



The Renaissance  
Society of Sacramento  
**spring.catalog.2023**



# welcome



It's almost here! The launch of a new semester fills us with excitement and anticipation. Our theme for this semester is "Transitions and Traditions" as new courses and new approaches combine with familiar programs and practices. It all promises to be fulfilling and fun, with plenty to help us stay sharp and thrive.

There are plenty of reasons to join and invite your friends. Indulge your passion for music, arts, history, and fascinating speakers on a wide variety of topics, or dip into the first-ever "Wednesday Science Series" on Zoom. If a bit goes over your head, just access the recording!

We continue the transition back to campus along with students and the entire Hornet Family. And you can take advantage of some additional opportunities. Shuttered during Covid, the Library Book Bin offers incredible sales on every imaginable book. With a doctor's note, you can join the Cardiovascular Wellness Center for exercise and nutrition classes. Or have your hearing tested at the Audiology clinic.

We are pleased to follow in our many fine traditions. We continue to award our annual scholarships to seven deserving students, and we remain generous in giving to the ASI Food Pantry to assist food-insecure students and their families. Members also contribute to help fund our general operations so we can keep our membership dues at the low rate of \$60 for the entire Spring semester.

Meaningful traditions such as mentoring Gerontology students or working with Physical Therapy students are back in person. The U Mentor program is back also and opportunities to usher student music and dance productions once again abound.

Did I mention parties? We will be making up for some lost "Covid" time with our First Friday Pizza gatherings at the Round Table in the university union and an end-of-the-semester celebration.

We tell you all about these upcoming events on our social media sites, the Renaissance website, the monthly *Recorder* newsletter, and the Wednesday *Weekly Updates*.

Do you really want to take full advantage of all that Renaissance has to offer? Get involved! At our Open House on January 13, we will fill the room with informational tables and treats. Come find out about committees to join, volunteer opportunities on campus, and a wide variety of community events and opportunities.

Don't miss out! Mark these key dates on your calendar:

- November 15:** Spring membership opens

**January 13:** Orientation and Open House

**January 16:** Program enrollments begin
- January 20:** Program Leaders Workshop

**February 6:** Spring classes begin

Come join us to Learn. Connect. And Share!

**Deborah Seiler**  
Board President

# transitions & traditions

After pivoting in March 2020 to Zoom for all seminars and presentations, Renaissance Society and its members now find themselves making new adjustments as more Friday in-person programs return to campus. Thus, the timely theme for this catalog: *Transitions and Traditions*. We begin with comparisons of your present and past Renaissance Society engagement. As you will see many traditions remain while new ones are being formed. We invite you to add to this list and share your thoughts with the Program Committee.

| TRANSITIONS                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | TRADITIONS                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <div><ol style="list-style-type: none"><li>Continuous, online membership registration</li><li><b>Z</b> (Zoom), <b>IP</b> (in person), <b>H</b> (hybrid), <b>R</b> (recorded), <b>NR</b> (not recorded), <b>SP</b> (sponsored), <b>WI</b> (walk-in), <b>OE</b> (overlapping enrollment)</li><li>Help Desk: Union Lobby Suite<br/>Feb 10 and 17—9:30–12:45</li><li>Cesar Chavez Day: March 31</li><li>Friday classes: Some in hybrid</li><li>New Wednesday Science Series</li><li>Catalog photos copyrighted</li><li>Virtual Parking Permits</li><li>Bicoastal RS offering with Penobscot Senior Center</li><li>Open House January 13</li></ol></div> | <div><ol style="list-style-type: none"><li>Spring-only and Annual membership registration</li><li>Program Descriptions with Leader Bios listed alphabetically in Catalog, List of programs by topic/issue</li><li>Help Desk first two Fridays of the semester</li><li>Spring Break: March 20-24</li><li>Friday classes in person</li><li>Arboretum Tour—Fridays</li><li>Mon—Thurs: primarily Zoom</li><li>Nametags</li><li>First Friday Pizza Parties and other social events</li><li>Orientation January 13</li></ol></div> |
| ABBREVIATION KEY                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
| <div><p><b>Z</b> Zoom only</p><p><b>IP</b> In person/live only</p><p><b>H</b> Hybrid (IP + Z)</p><p><b>R</b> Program is recorded</p><p><b>NR</b> Program is not recorded</p><p><b>SP</b> Program is sponsored</p><p><b>WI</b> Walk-in program/no enrollment needed</p><p><b>OE</b> Overlapping enrollment</p></div>                                                                                                                                                                                                                                                                                                                                 | <div><p>Now found in the <b>LEARN</b> section—</p><ul style="list-style-type: none"><li>List of programs by Topic/Issue</li><li>Leader List</li></ul><p><b>W</b>hether you choose to organize your spring Renaissance Society schedule by delivery format, day of the week, program leader, or topic, this catalog places in your hands the roadmap to many exciting destinations. Enjoy the journey.</p><p><b>Pam O'Brien and Kathryn Tobias</b><br/>Program Committee Co-Chairs</p></div>                                  |

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If you click on them, you will be  
directed to the first page of the  
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# calendar of events

## NOVEMBER 15 TO APRIL 14

Spring-only membership registration

## JANUARY 9

Spring 2023 Catalog posted to  
RS Website

## JANUARY 13

Orientation and Open House

## JANUARY 16

Program Enrollment Starts

## JANUARY 20

Program Leaders Workshop

## FEBRUARY 6

Spring 2023 Programs Begin

## MARCH 20 TO 24

Spring Break/Campus Closed

## MARCH 31

Cesar Chavez Day/Campus Closed

## APRIL 3

Invitation to potential leaders  
requesting Applications for *Fall 2023*  
Semester

## APRIL 5

Invitation to all members requesting  
Photos for *Fall 2023* Catalog

## APRIL 15

Annual Membership Registration  
Opens

## MAY 1

Deadline for **Fall 2023 Program  
Leader Application Submissions**

## MAY 3

Deadline for **Fall 2023 Photo  
Submissions**

## MAY 12

Renaissance Society 2023 Annual  
Meeting

## MAY 12

Renaissance Society Spring 2023  
Semester Ends

## MAY 19

Program Leaders Workshop

## MAY 29

Memorial Day/Campus Closed

## JUNE/JULY

Renaissance Society Summer Pro-  
gram [Dates to be Announced]

## JULY 1 TO JUNE 30

Annual membership

our various learning programs

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

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

at-a-glance  
program schedule

What follows is the at-a-glance schedule that sets forth all our Spring 2023 programs by day of the week, time of day, and format. Use it to manage your schedule. This vast array of educational opportunities allows you to take so many programs. How marvelous!

**Important:** Use the abbreviation key to identify the new program delivery identifiers and formats. You do not need to enroll in on-campus walk-in programs (WI); sponsored programs (SP) are full at this time; and overlapping enrollment programs (OE) allow you to enroll in multiple programs even at the same time.

|                                                                                                                         |                                                                                                                                                                   |
|-------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Z = Zoom only</b><br><b>IP = In person/live only</b><br><b>H = Hybrid (IP + Z)</b><br><b>R = Program is recorded</b> | <b>NR = Program is not recorded</b><br><b>SP = Program is sponsored</b><br><b>WI = Walk-in program/no enrollment needed</b><br><b>OE = Overlapping enrollment</b> |
|-------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|

See Abbreviation Key for Delivery Formats

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

| MONDAY PROGRAMS AT A GLANCE |           |                                                                      |                         |              |                    |
|-----------------------------|-----------|----------------------------------------------------------------------|-------------------------|--------------|--------------------|
|                             | Time      | Title                                                                | Leader Name             | Dates        | Pg#                |
| Seminars                    |           |                                                                      |                         |              |                    |
| Z/NR/OE                     | 9–11 am   | Honest and Authentic Conversations around Racism and White Supremacy | Gretchen Jung, Pat Paul | Feb 6–May 1  | <a href="#">21</a> |
| Z/NR/OE                     | 10am–12pm | The Wisdom Questions                                                 | Mimi Dixon              | Feb 6–Apr 17 | <a href="#">23</a> |
| Z/R/OE                      | 1–2:30pm  | Gender Identity, Sexuality, and the Human Condition                  | Dolores Eitel           | Feb 6–Apr 10 | <a href="#">19</a> |



See Abbreviation Key for Delivery Formats

Link to a [Page No.](#) for the course description**MONDAY PROGRAMS AT A GLANCE (CONT.)**

|                                                         | Time          | Title                                                                                             | Leader Name                                                                                       | Dates         | Pg#                |
|---------------------------------------------------------|---------------|---------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------|---------------|--------------------|
| <b>Shared Interest Groups</b>                           |               |                                                                                                   |                                                                                                   |               |                    |
| IP/NR                                                   | 10:30–12:30pm | Friends of The New Yorker magazine (Year-round weekly)                                            | Ronald Meyer, Judy Day                                                                            | Feb 6–May 8   | <a href="#">34</a> |
| IP/NR                                                   | 12–2pm        | Interrupting Racism and Promoting Social Justice through Conversation, Friendship, and Activities | Allan Keown, Pat Paul                                                                             | Feb 13–Apr 24 | <a href="#">36</a> |
| Z/NR/OE                                                 | 2–4pm         | Book Group—Great Books Discussion Group (Monthly)                                                 | Steven DeBry                                                                                      | Feb 6–May 1   | <a href="#">35</a> |
| Z/R/OE                                                  | 3–4pm         | Qi Gong-Zoom                                                                                      | Diana Loo                                                                                         | Feb 6–May 8   | <a href="#">37</a> |
| <b>One-Time Presentations—Monday Big History Series</b> |               |                                                                                                   |                                                                                                   |               |                    |
| Z/R/OE                                                  | 10–11:30am    | Big History from the Big Bang to the Anthropocene Epoch                                           | David Lewis                                                                                       | Feb 6         | <a href="#">46</a> |
| Z/R/OE                                                  | 10–11:30am    | CE 1215: A Year of Big Changes                                                                    | Ruth McElhinney                                                                                   | Feb 13        | <a href="#">46</a> |
| Z/R/OE                                                  | 10–11:30am    | Southern African Civilizations                                                                    | Paul K. Davis                                                                                     | Feb 20        | <a href="#">47</a> |
| Z/R/OE                                                  | 10–11:30am    | Mississippian: A Thriving Civilization in North America During the Middle Ages                    | Jan Johansen                                                                                      | Feb 27        | <a href="#">47</a> |
| Z/R/OE                                                  | 10–11:30am    | Language Change: Progress or Decay?                                                               | Doug Brown                                                                                        | Mar 6         | <a href="#">47</a> |
| Z/R/OE                                                  | 10–11:30am    | Genghis Khan and the Asian Continent                                                              | Karun Yee                                                                                         | Mar 13        | <a href="#">47</a> |
| Z/R/OE                                                  | 10–11:30am    | Indigenous Peoples: Olmec, Mayan, Aztecs                                                          | Marggi Holtze                                                                                     | Mar 20        | <a href="#">47</a> |
| Z/R/OE                                                  | 10–11:30 am   | Book Reviews                                                                                      | Ranny Eckstrom, Jerry Steinman, Ruth McElhinney, Rick Hetke, Martha Lewis                         | Mar 27        | <a href="#">47</a> |
| Z/R/OE                                                  | 10–11:30am    | History and DNA                                                                                   | David Lewis                                                                                       | Apr 3         | <a href="#">48</a> |
| Z/R/OE                                                  | 10–11:30 am   | Improbable Humans?                                                                                | Ranny Eckstrom, Ruth McElhinney, Paul Davis, Jan Johansen, Jerry Steinman                         | Apr 10        | <a href="#">48</a> |
| Z/R/OE                                                  | 10–11:30am    | White Sands — Tracking the First Americans                                                        | Vance Holliday                                                                                    | Apr 17        | <a href="#">48</a> |
| Z/R/OE                                                  | 10–11:30am    | Central Asia                                                                                      | Ranny Eckstrom, Martha Lewis, Ruth McElhinney, Jerry Steinman, Marty Keale, Rick Hetke, Karun Yee | Apr 24        | <a href="#">48</a> |
| Z/R/OE                                                  | 10–11:30am    | The History of Food                                                                               | Jerry Steinman                                                                                    | May 1         | <a href="#">48</a> |
| Z/R/OE                                                  | 10–11:30am    | Elemental History                                                                                 | Paul K. Davis                                                                                     | May 8         | <a href="#">48</a> |

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Link to a [Page No.](#) for the course description**TUESDAY PROGRAMS AT A GLANCE**

|                                                       | Time          | Title                                                        | Leader Name                      | Dates         | Pg#                |
|-------------------------------------------------------|---------------|--------------------------------------------------------------|----------------------------------|---------------|--------------------|
| <b>Seminars</b>                                       |               |                                                              |                                  |               |                    |
| Z/R/OE                                                | 9:45–11:30 am | Civil Rights in America                                      | Ron Tochtermann, Michael Hersher | Feb 7–Apr 11  | <a href="#">16</a> |
| Z/NR/OE                                               | 10–11:30am    | Cracker Barrel — Zoom                                        | Anita Fante                      | Feb 7–May 9   | <a href="#">17</a> |
| Z/R/OE                                                | 10am–12pm     | Vegetable Gardening in Sacramento                            | Bonnie Gault-Blue                | Feb 21–Mar 14 | <a href="#">22</a> |
| Z/R/OE                                                | 1–3:30pm      | Dance Movies - Dramas, Comedies, Romances and more!          | Chip Zempel                      | Feb 7–May 9   | <a href="#">17</a> |
| Z/NR/OE                                               | 1–4pm         | The Great Directors, Part Two: The Films of Alfred Hitchcock | Gerry Camp, Fred Chapman         | Feb 7–May 9   | <a href="#">19</a> |
| Z/R/OE                                                | 2–3:30pm      | The Great Hunger and Irish Immigration to the United States  | Catherine Minicucci              | Feb 7–Feb 21  | <a href="#">20</a> |
| Z/R/OE                                                | 2–3:30pm      | Evolution of "World" Trade                                   | Marty Keale                      | Mar 28–May 2  | <a href="#">18</a> |
| <b>Shared Interest Groups</b>                         |               |                                                              |                                  |               |                    |
| Z/NR/OE                                               | 9:30–11am     | Book Group—Third Tuesday Book Club (Year-round monthly)      | Marian Kile                      | Feb 21–May 16 | <a href="#">40</a> |
| Z/NR/OE                                               | 10–11am       | Book Group—First Tuesday Book Club (Year-round monthly)      | Gwen Bedient                     | Feb 7–May 9   | <a href="#">34</a> |
| IP/NR                                                 | 10–11:30am    | Digital Photography                                          | Jay McKeeman                     | Feb 7–May 9   | <a href="#">34</a> |
| IP/NR                                                 | 12–2pm        | Writer's Workshop II                                         | Anita Adams, Lani Hahn           | Feb 7–May 9   | <a href="#">40</a> |
| <b>One-Time Presentations—Tuesday Speakers Series</b> |               |                                                              |                                  |               |                    |
| Z/R/OE                                                | 2–3:30 pm     | Cuba Today                                                   | Paul Bardwil                     | Feb 7         | <a href="#">49</a> |
| Z/R/OE                                                | 2–3:30 pm     | The Secrets of Financial Success                             | Sanjay Varshney                  | Feb 14        | <a href="#">49</a> |
| Z/R/OE                                                | 2–3:30 pm     | The Women of Iran                                            | Sahar Razavi                     | Feb 21        | <a href="#">49</a> |
| Z/R/OE                                                | 2–3:30 pm     | How Britain Lost America                                     | Cathy Minicucci                  | Feb 28        | <a href="#">49</a> |
| Z/R/OE                                                | 2–3:30 pm     | The Four Pillars of Health                                   | Linda Paumer, Debbie Lucas       | Mar 7         | <a href="#">50</a> |
| Z/R/OE                                                | 2–3:30 pm     | The 1893 Chicago World's Fair                                | Carol Dabrowiak                  | Mar 14        | <a href="#">50</a> |
| Z/R/OE                                                | 2–3:30 pm     | The Pritzker Prize: The Buildings and Winners                | Anne Rewell                      | Mar 28        | <a href="#">50</a> |
| Z/R/OE                                                | 2–3:30 pm     | How Food Helps Us Prevent and Survive Cancer                 | Linda Middlesworth               | Apr 4         | <a href="#">51</a> |
| Z/R/OE                                                | 2–3:30 pm     | The History of Human Rights                                  | Corrine Venema-Tucker            | Apr 11        | <a href="#">51</a> |
| Z/R/OE                                                | 2–3:30 pm     | China, Russia, Iran, North Korea – Update                    | Jerry Glasser                    | Apr 18        | <a href="#">51</a> |
| Z/R/OE                                                | 2–3:30 pm     | What is Cryptocurrency?                                      | Sanjay Varshney                  | Apr 25        | <a href="#">51</a> |
| Z/R/OE                                                | 2–3:30 pm     | Marijuana Today                                              | Jack Jennings                    | May 2         | <a href="#">51</a> |

See Abbreviation Key for Delivery Formats

Link to a [Page No.](#) for the course description

### WEDNESDAY PROGRAMS AT A GLANCE

|                                                       | Time        | Title                                                              | Leader Name                                | Dates         | Pg#                |
|-------------------------------------------------------|-------------|--------------------------------------------------------------------|--------------------------------------------|---------------|--------------------|
| <b>Seminars</b>                                       |             |                                                                    |                                            |               |                    |
| <b>Z/R/OE</b>                                         | 10–11:30am  | Heterodox Economics (Modern Money Theory)                          | Mark Dempsey                               | Feb 15–Mar 22 | <a href="#">20</a> |
| <b>Z/SP/NR</b>                                        | 10am–12pm   | Photography as Art (Program is Full)                               | Roger Klemm                                | Feb 1–Apr 26  | <a href="#">42</a> |
| <b>Z/R/OE</b>                                         | 12–1:30pm   | The Dark Ages                                                      | Ed Sherman                                 | Mar 29–May 3  | <a href="#">18</a> |
| <b>Z/R/OE</b>                                         | 1–2pm       | Master Mind Master Life—Meditation Introduction for Gentle Mastery | Norman Plotkin                             | Feb 8–Apr 26  | <a href="#">22</a> |
| <b>Shared Interest Groups</b>                         |             |                                                                    |                                            |               |                    |
| <b>IP/NR</b>                                          | 9:25–11am   | Walkabouts (Year-round weekly)                                     | Lance Muller, Brady Torres                 | Feb 8–May 9   | <a href="#">40</a> |
| <b>Z/NR/OE</b>                                        | 10am–12pm   | Dark Tales by Shirley Jackson                                      | Louise DiMattio                            | Feb 8–Mar 15  | <a href="#">33</a> |
| <b>IP/NR</b>                                          | 10am–12pm   | <i>Cercle Français (Conversational French)</i>                     | Gerard Lagomarsino, Debra da Costa         | Feb 8–May 10  | <a href="#">33</a> |
| <b>IP/NR</b>                                          | 1–2:30pm    | <i>Sing a-long/Jam (Year-round monthly)</i>                        | Al Zagofsky                                | Feb 15–May 10 | <a href="#">38</a> |
| <b>Z/NR/OE</b>                                        | 7–8:30 pm   | <i>The Economist (Year-round weekly)</i>                           | Wayne Luney                                | Feb 8–May 10  | <a href="#">39</a> |
| <b>One-Time Presentations—Community Presentations</b> |             |                                                                    |                                            |               |                    |
| <b>H/R/OE</b>                                         | 10–11:30am  | Morning Coffee—Addicted: Sacramento's Coffee Scene                 | Kelsey Maher, Maryellen Burns, Kathy Hart  | Feb 1         | <a href="#">45</a> |
| <b>H/R/OE</b>                                         | 10–11:30am  | Morning Coffee—Eat. Drink. Be Literary                             | Maryellen Burns, Jennifer Bayse Sander     | Mar 1         | <a href="#">46</a> |
| <b>Z/R/OE</b>                                         | 10–11am     | Say "NO" to Phone Scams                                            | Danny Lee                                  | Mar 8         | <a href="#">43</a> |
| <b>Z/R/OE</b>                                         | 11am–12pm   | Watercolor Tutorial: Easy Spring Floral                            | Kathy Hart                                 | Mar 15        | <a href="#">44</a> |
| <b>H/R/OE</b>                                         | 10–11:30am  | Morning Coffee—We Are Where We Eat                                 | Maryellen Burns, Elaine Corn, David SooHoo | Apr 5         | <a href="#">46</a> |
| <b>Z/R/OE</b>                                         | 11 am–12 pm | Watercolor Tutorial: Easy Bamboo and Birch Trees                   | Kathy Hart                                 | Apr 12        | <a href="#">44</a> |

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### WEDNESDAY PROGRAMS AT A GLANCE (CONT.)

|                                                        |          | Title                                                                                 | Leader Name    | Dates  | Pg#                |
|--------------------------------------------------------|----------|---------------------------------------------------------------------------------------|----------------|--------|--------------------|
| <b>One-Time Presentations—Wednesday Science Series</b> |          |                                                                                       |                |        |                    |
| <b>Z/R/OE</b>                                          | 2–3:30pm | Kickoff Meeting                                                                       | David Lewis    | Feb 8  | <a href="#">52</a> |
| <b>Z/R/OE</b>                                          | 2–3:30pm | The Science and Prevention of Chronic Conditions                                      | Don Forrester  | Feb 15 | <a href="#">52</a> |
| <b>Z/R/OE</b>                                          | 2–3:30pm | Climate Science and the Individual                                                    | Don Forrester  | Feb 22 | <a href="#">52</a> |
| <b>Z/R/OE</b>                                          | 2–3:30pm | A Small Dose of Toxicology                                                            | Mari Golub     | Mar 1  | <a href="#">53</a> |
| <b>Z/R/OE</b>                                          | 2–3:30pm | How the Invention of Carbon-14 Dating Transformed Archeology from an Art to a Science | Martha Lewis   | Mar 8  | <a href="#">53</a> |
| <b>Z/R/OE</b>                                          | 2–3:30pm | Cosmic Origins of Earth's chemical elements                                           | Paul K. Davis  | Mar 15 | <a href="#">53</a> |
| <b>Z/R/OE</b>                                          | 2–3:30pm | How About Phages: Predators You Should Meet                                           | Jerry Steinman | Mar 22 | <a href="#">54</a> |
| <b>Z/R/OE</b>                                          | 2–3:30pm | DNA Series Part 1—History, Crops to CRISPR                                            | David Lewis    | Mar 29 | <a href="#">54</a> |
| <b>Z/R/OE</b>                                          | 2–3:30pm | DNA Series Part 2—How it Works in Your Body                                           | David Lewis    | Apr 5  | <a href="#">54</a> |
| <b>Z/R/OE</b>                                          | 2–3:30pm | DNA Series Part 3—Epigenetics (RNA World)                                             | David Lewis    | Apr 12 | <a href="#">55</a> |
| <b>Z/R/OE</b>                                          | 2–3:30pm | DNA Series Part 4—Microbiome – Gut to Brain                                           | David Lewis    | Apr 19 | <a href="#">55</a> |
| <b>Z/R/OE</b>                                          | 2–3:30pm | A Science Mystery Guest Speaker                                                       | Mystery Guest  | Apr 26 | <a href="#">55</a> |





See Abbreviation Key for Delivery Formats

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## THURSDAY PROGRAMS AT A GLANCE

|                                                       | Time         | Title                                                                         | Leader Name                       | Dates                   | Pg#                |
|-------------------------------------------------------|--------------|-------------------------------------------------------------------------------|-----------------------------------|-------------------------|--------------------|
| <b>Seminars</b>                                       |              |                                                                               |                                   |                         |                    |
| <b>Z/NR/OE</b>                                        | 10am–12pm    | The Authoritarian Challenge to Our Democracy: What is to be done?             | Duane Campbell                    | Feb 9–May 11            | <a href="#">16</a> |
| <b>Z/NR/OE</b>                                        | 10am–12pm    | World of Engineering                                                          | Richard Dabrowiak                 | Feb 9–May 4             | <a href="#">23</a> |
| <b>Z/NR/OE</b>                                        | 1–3 pm       | Relationships: How to Build Strong, Healthy, Loving Relationships             | Nanci Kuzins, Anamaria Pasquiers  | Feb 9–May 11            | <a href="#">22</a> |
| <b>Z/R/OE</b>                                         | 2–3 pm       | Dust Off that Manuscript(s) and Get Your Book Ready to Publish!               | Norman Plotkin                    | Feb 9–Apr 27            | <a href="#">18</a> |
| <b>Z/R/OE</b>                                         | 2–3:30 pm    | Acoustic Activism: Expanding Hearing Accessibility in Public Spaces           | Anne Geraghty                     | Mar 9–Mar 30            | <a href="#">16</a> |
| <b>Z/NR/OE</b>                                        | 6–7 pm       | Homer's Iliad                                                                 | Ruth Scodel                       | Feb 9–May 11            | <a href="#">20</a> |
| <b>Shared Interest Groups</b>                         |              |                                                                               |                                   |                         |                    |
| <b>Z/SP/NR</b>                                        | 9:30–11:30am | Writer's Group I (Program is Full)                                            | Curtis Nelson, Marian Kile        | Feb 9–May 11            | <a href="#">42</a> |
| <b>Z/SP/NR</b>                                        | 10am–12pm    | iPhone Studio – Multimedia (Program is full)                                  | Melissa Green                     | Mar 2–Apr 6             | <a href="#">41</a> |
| <b>IP/NR</b>                                          | 10am–12pm    | Spanish- Conversation, Advanced (Prerequisite required)                       | Béatrice Hildebrand Susan Dlugach | Feb 9–May 11            | <a href="#">39</a> |
| <b>IP/NR</b>                                          | 1–4 pm       | Games for Entertainment                                                       | Roberta Frieze, Judy Keaton       | Feb 9–May 11            | <a href="#">35</a> |
| <b>IP/SP/NR</b>                                       | 1:30–2:30pm  | Book Group — Partners in Crime (Program is Full)                              | Lynda Cassady, Pat Stokes         | Feb 9–May 11            | <a href="#">41</a> |
| <b>Z/SP/NR</b>                                        | 2–4 pm       | Book Group — Great Books Shared Interest Group (Program is Full)              | Jean Cawood, Dan Rooney           | Feb 9–May 11            | <a href="#">41</a> |
| <b>Z/NR/OE</b>                                        | 3:30–5pm     | The Music of Your Life                                                        | Beth TenPas, Lester Bennett       | Feb 9–May 11            | <a href="#">37</a> |
| <b>One-Time Presentations—Community Presentations</b> |              |                                                                               |                                   |                         |                    |
| <b>Z/R/OE</b>                                         | 10–11:30am   | Preparing for Life's Last Chapter: Options for Care                           | Dolores Eitel                     | Mar 9                   | <a href="#">43</a> |
| <b>Z/R/OE</b>                                         | 10–11:30am   | Preparing for Life's Last Chapter: Medical Aid in Dying                       | Dolores Eitel                     | Apr 6                   | <a href="#">43</a> |
| <b>H/R/OE</b>                                         | Varies       | Alter Egos Reader's Theater (See catalog for detailed information)            | Maryellen Burns, Christie Braziel | Days, dates, times vary | <a href="#">44</a> |
| <b>IP/NR</b>                                          | Varies       | A Cook's Tour of Sacramento and Beyond (See catalog for detailed information) | Maryellen Burns, Marge Tarbell    | Days, dates, times vary | <a href="#">45</a> |

See Abbreviation Key for Delivery Formats

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## FRIDAY PROGRAMS AT A GLANCE

|                 | Time         | Title                                                                                         | Leader Name                  | Dates         | Pg#                |
|-----------------|--------------|-----------------------------------------------------------------------------------------------|------------------------------|---------------|--------------------|
| <b>Seminars</b> |              |                                                                                               |                              |               |                    |
| <b>IP/NR</b>    | 9:30–11:30am | Delving into Dementia: The science, the caring, the hope                                      | Mynga Futrell                | Feb 10–May 12 | <a href="#">27</a> |
| <b>IP/NR</b>    | 9:30–11:50am | Did it Really Happen? Can it happen Again? America's Civil War Revisited                      | Douglas Bonetti              | Feb 10–May 12 | <a href="#">27</a> |
| <b>IP/WI/NR</b> | 10–10:45am   | Android Basics                                                                                | Carol Limbaga                | Feb 10–May 12 | <a href="#">24</a> |
| <b>IP/NR</b>    | 10–11am      | The History of Eastern Europe: Why you don't know much about it and why it is important today | Helena Kanderka              | Feb 3–Feb 24  | <a href="#">29</a> |
| <b>IP/WI/NR</b> | 10–11:30am   | Cracker Barrel                                                                                | Anita Fante, Per Ostlund     | Feb 10–May 12 | <a href="#">26</a> |
| <b>IP/NR</b>    | 10–11:30am   | England, from the Fall of Rome to the Norman Conquest - the birth of the Anglo-Saxons         | Jeff Hendy                   | Feb 10–May 12 | <a href="#">27</a> |
| <b>H/R</b>      | 10–11:30am   | The Native American Experience: From Wonder and Welcome to Genocide                           | Greg Beale                   | Feb 10–May 12 | <a href="#">30</a> |
| <b>IP/NR</b>    | 10–11:30am   | Travel and Adventure                                                                          | Terry Moss, Richard Fuller   | Feb 10–May 12 | <a href="#">31</a> |
| <b>H/R</b>      | 10–11:45am   | The Best of Mike Agron's Celebrating Music & Entertainment Seminars                           | Michael Agron                | Feb 10–May 12 | <a href="#">24</a> |
| <b>IP/NR</b>    | 10–11:45am   | Delaying Death and Avoiding Disability                                                        | Donald Forrester             | Feb 10–Mar 17 | <a href="#">26</a> |
| <b>IP/NR</b>    | 10–11:45am   | Great American Trials and Constitutional Law                                                  | Joel Primes, William Vizzard | Feb 10–May 12 | <a href="#">28</a> |
| <b>IP/NR</b>    | 10–11:45am   | Mastering the Spanish Subjunctive through Spanish and Latin American Poetry                   | Sandra Carter                | Apr 21–May12  | <a href="#">29</a> |
| <b>IP/NR</b>    | 10am–12pm    | More Fun with Jane: Persuasion on Page and Screen                                             | PJ Jones, Gretchen Jung      | Apr 7–May 12  | <a href="#">30</a> |
| <b>IP/NR</b>    | 12–2:30pm    | Cinematic Classics: Themes and Variations                                                     | Alan Miller                  | Feb 10–May 12 | <a href="#">25</a> |
| <b>IP/NR</b>    | 12–2:30 pm   | Classical Music                                                                               | Bob Seyfried, Leo Eylar      | Feb 10–May 12 | <a href="#">25</a> |
| <b>H/R</b>      | 12–2:30pm    | <i>Transitions</i> : What Will I Do with the Rest of My Life?                                 | Ken Cross                    | Feb10–May 12  | <a href="#">31</a> |
| <b>IP/NR</b>    | 1–1:45 pm    | English Country Dance                                                                         | Ruth Scodel                  | Feb 10–May 12 | <a href="#">28</a> |
| <b>IP/NR</b>    | 1–2:30 pm    | Adventure Trekking with Richard Fuller                                                        | Richard Fuller               | Feb 10–May 12 | <a href="#">32</a> |
| <b>H/R</b>      | 1–2:30 pm    | Water in California: Part II: Current Challenges and Options for The Future                   | David Abelson                | Feb 10–Mar 17 | <a href="#">32</a> |
| <b>IP/R</b>     | 1–2:45 pm    | <i>Real Rock</i> , Part 2 '60s & '70s                                                         | Bob Lang                     | Feb 10–May 12 | <a href="#">30</a> |
| <b>IP/NR</b>    | 1–2:45 pm    | Critical Thinking                                                                             | Richard Kowaleski            | Feb 10–May 12 | <a href="#">26</a> |
| <b>IP/NR</b>    | 1–2:45 pm    | Active Retirement Investing                                                                   | Bill Bailey, Marsha Holland  | Feb 10–May 12 | <a href="#">24</a> |

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## FRIDAY PROGRAMS AT A GLANCE (CONT.)

|                                                                | Time            | Title                                                            | Leader Name                      | Dates        | Pg#                |
|----------------------------------------------------------------|-----------------|------------------------------------------------------------------|----------------------------------|--------------|--------------------|
| <b>Shared Interest Groups</b>                                  |                 |                                                                  |                                  |              |                    |
| IP/NR                                                          | 9:30–11:15 am   | Knitting with Friends                                            | Barbara Kletzman, Kristen Strand | Feb10–May 12 | <a href="#">37</a> |
| IP/NR                                                          | 11:30am–12:15pm | A Guided Tour of the University Arboretum                        | Donna Eash, Michael Baad         | Apr 7        | <a href="#">36</a> |
| IP/NR                                                          | 11:30am–12:15pm | A Guided Tour of the University Arboretum                        | Donna Eash, Michael Baad         | Apr 14       | <a href="#">36</a> |
| IP/NR                                                          | 11:30am–12:15pm | A Guided Tour of the University Arboretum                        | Donna Eash, Michael Baad         | May 12       | <a href="#">36</a> |
| IP/NR                                                          | 12–12:45pm      | Social Dancing                                                   | Richard Kowaleski                | Feb10–May 12 | <a href="#">38</a> |
| IP/NR                                                          | 12–12:45pm      | Qi Gong                                                          | Diana Loo                        | Feb10–May 12 | <a href="#">38</a> |
| <b>One-Time Presentations—Friday On Campus Speakers Series</b> |                 |                                                                  |                                  |              |                    |
| IP/WI/NR                                                       | 10–11:30am      | Beautiful Parks + Women Founders                                 | Carolyn Martin                   | Feb 10       | <a href="#">56</a> |
| IP/WI/NR                                                       | 10–11:30am      | Media Meltdown: The Ominous Decline of Print Journalism          | Alan Miller                      | Feb 17       | <a href="#">56</a> |
| IP/WI/NR                                                       | 10–11:30am      | Hidden History: Women in Sacramento's Food Story                 | Maryellen Burns                  | Feb 24       | <a href="#">56</a> |
| IP/WI/NR                                                       | 10–11:30am      | Take Your Garden into the Future                                 | Mary Jane Sutliff                | Mar 3        | <a href="#">57</a> |
| IP/WI/NR                                                       | 10–11:30am      | The Supremacy Clause: Trial of Abraham: Live Theater             | Ron Tochtermann                  | Mar 10       | <a href="#">57</a> |
| IP/WI/NR                                                       | 10–11:30am      | A St. Patrick's Day Reading                                      | Mike Storey                      | Mar 17       | <a href="#">57</a> |
| IP/WI/NR                                                       | 10–11:30am      | Preparing to Invest                                              | David Bach                       | Apr 7        | <a href="#">58</a> |
| IP/WI/NR                                                       | 10–11:30am      | Edible Architecture: Food on the Road in 20th Century America    | Maryellen Burns                  | Apr 14       | <a href="#">58</a> |
| IP/WI/NR                                                       | 10–11:30am      | The Origin and Development of Cancer/ Interdiction of Metastases | Ijaz Jamall                      | Apr 21       | <a href="#">59</a> |
| IP/WI/NR                                                       | 10–11:30am      | Corporate Financial Analysis and Stock Valuation                 | David Bach                       | Apr 28       | <a href="#">59</a> |
| IP/WI/NR                                                       | 10–11:30am      | The Evolution of the American Flag                               | Milo Turaylich                   | May 5        | <a href="#">59</a> |
| IP/WI/NR                                                       | 10–11:30am      | "No." is a Complete Sentence: Live Theater                       | Malina Walker                    | May 12       | <a href="#">59</a> |

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## FRIDAY PROGRAMS AT A GLANCE (CONT.)

|               | Time  | Title                                                                      | Leader Name                             | Dates  | Pg#                |
|---------------|-------|----------------------------------------------------------------------------|-----------------------------------------|--------|--------------------|
| <b>Forums</b> |       |                                                                            |                                         |        |                    |
| H/R           | 3–4pm | Because Our Fathers Lied — A Conversation                                  | Craig McNamara, Larry Berman            | Feb 10 | <a href="#">60</a> |
| H/R           | 3–4pm | Nature's Value and the Future of California's Working Landscapes           | Lynn Huntsinger                         | Feb 17 | <a href="#">60</a> |
| H/R           | 3–4pm | Priorities for California Water: Thriving with Less                        | Jeffrey Mount                           | Feb 24 | <a href="#">61</a> |
| H/R           | 3–4pm | The Future of the Supreme Court                                            | Aaron Tang                              | Mar 3  | <a href="#">61</a> |
| H/R           | 3–4pm | Solving the Sacramento Homeless Crisis                                     | Amani Sawires-Rapaski                   | Mar 10 | <a href="#">61</a> |
| H/R           | 3–4pm | The Business Climate in California Following the November 8, 2022 Election | Robert Lapsley                          | Mar 17 | <a href="#">61</a> |
| H/R           | 3–4pm | Wine Quality and Climate Change                                            | Andrew Waterhouse                       | Apr 7  | <a href="#">62</a> |
| H/R           | 3–4pm | Reparations                                                                | Shirley Weber                           | Apr 14 | <a href="#">62</a> |
| H/R           | 3–4pm | Protect Yourself from Fraud                                                | Fernando Ponce                          | Apr 21 | <a href="#">62</a> |
| H/R           | 3–4pm | The Healing Journey of Restorative Justice                                 | Gunner Johnson and Christian Branscombe | Apr 28 | <a href="#">63</a> |
| H/R           | 3–4pm | Capital Hooverilles: Sacramento's Depression Era Communities               | James Scott                             | May 5  | <a href="#">63</a> |
| H/R           | 3–4pm | Renaissance Society Annual Meeting                                         | Deborah Seiler                          | May 12 | <a href="#">63</a> |

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# programs

## seminars

### MONDAY TO THURSDAY SEMINARS

#### Acoustic Activism: Expanding Hearing Accessibility in Public Spaces [Z/R/OE]

Anne Geraghty

Thursdays, Mar 9 to Mar 30 (4 Weeks)  
2 to 3:30 pm

There are many strategies to help people hear more clearly in the public realm. These strategies need advocates to bring them to the attention of decision makers in order to bring them to fruition. In this seminar we will examine the legal requirements for hearing accessibility along with architectural and technology strategies to achieve acoustic accessibility. We'll also hear from successful advocates and practitioners about gaining the systemic implementation of these strategies. It is anticipated that these discussions will lead to a robust advocacy, endeavoring to expand hearing accessibility throughout the Sacramento metropolitan area.

**Anne Geraghty's** fascination with acoustics and hearing accessibility began with the loss of hearing in one ear due to an acoustic neuroma followed later by hearing loss in the remaining ear due to chemotherapy. Anne formerly advocated for pedestrian safety as director of WALK-Sacramento and for air quality working for the California Air Resources Board. Her urban planning degree is from the University of Pittsburgh. She is a founding member of Washington Commons Cohousing in West Sacramento.

#### The Authoritarian Challenge to Our Democracy: What is to be done? [Z/R/OE]

Duane Campbell

Thursdays, Feb 9 to May 11 (12 weeks)  
10 am to 12 pm

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

**Dr. Duane Campbell** is an emeritus Professor of Education at Sac State and the founding Chair of Bilingual/Multicultural Education Department. He is a graduate of Carnegie Mellon University in Pittsburgh, PA, and a former public school teacher. He has been teaching in Renaissance since 2007. This seminar will focus on political economy. He has written two books and endless articles

#### Civil Rights in America [Z/R/OE]

Ron Tochterman

Michael Hersher

Tuesdays, Feb 7 to Apr 11 (10 weeks)  
9:45 to 11:30 am

We'll read and discuss *The Broken Constitution: Lincoln, Slavery and the Refounding of America* (2021), in which the author, Noah Feldman, contends that during the Civil War, President Lincoln deliberately and repeatedly violated and in effect rewrote the Constitution, undoing some of the compromises that had been agreed



to by the Founders, and that it was only after Lincoln that the Constitution came to be seen as a nearly sacred text. Lecture and Q and A. Class participation is encouraged but not required.

**Ron Tochterman** was a Superior Court Judge in Sacramento for thirty-two years. During twenty of those years, he taught night law school classes (Constitutional Law and Evidence) at McGeorge Law School in Sacramento. He has led or co-led sixteen Renaissance seminars, the first several on literature, the later ones on the Supreme Court and the Constitution, most recently *Grading America: What Would the Founders Think?*

**Michael Hersher** is a retired attorney, who specialized in Education Law. He has led or co-led several Renaissance seminars, most recently *Grading America: What Would the Founders Think?*

#### Cracker Barrel [Z/NR/OE]

Anita Fante

Tuesdays, Feb 7 to May 9 (12 weeks)  
10 to 11:30 am

This Cracker Barrel Zoom is a weekly discussion group that emphasizes thoughtful dialogue on current social, political, economic, and cultural issues. Participation in class discussion is not required, but desirable. Prerequisites include good listening skills as well as 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 been an active member of the Cracker Barrel for more than 10 years. Since the pandemic, she helped set up and administer the group starting in the summer of

2020. She has a background in public affairs management for the State of California.

#### Dance Movies—Dramas, Comedies, Romances and more! [Z/R/OE]

Chip Zempel

Tuesdays, Feb 7 to May 9 (12 weeks)  
1 to 3:30 pm

From *The Red Shoes* to *Strictly Ballroom* we'll watch and discuss feature films about dancers and dancing. Not musicals, not movies with dancing in them—movies \*about\* dancers and dancing. Last semester we watched documentaries; the theme this semester will be narrative (fictional) films. We'll see comedies, dramas, even a thriller—classics, blockbusters, foreign films, and obscure films no one has seen. With a mix of ballet, ballroom, folk, flamenco, and hip-hop, we'll try to cover it all!

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

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The Dark Ages [Z/R/OE]

Ed Sherman  
Wednesdays, Mar 29 to May 3 (6 weeks)  
12 to 1:30 pm

Major publications are printing articles on the theme of “Are We Entering a New Dark Age?” Is our 21st Century civilization turning dark? If so, can the gloomy history of the early Middle Ages show us where we are headed? Thus it seems worthwhile to inform ourselves of just what happened in Europe between 400 and 1000 AD.

**Ed Sherman** has spent his life studying and teaching the cultural history of the ancient Mediterranean. He has led RS seminars each semester for the past ten years

Dust Off that Manuscript(s) and Get Your Book Ready to Publish! [Z/R/OE]

Norman Plotkin  
Thursdays, Feb 9 to Apr 27 (12 weeks)  
2 to 3 pm

If you surveyed everyone you meet, 95 percent of them would say that they want to write a book some day. Sadly, less than three percent of them actually will. The fact is, without organization and some coaching, realizing this dream remains elusive for most. Despite having written professionally my entire adult life, from political speeches to legislative analyses and persuasive testimony, I tried unsuccessfully for three years to get my first book written. When I got a coach and some accountability, I got the manuscript done in 12 weeks! In this program you will receive guidance on organization, recognizing and overcoming blocks, and getting into author flow state.

**Norman Plotkin** is an author of two published books and a Certified Clinical Hypnotherapist with an emphasis in health and wellness as an integrative modality. The twists and turns of his journey have brought him through a healing crisis, and from lobbyist and advocate for business and institutions to a coach of sorts helping others find organic, non-invasive solutions. Plotkin was an acquisition editor for The Author Incubator and helped hundreds realize their dream and get their book written.

Evolution of “World” Trade [Z/R/OE]

Marty Keale  
Tuesdays, Mar 28 to May 2 (6 weeks),  
2 to 3:30 pm

We will discuss products, methods, vessels, people, financing, and unintended by-products of key trade routes and trading ports in each of four eras of history: Bronze Age, Greco-Roman, Medieval and Modern. Our geographical focus will be on major players in Europe and the Middle East, but that will necessarily take us to China (the Silk Road), Southeast Asia (the Spice Islands), and the Americas (silver, sugar, and slaves). We will supplement the primary chronological thread with more detailed explorations of trading practices in selected commodities (e.g., salt and coffee) and selected trading ports (e.g., Constantinople and Dilmun).

**Marty Keale** has been a Seminar Leader with Renaissance for about 10 years. He teaches subjects related to the development of languages and cultures. He views himself as a storyteller, linking scientific facts and findings in a manner which tells coherent and meaningful stories which can easily be followed by people with limited exposure to science.



Gender Identity, Sexuality, and the Human Condition [Z/R/OE]

Dolores Eitel  
Mondays, Feb 6 to Apr 10 (9 weeks)  
1 to 2:30 pm

In most societies at-birth gender is identified as male or female. Some people don’t neatly fit into those categories. The best way to understand what it is like to identify as a gender different from your birth is to listen to the stories of those who have experienced it. In this seminar, the speakers are Sac State Faculty and Staff who are graciously agreeing to share their stories. Note: Nearly one in five people born after 1997 identify as LGBTQ+, according to a 27-country survey, notes the September 2022 AARP Bulletin. This seminar is timely.

**Dolores Eitel** is a NY licensed FNP. In her 25 years of private practice she provided health care to a diverse community of patients including those in the LGBTQ+ community. With a Master’s degree in counseling, she conducted support groups for transgender persons in their various stages of transition.

The Great Directors, Part Two: The Films of Alfred Hitchcock [Z/NR/OE]

Gerry Camp  
Fred Chapman  
Tuesdays, Feb 7 to May 9 (12 weeks)  
1 to 4 pm

Alfred Hitchcock directed more than 50 feature films. Known as the master of suspense, Hitchcock was a great entertainer as well as a skilled filmmaker. In this seminar we will study 12 of Hitchcock’s most memorable films. We’ll begin each day with an introduction to the day’s film, including brief bios of its stars. Then we’ll watch the complete movie. And finally, we’ll have an in-depth discussion of the the film’s strengths and its themes.

**Gerry Camp** has been an educator all his adult life. He began as a high school English teacher and went on to be a teacher of future teachers and a curriculum specialist for the Department of Defense Dependents Schools. He is a fan of Shakespeare, Dickens, and great movies.



**Fred Chapman** has been with Renaissance Society since 2009. He was the host/facilitator for *Writing Personal Histories* for four years. He has been a featured speaker a number of times with our *Travel and Adventure* group. He has an MBA from the University of Connecticut and a BA in psychology from Western New England College. He was an officer and Naval aviator with prior enlisted service with the Army that included two tours of duty in Vietnam.

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### The Great Hunger and Irish Immigration to the United States [Z/R/OE]

Catherine Minicucci  
Tuesdays, Feb 7 to Feb 21 (3 weeks)  
2 to 3:30 pm

Ireland was vulnerable to the potato blight for historic and legal reasons. Irish peasants’ sole reliance on the potato crop created mass starvation and disease. The British response was cruel and ineffective. This seminar will describe the famine, the response and the immigration to the United States. The Irish American immigration experience and life in the US in the 19th century will be described. The Irish experience will be illustrated with Cathy’s Murphy and McDonald ancestors.

**Cathy Adams Minicucci** received her BA from UCLA and her Master’s Degree from Harvard. For six years, she worked as education policy staff for the California Senate and Assembly. Beginning in 1985, Cathy led Minicucci Associates, a consulting firm focused on evaluating programs for children and youth. Cathy has led history-focused seminars for the Renaissance Society on such topics as the *American Revolution*, *Turning Points in Democracy*, and *Women’s Suffrage*.



### Heterodox Economics (Modern Money Theory) [Z/R/OE]

Mark Dempsey  
Wednesdays, Feb 15 to Mar 22 (6 weeks)  
10 to 11:30 am

Modern Money Theory (MMT) predicted the Great Recession. Orthodox economists from the right (Mankiw) to the 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, and the class takes only six sessions. Participants get about 60 pages of material (maximum 20 pages of reading per class, usually much less), for class discussion background. People who have taken the seminar and/or read the material have said “I’ll never look at the economy the same way again.”

A former technical writer, **Mark Dempsey’s** interest in economics has led him to read extensively on the subject.

### Homer’s Iliad [Z/NR/OE]

Ruth Scodel  
Thursdays, Feb 9 to May 11 (12 weeks)  
6 to 7 pm

*The Iliad* is an epic poem about the Trojan War, composed about 700 BCE, full of gore and violence, but it is also a subtle analysis of human emotion, leadership and failures of leadership, luck and individual choice. It is at once foreign to us (gods often interfere with people’s minds) and immediately relatable. This seminar will talk about all aspects of the poem in which participants are interested, with emphasis on its view of the human condition and the nature of politics. Sessions will include about ten minutes of lecture about particular topics, but mostly free-form discussion. The preferred translation will be that of Robert Fagles, but others are welcome.



**Ruth Scodel**, educated at Berkeley and Harvard, is Professor emerita in Classical Studies at the University of Michigan, where she taught for thirty-five years. She is the author of several books and many articles on Greek and Latin literature, especially on Homer and Greek tragedy, and is currently working on a book about how characters in Greek literature imagine what others believe, think, and feel. She is a former president of the Society for Classical Studies.

### Honest and Authentic Conversations around Racism and White Supremacy [Z/NR/OE]

Gretchen Jung  
Pat Paul  
Mondays, Feb 6 to May 1 (12 weeks)  
9 to 11 am

Race is the elephant in the room. Although Racism is a critical problem in our society, many choose not to discuss it and only observe it from afar. In this interactive seminar, we decide to dance with RACISM and WHITE SUPREMACY, engaging in courageous conversations that put Race, Racism, and White Supremacy front and center. We will adopt the Circle Process from Indigenous traditions to support our need to create an authentic, brave, welcoming space to share stories, build community, and most importantly, listen deeply to one another.

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

**Pat Paul** MEd, a lifelong educator, was staggered by the disproportionate challenges her students of color faced daily. Educating herself on the true nature of policies and structures that supported these negative outcomes for BIPOC youth, she became dedicated to helping interrupt these systems of injustice. In-depth reading and professional training have informed her journey. Pat brings her belief of Ubuntu to her outreach—“a universal bond of respect and sharing that connects all humanity.”

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**Master Mind, Master Life—Meditation Introduction for Gentle Mastery [Z/R/OE]**

Norman Plotkin  
 Wednesdays, Feb 8 to Apr 26 (12 weeks)  
 1 to 2 pm

According to Psychology Today, meditation is a mental exercise that trains attention and awareness. Its purpose is often to curb reactivity to one’s negative thoughts and feelings, which, though they may be disturbing and upsetting and hijack attention from moment to moment, are invariably fleeting. When we understand that thoughts, especially negative ones, are fleeting, we can begin to release ourselves from the control they tend to have over us at times. We can never completely make our thoughts disappear; often, the more we try to suppress them, the louder they become. But practicing meditation can help clear away the mind’s chatter. Come learn to meditate and open yourself to gentle mastery!

**Norman Plotkin** is an author of two published books and a Certified Clinical Hypnotherapist with an emphasis in health and wellness as an integrative modality. The twists and turns of his journey have brought him through a healing crisis, and from lobbyist and advocate for business and institutions to a coach of sorts, helping others find organic, non-invasive solutions. A self-described mentalist, Plotkin employs ancient wisdom and practices for modern mastery.



**Relationships: How to Build Strong, Healthy, Loving Relationships [Z/NR/OE]**

Nanci Kuzins  
 Anamaria Pasquiers  
 Thursdays, Feb 9 to May 11 (12 weeks)  
 1 to 3 pm

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

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

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

**Vegetable Gardening in Sacramento [Z/R/OE]**

Bonnie Gault-Blue  
 Tuesdays, Feb 21 to Mar 14 (4 weeks)  
 10 am to 12 pm

We will cover the basics of vegetable gardening, including bed preparation, compost and worm casting preparations, cool weather vegetables

that work in Sacramento, and warm weather vegetables. Time will be set aside each session for participants to share their challenges and successes in gardening. Local resources will be shared. Emphasis will be on developing soil health, with an in-depth dive into how the soil populations function.

**Bonnie Gault-Blue** has always been interested in producing her own food. She grew up in the midwest where the problems of dryness and heat were not issues, and maintained a vegetable garden wherever she lived—for the last 15 years at her home in the Sacramento area. She is interested in how global warming affects our ability to produce food. She maintains a native plant front yard and selects plants that support the native bee and butterfly populations.

**The Wisdom Questions [Z/NR/OE]**

Mimi Dixon  
 Mondays, Feb 6 to Apr 17 (10 weeks)  
 10 to 11:15 am

Share your insights each week on a different one of life’s questions while you hold the floor for 10 minutes in a small breakout group. Then listen and learn as others give their thoughts on that same assigned question in the same way. Questions include things like “What does ‘love’ mean to you?” and “Who’s one of the wisest people you’ve known and why?” Previous participants are welcome to attend for some new questions (and maybe you’ll have new answers to previous class questions?).

**Mimi Dixon, MA** (counseling psychology), has been a Renaissance seminar leader for over five years and enjoys creating seminars where people feel comfortable sharing their thoughts in a confidential environment where they can connect with and learn from each other. Her professional background includes counseling, writing, and technical training.

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**World of Engineering [Z/NR/OE]**

Richard Dabrowiak  
 Thursdays, Feb 9 to May 4 (13 weeks)  
 10 am to 12 pm

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

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



FRIDAY SEMINARS—  
ON-CAMPUS

Active Retirement Investing [IP/NR]

Bill Bailey  
Marsha Holland  
Fridays, Feb 10 to May 12 (12 weeks)  
1 to 2:45 pm  
Douglass Hall (DH) 106

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

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

Android Basics [IP/WI/NR]

Carol Limbaga  
Fridays, Feb 10 to May 12 (12 weeks)  
10 to 10:45 am  
Douglass Hall (DLH) 212

On-campus and email only. This seminar is an ANDROID Smartphone, one-on-one, hands-on, support class with your own cell phone. We cover basic usage: phone features, settings, make and receive calls, contact info, voicemail, message/text, delete, email, camera, apps in your phone, and new from Play Store. We want YOUR basic questions! **Note:** Sign up thru email—[climbaga@comcast.net](mailto:climbaga@comcast.net)—or just walk in, no registration required.

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



The Best of Mike Agron's Celebrating  
Music & Entertainment Seminars [H/R]

Michael Agron  
Fridays, Feb 10 to May 12 (12 weeks)  
10 am to 11:45 pm  
Kadema Hall (KDM) 154

Mike has curated six original music and entertainment programs that he delivered over ten consecutive semesters. The goal of this seminar series is to take some of his favorite sessions and enhance them with added content and present them in a fresh new way. Included will be This is Sinatra! The Man, His Music & Cultural Impact; Celebrating Perfect Vocal Harmony Groups; The Great American Songbook & Beyond: The Intersection Between Entertainment, Politics, Patriotism, and Social Justice; and How the Early Late-Night Talk Shows Raised the Awareness of Comedians and Singers. The musical styles will cover Big Band, Swing, Jazz, Pop, Rock, Folk, Folk Rock, Latin, Country & Western, Soul, R&B and Motown, plus a few other surprises.

**Michael Agron** grew up in LA, the heart of the recording and entertainment industry. As a baby boomer, his love of music started early. Mike had a successful career in hi-tech, including founding his own webinar marketing agency. He has been fortunate to fulfill his musical and entertainment passions by offering his unique and popular seminars ten times to all types of music and entertainment lovers who are members of the Sacramento Renaissance Society and other lifelong learning organizations.

Cinematic Classics: Themes and Variations  
[IP/NR]

Alan Miller  
Fridays, Feb 10 to May 12 (12 weeks)  
12 to 2:30 pm  
Calaveras Hall (CLV) 145

Films help define the landscape of our lives. We will view and discuss several memorable motion pictures from 1951's *A Place in the Sun* to 2015's *Spotlight*." Other films will include *Hud*, *The Candidate*, and *The Verdict* that explore powerful political and cultural themes. No less important is intelligent screenwriting, so crucial to any film's staying power, such as Paddy Chayefsky's *Network*. We will also watch clips of compelling scenes from other films to illustrate their lasting impact.

**Alan Miller's** dual careers involved writing for various national publications including two decades crafting award-winning opinion pieces for *The Detroit News* and *The San Diego Union-Tribune*. He has written for several film magazines and has taught at Sac State and American River College using films to enhance his classes. He's lectured at UC San Diego and UC Davis.

Classical Music [IP/NR]

Robert Seyfried  
Leo Eylar  
Fridays, Feb 10 to May 12 (12 weeks)  
12 to 2:30 pm  
Capistrano Hall (CPS) 223

Bob and Leo's focus this semester will begin with the end of the Baroque Period (1750), although there is always room for a little J.S. Bach, and continues through the Age of Enlightenment and Classical Periods into the early 20th Century. We will highlight the composers of those periods and the works which most clearly define their historical output. As before, the seminar will feature lecture, video, and live presentation. It has been our experience that this seminar fills up quite rapidly and that there will be quite a long waitlist. So if you are planning to go on vacation during the seminar, we ask that you not sign up out of consideration to

a fellow member. **Note:** A one time fee of \$40 will be collected on the first day.

**Bob Seyfried** has been a member of the Renaissance Society for 20 years and upon joining he started the *Travel and Adventure Seminar*, which is still going strong. About six years later Bob started the *Classical Music Seminar*, and about seven years ago Professor Leo Eylar joined Bob as co-leader, a most fruitful collaboration, and one which Bob hopes will continue for many years.

Bob was born in Sacramento but spent his life in San Francisco following graduation from U.C. Berkeley.

**Leo Eylar** is in his 33rd season as Conductor/Music Director of the California Youth Symphony. Under his direction, the CYS has attained status as one of the finest youth orchestras in the world. Leo studied conducting at the Hochschule für Music in Vienna and then returned to the US to complete his Master's degree in conducting at the S.F. Conservatory of Music. Leo is also Professor Emeritus from Sac State following 30 years of teaching and conducting at the School of Music. In addition, Leo is an accomplished composer, and his works have been performed in the US as well as Europe, Japan, and South America.

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**Cracker Barrel [IP/WI/NR]**

Anita Fante  
 Per Ostlund  
 Fridays, Feb 10 to May 12 (12 weeks)  
 10 to 11:30 am  
 Tahoe Hall (TAH) 1025

This is a year-round, weekly discussion group that emphasizes thoughtful dialogue on current social, political, economic, and cultural issues. Participation in class discussion is not required, but desirable. Prerequisites include good listening skills as well as tolerance and patience for the values and beliefs expressed by others. Participants may treat it as a drop-in class.

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

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

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**Critical Thinking [IP/NR]**

Richard Kowaleski  
 Fridays, Feb 10 to May 12 (12 weeks)  
 1 to 2:45 pm  
 Tahoe Hall (TAH) 1025

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

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

**Delaying Death and Avoiding Disability [IP/NR]**

Donald Forrester MD  
 Fridays, Feb 10 to Mar 17 (6 weeks)  
 10 to 11:45 am  
 Shasta Hall (SHS) 240

This on-campus course presents the latest science on prevention, stabilization and reversal of significant chronic conditions (diabetes, obesity, gout, high blood pressure, dementia, autoimmune disorders, and cancer), and disability (back pain, arthritis). The goal is to provide participants with information and tools they can use to improve their health. This seminar will explore the relative importance of various behaviors in achieving each participant's goals.

**Donald Forrester MD** is a retired family medicine physician. He worked for the Permanente Medical Group for 30 years, then 10 years gaining expertise in the prevention and reversal of chronic conditions at the McDougall Clinic, Sacramento Job Corps, Switch Healthcare, and EarthSave's Meals for Health programs. He has advanced training in quality improvement and is a Fellow with the American College of Physician Executives. He volunteers on the boards of NutritionFacts.org and True North Health Foundation.

**Delving into Dementia: The science, the caring, the hope [IP/NR]**

Mynga Futrell  
 Fridays, Feb 10 to May 12 (12 weeks)  
 9:30 to 11:30 am  
 Mariposa Hall (MRP) 1010

Dementia is a rightfully dreaded condition, disrupting all lives it touches. No better way to face this grim subject matter than with a seminar that directly confronts the topic and equips you with useful knowledge! Our unflinching approach blends the scholarly with the deeply personal (visuals galore; auxiliary humor). The instructor—twice a dementia caregiver (parent, spouse) and 21 years an Alzheimer's Association volunteer—draws heavily on her real-life experiences while maintaining an upbeat manner, recalling how dementia can produce some truly meaningful, occasionally hilarious, life events! Come tamp down your anxieties with knowledge, develop some know-how, and smooth whatever "journeys" may lie ahead for you or yours.

After two decades of volunteering her "hard-lived" caregiving savvy to bolster the Alzheimer's Association's local educational programs, **Mynga Futrell** has LOTS to share with you about dementia. In 1993, a "learn-from-scratch" dementia-care experience interrupted her professional career. Then, a mere decade after her mother's 1999 death, Alzheimer's hit again (an 11-year decline followed her husband's diagnosis). To ease the serious probing of this dismal topic, Mynga will inoculate you with lively humor.



**Did it Really Happen? Can it happen Again? America's Civil War Revisited [IP/NR]**

Douglas Bonetti  
 Fridays, Feb 10 to May 12 (12 weeks)  
 9:30 to 11:50 am  
 Tahoe Hall (TAH) 1026

We will discuss the Rebellion in depth. We will also discuss whether we are on the verge of a new Civil War. As always, I will share my knowledge but with a twist: this semester, I will offer select class members the opportunity to give short presentations, especially if they have toured battlefields or have a history of relatives who fought. This is a refresh to a Zoom class I gave last spring at Renaissance. In our class you can touch history—I will display authentic weapons and memorabilia. With guest speakers and a live band on our last day, this will be a class you will never forget.

**Doug Bonetti** is a California native, growing up in King City in the heart of the Salinas Valley. He attained bachelor's and master's degrees at Sac State, graduating in 1979. He worked for 34 years in sales at Procter & Gamble. Retired, he currently resides in Cameron Park. His passion is history, specifically Civil War history. He has an extensive collection of weapons, letters, and accoutrements that he shares throughout the course. 2023 will mark his 9th year lecturing.

**England, from the Fall of Rome to the Norman Conquest—the Birth of the Anglo-Saxons [IP/NR]**

Jeff Hendy  
 Fridays, Feb 10 to May 12 (12 weeks)  
 10 to 11:30 am  
 Alpine Hall (ALP) 235

This program covers the seven centuries from the departure of the Romans in 442 to the conquest by the Normans in the eleventh century. During this time, the original Celtic speaking inhabitants absorbed and welded together Briton, Roman, Angle, Saxon, Viking, and Norman cultures and languages to form the Anglo-Saxon culture and the basis of the English language.



This culture has had a major impact for good and ill for the last five hundred years. The course will follow and attempt to explain this path, using excerpts from several different Great Courses videos and additional research material.

**Jeff Hendy** retired after forty years in the computer chip business, working in England, the US, France, and Japan, where he was also CEO of several companies. Jeff has been a Renaissance member since 2013, a Board member since 2015, and he co-chairs the Technology Committee. Jeff led the *Digital Camera* program for three years. He has given many Renaissance Society talks, most of them about English history. That might be because Jeff was born and educated in England, and English history is in his blood.

**English Country Dance [IP/NR]**

Ruth Scodel  
Fridays, Feb 10 to May 12 (12 weeks)  
1 to 1:45 pm  
Yosemite Hall (YSM ) 183

If you’ve seen any movies based on Jane Austen’s novels, you’ve seen English Country Dance (ECD). If you want a better look, at <https://lambertvillecountrydancers.org/videolist.php> there is a vast collection of videos of ECD. It is a very social dance: Couples dance in “sets” most often in lines facing each other. Each dance is a series of simple figures, and usually the couples “progress” so that you repeat it with different people. In modern ECD, we don’t care who takes the traditional man’s or woman’s role. No elaborate steps are required and if you can walk, you can dance. You don’t need a partner or experience. After this class you will be able to be confident at the twice-monthly ECD dances with live music in the Sacramento area.

**Ruth Scodel**, emerita professor of Greek and Latin at the University of Michigan, has been regularly dancing English and Scottish Country Dance (and contra dance) for almost forty years, and has attended many weekend and week-long workshops around the US. She enjoys teaching, prompting, and sharing the joy of English Country Dance.



**Great American Trials and Constitutional Law [IP/NR]**

Joel Primes  
William Vizzard  
Fridays, Feb 10 to May 12 (12 weeks)  
10 to 11:45 am  
Eureka Hall (EUR) 106

All areas of law are discussed with a summary of important legal cases. There is an emphasis on the United States Supreme Court and its Decisions. There will be two student mock trials based on transcripts from real cases. There also is emphasis on student preferences involving the law.

**Joel S. Primes**, Retired Attorney At Law. Joel graduated from Santa Clara Law School in 1968. He spent 37 years with the California Attorney General’s Office, Supervising Deputy Attorney General, and was a Temporary Sacramento Superior Court Judge for approximately 10 years. He was in private practice for approximately seven years and is currently a mediator for the 3rd District Court of Appeal. Joel is married, has two children, and four grandchildren.

**William Vizzard** taught Investigative Techniques at Sac State. He was a supervisor for the Federal Agency with Tobacco, Alcohol and Firearms.



**The History of Eastern Europe: Why you don’t know much about it and why it is important today [IP/NR]**

Helena Kanderka  
Fridays, Feb 3 to Feb 24 (4 weeks)  
10 to 11 am  
Humboldt Hall (HMB) 202

This seminar will describe the various ethnic groups that populated Eastern Europe over the ages and the empires that dominated them. It will cover Ukraine’s tenuous historical position between Poland/Lithuania and Russia and explain its involvement in both east-west and north-south power struggles. Other topics will include the Avar, Great Moravian, Hungarian and Austrian Empires and the influence of the Vikings, Turks, and Mongols. The Great Migration to America, WWI and II, the Russian Occupation, and the Balkan conflicts will be summarized.

**Helena Kanderka** is the granddaughter of four Eastern European immigrants. She spent a decade researching the history of Hungary and Slovakia, which is intertwined with all Eastern European nations. She capsulized her findings in an historical fiction novel, *Slovakland*, which follows a Slovak family from the late 7th Century until the great migration to America. Helena holds a degree in Journalism from the University of Wisconsin-Madison and a master’s degree in Public Administration from Sac State.

Guest Speakers:  
Los Angeles Attorney **Edward Gartenberg** (BA/JD-Columbia) will discuss the Jewish experience in Eastern Europe.  
Sacramento resident **Kveta Kozichova Simon** will discuss growing up in Moravia and Slovakia and teaching in Prague during the Russian Occupation.

**Mastering the Spanish Subjunctive through Spanish and Latin American Poetry [IP/NR]**

(Prerequisite required)  
Sandra Carter  
Fridays, Apr 21 to May 12 (4 weeks)  
10 to 11:45 am  
Academic Resource Center (ARC) 1010

In this multi-session class, participants will learn and practice the basic forms and structures of the Spanish subjunctive. Then, while reading short poetry selections from several Spanish and Latin American poets, participants will observe and understand the subjunctive’s unique and important role in the Spanish language. For participants’ success and enjoyment, they must have an intermediate to advanced level of experience in Spanish.

**Sandra Carter** is a long-time Spanish and English teacher, teaching at Cosumnes River College, The Learning Exchange, Lake Tahoe Community College, and other locations in Sacramento. She graduated from Sac State with a Master’s degree in Spanish and English. She has traveled, lived, and studied in Mexico, Guatemala, Uruguay, Peru, Chile, Ecuador, Spain, Argentina, Nicaragua, Cuba, and Spain. She is also the co-president of a cultural and economic exchange non-profit, Friends of San Juan de Oriente.

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### More Fun with Jane: Persuasion on Page and Screen [IP/NR]

PJ Jones  
Gretchen Jung  
Fridays, Apr 7 to May 12 (6 weeks)  
10 am to 12 pm  
Tahoe Hall (TAH) 1004

Everywhere you go, there she is. Who? Why Jane Austen, of course! We are following last semester's study of *Sense and Sensibility* with a similar perusal of *Persuasion*. Read the novel, see two cinematic representations, and enjoy the fan fiction spin-off *Captain Wentworth's Diary* by Amanda Grange. We want this to be a fun interactive class and know that all of us together make a better expert than any one of us alone. Looking forward to seeing you in class.

**PJ Jones** has a BA in History from Sac State. A member of Jane Austen Society National Association (JASNA) and Greater Sacramento JASNA since 2014, as well as a member of Austentacious Book Group and the Sacramento JASNA Book Group. She began reading Austen in 2013 and hasn't stopped. She is a big fan of fan fiction based on Austen's plots, ranging from magic and dragons to a retelling of Austen's familiar storylines.

**Gretchen Jung MS, MA**, was recently employed as Adjunct Faculty at Sac State teaching Theatre 175, Multicultural Perspectives in American Film, and is excited to turn her attention to the work of Jane Austen. She admits *Persuasion* is her favorite Austen novel. However, for her this class is all about the films.

### The Native American Experience: From Wonder and Welcome to Genocide [H/R]

Greg Beale  
Fridays, Feb 10 to May 12 (12 weeks)  
10 to 11:30 am  
Brighton Hall (BRH) 104

*The Native American Experience* deals with one of the worst genocides in world history. There were literally thousands of Native Indigenous people when Columbus landed where he thought was India. As it turned out, the former slaver set the racist tone from the first day, forcing the Natives who greeted the white men graciously only to be treated like the slaves Columbus was used to. Indians were set apart, used, and abused by the Anglos. White Supremacy was what the hospitable indigenous people met from the outset. To build America, the dominant culture (at least the colonists thought they were dominant) literally stole two continents. We will study how this happened and ended at Wounded Knee.

**Greg Beale** is part Native American but was raised white because it was much safer. Greg's interest in Native American history 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.

### Real Rock, Part 2 '60s & '70s [IP/R]

Bob Lang  
Fridays, Feb 10 to May 12 (12 weeks)  
1 to 2:45 pm  
Mendocino Hall (MND) 1003

*Real Rock*, Part 2 is an extension of *Real Rock n' Roll* and explores the development of rock music through the 1960s and 1970s. Included will be selected genres including folk rock, disco, British rock, and more. Many classes will be composed entirely of classic video performances. A special session will be devoted entirely to curios surrounding the Beatles and another will explore plagiarism and copyright issues. As usual, the classes will feature "Bob's Bonus Tracks!"

**Bob Lang** has provided music appreciation classes for the Renaissance Society for the last



decade. His two previous classes are *Real Rock 'n' Roll* and *All That Jazz*. Lang spent his early career as a radio DJ and a television producer. He also taught community college media classes, was an equipment trainer, and retired from the California Department of Corrections. He has written three books and is a singer/guitarist with the Sacramento classic rock horn band "On Air."

### Transitions: What will I do with the rest of my life? [H/R]

Ken Cross  
Fridays, Feb 10 to May 12 (12 weeks)  
12 to 2:30 pm  
Riverside Hall (RVR) 1015

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? What does my heart tell me to do with my life? Whether retired or approaching retirement, help design the Next Chapter of your life. Reconnect with your talents, skills, aptitudes, and abilities for your new life's path. Tap into your wisdom and experience to live a rich, fun, meaningful, and purposeful life. Share your gifts making a difference through service. Using film, books, exercises, discussion, expert speakers, and introspection, start envisioning and living this new life's chapter!

**Ken Cross** is a 1974 U.S. Military Academy graduate at West Point, NY. He served as a US Army airborne ranger, armor officer. Ken was a financial planner, manager, and corporate trainer serving career military service members. His final career was as CEO of Habitat for Humanity of Greater Sacramento. In midlife, Ken and his wife Christine took a year sabbatical traveling through 42 U.S. states, searching for their life's purpose. Ken has led *Life's Purpose* workshops since 1998.

### Travel and Adventure [IP/NR]

Terry Moss  
Richard Fuller  
Fridays, Feb 6 to May 12 (12 weeks)  
10 to 11:30 am  
University Library (LIB) 3021

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

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

**Richard Fuller's** father was a traveling man also, in the US. Navy 26 years. So Richard joined the Army for four years, serving in the Pentagon, the Vietnam War, and the Cold War in Germany during his time in the military. His first job in the Army was as a Top Secret Courier. He has lived in Vietnam, West Germany, and Saudi Arabia. He has traveled to 69 countries and 49 states. Terry and Richard can share their lists of travels. His favorite? Antarctica ! See ya in Fevrier!





**Adventure Trekking with Richard Fuller**  
[IP/NR]

Richard Fuller  
Fridays, Feb 10 to May 12 (12 weeks)  
1 to 2:30 pm  
Mendocino Hall (MND) 3013

Starting with his first travels to Europe as a Top Secret Courier, and ending in Mexico for 28 days, Richard has made a point of staying in youth hostels, riding public transport, and presenting unusual perspectives. Richard will bring you his life on six continents and the unusual, high-adventure kinds of travel that are compelling if you wish to try them—or at least view them. Hiking to 19,560 feet in Tibet, the John Muir Trail, the Tour Mont Blanc, the High Sierra Loop Trail, Antarctica, Siberia, Peru, Patagonia, India, Japan, Panama, Hawaii Volcanoes, Kilimanjaro, Egypt, Saudi Arabia, Everest, Vesuvius, Fujiyama, Mt. Whitney twice, Half-Dome thrice, New Zealand, and Vietnam [during war and after]. With the Navy, with the Army, and with family; with a backpack only, and on planes, trains, autos, cruise boats, and sailboats; to Olympics in Munich and Los Angeles. Richard will bring photos, videos, a loaded-up flash drive, and one (only) Powerpoint. We can share!

**Richard Fuller** has been a seminar leader since 2008 in multiple disciplines. He makes a point of never repeating a seminar, doing in-person fieldwork, and picking unusual subjects. He has visited 69 countries and 49 states and is especially attracted to travel and adventure topics. This spring's subject will be auto-biographical for the very first time.

*"I had a very informative semester learning about the Great Lakes region from Beth Mann (and others). Each week we learned about history, transportation, people, politics and all taught by a very engaging presenter."*

—C.J. R.



**Water In California—Part II: Current Challenges and Options For The Future** [H/R]

David Abelson  
Fridays, Feb 10 to Mar 17 (6 weeks)  
1 to 2:30 pm  
Academic Resource Center (ARC) 3009

The history of water in California is both colorful and complex. However, current challenges regarding the sustainable use of water are unprecedented and extremely serious. This 6-week seminar will delve into the many difficult problems the state is now confronting in managing this essential but limited natural resource. Topics will include: (i) the many benefits and serious harms caused by past and present uses of water; (ii) the laws and policies that have produced these results; (iii) the competing interests who have real but conflicting "stakes in the game;" and (iv) the various options for sustainable management of water in the future (e.g., desalinization, fallowed farmland, water recycling, water markets, etc.).

**David Abelson** is a retired attorney who specialized in environmental law. He has taught a number of semester-long courses and given numerous presentations on water issues in California. David has a deep passion for lifelong learning, and his seminars and presentations have been well-received by a wide variety of audiences.

**shared interest groups (SIGs)**

**Cercle Français (Conversational French)**  
[IP/NR]

Gerald (Jerry) Lagomarsino  
Co-leader: Debra da Costa  
Wednesdays, Feb 8 to May 10 (12 weeks)  
10 am to 12 pm  
Campus Commons Clubhouse

This SIG consists of a small group who desire to converse in French. We meet weekly at Campus Commons Clubhouse. We read and use current French media including selections from French literature and films. Our focus is on talking and when we need a little help, we do revert to Google Translate and maybe a little old-fashioned grammar. The group, however, is not a beginning French SIG.

**Jerry Lagomarsino** taught high school English, Spanish, and French for 33 years at St. Ignatius High School in San Francisco, Bellarmine College Prep in San Jose, and Cordova High School in Rancho Cordova. Jerry studied in Angers, France and in Trois Rivieres, Quebec and lived with families in those cities. He has been a member Cercle Français for six years.

**Debra da Costa** has helped facilitate the Cercle in the past and has traveled and worked extensively in the Francophone world.



**Dark Tales by Shirley Jackson** [Z/NR/OE]

Louise DiMattio  
Wednesdays, Feb 8 to Mar 15 (6 weeks)  
10 am to 12 pm

Shirley Jackson's work has been described as suspense, horror, and Gothic, but at the core her stories are inundated by familiarity and strangeness. Many of us remember being thoroughly frightened by our first reading of *The Lottery*, Jackson's most famous and much-anthologized short story. This seminar will focus on 12 of Jackson's short stories in a collection called *Dark Tales*, a Penguin Classic edition with a forward by PEN/Hemingway Award winner Ottessa Moshfegh. We will read two stories each week and discuss them using the Shared Inquiry Method. Be prepared to get the chills brought on by unusual twists and outright suspense. The required text for the seminar is *Dark Tales* by Shirley Jackson - ISBN 978-0-14-313200-4

**Louise DiMattio** is a veteran Great Books Leader and current President of the Great Books Council of San Francisco serving all Northern California. Louise is a retired Labor and Delivery Nurse who resides in San Francisco. With the help of Zoom, Louise leads Great Books Discussion groups throughout California. She also coordinates the Long Novel Weekend every year with an emphasis on reading the Classics.



Digital Photography Class [IP/NR]

Jay McKeeman  
Tuesdays, Feb 7 to May 9 (12 weeks)  
10 to 11:30 am \* (see text)

The Digital Photography Class is for honing your skills in the digital photography workspace. This includes the use of camera, capturing variety in your photos and practice in post-shot photo enhancement/development software. Basic photography experience is preferred. Equipment ranges from smart phones to SLR equipment. Video photography is not covered.

Classes alternate between in-class instruction and field trips. In-class sessions meet off-site at Arden-Dimick Library. Classes are 10:00 am to 11:45ish. \*Field trip sessions usually start at 10 am but may vary depending on the location/nature of the lesson (such as night shoots). Field trips may have longer timeframes depending on location and are optional. Personal transportation is required.

**Jay McKeeman** has lived entirely in Northern California. He was born/raised in San Francisco and had his initial education there. He attended CSU Chico (BA) and USC (Masters in Public Administration). He has been involved in



local government land use planning, government advocacy, and trade association administration during his professional career. He has a lifelong fascination with photography.

First Tuesday Book Club [Z/NR/OE]

Gwen Bedient  
Tuesdays, Feb 7 to May 9 (Year-round monthly)  
10 to 11 am

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

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

Friends of the New Yorker Magazine [IP/NR]

Ronald Meyer  
Co-leader: Judy Day  
Mondays, Feb 6 to May 8 (Year-round weekly)  
10:30 am to 12:30 pm

This discussion group is for those who enjoy reading the *New Yorker* magazine. Participants read and review each week's issue in advance of the meeting. Members freely discuss articles in the recent issue, share opinions, and gain insights. We meet every Monday, all year long, in the KOH Library and Cultural Center at 2300 Sierra Blvd, Sacramento.

**Ronald Meyer** has had many years' experience in both the USAF and in Health Care management. He has lived in Europe, South Vietnam, and Japan as well as in numerous US states. He is a native Californian, growing up in the Bay Area. He graduated from San Francisco



State University with a BA in International Relations, and from the University of Southern California with a master's in System Management.

**Judy Day** is a California native who grew up in the Bay Area. She graduated from UC Berkeley with a BA in Social Sciences and a Master of Public Policy degree. She retired in 2005 from the State Department of Finance, where she was a budget and program analyst. Her current interests include reading, travel, and politics.

Games for Entertainment [IP/NR]

Roberta Frieze  
Co-leader Judy Keaton  
Thursdays, Feb 9 to May 11 (Year-round weekly)  
1 to 4 pm

Card games, word games, dominoes, and team games are played. A basic knowledge of cards and trump is helpful. We spend a few minutes socializing at each meeting before game play starts. Enjoy the opportunity to learn and socialize with people who have similar interests. Our members host and provide refreshments at their homes on a rotating basis depending on their own calendars.

**Roberta Frieze** has been a member of Renaissance for more than 11 years. She previously worked in the dental profession. She is widowed with two adult children and three

grandchildren. Roberta is an active gardener, reader, and investor.

**Judy Keaton** has been a member of Renaissance since 2007. Her interests include volunteering, movies, music, travel, dining out, and all kinds of games and cards.

Great Books Discussion Group [Z/NR/OE]

Steven DeBry  
Mondays, Feb 6 to May 1 (Monthly)  
2 to 4 pm

This Great Books discussion group will initially discuss selections from the Great Conversations anthology, although we may later decide to discuss selections from other anthologies published by the Great Books Foundation. The Great Books anthologies include sections from a variety of renowned fiction and non-fiction works. The distinctive aspect of a Great Books discussion group is the reliance on the use of a "shared inquiry" method of discussion as much as the reliance on content of the readings. This method emphasizes the rigor entailed in a close examination of the text and on the citation of passages from the reading to support interpretive conclusions. Digressions on general topics are discouraged unless they enhance understanding of the selection. This SIG meets the first Monday of the month.

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

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- WI** Walk-in program/no enrollment needed
- OE** Overlapping enrollment





**A Guided Tour of the University Arboretum Sessions 1 to 3 [IP/NR]**

(You will be able to enroll in only one session)  
Donna Eash  
Co-leader: Michael Baad  
Fridays, Apr 7 to May 12  
11:30 am to 12:15 pm  
University Arboretum

**See table below for schedule of events.**

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

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

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

| Tours     | Day    | Date   | Time              |
|-----------|--------|--------|-------------------|
| Session 1 | Friday | Apr 7  | 11:30 to 12:15 pm |
| Session 2 | Friday | Apr 14 | 11:30 to 12:15 pm |
| Session 3 | Friday | May 12 | 11:30 to 12:15 pm |

**Interrupting Racism and Promoting Social Justice through Conversation, Friendship, and Activities [IP/NR]**

Allen Keown  
Co-leader: Pat Paul  
Mondays, Feb 13 to Apr 24 (6 weeks)  
12 to 2 pm

This past summer a small group of us have been meeting to talk about our encounters with racism, to discuss how each of us has confronted it, and to track current events and organizations in and around Sac State and Sacramento promoting social justice. Our “interest” in listing this SIG is to formalize our gatherings while inviting YOU to join us. We meet every other Monday in what has proven to be a wonderful opportunity to deepen our commitments to antiracist and social justice activities and enjoy our growing friendships. Our lives together in RS have been enriched. Join us! Alice, Allan, Dave, Gretchen, Marian, Martha, Maryellen, Pam, Pat, and Sue. Our initial meeting will be in Southside Park. During that first meeting, the group will decide where we will continue to meet.

**Allen Keown** grew up in Norman, Oklahoma. He graduated from OU in 1970 and then attended the Pacific School of Religion in Berkeley from 1970-71. From 1971-74 he attended Hastings in SF, worked for Matthew Bender in SF from 1974-77, and practiced with the State Public Defenders Office and California Department of Education from 1977-2009. He joined RS in 2010 and has led seminars, such as *Documentaries*, *The Blue Zones*, and *Ted Talks*, as well as serving on the MDCE and PC committees.

**Pat Paul, M.Ed.**, a lifelong educator, was staggered by the disproportionate challenges her students of color faced daily. Educating herself on the true nature of policies and structures that supported these negative outcomes for BIPOC youth, she became dedicated to helping interrupt these systems of injustice. In-depth reading and professional training have informed her journey. Pat brings her belief of Ubuntu to her outreach—“a universal bond of respect and sharing that connects humanity.”

**Knitting with Friends [IP/NR]**

Barbara Kletzman  
Co-leader: Kristen Strand  
Fridays, Feb 10 to May 12 (12 weeks)  
9:30 to 11:15 am  
Academic Info Resource Center (ARC) 1011

Bring your knitting or crocheting and spend two hours on your craft while chatting with fiber friends at all levels of experience. There are no instructions, but always help from one another. Join us, meet new friends, and get new ideas.

**Barbara Kletzman** joined Renaissance Society in 1999. She co-led several knitting groups as well as led Ted Talks for four semesters. She started knitting at 12 years old with help from her mom. In 2005 she started a ten-year project recruiting volunteers to knit baby blankets, dropping off 30 blankets monthly at local hospitals for new babies.

**Kristen Strand** is a retired teacher of 30 years. She joined Renaissance after moving from El Dorado County. She learned to knit early with guidance from her mother and grandmother. She continues to enjoy creating while learning new techniques. She joined the Renaissance knitting group in 2018.

**The Music of Your Life [Z/NR/OE]**

Beth TenPas  
Co-leader Lester Bennett  
Thursdays, Feb 9 to May 11 (12 weeks)  
3:30 to 5 pm

This is a continuation of the Special Interest Group started last year. We’ve had a couple of fantastic Renaissance seasons covering our group’s favorite music in multiple genres. Past topics included The Beatles, Show Tunes, Folk Music, Motown, and Classic Rock (all chosen by participants). We listen, discuss, and remember what places those songs had in our lives. Members bring music selections to Zoom and then share a song with an audio recording, a video clip, or perform it live; one member even signed the words to “Summertime.” We’ll show you how to easily find music with free online resources. Help is always available if you need tech assistance. Come each week, learn how to screen share on Zoom, and be surprised!

**Beth TenPas** is a long-time music fan and always eager to learn more from others!

**Lester Bennett** has a strong interest in the history of Pop and Rock ‘n Roll but listens to and loves other genres as well.

**Qi Gong-Zoom [Z/R/OE]**

Diana Loo  
Mondays, Feb 6 to May 8 (Year-round weekly)  
3 to 4 pm

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

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







**Qi Gong [IP/NR]**

Diana Loo  
Fridays, Feb 10 to May 12 (12 weeks)  
12 to 12:45 pm  
Yosemite Hall (YSM ) 187

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

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**Sing a-long/Jam [IP/NR]**

Al Zagofsky  
Wednesdays, Feb 15 to May 10 (Year-round monthly)  
1 to 2:30 pm

Meet with others to sing and play musical instruments such as guitar, banjo, dobro, bass, etc. Music will be provided. Participants can bring music or original songs to present or share. All levels are invited. We meet at the YMCA of Fair Oaks (formerly Rollingwood) on the third Wednesday of the month.

**Al Zagofsky** has been hosting sing a-long/jams for four years. He has taught several Renaissance courses including four classes in songwriting.

**Social Dancing [IP/NR]**

Richard Kowaleski  
Fridays, Feb 10 to May 12 (12 Weeks)  
12 to 12:45 pm  
Yosemite Hall (YSM ) 183

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

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



**Spanish Conversation, Advanced (Prerequisite required) [IP/NR]**

Beatrice Hildebrand  
Co-leader: Susan Dlugach  
Thursdays, Feb 9 to May 11 (12 weeks)  
10 am to 12 pm  
Campus Commons Clubhouse

This Shared Interest Group is for Spanish speakers at high intermediate or advanced levels. The emphasis is on conversation. Ability to use the imperfect and preterite tenses is necessary. In addition to conversation, we read and discuss literature selections or watch videos. Registration is required. We will meet at Campus Commons Clubhouse, 650 Commons Drive, Sacramento, CA 95825. **Important Note:** *To ensure a place in the course, please contact the leader before registering.* A waiting list is maintained.

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

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

**The Economist [Z/NR/OE]**

Wayne Luney  
Wednesdays, Feb 8 to May 10  
(Year-round weekly)  
7 to 8:30 pm

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

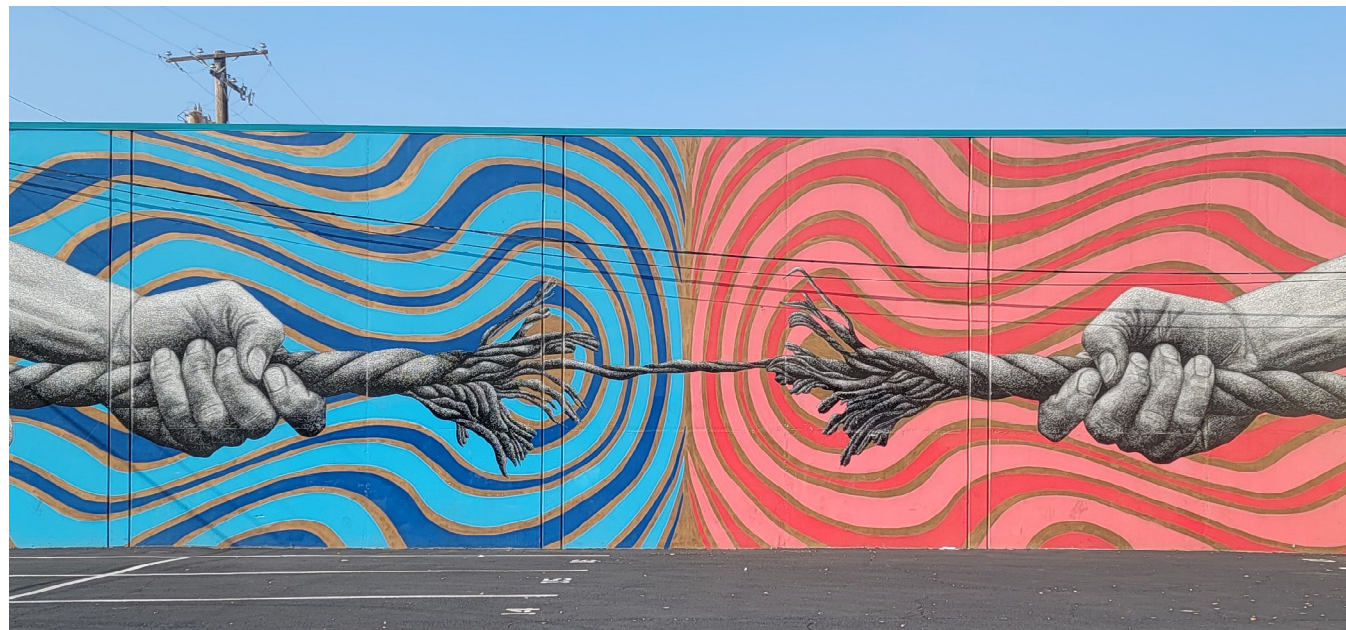
the current issue. The class is likely to continue during holiday breaks and between semesters.

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



**CLICK HERE TO ENROLL  
IN ANY PROGRAM  
Starting on January 16th**





### Third Tuesday Book Club [Z/NR/OE]

Marian Kile

Tuesdays, Feb 21 to May 16

(Year-round monthly)

9:30 to 11 am

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

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

### Walkabouts [IP/NR]

Lance Muller

Co-leader: Brady Torres

Wednesdays, Feb 8 to May 9

(Year-Round Monthly)

9:25 to 11 am

Each Wednesday morning, we walk at a different location chosen by our volunteer leaders. Stretches are at 9:25 am, followed by announcements, and then the week's Walkabout. You will

have a choice of two (2) miles with the Tortoises group, or four (4) miles with the Hares group. Afterward, for those who wish to join us, there is a group lunch at a nearby restaurant. Register online at our Walkabouts website at <https://renaissancewalkabouts.weebly.com/> and click on the "Walkabouts Registration" tab!

### Writers Workshop II [IP/NR]

Anita Adams

Co-leader: Lani Hahn

Tuesdays, Feb 7 to May 9 (Year-round weekly)

Noon to 2 pm

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

**Anita Adams** brings a variety of work experience to the workshop including serving as an advertising executive with the Sacramento Union Newspaper.

**Lani Hahn** also brings a variety of work experience to the workshop including being an English as a Second Language (ESL) instructor.

## SPONSORED PROGRAMS

Sponsored programs are affiliated with the Renaissance Society and require Renaissance Society membership. However, they are not currently available for enrollment and are listed separately here for informational purposes only. A Wait List is available to accommodate new participants if a vacancy should occur. If you have questions about these programs, please contact the respective Leaders.

### Great Books Shared Interest Group [Z/SP/NR]

Jean Cawood

Co-leader: Dan Rooney

Thursdays, Feb 9 to May 11 (Year-round weekly)  
2 to 4 pm

Our SIG uses the Great Books' Shared Inquiry method and rules of discussion set forth by the Great Books Foundation. We will be discussing readings from the following books: *The Civically Engaged Reader*; *Counterparts*; and *Immigrant Voices* which include short stories, essays, and poetry. These books will take us through several years of seminar meetings. We also read and discuss one long work of fiction or nonfiction each semester. Members are asked to lead the discussion once a year. This SIG is closed to new participants at this time.

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

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

**CLICK HERE TO ENROLL  
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### iPhone Studio Multimedia Collective [Z/SP/NR]

Melissa Green

Thursdays, Mar 2 to Apr 6 (6 Weeks)

10 am to noon

Past studio enrollees are encouraged to register as this seminar transitions into participant-led activities oriented towards video production. Continuing to use familiar apps and expanded studio workflow, this semester we add emphasis on the iMovie app. Online shared albums are our critique and learning platform. While six meetings are scheduled for Zoom, presenters may plan in-person photo walks instead. Our public website continues to provide informative articles, demonstration videos, and examples of our artwork at <http://rsiphonephotostudio.blogspot.com>. This program is currently full.

**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 work focused on training faculty and staff to use computers and teach online.

### Partners in Crime [IP/SP/NR]

Lynda Cassady

Co-leader: Pat Stokes

Thursdays, Feb 9 to May 11 (Year-round monthly)  
1:30 to 2:30 pm

This Shared Interest Group reads mysteries and once a month reviews a particular writer's novel. Previous authors have included Jane Harper, Elizabeth George, Elly Griffiths, and John Sanford. The group meets at the Arden Dimick Library and is closed to new participants. This program is currently full.



**Lynda Cassady** enjoys reading mystery novels. She leads the group members in cordial but frank discussions on an author's style, character development, and story credibility.

**Pat Stokes**, who has been in this group for several years, helps facilitate the meetings in the absence of Lynda, and is the resident expert on finding unique and interesting writers.

**Photography As Art [Z/SP/NR]**

Roger Klemm  
Mary Elliott-Klemm  
Wednesdays, Feb 1 to Apr 26 (12 weeks)  
10 am to 12 pm

Using art concepts as a guide, this class develops an informed way of seeing. This is not a camera class. **Note:** For wait list contact leader directly—do not use the Renaissance system. This program is currently full.

**Roger Klemm** is a Preservation Architect, trained in historic and modern architecture, as well as in both classical and modern art and art history. He has been a commercial and published architectural photographer. This seminar will be the 20th he has taught for Renaissance Society.

**Writer's Group I [Z/SP/NR]**

Curtis Nelson  
Co-leader: Marian Kile  
Thursdays, Feb 9 to May 11 (Year-round weekly)  
9:30 to 11:30 am

Members may write on a variety of subjects in any style including poetry, essay, and fiction or non-fiction prose. The other members offer suggestions to help polish the presented piece of literature. We have a pleasant atmosphere for presenting and sharing your writing. At the present time, the Shared Interest Group is full.

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

**Marian Kile** has been a long-time member of Writer's Group I. Marian writes personal stories based on her family. She has published three books for her family.



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|------------------|--------------------------------------|
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| <b>IP</b>        | In person/live only                  |
| <b>H</b>         | Hybrid (IP + Z)                      |
| <b>R</b>         | Program is recorded                  |
| <b>NR</b>        | Program is not recorded              |
| <b>SP</b>        | Program is sponsored                 |
| <b>WI</b>        | Walk-in program/no enrollment needed |
| <b>OE</b>        | Overlapping enrollment               |

one-time presentations

community presentations

**Say "NO" to Phone Scams [Z/R/OE]**

Danny Lee  
Wednesday, Mar 8  
10 to 11 am

Tired of annoying calls from scam personnel? Want to reduce the number of scam calls you receive? In this workshop, we will review how to recognize a scam and what to do about it. We'll also discuss deceptive sales calls and in person sales from Third Party Gas companies (Core Transport Agents or CTAs). Join Zoom Meeting: <https://csus.zoom.us/j/85273631416?pwd=VEgwQy9QWGV1UTRSd3JLb2RUblhaUT09>

(Meeting ID: 852 7363 1416 Passcode: 939624)

**Danyle Lee, LLWP** Manager, & Krystal Wu, Utilities Assistance Program Coordinator both work for the local nonprofit A Community of Caring (ACC). The mission of ACC is to promote the general welfare and enhance the quality of life for our community by identifying, developing, and providing culturally sensitive health and social services for older adults.

**Preparing for Life's Last Chapter: Options for Care [Z/R/OE]**

Dolores Eitel  
Thursday, Mar 9  
10 to 11:30 am

This presentation will discuss the end of life choices available in California and planning for a peaceful death. These will include: Advanced Directive, Right to Die, Right to Try, Hospice, Palliative Care, DNR, POLST, VSED, and Medical Aid in Dying. We will also discuss how to ensure your wishes will be carried out wherever your "home" is at the end of life. Join Zoom Meeting: <https://csus.zoom.us/j/82583024138> (Meeting ID: 825 8302 4138)

**Dolores Eitel BSN, MA** is a Family Nurse Practitioner, retired Hospital Administrator and University Professor. She educates adults on healthy aging, managing their own health and end of life planning and care. Her background includes administering Hospice services, serving on hospital Ethics and "Death" Committees. She consulted on the nation's first Right to Die Law. She is the author of Clinical Pearls articles in the Recorder and Seminar Leader and guest speaker in other Seminar Programs.

**Preparing for Life's Last Chapter: Medical Aid in Dying [Z/R/OE]**

Dolores Eitel  
Thursday, Apr 6  
10 to 11:30 am

Learn about Medical Aid in Dying (MAID) as an optional medical treatment for end of life care. CA is 1 of 11 states that has this law. This powerful presentation will distinguish MAID from suicide, discuss what the treatment consists of, provide eligibility requirements and how to access the treatment. In this presentation you will hear stories from persons who chose to use this treatment and reactions from family and friends. In addition, you will hear comments from a physician provider.

Join Zoom Meeting: <https://csus.zoom.us/j/82583024138> (Meeting ID: 825 8302 4138)

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articles in the Recorder and Seminar Leader and guest speaker in other Seminar Programs.

**Watercolor Tutorial: Easy Spring Floral [Z/R/OE]**

Kathy Hart  
Wednesday, Mar 15  
11 am to 12 pm

One-hour beginner-friendly watercolor tutorial to create something beautiful while having fun. Each session is a separate program. These events will be open to the public to promote the Renaissance Society and give back to our community. Supplies: primary watercolor set, watercolor paper or card stock, small and medium paintbrush, water and paper towel. Join Zoom Meeting: <https://us02web.zoom.us/j/87691272869?pwd=RnFGY1Bxb04zcH-VGTGFWbzRsTHpoUT09> (Meeting ID: 876 9127 2869 Passcode: 295800)

**Kathy Hart** loves to be creative with Renaissance Members along with the community in hands-on art projects.

**Watercolor Tutorial: Easy Bamboo and Birch Trees [Z/R/OE]**

Kathy Hart  
Wednesday, Apr 12  
11 am to 12 pm

One-hour beginner-friendly watercolor tutorial to create something beautiful while having fun. Each session is a separate program. These events will be open to the public to promote the Renaissance Society and give back to our community. Supplies: primary watercolor set, watercolor paper or card stock, small and medium paintbrush, water and paper towel. Join Zoom Meeting: <https://us02web.zoom.us/j/81370444982?pwd=eVF0dzN1QkU2NXEvakU3OGhpNmN-KUT09> (Meeting ID: 813 7044 4982 Passcode: 955260)

**Kathy Hart** loves to be creative with Renaissance Members along with the community in hands-on art projects.



**Alter Egos Reader's Theater [H/R/OE]**

Have you wanted to try acting but feel anxious about memorizing a script, or like to share stories, research, operate a video camera, edit, or make simple costumes or props? Have your own story that you'd like to share? Not a lot of time commitment, just a few run throughs before reciting at a venue—which could be a walking tour or performed or broadcast live. We tell inclusive stories so need everyone's voice. **Note:** First meet up is Thursday, February 9 at 4 pm at a home address to be provided later.

**Maryellen Burns** wrote her first play at age 9, playing a deaf mute. She never made that mistake again. She abandoned the stage soon after performing in the sound booth of Music Circus because the director thought at 126 pounds her legs were too fat. A cultural historian, she has produced many productions for historical societies and local community theaters.

**Christie Braziel** graduated from Sac State in 1974 with a BA in Drama. She's performed in adult, children's, and church theater. She was an extra in *Ripley's Believe It or Not*, filmed in

Old Sacramento; talent for ad agencies; been a mime for the American Cancer Society, and directed stage and reader's theater.

**A Cook's Tour of Sacramento and Beyond [IP/NR]**

A Cook's Tour of Sacramento and Beyond is now a year-round adventure. We host monthly brunches, game days, and enjoy lunches in diverse venues around the region. We also venture out to music, theater, museum, and art venues, when the urge grabs us. Days and times vary. Some costs involved for food, drink, or entry. When there is room, you can bring a guest. Although we are year-round, we will hold our first get together of the winter/spring season on Thursday, February 16, at 1 pm. Place to be determined.

**Maryellen Burns** and **Marge Tarbell** are joined by Cook's Tour members to plan activities. Maryellen Burns is a historian and author/editor of books and articles on food, culture, and regional history. Marge Tarbell is a seasoned organizer, who knows how to create community and connection.

**Morning Coffee [H/R/OE]**

What is better than hosting a get-together with friends to share the latest gossip over a cup of coffee, tea, cookies, or pastry? Join us for this monthly Kaffeeklatsch, with friends, colleagues, and neighbors to engage in multi-faceted conversations about what is happening in the world of food, arts, and culture throughout the Sacramento Valley. Held on the first Wednesday of every month from 10 to 11:30 am at ACC Senior Services in the south area and virtually on Zoom, Facebook Live, and YouTube. We provide coffee and tasty bits.

**Kelsey Maher** travels the world in search of the perfect cup of coffee. She is co-host and Founder of The Culinary Citizen, a podcast about culinary diplomacy, managed the US State Departments International Visitor Leadership Program and is a culinary teacher who focuses on cooking with local fresh products. She pulls from her travels and life in Eurasia.

**Maryellen Burns** has managed major historic preservation, industrial archeology, community and food history projects for museums, libraries, and educational institutions for more than forty years. She is a freelance researcher, writer, and editor; her work has appeared in magazines, books, websites, and films.

**Kathy Hart** is an accomplished artist, teacher, and community advocate. She is the Social Media Liaison with Friendship Force of Sacramento and is instrumental in getting the word out to the community extolling the virtues of the Renaissance Society and ACC Senior Services programs.

**Addicted: Sacramento's Coffee Scene [H/R/OE]**

Wednesday, February 1  
10 to 11:30 am

Coffee wasn't always the magic substance that fueled people through their workdays. It took on that status between World War I and World War II when the combination of affordable coffee and cheap labor powered the industrial revolution in Sacramento and made the magic elixir indispensable to workers. It flourished in the 70's, when a new age of coffee purveyors started roasting their own beans, put up some disturbed artwork, and books for friends to browse while they drank and philosophized. We'll talk a little history, learn how to brew the perfect cup, and learn to sketch using coffee as the medium.

**ABBREVIATION KEY**

- Z** Zoom only
- IP** In person/live only
- H** Hybrid (IP + Z)
- R** Program is recorded
- NR** Program is not recorded
- SP** Program is sponsored
- WI** Walk-in program/no enrollment needed
- OE** Overlapping enrollment



**Eat. Drink. Be Literary [H/R/OE]**

Wednesday, March 1  
10 to 11:30 am

Enjoy tasty tidbits and stories with guest **Jennifer Basye Sander**, co-author of *Churchill: A Drinking Life: Champagne, Cognac, and Cocktails*, as we discuss the role that booze, and food have played in the literary life and works of Ernest Hemingway, Carson McCullers, Coco Chanel, Dorothy Parker, M.F.K. Fisher, Jack London, and others. It's Women's History month so will talk quite a bit about women (with a little sprinkling of Eleanor Roosevelt and a queen or two) mixed in. A morning cocktail and coffee drink will be demonstrated.

**We Are Where We Eat [H/R/OE]**

Wednesday, April 5  
10 to 11:30 am

Our region has undergone a food renaissance of late—with dozens of new microbreweries, gastropubs, wineries, specialty food shops, farms, and restaurants opening every month. There are over five thousand eateries, hundreds of farms, wineries and breweries and an untold number of bakeries, butcher shops, coffee houses, saloons, festivals, and other food and agriculture establishments – often offering tastes created by mostly new immigrants from Vietnam, Thailand, Taiwan, Mexico, India, and the Middle East.

## monday big history series

Big History, (Cosmos, Earth, Life, and Humanity) is a big picture interdisciplinary view of history, science, and the humanities that explores human existence. This Monday Series continues our investigations into concepts ranging from the Big Bang to the physical and cultural evolution of humans. It is a look at the big picture of humanity and narrower histories as examples of what was and is happening globally to our species. This Spring, we will have some presentations on vital oft-neglected areas of the globe. We use a variety of formats including PowerPoint, professional videos, informed speakers, informal discussions, book reviews, and whatever fits. The goal is to widen our worldview of who we are and how we got here, and maybe even try to predict the future. Each session is a separate program, so you can enroll in individual sessions or all of them. Listed are examples of the topics we may cover in Spring 2023. **Note:** *The schedule and topics may change. Class members will be informed about upcoming sessions as the semester progresses.* Enjoy!

**Ranny Eckstrom** has co-led multiple seminars since joining the Renaissance Society in 2009. **David Lewis** has been instrumental in developing *Big History* at both Sun City Lincoln Hills and the Renaissance Society, and has hosted several Renaissance Society seminars. This Spring he is the host of the new *Wednesday Science Series*.

**Feb 6****Big History from the Big Bang to the Anthropocene Epoch [Z/R/OE]**

10 to 11:30 am

An introduction and review of Big History. From the Big Bang to the Present. Essential to understanding Big History. Don't miss it! **Dave Lewis**

**Feb 13****CE 1215: A Year of Big Changes [Z/R/OE]**

10 to 11:30 am

Eight centuries ago in the course of twelve months the known world pivoted—and experienced a turning point in time when there was no turning back. In 1215, England's King John signed the Magna Carta, a major pillar of our democratic Western civilization. Also, in 1215,

the Roman Catholic Church's Fourth Lateran Council, a Council of Cardinals, met and made a series of decisions that set the course of Western civilization for the next few centuries and propelled Europe from the medieval world into the beginning of the modern world. In Asia a lower-class Mongolian named Genghis rose to power and was building the world's largest empire—rippling changes throughout Eurasia. The year 1215 CE may raise more questions than answers—a lesson in Big History. **Ruth McElhinney**

**Feb. 20****Southern African Civilizations [Z/R/OE]**

10 to 11:30 am

Before the Portuguese arrived, there were civilizations in southern Africa, which built cities and united empires. This is the story, to the extent it is known, of those civilizations, as learned from archaeology and the notes of Portuguese explorers; and the story of colonial suppression of knowledge of these civilizations. **Paul K Davis**

**Feb. 27****Mississippian: A thriving civilization in North America during the Middle Age [Z/R/OE]**

10 to 11:30 am

The Mississippian Period (CE 800-1600) in the midwestern and southeastern United States, saw the development of some of the most complex societies that ever existed in North America. This included major changes in prehistoric lifeways, new technological innovations such as the bow and arrow, and new ceramics techniques. There was also a shift from incipient horticulture to an economy focused on maize, and changes in settlement patterns from small villages to a dispersed pattern of small farmsteads and hamlets around a central ceremonial center. **Jan Johansen**

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Starting on January 16th**

**Mar. 6****Language Change: Progress or Decay? [Z/R/OE]**

10 to 11:30 am

How did 10<sup>th</sup> century Old English, *Ūrne dæghwamlīcan hlāf sele ūs tōdæg*, become, a thousand years later, "Give us our daily bread today"? Considering English as a language common to us all, we'll look at the roles of trade, migration, culture, social prestige, and imperfect learning (a.k.a. "sloppy grammar") in language change, along with internal linguistic forces like simplification, least effort, and writing/spelling, ultimately to decide whether language change is progress or decay...or both...or neither! **Doug Brown**

**Mar. 13****Genghis Khan and the Asian Continent [Z/R/OE]**

10 to 11:30 am

Fascinating story of how one man conquered a continent for a brief period of time, and built the world's largest empire. **Karun Yee**

**Mar. 20****Indigenous Peoples: Olmec, Mayan, Aztecs [Z/R/OE]**

10 to 11:30 am

This presentation is about the Olmec, Mayan, and Aztec Civilizations. Their histories, warfare, agriculture, trade, religion, societies, and influences. **Marggi Holtze**

**Mar. 27****Book Reviews [Z/R/OE]**

10 to 11:30 am

A panel of Big History participants will review recent books related to Big History so that you may decide if you wish to read them. **Ranny Eckstrom, Jerry Steinman, Ruth McElhinney, Rick Hetke, Martha Lewis**



Apr. 3

History and DNA [Z/R/OE]

10 to 11:30 am

We think of DNA today as a part of everyday life. But the structure of DNA was discovered just 50 years ago. So, what is the history of DNA from when it first evolved over 3 billion years to today when it is being manipulated by CRISPR and other means? Also, there will be ample time for your questions. Start making your list now. **Dave Lewis**

Apr. 10

Improbable Humans? [Z/R/OE]

10 to 11:30 am

In 1990 the evolutionary biologist and science historian Stephen Jay Gould asked the question that if the tape of life were to be replayed, would it produce similar life, including homo sapiens? This panel of Big History participants will address a broader aspect: If we were to go back to the Big Bang and fast-forward the clock 13.8 billion years to today, would we find a familiar world? An unanswerable question, but interesting and fun to debate! **Ranny Eckstrom, Ruth McElhinney, Paul Davis, Jan Johansen, Jerry Steinman**

Apr. 17

White Sands—Tracking the First Americans [Z/R/OE]

10 to 11:30 am

Fossilized human footprints have been recently identified at White Sands, New Mexico. Recent research indicates that humans made these footprints at least 23,000 years ago. While these footprints are ancient, scientists are still uncovering new evidence of past life. An archeologist working on this site explains. **Vance Holliday**

*"In Alice Stamm's sketching class, I discovered that even I can draw. I followed her gentle, patient guidance and learned to see the lines and transfer them to the paper."*

—Helena C.

Apr. 24

Central Asia [Z/R/OE]

10 to 11:30 am

Most history taught in the US is Euro-Centric, and Central Asia is not included. So, many of us know little about the contributions of Central Asia, which was vital to trade, technological development, and culture in the West. We will explore some surprising recent discoveries by some Big History members about this important, but often neglected region. **Ranny Eckstrom, Martha Lewis, Ruth McElhinney, Jerry Steinman, Marty Keale, Rick Hetke. Karun Yee**

May 1

The History of Food [Z/R/OE]

10 to 11:30 am

The history of food is closely tied to the history and the evolution of Homo Sapiens. Food is a vital part of everyday life, influencing how we spend our time, our health, our physical appearance, the initiation of wars, a defining element of our cultures, and our governing mechanisms. Its production is a vital and a deeply imbedded element of our technology. In the process of sourcing food, we have shaped, and continue to shape, the ecology and climate of our planet. Plenty of food for thought! **Jerry Steinman**

May 8

Elemental History [Z/R/OE]

10 to 11:30 am

There are two histories of the chemical elements: the history of their discovery as elements, and the pre-history of their diverse creation in the Big Bang and stars. These histories will be surveyed and a few interesting details described. **Paul K. Davis**

tuesday speaker series

Cuba Today [Z/R/OE]

Paul Bardwil

Feb 7

2 to 3:30 pm

Cuba is just 100 miles and an hour flight from Florida, but it is not that easy to visit, let alone do business there. The US has embargoed trade and limited tourist access for more than 50 years, although we have more trade and tourism with Russia than Cuba. The Obama Administration began the process of reconciliation which ended with the Trump Presidency. These policies hurt both countries but hurt the people of Cuba the most.

**Paul Bardwil** has led educational tours to Cuba for 20 years, and he has established close business and personal relations in Havana and elsewhere in Cuba.

The Secrets of Financial Success [Z/R/OE]

Dr Sanjay Varshney

Feb 14

2 to 3:30 pm

The US has been a pillar of strength and the envy of the world. However, we are now experiencing inflation, rising interest rates, and political uncertainty. So how do we access the economy? How will the market respond? What is our own best strategy in this time of uncertainty?

**Dr Varshney** is Principal and Founder of Goldenstone Wealth Management. He brings three decades of investment expertise.

The Women of Iran [Z/R/OE]

Dr Sahar Razavi

Feb 21

2 to 3:30 pm

The recent large-scale protest by women in Iran attracted the attention and support of women around the world. The issue of women's rights in the Islamic world has been evolving slowly but

steadily for years in the Middle East. Dr. Razavi will tell us more about this and Iran in particular.

**Dr Razavi** is Director of Middle Eastern Studies at Sac State.

How Britain Lost America [Z/R/OE]

Cathy Minicucci

Feb 28

2 to 3:30 pm

When Britain invaded New York Harbor in 1776 with overwhelming force, King George III and his Prime Minister expected a quick decisive victory. They thought they would knock out American resistance in a short war. Instead, after eight long years of fighting, Britain signed a peace treaty with the new United States. How did the most powerful military in the world in the eighteenth century lose a war to 13 poorly trained and equipped American colonies? This presentation will describe the flaws in Britain's approach and the fatal errors they made.

**Cathy Adams Minicucci** graduated from UCLA with a BA in Anthropology and received a master's degree at Harvard. Cathy has been an active member of the Sacramento Renaissance Society, leading seminars on *Turning Points in American History*, *Profiles in Leadership*, and the *American Revolution*.





### The Four Pillars of Health [Z/R/OE]

Linda Paumer, Debbie Lucus  
Mar 7  
2 to 3:30 pm

Discussion of how each of four pillars contributes to health management and successful aging. Those pillars are: physical fitness, healthful nutrition, mindfulness and stress management, and social connections. Each of these components is reinforced and modeled with activities in Sac State's Cardiovascular Wellness Program, which is housed in Folsom Hall. This will be an interactive session and will include practical, take-home suggestions.

**Linda Paumer** is the program coordinator for the Cardiovascular Wellness Program, with 30+ years as an exercise physiologist with UCD in outpatient cardiac rehabilitation. **Debbie Lucus** is an RD/certified diabetes educator with a background in nutrition education in cardiac rehab and the former UC Davis Coronary Heart Disease Reversal program.

### The 1893 Chicago World's Fair [Z/R/OE]

Carol Dabrowiak  
Mar 14  
2 to 3:30 pm

On the 400th anniversary of Columbus' discovery of America, Chicago hosted an epic event: The 1893 Columbian Exposition. It featured architecture, art, transportation, electricity, landscaping, and cultural experiences. Innovators like Tesla, Westinghouse, Edison, Olmsted, Ferris, and Ford contributed. Entertainment on the Midway was provided by Buffalo Bill, Annie Oakley, and native and exotic dancers. Every state and most countries shared their art and heritage, and even President Grover Cleveland attended.

**Carol Dabrowiak** grew up in Chicago but only learned of this major historical event after she moved to California. She has been a Renaissance member since 2011 and presented *iPad Basics* on campus.



### The Pritzker Prize, the Buildings, and the Winners [Z/R/OE]

Anne Rewell  
Mar 28  
2 to 3:30 pm

In the world of architecture, the Pritzker Prize is awarded annually for outstanding achievement. Established in 1979 by the Pritzker Family and funded by the Hyatt Foundation, it has recognized 51 individuals for their outstanding work. The likes of I.M. Pei, Jorn Utzon, Zaha Hadid, and Arta Isozaki are among the distinguished recipients. We will look at the body of work of these and other winners, and discuss their work and the impact their buildings have had.

**Anne Rewell** is originally from Australia and has been a Sacramento resident for many years. As an accountant, she has worked for a Big Eight accounting firm and for the County, and managed rice farming and drying. She has done excellent research and presentations for Renaissance programs.

### How Food Helps Us Prevent and Survive Cancer [Z/R/OE]

Linda Middlesworth  
April 4  
2 to 3:30 pm

The class will see videos from Dr. Neal Barnard who will show which foods promote cancer and which foods can help us survive cancer. They will also see a cooking demonstration of cancer-fighting recipes which will be provided to the participants, and there will be a group quiz. The participants will learn how she survived cancer 35 years ago, what she did to end her own cancer, and how to live vibrantly today at the age of 79.

**Linda Middlesworth** has been a vegan for 35 years, and beat her cancer, heart disease, and obesity. She is the Organizer for the Sacramento Vegan Society with 5,080 members. She is a Certified Food for Life Nutrition and Cooking instructor for Physician's Committee for Responsible Medicine under Dr. Neal Barnard. She teaches Cancer and Diabetes Prevention and Survival Classes at local Community Colleges in biology classes. She puts on Health events with leading U.S. doctors in plant-based medicine.

### The History of Human Rights [Z/R/OE]

Corrine Venema-Tucker  
April 11  
2 to 3:30 pm

Together we will explore human rights history, evolution, and implementation into our daily lives. We explore various topics, such as women's rights, rights of the disabled, and religious rights within the context of our daily lives, and discuss how successful states' legal obligations to uphold them are felt by attendees. The workshop is designed to engage and empower every citizen in first understanding and then creating the future they seek.

**Corrine Venema-Tucker** has a bachelor's degree in Psychology and a master's in Education, both obtained in the US. In September 2021 she graduated from FAU (Germany) with a master's in Human Rights. Since graduation, she has established her own educational organization, Let Them Learn, offering human rights workshops for all ages.

### China, Russia, Iran, North Korea—Update [Z/R/OE]

Jerry Glasser  
April 18  
2 to 3:30 pm

China, Russia, Iran, N. Korea: the evil empires, the Anti-NATO alliance. Can the Free world compete? What are the options for the next decade? A diplomatic solution to Ukraine, Taiwan invasion, and Iran vs. Saudi Arabia.

**Col Jerry Glasser** was a high-altitude spy as a Blackbird pilot during the Cold War, flying reconnaissance missions around the world. Jerry retired to teach high school physics, and he helps keep us informed of advances in science and development in our country's economy and defense.

### What is Cryptocurrency? [Z/R/OE]

Dr Sanjay Varshney  
April 25  
2 to 3:30 pm

How many of us understand Cryptocurrency? Should we consider it as an investment? Is it stable enough for investors of our generation? What do we need to consider and what is the best way to learn more or to invest?

**Dr Varshney** is Principal and Founder of Goldenstone Wealth Management. He brings three decades of investment expertise.

### Marijuana Today [Z/R/OE]

Jack Jennings  
May 2  
2 to 3:30 pm

Just six years ago it was illegal to smoke a joint or eat a loaded brownie in California without a medical pretense. It is now legal in 19 states, and "in the process" of becoming legal in another 11 states, but it is still federally classified as an illegal drug. Marijuana was always popular with a subculture of dedicated users and advocates, but it has moved from clandestine use to the mainstream so we can openly discuss it.

**Jack Jennings** became acquainted with the marijuana industry as the publisher of the best-selling Growers Guide and editing/marketing books in the early stages of medical use and acceptance.





# wednesday science series

## Wednesday Science Series Kickoff Meeting [Z/R/OE]

David Lewis  
Wednesday, Feb 8  
2 to 3:30 pm

Welcome to the Wednesday Science Series. We will explore diverse topics such as how DNA works, the science of global warming, how to prevent disease such as Type II diabetes, what toxicology is about, and much more. In this first meeting you will meet the science series presenters who will give you a preview of what they will present throughout the semester. And you will have a chance to ask questions. Join us on Feb 8th, at 2 pm.

**David Lewis** retired after 35 years in Silicon Valley making computer chips. After 12 years living in Murphys, CA he moved to Sun City Lincoln Hills. There he joined and eventually became VP of the Big History club. After Big History partnered with the Renaissance Society, David presented the *Ancient Egypt* seminar for two semesters and recently a seminar on *Alexander the Great*. He is currently the Coordinator for the *Wednesday Science* series.



## The Science and Prevention of Chronic Conditions [Z/R/OE]

Don Forrester MD  
Wednesday, Feb 15  
2 to 3:30 pm

Most chronic conditions can be prevented and often reversed by nutrition and/or exercise. Knowing the best, most relevant science is the first step toward making informed decisions for you to maintain a healthy quality of life while avoiding disability. In this presentation I review the latest science on the most common chronic conditions (e.g., diabetes, obesity, high blood pressure, Alzheimer's). I frame the science with concepts to help individuals navigate our toxic information system.

**Don Forrester MD** is a retired family medicine physician. He worked for the Permanente Medical Group for 30 years, then 10 years gaining expertise in the prevention and reversal of chronic conditions at the McDougall Clinic, Sacramento Job Corps, Switch Healthcare and EarthSave's Meals for Health programs. He has advanced training in quality improvement and is a Fellow with the American College of Physician Executives. He volunteers on the boards of NutritionFacts.org and True North Health Foundation.

## Climate Science and the Individual [Z/R/OE]

Don Forrester MD  
Wednesday, Feb 22  
2 to 3:30 pm

The science of climate change is being mentioned with increasing frequency in various media. The science can be confusing, and it can be difficult to decide what to do as individuals. To help members decide I provide key concepts, overview the science and models then outline options for personal action(s). Bring your questions to help develop a personal check list for action.

**Don Forrester MD** is a retired family medicine physician. He became interested in climate science after reading Project Drawdown in June 2019 and joined XR Sacramento later that year. In his third career he teaches at The Renaissance Society and is involved with local climate actions. He has advanced training in quality improvement and is a Fellow with the American College of Physician Executives. He volunteers on the boards of NutritionFacts.org and True North Health Foundation.

## A Small Dose of Toxicology [Z/R/OE]

Mari Golub  
Wednesday, Mar 1  
2 to 3:30 pm

There are over 80,000 chemicals on the market in the US and every week a new one with an unpronounceable name turns up in the news as being toxic. Who figures out if a chemical is toxic, and how do they do it? We will discuss the basic science of toxicology as a framework for understanding the risk of exposure to environmental chemicals, drugs, and food contaminants in everyday life.

**Mari Golub** received her Ph.D. from the University of Michigan and worked as a toxicologist at UC Davis and the Cal/EPA for over 30 years. She studied the toxicology of aluminum, diethylstilbestrol, and prozac and contributed to risk assessment of food colors, arsenic, and bisphenol A.

## How the Invention of Carbon-14 Dating Transformed Archeology from an Art to a Science [Z/R/OE]

Martha Lewis  
Wednesday, Mar 8  
2 to 3:30 pm

Archeology became glamorous 100 years ago with the discovery of King Tut's Tomb and other exciting finds from the Near East. Archeologists raised money for digs by telling stories, especially stories linking their research to the Bible or Greek or Egyptian mythology. But what about sites like Stonehenge, or New World pyramids? The invention of Carbon-14

dating in 1948 gave agency and a timeline for cultures around the world without writing. Carbon-14 dating added 50,000 years to history.

**Martha Lewis** has been an active participant in archeology for more than 50 years. During that time she has learned about new technologies and research tools through her participation in organizations such as The Leakey Foundation, the Institute of Human Origins, and the Gault School of Archeological Research.

## Cosmic origins of Earth's Chemical Elements [Z/R/OE]

Paul Davis  
Wednesday, Mar 15  
2 to 3:30 pm

The chemical elements of which we, Earth, and everything in the Solar System are composed, have various origins, including the Big Bang, previous generations of stars, our Sun, and processes within Earth. These will be described for the intelligent non-scientist, identifying which elements and isotopes were formed by which processes.

**Paul K Davis** earned a Ph.D. in physics from U.C. Berkeley. He worked for most of his career for NASA designing space telescope optics, including Spitzer, SOFIA, and Kepler. He has also studied the history of science, and, since retirement, has been active in the Sacramento Archeological Society.

### ABBREVIATION KEY

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**How about Phages: Predators You Should Meet [Z/R/OE]**

Jerry Steinman  
Wednesday, Mar 22  
2 to 3:30 pm

Phages are the most numerous organisms on earth. They are killers of bacteria. They are the most successful predators on the planet and are one of our best hopes for combatting increasingly common antibiotic resistant bacteria“... many of the major breakthroughs in biology of the past century resulted from the study of the phage.” If you have heard of phages, you probably know very little about them. I will attempt to remedy that.

Currently retired, **Jerry Steinman** resides in Sun City Lincoln Hills with his wife. He is an active presenter and steering committee member of the Big History Club. In addition, he is President of the Writer’s Club, and is active in other local clubs.



**DNA Series Part 1—History, Crops to CRSPR [Z/R/OE]**

David Lewis  
Wednesday, Mar 29  
2 to 3:30 pm

This is the first of the DNA series of presentations. In Part 1 we will first explore the history of man’s search to understand how a human being is created. Milestones include Gregor Mendel, the founder of the field of Genetics, the discovery of the structure of DNA in 1953, and the Human Genome Project in 2001. Part 2 will explore how DNA works in the body. Part 3 is the study of Epigenetics, the level above DNA. And Part 4 the Human Biome—the trillions of microorganisms in our bodies.

**David Lewis** retired after 35 years in Silicon Valley making computer chips. After 12 years living in Murphys, CA he moved to Sun City Lincoln Hills. There he joined and eventually became VP of the Big History club. After Big History partnered with the Renaissance Society, David presented the *Ancient Egypt* seminar for two semesters and recently a seminar on *Alexander the Great*. He is currently the Coordinator for the *Wednesday Science* series.

**DNA Series Part 2—How it Works in Your Body [Z/R/OE]**

David Lewis  
Wednesday, Apr 5  
2 to 3:30 pm

Part Two of the DNA series covers the incredible progress from 2001 until today in understanding how DNA functions. And then we will get down to the nitty gritty about how it works in your body. First the sperm and egg get together. Next DNA makes the many different cells in your body until there are a total of 37 trillion in an adult. Finally, we will discuss how different you are from let’s say a cat. Or for that matter a banana. The answer might surprise you.

**David Lewis** retired after 35 years in Silicon Valley making computer chips. After 12 years living in Murphys, CA he moved to Sun City Lincoln Hills. There he joined and eventually became VP of the Big History club. After Big History partnered with the Renaissance Society, David presented the *Ancient Egypt* seminar for two semesters and recently a seminar on *Alexander the Great*. He is currently the Coordinator for the *Wednesday Science* series.

**DNA Series part 3—Epigenetics (RNA World) [Z/R/OE]**

David Lewis  
Wednesday, Apr 12  
2 to 3:30 pm

Part 3 of the DNA series examines Epigenetics the level above DNA. We used to think that DNA made RNA and sent it out to make proteins. But it is not that simple. At last count there were over 20 types of RNA and new

functions continue to be discovered. RNA may be altered in the cytoplasm by chemicals, stress, and much more. Altered RNA may then go back in the nucleus and affect DNA. Think about the children being raised in Syria. And what about their children? This is epigenetics.

**David Lewis** retired after 35 years in Silicon Valley making computer chips. After 12 years living in Murphys, CA he moved to Sun City Lincoln Hills. There he joined and eventually became VP of the Big History club. After Big History partnered with the Renaissance Society, David presented the *Ancient Egypt* seminar for two semesters and recently a seminar on *Alexander the Great*. He is currently the Coordinator for the *Wednesday Science* series.

**DNA Series Part 4 Microbiome-Gut to Brain [Z/R/OE]**

David Lewis  
Wednesday, Apr 19  
2 to 3:30 pm

Part 4 of the DNA series explores our Microbiome—the trillions of microorganisms—bacteria, fungi, and viruses, about 3 or 4 pounds worth on our skin, in our eyes, but primarily in our gut. We depend on them to keep us alive. Bacteria help us breakdown our food, enhance our immune system, and provide essential vitamins. However, when they are out of balance, they may cause life threatening diseases such as irritable bowel syndrome. We will explore both the good and the bad of our Microbiome.

**David Lewis** retired after 35 years in Silicon Valley making computer chips. After 12 years living in Murphys, CA he moved to Sun City Lincoln Hills. There he joined and eventually became VP of the Big History club. After Big History partnered with the Renaissance Society, David presented the *Ancient Egypt* seminar for two semesters and recently a seminar on *Alexander the Great*. He is currently the Coordinator for the *Wednesday Science* series.

**A Science Mystery Guest Speaker [Z/R/OE]**

A Mystery Presenter  
Wednesday, Apr 26  
2 to 3:30 pm

We are going to close out the Wednesday Science Series with a Mystery Guest Speaker. Register for this session and I guarantee you will not be disappointed.

Dave Lewis  
Science Series Coordinator



**CLICK HERE TO ENROLL  
IN ANY PROGRAM  
Starting on January 16th**



# friday on-campus speakers series

## Beautiful Parks + Women Founders [IP/WI/NR]

Carolyn Martin  
Friday, Feb 10  
10 to 11:30 am  
Eureka Hall (EUR) 107

Very persistent women-led campaigns to create national parks such as Redwoods, Mesa Verde, Great Sand Dunes, and many others. These women often worked years to achieve their goals sometimes using dramatic tactics. Learn about these dynamic women and discover some beautiful (with one exception), but lesser-known parks, as well as “must-see” national parks, created thanks to determined founding “Mothers.”

**Carolyn Martin** earned her M.A. in U.S. History from the University of Washington. Since women rarely appeared in her studies, she took a Women’s History class at Sac State. Thanks to an exemplary adult school principal, she attended the National Women’s History Project Workshop. She created Women’s history events for faculty, staff, and students, and taught U.S. History part-time in community colleges where her students received a decent dose of Women’s and Social History with a dash of humor.



## Media Meltdown: The Ominous Decline of Print Journalism [IP/WI/NR]

Alan Miller  
Friday, Feb 17  
10 to 11:30 am  
Eureka Hall (EUR) 107

The ominous decline of print journalism and growing distrust of genuine reporting fueled by social media. Since 1981, when I became a full-time journalist, the profession has taken several hits beginning with the creation of *USA Today*, which trivialized hard news to the scourge of Social Media that has dumbed down America still further. As long as this downward spiral proceeds apace it portends serious dangers to an increasingly polarized culture that panders to the lowest common denominator.

**Alan Miller’s** dual careers involved writing for various national publications and newspapers that include two decades crafting award-winning opinion pieces for *The Detroit News* and *The San Diego Union-Tribune*. He has taught journalism classes at Sacramento State and American River College. He’s also lectured at UC San Diego and UC Davis.

## Hidden History: Women in Sacramento’s Food Story [IP/WI/NR]

Maryellen Burns  
Friday, Feb 24  
10 to 11:30 am  
Eureka Hall (EUR) 107

From cooks and bakers in local boarding houses, to orchardists, farmers, cannery workers, food processors, restaurant owners, grocers, caterers, cooking instructors, academics, and food writers, women have played an important role in Sacramento’s almost two-century history as the food, wine, beer, and coffee capitol of California and beyond. Hear the stories of their struggles and successes.

**Maryellen Burns**, a noted food and cultural historian, will be joined by friends who will help bring the stories to life. She is the author of *Lost Restaurants of Sacramento and Their Recipes* and is at work on a sequel —*Coming of Age: Sacramento’s Restaurant Renaissance*.

## Take Your Garden into the Future [IP/WI/NR]

Mary Jane Sutliff  
Friday, Mar 3  
10 to 11:30 am  
Eureka Hall (EUR) 107

This presentation will explore: Why plant native plants, what do they do, where do you buy them, and why to buy them?

**Mary Jane Sutliff** is an Attorney, Master Gardener, Past District Director—Sacramento River Valley District of the California Garden Clubs, member Native Plant Society, member Arden Park Garden Club, former nursery worker at Talini’s Nursery, and has a teaching credential.

## The Supremacy Clause: Trial of Abraham: Live Theater [IP/WI/NR]

Ron Tochterman  
Friday, Mar 10  
10 to 11:30 am  
Mendocino Hall (MND) 1005

It’s a one act, two character play I wrote, in which Abraham is on trial for the Attempted Murder of his son Issac. Its subjects are interpretations of biblical stories and the American criminal justice system. (Another of my plays, this one involving hate speech and the First Amendment, was performed at a Friday R.S. Forum a few years ago.)

**Ron Tochterman** was a Superior Court judge for thirty-two years. During twenty of those years, he taught night courses (Constitutional Law and Evidence) at McGeorge School of Law in Sacramento. He has led or co-led approximately sixteen Renaissance Society seminars, the first several on literature, the more recent one on the Supreme Court and the Constitution.



## A St. Patrick’s Day Reading [IP/WI/NR]

Mike Storey  
Friday, Mar 17  
10 to 11:30 am  
Eureka Hall (EUR) 107

The Program description will be announced later. Please check the Weekly Updates.

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

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**Preparing to Invest [IP/WI/NR]**

David Bach  
Friday, Apr 7  
10 to 11:30 am  
Eureka Hall (EUR) 107

Topics include: an investment objective; the difference between an investment adviser and a financial planner; the difference between suitability, fiduciary, and Regulation BI (Best Interest) and the people who follow them; an investment adviser’s advantage over other financial organizations; and the insidious impact of fees on a portfolio over time. Improve your investment performance and learn how to avoid scams. Learn what you would have liked to have known 30 years ago. It’s not too late!

**David Bach** is CEO of The Bach Group, a financial literacy consultant teaching corporate employees how to better manage their investments. He has 47 years of investment experience, including 31 years at CalPERS where he was a portfolio manager for a \$500 million high-yield portfolio and performed credit analysis. Mr. Bach is a board member of the California State University Investment Advisory Committee and of the City of Sacramento Administration, Investment and Fiscal Management Committee.

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**Edible Architecture: Food on the Road in 20th-Century America [IP/WI/NR]**

Maryellen Burns  
Friday, Apr 14  
10 to 11:30 am  
Eureka Hall (EUR) 107

Nothing transformed 20th-century America more than the automobile. As we traveled more and more, for work or pleasure, new types of eye-catching, kitschy roadside building began to emerge to lure hungry diners. Constructed in unusual shapes — silly animals, giant coffee pots, fruit stands built in the shape of an orange or other fruit, space-aged diners, and other concepts — these buildings showcased a new kind of “edible architecture.”

**Maryellen Burns** will take us on a photographic journey through the roadside and neighborhood eateries of the United States and provide an opportunity for you to share your favorite places. She is the author of several books on restaurants, cooking, and California culinary and cultural history.

**ABBREVIATION KEY**

- Z** Zoom only
- IP** In person/live only
- H** Hybrid (IP + Z)
- R** Program is recorded
- NR** Program is not recorded
- SP** Program is sponsored
- WI** Walk-in program/no enrollment needed
- OE** Overlapping enrollment

**The Origin and Development of Cancer/ Interdiction of Metastases [IP/WI/NR]**

Ijaz Jamall  
Friday, Apr 21  
10 to 11:30 am  
Eureka Hall (EUR) 107

An overview of how most solid cancers develop, how cancers spread (metastasize), and some of the clinical evidence for our hypothesis. The presentation will be designed to be understood by anyone with some basic biology. No medical advice will be given.

**Dr. Ijaz Jamall** obtained his Ph.D. in Toxicology from the University of Cincinnati College of Medicine. He was a tenured professor at St. John’s University in New York. For the past decade, Dr. Jamall has developed a close collaboration with Dr. Bruecher in Germany to investigate the underlying mechanisms responsible for the vast majority of cancers. Together they developed an entirely new paradigm on how cancers develop and have published 16 papers on cancer and metastases.

**Corporate Financial Analysis and Stock Valuation [IP/WI/NR]**

David Bach  
Friday, Apr 28  
10 to 11:30 am  
Eureka Hall (EUR) 107

Topics include where to find corporate financial information on the Internet; a description of the income statement, the balance sheet, and the cash flow statement; how to calculate various financial ratios to evaluate a company for investment; and determining if a stock is over-, under- or fairly valued in the marketplace.

**David Bach** is CEO of The Bach Group, a financial literacy consultant teaching corporate employees how to better manage their investments. He has 47 years of investment experience, including 31 years at CalPERS where he was a portfolio manager for a \$500 million high-yield portfolio and performed credit analysis. Mr. Bach is a board member of the California State University Investment Advisory

Committee and of the City of Sacramento Administration, Investment and Fiscal Management Committee.

**The Evolution of the American Flag [IP/WI/NR]**

Milo Turaylich  
Friday, May 5  
10 to 11:30 am  
Eureka Hall (EUR) 107

The presentation shows the origins of the American flag from the 14th century to the present. It shows how the flag changed as the stars were added. Some of the stars had great historical significance. Selected state flags and city flags are also covered. We also get into the question of what makes a good flag design versus a poor flag design. We will also look at a few foreign flags and their design. This lecture will take about 50 minutes.

**Milo Turaylich** has been a Renaissance Society member since 2007. He has a very deep interest in history, including American history. The presentation is about the evolution of the American flag from its very beginnings in the 14th century to the present. He has given this presentation one time in front of the Renaissance Society. He has also given the presentation at a local library.

**“No.” is a Complete Sentence: Live Theater [IP/WI/NR]**

Malina Walker  
Friday, May 12  
10 to 11:30 am  
Mendocino Hall (MND) 1005

This one-of-a-kind theater event promises a thought-provoking presentation on financial elder abuse awareness and how to say “No” to family, friends, and solicitors. Professional actors will present scenes depicting common financial exploitation situations.

This theater event is presented by McGeorge School of Law— Elder and Health Law clinic, and is funded by a grant from the Kelly Foundation.



# forums

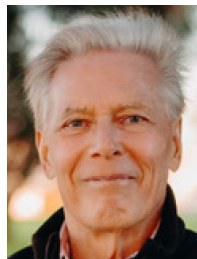
FORUMS are a special category of highly acclaimed and high-profile speakers addressing current topics of special interest to a wide variety of our Renaissance members. These esteemed speakers are also seasoned experts in their fields. They bring a diversity, depth, and breadth of topics to inform us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

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

**Note:** Forums speakers for Spring 2023 will give in-person presentations in **Mariposa Hall (MRP) 1000**. In addition, the new Hybrid technology will enable you to view these presentations on Zoom, in real time from home, or view the recording later.

## February 10

### Because Our Fathers Lied— A Conversation [H/R]



**Craig McNamara** came of age in the political tumult and upheaval of the late '60s. While Craig would grow up to take part in anti-war demonstrations, his father, Robert McNamara was John F. Kennedy's Secretary of Defense and the architect of the Vietnam War. His searching and revealing memoir offers an intimate picture of one father and son at a pivotal period in American history. Joining Craig in conversation will be UC Davis Professor and historian **Larry Berman** who has written extensively about US intervention and escalation in Vietnam and the role of Robert McNamara in these critical decisions. Please join us in conversation as Craig and Larry discuss his highly acclaimed book *Because Our Fathers Lied: A Memoir of Truth and Family*.



## February 17

### Nature's Value and the Future of California's Working Landscapes [H/R]



**Professor Lynn Huntsinger's** research focuses on the conservation and management of grasslands and woodlands. Do investments in a future landscape pay off? Conservation easements create a conservation partnership between landowners and conservation organizations, one of which is the California Rangeland Trust. While they are much less costly to the public than land acquisition and public management, the Trust asked us, what is the return on our investment in easements? Lynn will present the answer she and Prof. Van Butsic found. The "silent partners" on the two million acres of California working landscape easements are cattle, sheep, goats, and a multitude of wild plants and animals, including soil microbes and bacteria.

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## February 24

### Priorities for California Water: Thriving with Less [H/R]



**Dr. Jeffrey Mount** is a senior fellow at the PPIC Water Policy Center. He is an Emeritus Professor of earth and planetary sciences and founding director of the Center for Watershed Sciences at UC Davis. A geomorphologist who specializes in the study of rivers, streams, and wetlands, his research focuses on integrated water resource management, flood management, and improving aquatic ecosystem health. He has served on many state and federal boards and commissions that address water resource management issues in the West. He has also published more than a hundred articles, books, and other publications, including the seminal book *California Rivers and Streams* (UC Press). He holds a Ph.D. and MS in earth sciences from the University of California, Santa Cruz

## March 3

### The Future of the Supreme Court [H/R]



**Aaron Tang** is a law professor at UC Davis and former law clerk to Justice Sonia Sotomayor. He writes about constitutional law, education law, and the Supreme Court. His scholarly work has appeared in the *Stanford Law Review*, *Columbia Law Review*, *California Law Review*, and elsewhere, and he has written for popular audiences in *The New York Times*, *Washington Post*, *Los Angeles Times*, *Slate*, and *The Atlantic*. His new book, *Maybe In Error But Never In Doubt: How Overconfidence Broke the Supreme Court—And How We Can Fix It* is forthcoming this Spring.

## March 10

### Solving the Sacramento Homeless Crisis [H/R]



**Amani Sawires-Rapaski** is the Executive VP and COO of Volunteers of America (VOA) for Northern California & Northern Nevada (VOA NCNN). This organization operates 40 programs including housing, employment services, substance abuse, and recovery services for families, individuals, veterans, seniors, and youth. VOA NCNN provides shelter or housing to over 3,500 men, women, and children every night nationally, and serves more than 2.5 million people annually. Amani earned a BS from UC Davis, an MPPA at Sac State, and an Executive Leadership Certification at Case Western Reserve University. She and guest panelists will discuss Sacramento's homeless problem and potential solutions as well as provide ways that each of us can become involved in helping to solve this crisis.

## March 17

### The Business Climate in California Following the November 8, 2022 Election [H/R]



**Rob Lapsley** was named President of the California Business Roundtable in 2011. As President, Rob leads an organization comprised of senior executive leadership of major California employers representing all sectors of California's economy and with a combined workforce of more than a million employees. The Roundtable's mission is to strengthen California's economy and grow jobs while ensuring an educated workforce prepared for the next generation of jobs. Major policy priorities include efforts to address California's economic recovery, the housing crisis, rising energy costs, education reform, and the regulatory environment's impact on the ability of California businesses to compete both na-



tionally and internationally. He will also address the business community's strategies regarding climate change policies and what the impacts of these policies will be on the state's economy.

April 7



Wine Quality and Climate Change [H/R]

**Dr. Andrew Waterhouse** earned a BS in Chemistry from the University of Notre Dame, and a Ph.D. in organic chemistry from UC Berkeley. In 1991, he joined the Department of Viticulture and Enology at UC Davis, researching wine oxidation as well as various aspects of wine chemistry, with an emphasis on phenolic compounds. His graduate students and post-docs are winemakers, researchers, and faculty across California and around the globe. Climate is a key factor in grape characteristics and wine quality. Dr. Waterhouse will discuss how changing climate may affect famous wine growing areas and what mitigation strategies are possible to address the resultant impact on grape growing and wine production.

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- SP** Program is sponsored
- WI** Walk-in program/no enrollment needed
- OE** Overlapping enrollment

April 14

Reparations [H/R]



**Dr. Shirley Weber**, California's first African American Secretary of State, will speak about her efforts to create the first statewide reparations task force (CA-AB3121), a two-year effort to study the consequences of slavery and systemic racism against African Americans in California and develop reparations proposals for descendants of slaves. Dr. Weber will be accompanied by her Chief of Archives, Tamara Martin, and Deputy Secretary of State for Voter Education and Outreach, Jannell Jackson. Together they will be able to field questions about reparations, history, and elections.

April 21

Protect Yourself from Fraud [H/R]



**Fernando Ponce** is an Outreach Specialist for the California Department of Financial Protection & Innovation (DFPI). His areas of responsibility span northern California, the central coast, and the bay area, providing informational presentations in English and Spanish to students, senior citizen populations, veteran groups, new Americans, and the military community. He will educate us on the current and emerging scams involving various financial services, including cybercrime, bank fraud, online scams, and phishing attacks.

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April 28

The Healing Journey of Restorative Justice [H/R]



**Gunner Johnson** spent two decades struggling with PTSD and a spinal injury after being shot multiple times in 1994. Gunner will share the restorative justice journey meeting his perpetrator **Christian Branscombe** to relive and heal their trauma twenty-three years after the shooting. Gunner and Christian have become close friends. They have created a parole board program that accompanies the offender and survivors of violent crimes to transform a deeply re-injuring event (the parole board hearing) into something that has potential to mend deep wounds. Gunner and Christian will discuss ongoing prison reform advances and helping formerly incarcerated prisoners reenter Sac State University through Project Rebound.

May 5



Capital Hooverilles: Sacramento's Depression Era Communities [H/R]

A native of Portland, Oregon, historian **James Scott** has worked with the Sacramento Public Library since 2000, most of that time as an archivist in the agency's special collections and archives. He is a graduate of Marquette University and has master's degrees in Information Science and German History. Scott is also the co-author of several books on Sacramento. Join Scott for a deep dive into the Capital City's Depression-era Hooverilles. From Gardenland to Rotten Egg, we'll explore the makeshift existence of the hundreds of souls who, escaping the throes of the Great Depression or the scourge of the Dust Bowl, decided to make a stand in Sacramento. Rare photographs, archival content, and handouts will accent this presentation.

May 12

Renaissance Society Annual Meeting [H/R]



This forum represents the Renaissance Society's Annual Meeting, hosted by current Renaissance Society President **Deborah Seiler**. Previously, Deborah served as Assistant to CA Secretary of State March Fong Eu for Elections and Political Reform and many other positions related to elections and legislative committees. This meeting will feature a welcome from President Robert S. Nelsen, and our Scholarship Committee Chair, Laurie Brownfield will also introduce our seven scholarship recipients and present their appreciation videos. In addition, Membership, Diversity, and Community Engagement Committee Chair, Debbie Martinez will present the Diversity & Equity Award. Light refreshments and the opportunity to congratulate individual awardees will follow the event.





# Diversity, Inclusion, and Social Justice

## Seminars and Shared Interest Groups (SIGs)

### Acoustic Activism: Expanding Hearing Accessibility in Public Spaces

Anne Geraghty, Thursdays, Mar 9 to Mar 30, 2 to 3:30 pm

### The Authoritarian Challenge to Our Democracy: What is to be done?

Duane Campbell, Thursdays, Feb 9 to May 11, 10 am to 12 pm

### Civil Rights in America

Ron Tochterman and Co-leader Michael Hersher, Tuesdays, Feb 7 to Apr 11, 9:45 to 11:30 am

### Cracker Barrel

Anita Fante and Co-leader Per Ostlund, Fridays, Feb 10 – May 12, 10 to 11:30 am

### Cracker Barrel—Zoom

Anita Fante, Tuesdays, Feb 7 – May 9, 10 to 11:30 am

### Did it Really Happen? Can it happen Again? America's Civil War Revisited

Douglas Bonetti, Fridays, Feb 10 to May 12, 9:30 to 11:50 am, Tahoe Hall (TAH) 1026

### Friends of the New Yorker Magazine

Ronald Meyer and Co-leader Judy Day, Mondays, Feb 6 to May 8, 10:30 am to 12:30 pm

### Gender Identity, Sexuality, and the Human Condition

Dolores Eitel, Mondays, Feb 6 to Apr 10, 1 to 2:30 pm

### Honest and Authentic Conversations around Racism and White Supremacy

Gretchen Jung, Mondays, Feb 6 to May 1, 9 to 11 am

### Interrupting Racism and Promoting Social Justice through Conversation, Friendship, and Activities

Allan Keown and Co-leader Pat Paul, Mondays, Feb 13 to Apr 24, 12 to 2 pm

### The Native American Experience: From Wonder and Welcome to Genocide

Greg Beale, Fridays, Feb 10 to May 12, 10 to 11:30 am, Brighton Hall (BRH)104

### The Economist

Wayne Luney, Wednesdays, Feb 8 to May 10, 7 to 8:30 pm

## One-Time Presentations—Tuesday Speaker Series

### The Women of Iran

Sahar Razavi, Tuesday, Feb 21, 2 to 3:30 pm

### The History of Human Rights

Corrine Venema-Tucker, Tuesday, Apr 11, 2 to 3:30 pm

## One-Time Presentations—Wednesday Science Series

### Climate Science and the Individual

Don Forrester, Wednesday, Feb 22, 2 to 3:30 pm

## One-Time Presentations—Friday On-Campus Speakers Series

### Media Meltdown: The Ominous Decline of Print Journalism

Alan Miller, Friday, Feb 17, 10 to 11:30 am, Eureka Hall (EUR) 107

### Hidden History: Women in Sacramento's Food Story

Maryellen Burns, Friday, Feb 24, 10 to 11:30 am, Eureka Hall (EUR) 107

### "No." is a Complete Sentence: Live Theater

Malina Walker, Friday, May 12, 10 to 11:30 am, Mendocino Hall (MND) 1005

## Forums

### Because Our Fathers Lied—A Conversation

Craig McNamara and Larry Berman, Friday, Feb 10, 3 to 4 pm, Mariposa Hall (MRP) 1000

### Nature's Value and the Future of California's Working Landscapes

Lynn Huntsinger, Friday, Feb 17, 3 to 4 pm, Mariposa Hall (MRP) 1000

### The Future of the Supreme Court

Aaron Tang, Friday, Mar 3, 3 to 4 pm, Mariposa Hall (MRP) 1000

### Solving the Sacramento Homeless Crisis

Amani Sawires-Rapaski, Friday, Mar 10, 3 to 4 pm, Mariposa Hall (MRP) 1000

### Reparations

Shirley Weber, Friday, Apr 14, 3 to 4 pm, Mariposa Hall (MRP) 1000



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# spring 2023 directory

Leaders & Co-Leaders, Coordinators, and Presenters

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**Speakers**

|                                               |                                                |
|-----------------------------------------------|------------------------------------------------|
| Danny Lee                                     | Maryellen Burns, Elaine Corn, and David SooHoo |
| Kathy Hart                                    | Maryellen Burns and Christie Braziel           |
| Kelsey Maher, Maryellen Burns, and Kathy Hart | Maryellen Burns and Marge Tarbell              |
| Maryellen Burns and Jennifer Bayse Sander     | Dolores Eitel                                  |

**Presentations—Monday Big History Series**

Coordinators: Ranny Eckstrom ([ranny44@yahoo.com](mailto:ranny44@yahoo.com)) and David Lewis ([stuff619@gmail.com](mailto:stuff619@gmail.com))

**Speakers**

|                                      |                                                |
|--------------------------------------|------------------------------------------------|
| David Lewis                          | Ranny Eckstrom, Ruth McElhinney, Paul Davis,   |
| Ruth McElhinney                      | Jan Johansen, Jerry Steinman,                  |
| Paul K. Davis                        | Vance Holliday                                 |
| Jan Johansen                         | Ranny Eckstrom, Martha Lewis, Ruth McElhinney, |
| Doug Brown                           | Jerry Steinman, Marty Keale, Rick Hetke,       |
| Karun Yee                            | Karun Yee                                      |
| Marggi Holtze                        | Jerry Steinman                                 |
| Ranny Eckstrom, Jerry Steinman, Ruth | Paul K. Davis                                  |
| McElhinney, Rick Hetke, Martha Lewis |                                                |

**Presentations—Tuesday Speakers Series**

Coordinator: Jack Jennings (415-806-5368, ([jackjk@aol.com](mailto:jackjk@aol.com))

**Speakers**

|                            |                       |
|----------------------------|-----------------------|
| Paul Bardwil               | Anne Rewell           |
| Sanjay Varshney            | Linda Middlesworth    |
| Sahar Razavi               | Corrine Venema-Tucker |
| Cathy Minicucci            | Jerry Glasser         |
| Linda Paumer, Debbie Lucas | Jack Jennings         |
| Carol Dabrowiak            |                       |

**Presentations—Wednesday Science Series**

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|               |                |
|---------------|----------------|
| David Lewis   | Paul Davis     |
| Don Forrester | Jerry Steinman |
| Mari Golub    | David Lewis    |
| Martha Lewis  | Mystery Guest  |

**Presentations—Friday On-Campus Speaker Series**

Coordinator: Beth Mann ([bethmann@comcast.net](mailto:bethmann@comcast.net))

**Speakers**

|                   |                |
|-------------------|----------------|
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| Alan Miller       | Ijaz Jamall    |
| Maryellen Burns   | Milo Turaylich |
| Mary Jane Sutliff | Malina Walker  |
| Ron Tochterman    |                |

**Forums**

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**Speakers**

|                                 |                                         |
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| Lynn Huntsinger                 | Shirley Weber                           |
| Jeffrey Mount                   | Fernando Ponce                          |
| Aaron Tang                      | Gunner Johnson and Christian Branscombe |
| Amani Sawires-Rapaski           | James Scott                             |
| Robert Lapsley                  | Deborah Seiler                          |



## who we are

The Renaissance Society community offers:

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

### Our Programs

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

### Our Appreciation for One Another

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

### Our Commitment to Our Community

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



## how to join if you are a new or returning member

Our Renaissance Society Membership fees are \$100 for an Annual membership and \$60 for a Mid-year membership. Both memberships also include our free Summer Programs.

- Our Mid-year Membership Registration Portal opened Mid-November 2022.
- Our Spring 2023 Catalog is posted January 9 2023.
- The Program Enrollment Portal opens on January 16, 2023.
- Spring programs begin on February 6, 2023, though we may have a sprinkling of events the week before to tease your appetite.

Two simple registration options:

### 1. Preferred Method—Online, with a credit card—

- The online process is simple and secure. By following the prompts on each page, the system will ask for your credit card information to make your payment. The information is **NOT** retained once your transaction is complete.
- Click [here](#) to register online.

### 2. By mail, with a paper application and check made out to the Renaissance Society.

- Print the application form and mail to: Renaissance Society, California State University, Sacramento, 6000 J Street, Mail Stop (MS) 6074, Sacramento, CA 95819-6074 or you can drop it by our office at 350 University Ave. Suite 108. Office Hours: M-F 10-1. Masks are requested.
- Click [here](#) to apply by mail.



# orientation and open house

If you are either a prospective, new, or renewing member of the Renaissance Society, please attend this semiannual event to learn more about our current programs and services and to meet others. The Spring Semester Orientation and Open House will be held Friday, January 13, 2023, from 10 am to 12:30 in the Hinde Auditorium and Ballroom in The University Union. This event has changed in format! Attend to find out why and how.

## Orientation and Open House Program Agenda

**Orientation**—A Live and Recorded event led by a panel of committee representatives will guide you through what transitions to expect and what traditions remain for all of the Renaissance Society’s LEARN.CONNECT.SHARE. offerings. What’s new in the catalog organization structure? How has Zoom changed? What social activities are planned for the spring? Register [here](#) for this Eventbrite activity.

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

**Open House**—Meet our Sac State and Community Partners. Some seek volunteers to work with students, to usher plays and dance recitals, or to join a committee. Others offer ways to extend your commitment to good health or how to meet others who live in Sacramento and around the world. Enjoy a beverage and snack with others at café tables. Door prizes!

**Tours**—Take a brief guided tour of the Sac State campus.

**Badges**—New members may pick up badges. Renewing members must email the office to request a replacement badge. Include your name and emergency contact information.

**Survey**—Please respond to the survey emailed to you following the event. It helps us improve.

**Questions**—Call/email the Renaissance Society Office at 916-758-5133 or [renaissa@csus.edu](mailto:renaissa@csus.edu).

# covid-19 policy

Program Leaders are responsible for following Sacramento County Public Health and University Covid-19 safety guidelines. Click [here](#) for the link to the Sac State and Renaissance Society Covid-19 Safety Plan Protocols.

# library card information

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

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

# parking registration

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





# online learning options

This spring will be our sixth semester using Zoom and our third semester back on campus.

On-campus programs are Fridays only. Some of these are hybrid with in person and online at the same time. For these programs, you can go to campus and be there live or participate from your home online.

Monday through Thursday we offer manyt Zoom programs as well as some in person.

## Preparation for online programs

We recommend that you start the semester with the latest Zoom application. Here is a link to Zoom Support that explains how to upgrade: [Zoom Support Upgrading Zoom Version](#)

If you have problems getting into Zoom or understanding the different controls, you might want to review the guides on the Renaissance Society [Online Learning Resources](#) page under Basic Training Guides>Getting Started. Resources are specific to device and platform.

## Having problems finding your Zoom link?

Go to our website as if you were going to sign up for a new program or use this link: [Ren Soc Member Sign In](#)

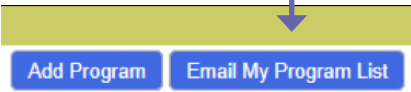
Click to sign in

- Enter your last name and your RS number (include RS at the beginning of your number)
- Click log in
- On the far right, click on Email My Program List
- You will get an email that has all of the links for programs that you have enrolled in
- It is a good idea to save that email for future reference

If you need additional help, please send an email to [rensocit@gmail.com](mailto:rensocit@gmail.com).



Cracker Barrel Seminar Spring 2022



# enrolling in programs

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

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

# ways to connect

## Reaching out to Renaissance Members

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

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

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

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

**Renaissance Café**  
[\(click here\)](#)

**How We Stay in Touch with YOU!**

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

**The Recorder**  
(Our Newsletter sent via Constant Contact)

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

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

**Renaissance Office**  
**916-758-5133**  
[renaissa@csus.edu](mailto:renaissa@csus.edu)



# 2022-23 Renaissance Society

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

| Board Officers/Executive Committee |                     |              |                                                                                      |
|------------------------------------|---------------------|--------------|--------------------------------------------------------------------------------------|
| President                          | Deborah Seiler      | 916-704-5735 | <a href="mailto:deborah.seiler2@gmail.com">deborah.seiler2@gmail.com</a>             |
| Interim Vice President             | Susan Brackenhoff   | 217-254-5037 | <a href="mailto:susan.brackenhoff@gmail.com">susan.brackenhoff@gmail.com</a>         |
| Controller                         | Norv Wellsfry       | 916-718-6920 | <a href="mailto:nlwellsfry@comcast.net">nlwellsfry@comcast.net</a>                   |
| Secretary                          | Bob Benedetti       | 209-603-6281 | <a href="mailto:rbenedetti@pacific.edu">rbenedetti@pacific.edu</a>                   |
| Past President                     | Ken Cross           | 916-995-8288 | <a href="mailto:kencross@kencrossconsulting.com">kencross@kencrossconsulting.com</a> |
| Members-at-Large                   | Kevin Bray          | 916-212-8034 | <a href="mailto:kbrayb@live.com">kbrayb@live.com</a>                                 |
|                                    | Laurie Brownfield   | 916-599-2677 | <a href="mailto:lauriebrowfield@gmail.com">lauriebrowfield@gmail.com</a>             |
|                                    | Michele Finerty     | 916-730-5506 | <a href="mailto:mfinerty3782@gmail.com">mfinerty3782@gmail.com</a>                   |
|                                    | Darryl Omar Freeman | 916-284-6866 | <a href="mailto:darrylofreeman@gmail.com">darrylofreeman@gmail.com</a>               |
|                                    | Kathryn Tobias      | 916-447-8002 | <a href="mailto:tobiaskj@comcast.net">tobiaskj@comcast.net</a>                       |

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

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

| Board Liaison Members   |                |              |                                                                          |
|-------------------------|----------------|--------------|--------------------------------------------------------------------------|
| Recorder                | Mark Vance     | 219-669-2193 | <a href="mailto:mbvance@sbcglobal.net">mbvance@sbcglobal.net</a>         |
| Website                 | Jennifer Kerr  | 916-837-9023 | <a href="mailto:kerr.jennifer.m@gmail.com">kerr.jennifer.m@gmail.com</a> |
| Weekly Update           | Blake Thomson  |              | <a href="mailto:blakethonson@comcast.net">blakethonson@comcast.net</a>   |
| Sun City/ Lincoln Hills | Ranny Eckstrom | 916-708-0165 | <a href="mailto:ranny44@yahoo.com">ranny44@yahoo.com</a>                 |

| Sac State Liaison |              |              |                                                      |
|-------------------|--------------|--------------|------------------------------------------------------|
| Dean, SSIS        | Dianne Hyson | 916-278-6504 | <a href="mailto:dhyson@csus.edu">dhyson@csus.edu</a> |

| Staff            |                |              |                                                                    |
|------------------|----------------|--------------|--------------------------------------------------------------------|
| Office Manager   | Debra da Costa | 916-758-5133 | <a href="mailto:debra.dacosta@csus.edu">debra.dacosta@csus.edu</a> |
| Office Assistant | Amber Korb     | 916-758-5133 | <a href="mailto:amber.korb@csus.edu">amber.korb@csus.edu</a>       |
| Senior Clerk     | Lorene Sarne   | 916-661-6981 | <a href="mailto:lorene.sarne@csus.edu">lorene.sarne@csus.edu</a>   |



## renaissance society 2021-2022 annual report

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

## renaissance society values

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

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

## join our team of leaders, coordinators, and presenters

### What You Can Offer

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

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

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

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

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

### How to Submit a Proposal

Send an email to [lorene.sarne@csus.edu](mailto:lorene.sarne@csus.edu) or call 916-661-6981 for more information. The Program Committee reviews course proposals and provides instructor support and training. Make note of the date when you will receive the Program Application Form and the deadline for submission—see Calendar on page 5.

# your donations make a difference

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

## 6 Ways Your Donations Can Make a Difference

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

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

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

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

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

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

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

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

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



# gift form

|         |       |     |  |
|---------|-------|-----|--|
| name    |       |     |  |
| address |       |     |  |
| city    | state | zip |  |
| email   | phone |     |  |

\$\_\_\_\_\_ Renaissance Scholarship Fund\*  
(payable to University Foundation at Sacramento State—note, RS Scholarship)

\$\_\_\_\_\_ Renaissance Special Program Fund\*  
(payable to University Foundation at Sacramento State—note, RS Special Program)

\$\_\_\_\_\_ ASI Food Pantry\* (payable to ASI Food Pantry)

\$\_\_\_\_\_ Renaissance Society Operations Fund  
(payable to Renaissance Society—note, RS Operations Fund)

\$\_\_\_\_\_ Member Scholarship (payable to Renaissance Society—note, Member Scholarship)

\$\_\_\_\_\_ Give the Gift of Learning  
(payable to Renaissance Society—note, Member Gift)

\$\_\_\_\_\_ Total Gift

Note: \*These donations are tax deductible.

I wish my gift to remain anonymous. \_\_\_\_yes \_\_\_\_no

This gift is \_\_\_\_in honor of \_\_\_\_in memory of \_\_\_\_\_

Please send notification of my tribute to \_\_\_\_\_

|         |      |       |     |
|---------|------|-------|-----|
| Address | City | State | Zip |
|---------|------|-------|-----|

Mail checks to:

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



# consider volunteering to be a Zoom tech host

Our Society is powered by volunteers. Yes, we have some part-time staff in the office that do a lot of the administrative duties and keep us going, but we could not exist without members volunteering their time, energy, and skills.

In order for our leaders to hold their Seminars and Special Interest Groups (SIG), we need to have Zoom technical hosts to support them in the Zoom meeting. This allows the leaders to spend their time on the content and running of the program.

- Usually this means starting the meeting, monitoring the participants, and ending the meeting.

If you haven't been a tech host yet, you might consider volunteering in one of the programs that you will be attending this semester. That way you can watch and learn as you go along.

Since we transitioned to Zoom, our society has always had a robust Zoom training for the tech hosts as well as the leaders. We provide videos and guides from our training sessions on our website. Use this link to find them: [Online Learning Resources](#).

If you are now comfortable with basic Zoom tools, and would like to help, we are currently looking for more tech hosts for the next semester. Contact Marian Kile [mariankile@yahoo.com](mailto:mariankile@yahoo.com) or Sarah Ryan-Roberts [sarahrr@me.com](mailto:sarahrr@me.com) and they will put you in touch with leaders who will need your support.

You will get to choose the program based on the topic, day of the week, and time of day. Most of our tech hosts choose a program that they would normally be attending.

We will also need more tech hosts with the hybrid classes which utilize the cameras and mics in the classroom as well as Zoom. If you are interested in stretching yourself a little more, please let us know.

We are very fortunate that one of our initial tech hosts, Laurye Brownfield, started a user's support group right from the beginning. You can join the Tech Host User Support (THUS) Group. They meet regularly during the semester. This group provides a place for tech hosts to practice new skills, discuss technical challenges, and support each other with problem-solving ideas. Contact Laurye Brownfield [lauryebrownfield@gmail.com](mailto:lauryebrownfield@gmail.com) to join the group.



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

# volunteer to work with sac state students and our community

Our vibrant volunteer culture thrives because our members want to connect beyond the classroom, not only with each other, but also with the students at Sac State and our community. We are a volunteer-led organization and there is always a place for members to get more involved. We offer a variety of opportunities to participate for every interest, ability, and availability. Just a few ideas:

- Teach or facilitate a program
- Coordinate one of our social events
- Help in the Renaissance Society Office
- Serve on the Board or a Committee
- Get involved in Finance or Fundraising
- Write for our publications

Members that volunteer with the students at Sac State say they feel extremely rewarded and fulfilled by the experience. The students learn from us when we share our life experiences with them and we, in turn, learn how resilient, multi-faceted, and amazing the students are. It is an exceptional opportunity for Renaissance members. Below are some ways you can participate.

## Ushering

Renaissance Society is proud to offer members the opportunity to volunteer as an usher at a Sac State Department of Theatre and Dance performance--and to see the show for free!

The Theatre Department usually offers three to four productions a semester. Watch for sign-ups at the Open House on January 13th as well as in the Weekly Update.

Duties include scanning tickets, directing patrons to open seating and restrooms, and minding the doors. Free parking is available adjacent to the Shasta Hall Theaters

## Our Ambassador Program

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

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

We table at various community events bringing visual displays and printed material showcasing what the Renaissance Society is all about. We give presentations, both virtual and in person, about the Renaissance Society to promote partnerships and to recruit new members. We share personal testimonials of our Renaissance experience and invite others to join so they too can learn, teach, and volunteer. We are always looking for new

Ambassadors. Join us and we will train you! If you are interested, contact Debbie Martinez at [Debraln78@pacbell.net](mailto:Debraln78@pacbell.net).

**U Mentor**

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

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

*U Mentor* matches Renaissance Society members to a student seeking an experienced person to talk with about navigating the challenges of major, career goals, or work/life balance. You benefit by building a relationship with a student and a greater connection to Sac State. With this one-semester commitment, you gain the satisfaction of giving back, sharing your wisdom, and contributing to your mentee’s success. No previous experience is necessary. To sign up: Watch for a link in the Weekly Update. Contact Debbie Martinez at [Debraln78@pacbell.net](mailto:Debraln78@pacbell.net) for more information.

**Gerontology**

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

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

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

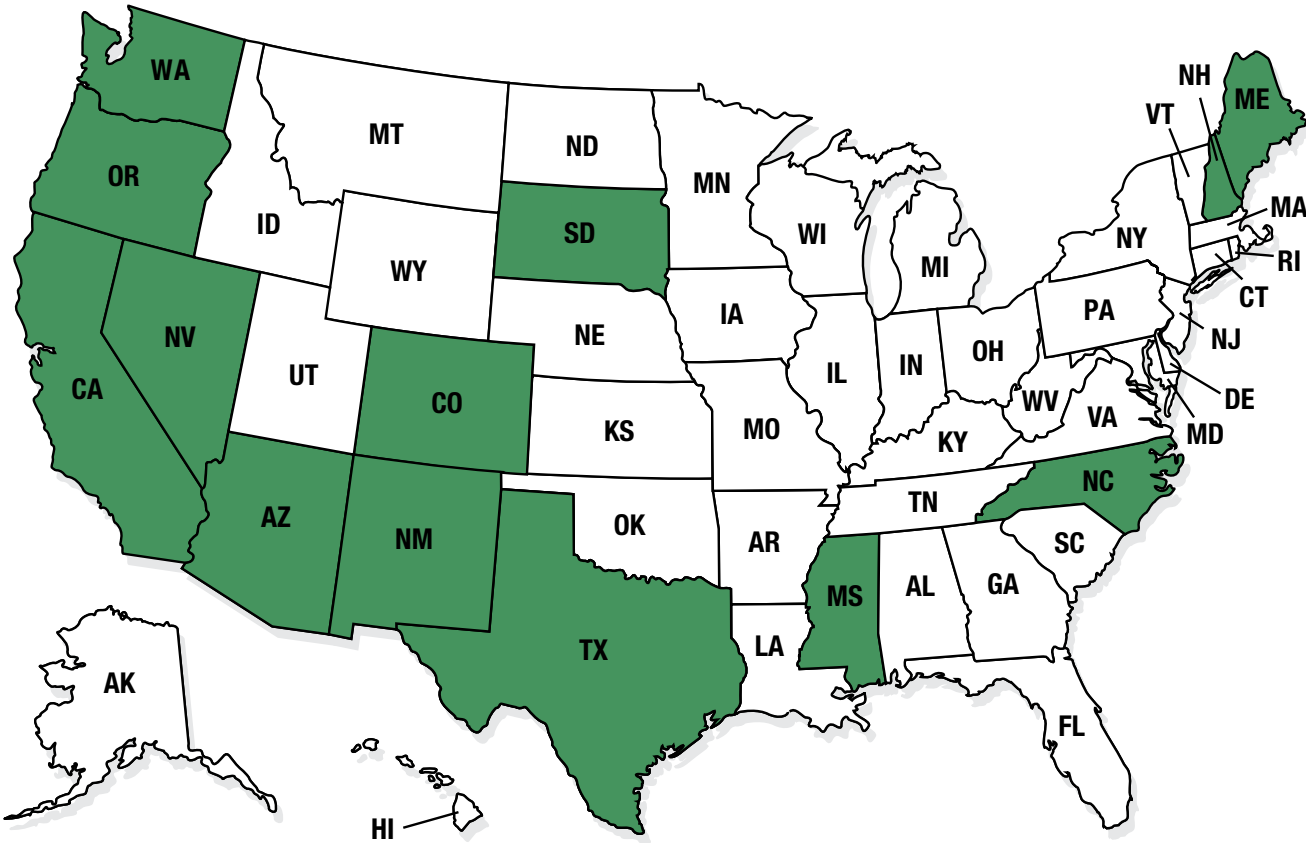
*If you are interested in volunteering as an Elder Mentor, watch for Renaissance Society emails with opportunities or sign up at the Orientation and Open House.*

**volunteer for a committee**

As a peer-to-peer learning organization, the Renaissance Society relies on its members in many ways. Committees welcome volunteers and rely on them for their wisdom and willingness to work. Think about where you could be of service and contact the committee chair(s). We welcome new committee members! See pages [80-81](#) for contact information.

**membership map**

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





# acknowledgments

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Please visit our website  
for our complete offerings