spring session as we travel through this next chapter in our lives, forge new paths forward, and continue to connect with each other in vibrant, stimulating, healthy, and deeply satisfying ways.

Enjoy!

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