



The Renaissance
Society of Sacramento
spring.catalog.2024

welcome



Thriving and Surviving

As we celebrate the 37th year of our Renaissance Society, let's reflect a bit on the past, present, and future of our organization. Renaissance began in 1986 with four seminars, each focused on the theme of "personal freedom," and all were held in the basement of the Sac State Library. About 40 members attended each seminar and the discussions were described as "lively." The very first Forum, on September 26, 1986, was a presentation about *Personal Freedom in Today's World Civilizations* by a UC Davis anthropologist. Membership dues were \$35.

By contrast, during the 2022-2023 academic year Renaissance offered 83 seminars, 75 single presentations, 55 Shared Interest Groups, 15 community presentations, and 25 Forums. Since 2018, membership dues have remained at \$100, the equivalent of \$35 in 1986 dollars, but with many times the learning opportunities. Our programming has continued to expand in so many ways beyond what the founders ever envisioned.

Renaissance membership grew continuously from about 150 in 1986 to a peak of 2,300 in 2019, when it dropped sharply due to COVID. We ended last year with 1,722 members, and today we stand at 1,511.

When the Society was formed in 1986, the makeup of the community and the campus looked much different than it does today. That year, among 55-year-old Sacramentans, 76% were Caucasian, 8% Asian, 8% Hispanic, 7% African American, and .07% Native American. Today Sacramento County is 44% Caucasian, 17% Asian, 19% Hispanic, 9% African American, and 0.8% Native American.

Today, Renaissance membership is 80% Caucasian, 3% Asian, 3% Hispanic, 2% African American, 0.35% Native American, and 8% decline to state. Clearly, we need to do more to make our membership reflect the diversity of our surrounding community.

We did not collect age information until this past year, and the data show that 75% of our members are between 70 and 90 years old, 18% of our members are 60 to 69 years old, and only about 2% are in their 50's or younger. Again, it's critical to recruit a somewhat younger demographic.

Renaissance has been wonderful for its members and also for Sac State students. In the past year, we contributed \$40,000 to the Food Pantry and received the Golden Plate award for the past two years for our fundraising during the Thanksgiving food drive.

To date, we have given over \$269,000 in total student scholarships, and two of the seven scholarships we give each year are now endowed, which means they will continue in perpetuity.

However, if we are to thrive as an organization and continue to provide these services, we need to take bold action to increase our membership, including younger and more diverse people.

Interestingly, we are quite diverse in our backgrounds as educators, social workers, legal and medical professionals, farmers, administrators, librarians, and entrepreneurs. This diversity has contributed to the richness of our programming and the fascinating social events we enjoy.

Ask yourself how you can reach out to help us sustain this 37-year-old momentum by recruiting people who may not look like you.

Ask yourself how you can contribute to our philanthropic efforts or join one of our many committees and working groups to help us continue the vital work of our volunteer society.

Ask yourself how you can help us not only survive but also thrive as we move into an exciting future.

Deborah Seiler, Board President

Two Historic Leaders' Thoughts on Humanity and Diversity

I believe that all men, black, and brown, and white, are brothers, varying through time and opportunity, in form and gift and feature, but differing in no essential particular, and alike in soul and the possibility of infinite development.

—W. E. B. Du Bois


In Africa there is a concept known as 'ubuntu' — the profound sense that we are human only through the humanity of others; that if we are to accomplish anything in this world it will in equal measure be due to the work and achievement of others.

—Nelson Mandela

Deborah Seiler, Renaissance Board President, notes that the diversity in our backgrounds has contributed to the richness of our programming and social events. Our next opportunity is to increase the diversity, equity, and inclusion of our programs — our membership, our leaders, and our program content. As W.E.B. Du Bois notes, it increases the "possibility of our infinite development," and in the African concept of ubuntu, promoted by Nelson Mandela that we enrich our humanity as we are "human only through the humanity" and "achievement of others."

Dale Good, Program Committee Chair

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calendar of events

IMPORTANT SPRING 2024 DATES

JANUARY 8 Spring 2024 Catalog Posted to RS Website	MARCH 18 – 22 Spring Break—Campus Closed
JANUARY 15 Martin Luther King Jr Day—Campus Closed	APRIL 1 Cesar Chavez Day—Campus Closed
JANUARY 22 Spring 2024 Program Enrollment Starts	MAY 10 Spring 2024 Programs End—Annual Meeting
JANUARY 26 Orientation and Open House	MAY 17 Program Leaders’ Workshop
FEBRUARY 5 Spring 2024 Programs Begin	

IMPORTANT FALL 2024 DATES

MAY 6 Request for Fall 2024 Program Application Forms	AUGUST 16 Orientation and Open House
MAY 13 Request for Fall 2024 Catalog Photos	SEPTEMBER 2 Labor Day—Campus Closed
JUNE 1 Annual Membership Registration Starts	SEPTEMBER 3 Fall 2024 Programs Begin
JUNE 10 Submission Deadline for Fall 2024 Program Application Forms	NOVEMBER 11 Veterans Day—Campus Closed
JUNE 17 Submission Deadline for Fall 2024 Catalog Photos	NOVEMBER 15 Spring Membership Registration Starts
JULY 1 Online Parking Permit Portal Opens	NOVEMBER 28 AND 29 Thanksgiving Holiday—Campus Closed
AUGUST 5 Fall 2024 Catalog Posted to RS Website	DECEMBER 13 Fall 2024 Programs End
AUGUST 12 Fall 2024 Program Enrollment Starts	DECEMBER 20—JANUARY 1 Holiday/Winter Break—Campus Closed



our various learning programs

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

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

at-a-glance program schedule

This At-a-Glance organizes programs by day of week, time of day, and type of program. Use the Abbreviation Key below to identify each program's delivery format and recording status.

D = Diversity program; **Z** = Zoom-only; **IP** = In-person only; **H** = Hybrid (IP + Z) program; **IP-R** = In-person (live) and recorded; **NR** = Program not recorded; **OE** = Overlapping enrollment; **R** = Program recorded; **WI** = Walk-in program—use online system to enroll or check with leader; **FS** = Program fully subscribed.

Seminars—led by one or more members, generally range from 3-12 weeks, and focus on one subject.
Shared Interest Groups (SIGs)—facilitated by members, offer activities centered on what people enjoy doing together. These groups usually meet off campus or on Zoom.

One-Time Presentations—feature a variety of speakers by member and guest presenters. Community Presentations and Monday Big History Series enrollments are open to non-members. Tuesday Speaker Series, Wednesday Science Series, and Friday On-Campus Speakers require Renaissance Society membership.

Forums—Friday's premier speaker program held at 3pm and features prominent community leaders who address newsworthy issues.

Program Identifiers and Delivery Formats

Overlapping Enrollment (OE) allows members to enroll in Monday – Thursday, Zoom-only programs, even if the programs overlap in time.

Fully Subscribed programs (FS) are currently full and are listed for informational purposes only. If you have questions, contact the program leaders directly.

Walk-in programs (WI) use online system to enroll or check with leader

In-person and Recorded programs (IP-R) are offered live in-person but not live on Zoom. They are recorded for future viewing.

Do You Need a Paper Schedule? Pick Up One (or More) in the Office

Use this document to look for programs and then find in-depth program descriptions and leader bios in the catalog on our website. Take one or more to share with your friends. Both the flipbook and the PDF Catalog versions allow you to print any page.

Parking on Campus—Now Virtual!

Sac State no longer issues parking stickers. To find information about the new License Plate Recognition system type www.csus.edu/rensoc into your browser to access the Renaissance Society Home Page and click *Virtual Parking Permits*.

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	9:30am–12pm	Shakespeare’s Hamlet: A Viewer’s Guide	Gerald (Gerry) Camp	Feb 5–May 6	16
Z/NR/OE	10am–12pm	A Matter of Balance	Brittany Lathrop Janet Johnson-Yosgott	Apr 1–May 20	15
Z/R/OE	12–1pm	Understanding How to Invest in This Market	Sanjay Varshney	Feb 5–Mar 11	16
D/Z/R/OE	1–2:30pm	Gender Identity, Sexuality, and the Human Condition	Dolores Eitel	Feb 5–Apr 8	15
Shared Interest Groups					
Z/NR/OE	9:30–11:30am	Kindle Unlimited Book Club (Year-round monthly)	Marian Kile	Feb 5–May 6	30
CANCELED		Native American History and Culture: Part II	Allan Keown	Feb 5–May 6	30
IP/NR	10:30am–12:30pm	Friends of The New Yorker Magazine (Year-round weekly)	Judy Day David Bowles	Feb 5–May 6	30
D/Z/R/OE	3–4pm	Qi Gong	David Mitchell Marilyn Bradford	Feb 5–May 6	31
One-Time Presentations—Monday Big History Series					
Z/R/OE	10–11:30am	Monday Big History Series—Cities II	Ranny Eckstrom Dave Lewis	Feb 5–May 6	42

TUESDAY PROGRAMS AT A GLANCE

	Time	Title	Leader Name	Dates	
Seminars					
D/Z/R/OE	9:30–11:30am	The Supreme Court’s Right Turn	Ron Tochterman Michael Hersher	Feb 6–May 7	18
D/Z/NR/OE	9:30–11:30am	Unsung Brilliant Women	Gopal Kapur	Mar 12–Mar 26	18
CANCELED		Answering Wisdom Questions	Mimi Dixon	Feb 6–Apr 9	16
Z/R/OE	10–11:30am	My Father’s Story—WWII American POW in Germany	Michele Rickey-Pidd	Feb 6–Feb 13	17
Z/R/OE	1–3:30pm	Film Festival Favorites	Chip Zempel	Jan 30–May 7	17
Shared Interest Groups					
Z/NR/OE	9:30–11:30am	Third Tuesday Book Club (Year-round monthly)	Marian Kile	Feb 6–May 21	32
IP/WI/NR	10–11:30am	Digital Photography	Jay McKeeman	Feb 6–May 21	31

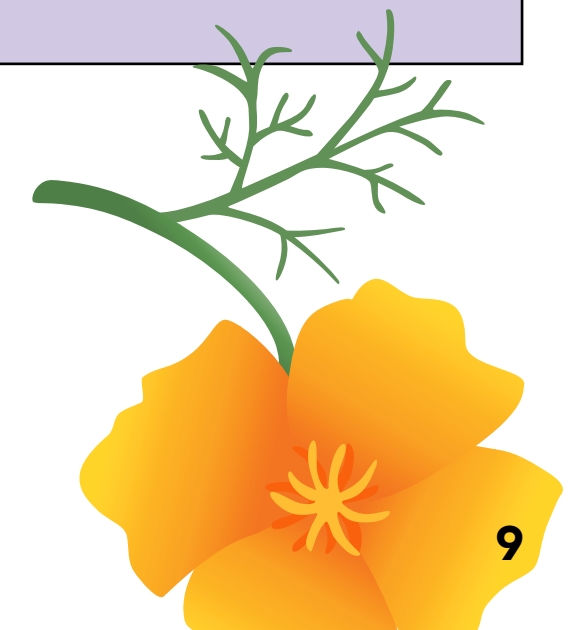
See Abbreviation Key for Delivery Formats

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TUESDAY PROGRAMS AT A GLANCE (CONT.)

One-Time Presentations—Community Presentations					
D/Z/NR/OE	10–11:30am	Fantastical History of the Swastika	Gopal Kapur	Apr 16	40
One-Time Presentations—Tuesday Speaker Series					
D/Z/R/OE	2–3:30pm	The Women Behind the Man—Picasso	Anne M Rewell	Feb 6	43
D/Z/R/OE	2–3:30pm	The Disrupters’ Editorial Cartooning in Sacramento	Maryellen Burns Scott Burns	Feb 13	43
D/Z/R/OE	2–3:30pm	Institutional Racism’s Impact on Black Students	Darryl White Sr	Feb 20	43
Z/R/OE	2–3:30pm	An Illustrated History of Motorcycling, 1900-1970	David Stuart	Feb 27	44
Z/R/OE	2–3:30pm	How to Reverse Diabetes by Eating a Plant Diet: Part 2	Linda Middlesworth	Mar 5	44
CANCELED		The Race to Food Production Sustainability	Jim Porterfield	Mar 12	45
Z/R/OE	2–3:30pm	Preparing for Life’s Last Chapter: Medical Aid in Dying	Dolores Eitel	Mar 26	45
D/Z/R/OE	2–3:30pm	Climate Chaos and the Individual	Don Forrester	Apr 2	45
D/Z/R/OE	2–3:30pm	My Journey with Mexican and Latin American Music	Peter Baird	Apr 9	46
D/Z/R/OE	2–3:30pm	Movement Building and Black Lives Matter (BLM)	Carl Pinkston	Apr 16	46
Z/R/OE	2–3:30pm	James Madison: His Role in Founding Our Country	Catherine Minicucci	Apr 21	46
Z/R/OE	2–3:30pm	Credit—Good Stuff Everyone Should Know	Stuart Rodriguez	Apr 30	47

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WEDNESDAY PROGRAMS AT A GLANCE

	Time		Leader Name	Dates	
Seminars					
Z/R/OE	10–11:30am	Heterodox Economics	Mark Dempsey	Feb 7–Mar 13	19
Z/R/OE	12–2pm	Delaying Death and Avoiding Disability	Don Forrester	Feb 7–Mar 13	18
Z/R/OE	2–3:30pm	The Virginians: Washington, Jefferson, and Madison	Cathy Adams Minicucci	Apr 24–May 8	19
Shared Interest Groups					
IP/NR	9:25–11am	Walkabouts (Year-round weekly)	Lance Muller Barbara Walthers	Feb 7–May 1	33
IP/NR	10am–12pm	Le Cercle Français (Conversational French) (Year-round weekly)	Ruth Scodel Ana Facio	Feb 7–May 8	32
D/Z/NR/OE	10am–12pm	Why Is This Book Banned?	Louise DiMattio	Feb 7–May 8	33
D/IP/NR	5:30–7:30pm	Dining Together (Year-round monthly, Second Wednesdays)	Cheryl Nelson	Feb 14–May 8	32
One-Time Presentations—Wednesday Science Series					
Z/R/OE	2–3pm	Climate Change—From Snowball Earth to a Big Rock	David Lewis	Feb 7–Mar 13	47
Z/R/OE	2–3pm	Cosmology—The Big Bang to a Sky with No Stars	David Lewis	Mar 20–Apr 24	48

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THURSDAY PROGRAMS AT A GLANCE

	Time	Title	Leader Name	Dates	
Seminars					
Z/NR/OE	9–10am	Are You Eating Right? Let's Find Out	Gopal Kapur	Apr 25–May 9	20
Z/R/OE	10–11:30am	Hearing Health: Individual and Community	Anne Geraghty	Feb 8–Feb 29	21
H/R/OE	10–11:30am	Let's Have Fun on our e-Bikes and Save the Planet	Anne Geraghty	Mar 7–Mar 21	22
D/Z/NR/OE	10am–12pm	The Authoritarian Challenge to Our Democracy	Duane Campbell Carl Pinkston	Feb 8–May 9	20
Z/NR/OE	10am–12pm	Delving into Dementia: The Science / The Caring / The Hope	Mynga Futrell	Feb 8–May 9	20
CANCELED		World of Engineering	Richard Dabrowiak	Feb 8–May 2	23
Z/NR/OE	1–3pm	Relationships: Build Strong, Healthy, Loving Ones	Nanci Kuzins Anamaria Pasquiers	Feb 8–May 9	22
Shared Interest Groups					
Z/NR/OE	10am–12pm	iPhone Photography Studio	Melissa Green	Feb 8–Mar 21	34
IP/NR	1:30–2:30pm	Partners in Crime (Year-round monthly)	Lynda Cassady Pat Stokes	Feb 8– May 9	34
Z/NR/OE	2–4pm	Promises and Threats of Artificial Intelligence	Melissa Green	Feb 15–May 16	35
Z/NR/OE	3:30–5pm	The Music of Your Life	Loretta Burdeaux Lester Bennett	Feb 8–May 2	34
Z/NR/OE	7–8:30pm	The Economist (Year-round weekly)	Wayne Luney	Feb 8–May 9	35
One-Time Presentations—Community Presentations					
H/R/OE	10:30–11:30 am	Morning Coffee (Year-round monthly)	Maryellen Burns	Feb 8–May 9	42
D/Z/R/OE	1–2pm	Alice B. Toklas—Before and After Gertrude Stein	Maryellen Burns	Mar 7	40
D/Z/NR/OE	2–3:30pm	The History of Disability Rights in the US	Patricia Chadwick	Mar 21	40
H/NR/OE	3–5 pm	A Cook's Tour of Sacramento (Year-round days, dates, times vary)	Maryellen Burns Dan Cross Marge Tarbell	Feb 8–May 9	41
H/R/OE	6–8pm	Alter Egos (Year-round days, dates, times vary)	Maryellen Burns Christie Braziel	Feb 8–May 9	41

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FRIDAY PROGRAMS AT A GLANCE

	Time	Title	Leader Name	Dates	
Seminars					
IP/NR	9:30–11:15am	TransForMission: A Path to Purpose	Donna Apidone	Feb 9–Mar 15	29
D/H/WI/R	10–11:45am	Exploring Motown's Enduring Legacy: Music, Culture, and History	Michael Agron	Feb 9–Apr 5	27
IP/NR	10–11:30am	Mind-Body Skills for Health Improvement	Jon Siiteri	Feb 16–Mar 15	28
IP/WI/NR	10–12pm	And Again, Fun with Jane	PJ Jones Gretchen Jung	Feb 9–Mar 15	24
D/IP/WI/NR	1–2:45pm	American Protest Music: A Singalong	Michael Hersher	Feb 9–Mar 15	24
H/WI/R	1–2:45pm	The Three T's: Truth, Trust, and Technology	Dale Good	Apr 5–Apr 19	28
IP/WI/NR	10–11:30am	Travel and Adventure	Fred Chapman	Feb 9–May 10	29
IP/WI/NR	10–10:45am	Android Basics	Carol Limbaga	Feb 9–May 10	25
IP/WI/NR	11am–12:30pm	Cracker Barrel	Christine Lewis Per Ostlund	Feb 9–May 10	26
H/R	12–2:30pm	Transitions: What Will I Do with the Rest of My Life?	Ken Cross	Feb 9–May 10	29
D/IP/WI/NR	12–2:45pm	Even More Cinematic Classics: Themes and Variation	Alan Miller	Feb 9–May 10	26
IP/NR	12:30–2:45pm	Classical Music	Robert Seyfried Marjorie Wade Leo Eylar	Feb 9–May 10	25
IP/WI/R	1–2:30pm	Active Retirement Investing	Bill Bailey Nash Bailey	Feb 9–May 10	23
IP/WI/NR	1–2:30pm	The Beatles: Like You've Never Heard Them Before	David Abelson	Feb 9–May 10	25
D/IP-R/WI	1–2:45pm	All That Jazz—Classic to Cool	Bob Lang	Feb 9–May 10	23
IP/NR	1–2:45pm	Critical Thinking	Richard Kowaleski	Feb 9–May 10	26
D/IP/WI/NR	1–2:45pm	Growing Up In the 40s, 50s, 60s	Beth Mann Virginia Sturdevant	Feb 9–May 10	27

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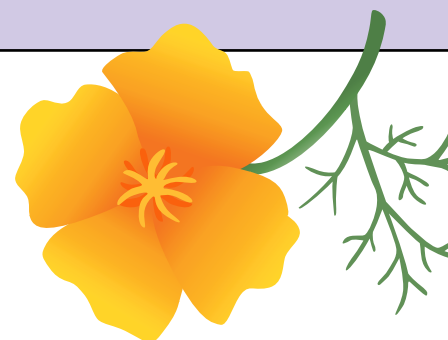
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FRIDAY PROGRAMS AT A GLANCE (CONT.)

	Time	Title	Leader Name	Dates	Pg#
Shared Interest Groups					
IP/WI/NR	9:30–11:30am	Knitting with Friends	Barbara Kletzman Jeanie Wilcox	Feb 9–May 10	36
IP/WI/NR	10–11:30am	Technology Workshop	Ashu Singla John Pierron	Feb 9–Apr 19	37
IP/WI/NR	12–12:45pm	Social Dancing	Richard Kowaleski	Feb 9–May 10	37
IP/WI/NR	12–1pm	English Country Dance	Ruth Scodel	Feb 9–May 10	36
IP/NR	12–2:30pm	Watercolor Studio Lab	Colleen Wong Steve Wittmann	Feb 9–May 10	37
One-Time Presentations—Friday On-Campus Speakers Series					
IP/WI/NR/OE	10–11:30am	Introduction to Mind-Body Skills for Health Improvement	Jon Siiteri	Feb 9	48
IP/WI/NR/OE	10–11:3am	Australian Convicts—The Journey of the 1st Convict	Anne Rewell	Feb 16	48
D/IP/WI/NR/OE	10–11:30am	HomeShare American River	Justin Ellerby	Feb 23	49
D/IP/WI/NR/OE	10–11:30am	Sacramento: Center of Japanese American History—Part 1	Priscilla Ouchida	Mar 1	49
D/IP/WI/NR/OE	10–11:30am	Intro to Water Rights and Why You Should Care	Gerald Johns	Mar 8	50
D/IP/WI/NR/OE	10–11:30am	Women in World War II	Carolyn Martin	Mar 15	50
D/IP/WI/NR/OE	10–11:30am	Sacramento: Center of Japanese American History—Part 2	Priscilla Ouchida	Mar 29	51
IP/WI/NR/OE	10–11:30am	An Illustrated History of Motorcycling, 1900-1970	David Stuart	Apr 5	51
IP/WI/NR/OE	10–11:30am	Preparing to Invest	David Bach	May 10	52
D/IP/WI/NR/OE	10–11:30am	Who Were the Vikings?	Milo Turaylich	Apr 19	52
D/IP/WI/NR/OE	10–11:30am	Sacramento: Center of Japanese American History—Part 3	Priscilla Ouchida	Apr 26	52
IP/WI/NR/OE	10–11:30am	It's All About Geology and the USGS	Robert Boyer	May 3	53
CANCELED		Financial Statement Analysis and Stock Valuation	David Bach	May 10	53

FRIDAY PROGRAMS AT A GLANCE (CONT.)					
	Time	Title	Leader Name	Dates	Pg#
Forums					
H/WI/R/OE	3-4pm	Today's Academic Library: Balancing a Storied Past with the Exciting Future	Amy Kautzman	Feb 9	54
H/WI/R/OE	3-4pm	The swimmers from Arden Hills and their coach, Sherm Chavoar	Bill George	Feb 16	54
H/WI/R/OE	3-4pm	How Overconfidence is Destroying the Supreme Court and How We Can Fix it	Aaron Tang	Feb 23	55
H/WI/R/OE	3-4pm	Psychedelics in Medicine: Past, Present, and Future	Dr. John Gray	Mar 1	55
H/WI/R/OE	3-4pm	Honoring our Commitment to Domesticated Animals	Kenn Altine	Mar 8	55
D/H/WI/R/OE	3-4pm	Entrepreneur of Luna's Café & Juice Bar, 1983—August 2023	Arthur Angel Luna	Mar 15	56
D/H/WI/R/OE	3-4pm	Mental Health Care in California, the Long Road to Reform	Randall Hagar	Mar 29	56
H/WI/R/OE	3-4pm	The Future of Public Media in the Digital Age	Michael Sanford	Apr 5	56
D/H/WI/R/OE	3-4pm	Sacramento County District Attorney Thien Ho	DA Thien Ho	Apr 12	56
D/H/WI/R/OE	3-4pm	"History Has Repeated itself": History of Anti-Asian Hate in Sacramento	Greg Jung	Apr 19	57
H/WI/R/OE	3-4pm	Creating the Next Great Zoo	Jason Jacobs	Apr 26	57
H/WI/R/OE	3-4pm	Forest Fires in California's New Climate Reality: There is Hope	Prof. Scott Stephens	May 3	57
H/WI/R/OE	3-4pm	Renaissance Society Annual Meeting	Deborah Seiler	May 10	57

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programs

seminars

MONDAY TO THURSDAY SEMINARS

A Matter of Balance (Z/NR/OE)

Brittany Lathrop
Janet Johnson-Yosgott
Mondays, Apr 1 to May 20 (8 weeks)
10 am to 12 pm

Agency on Aging Area 4's (AAA4) Health Promotion Program offers evidence-based education to older adults. A Matter of Balance is an eight-week program designed to reduce the fear of falling and improve activity levels among community-dwelling older adults. The program enables participants to reduce the fear of falling by learning to view falls as controllable, setting goals for increasing activity levels, making small changes to reduce fall risks at home, and exercising to increase strength and balance.

Brittany Lathrop is originally from Orange County, CA, and moved to Sacramento to attend Sac State. She graduated with two bachelor's degrees in Gerontology and Dietetics. She was hired by AAA4 in December 2018 as the Nutrition Services Coordinator for the CalFresh Healthy Living Program. In 2022, Brittany became the Health Promotion Specialist overseeing the CalFresh Healthy Living and Health Promotion Programs.

Janet Johnson-Yosgott is originally from El Segundo, CA, and relocated to Sacramento to raise her family. She graduated from California State University Northridge with a Master's in Public Health. Janet has extensive experience in health promotion and wellness in hospital, non-

profit, and health plan settings. She was hired by AAA4 in July 2022 as a Health Promotion Instructor for the Fall Prevention initiatives as well as health promotion programs.

Gender Identity, Sexuality, and the Human Condition (D/Z/R/OE)

Dolores Eitel
Mondays, Feb 5 to Apr 8 (10 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. Importantly, 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.

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Shakespeare's Hamlet: A Viewer's Guide (Z/NR/OE)

Gerald Camp
Mondays, Feb 5 to May 6 (12 weeks)
9:30 am to 12 pm

This seminar is an exploration of what many consider Shakespeare's greatest play. We begin with a showing of Laurence Olivier's Oscar winning film (Best Picture, Best Actor). Using clips from this and ten other stage and movie versions, we'll see and discuss various ways directors have directed key scenes, how actors have played scenes, including Hamlet's six soliloquies, and comparing interpretations to decide who was the best Hamlet, the best Claudius, the best Polonius, etc. We'll explore the play's issues, such as its philosophy, the Freudian interpretation, feminism, and others. We will conclude by viewing Kenneth Branagh's film, which takes four hours to visualize Shakespeare's complete text.

Gerald Camp has been an educator all his adult life. Beginning as a high school English teacher, he became a teacher and supervisor of future teachers. He was a curriculum specialist for the Department of Defense Dependent Schools in Europe. He loves Dickens, Shakespeare, and great movies.

ABBREVIATION KEY

D	Diversity program
Z	Zoom-only
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FS	Program fully subscribed.

Understanding How to Invest in This Market (Z/R/OE)

Sanjay Varshney
Mondays, Feb 5 to Mar 11 (6 weeks)
12 to 1 pm

It now appears inflation is coming down without significant deterioration in the labor market. We are currently seeing the highest rates in the last 15 years. Can the consumer keep spending? 2023 will likely close out on a positive note for investors after a very negative 2022. How do you navigate these treacherous markets if you are retired or close to retirement? What should you know about trends in the stock and bond markets that can help you better prepare for downturns or external shocks? Are you ready to invest wisely and avoid pitfalls and mistakes?

Sanjay Varshney, founder and principal of Goldenstone Wealth Management, is a Professor of Finance at Sac State. He earned an undergraduate degree from Bombay University, a Master's degree in Economics from the University of Cincinnati, and a PhD in Finance from Louisiana State University. In addition, he holds the Chartered Financial Analyst designation. Dr. Varshney also serves as the Chief Economist for the Sacramento Business Review and is widely quoted in the media.

Answering Wisdom Questions (Z/NR/OE)

Mimi Dixon
Tuesdays, Feb 6 to Apr 9 (10 Weeks)
10 to 11:30 am

Now's your chance to share about a specific "wisdom" question week and then share your answers with fellow classmates in a group the following week. We haven't lived this long without picking up some wisdom! Discover yours and learn from others, too. Questions are things like, "Who's the wisest person you've known?" "What does the word 'love' mean to you?" "What's a decision you made that turned your life for the better?" Some members like to make a small book of their answers to pass along to friends and family. Former class members are invited to attend again.

CANCELED

Mimi Dixon has taught several seminars for Renaissance over the years and especially appreciates facilitating this seminar topic. She has an MA in counseling psychology and focuses on providing a comfortable environment for sharing thoughts.

Film Festival Favorites (Z/R/OE)

Chip Zempel
Tuesdays, Jan 30 to May 7 (12 weeks)
1 to 3:30 pm

Join us for some of the most memorable and thought-provoking films Chip has seen in 20 years of attending film festivals. Spotting little-known works—comedies, dramas, thrillers, and some that defy categorization—this curated selection offers a kaleidoscope of perspectives on the human experience. In-class discussion will focus on the themes of each film and the art of filmmaking. If you're looking for boundary-pushing foreign, indie, and documentary cinema to challenge and inspire you, this seminar is for you. Note: Join us for a pre-session on 30-Jan at 1 pm to discuss classroom etiquette, Zoom, and tech tips, after which we'll watch a short film. It will take approximately 1 hour.

Chip Zempel is a world-renowned scholar and film historian. (Just kidding—he loves watching movies and discussing them.) He has been leading film appreciation seminars with Renaissance for over eight years and they still haven't kicked him out. His eclectic tastes are reflected in the topics his seminars have covered: romcoms, samurai films and westerns, time travel, documentaries, classic horror films, scifi, coming-of-age movies, animation, magical realism, dance, and more!

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My Father's Story—WWII American POW in Germany (Z/R/OE)

Michele Rickey-Pidd
Tuesdays, Feb 6 to Feb 13 (2 weeks)
10 to 11:30 am

Like so many of the Greatest Generation, my father was a hero. What may set him apart is that he was also a genealogist leaving behind a wealth of WWII Germany POW artifacts, his personal recorded interviews, smuggled pictures, and other documentation. Come join me on his journey as I share his experiences in 1944: when his B17 was shot down, his attempted escape to Switzerland, subsequent capture, and life in Stalag 1, Barth, Germany, where he lived for almost one year. How were they treated? What did they eat? How did they keep their morale up? What was it like for my pregnant mother back in San Francisco? Fast forward 79 years when I visited his crash site on Jul 4, 2023, and found more pieces of his plane! An amazing story.

Michele Rickey-Pidd graduated from San Jose State with a degree in Social Welfare/Psychology. After a career in Social Services for several counties, she began a successful 33-year IT career with companies such as Electronic Data Systems, Hewlett Packard, and Consultant for the State of California. She retired as a Project Manager. She's been a Renaissance Member since 2018. Many of you know her as a Technical Host. This is her first seminar.



The Supreme Court's Right Turn (D/Z/R/OE)

Ron Tochterman
Michael Hersher
Tuesdays, Feb 6 to May 7 (10 weeks)
9:30 to 11:30 am

Read and discuss *Nine Black Robes: Inside the Supreme Court's Drive to the Right and Its Historic Consequences* by Joan Biskupic—lecture with Q & A.

Ron Tochterman retired in 2011 after thirty-two years as a judge of the Superior Court for Sacramento County. During twenty of those years he taught night law school classes. For the past ten years he has taught a new Renaissance Society class every semester.

Michael Hersher retired in 2021 after 40 years as a lawyer and mediator. His practice included issues of constitutional law and the right to public education. He has taught those subjects at Pacific McGeorge School of Law and has previously been a co-leader with Ron Tochterman on several classes on the history of civil rights under the US Constitution.

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Unsung Brilliant Women (D/Z/NR/OE)

Gopal Kapur
Tuesdays, Mar 12 to Mar 26 (3 weeks)
9:30 to 11:30 am

Across recorded history, countless brilliant women have been WW2 heroines, fearless patriots, innovators, inventors, and investigative journalists. Some were acknowledged, even honored, many forgotten, but history moves on, and these women too often become lost in the male-dominated march of time. We will look at four remarkable women—Nellie Bly, Madam C. J. Walker, and Julia Morgan.

Gopal Kapur consults, writes, and educates on management excellence. He graduated summa cum laude, Thapar University, India. He has authored three college-level textbooks and lectured at Harvard University, the Brookings Institution, UC Berkeley, and UC Davis. He was awarded the Distinguished Achievement Award by the President of India. He founded FamilyGreenSurvival, a not-for-profit, with the mission to deliver a program of nutrition education and EndLocalHunger.

Delaying Death and Avoiding Disability (Z/R/OE)

Don Forrester MD
Wednesdays, Feb 7 to Mar 13 (6 weeks)
12 to 2 pm

This six-week Zoom course presents the best science on prevention, stabilization, and reversal of significant chronic conditions (diabetes, obesity, high blood pressure, dementia, and cancer) and disability (back pain, arthritis). The goal is to provide participants with information and tools they can use to improve their quality of life by avoiding chronic disease and disability. To this end, the seminar will explore the relative importance of various behaviors in achieving personal goals that may involve avoiding chronic conditions and medications, disability, and improved fitness. Don encourages members to retake the course as he believes it can be helpful for both first-time and returning students.

Don Forrester MD FACPE trained as a Chemical Engineer at Lehigh University and did his medical training at Georgetown University School of Medicine. After completing his residency in Family Medicine in Sacramento he spent 30 years with The Permanente Medical Group. He received advanced training in Quality Improvement at Intermountain Healthcare. In his second administrative career he qualified as a Fellow with the American College of Physician Executives. In 2019 he began his third career as an educator and a climate activist. He volunteers on the boards of [NutritionFacts.org](https://www.nutritionfacts.org) and the True North Health Foundation.

Heterodox Economics (Z/R/OE)

Mark Dempsey
Wednesdays, Feb 7 to Mar 13 (6 weeks)
10 to 11:30 am

Heterodox economics, in particular 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 they'll never look at the economy the same way.

Mark Dempsey, an award-winning technical writer with an economics hobby, explains the current state of play.

The Virginians: Washington, Jefferson, and Madison (Z/R/OE)

Cathy Adams Minicucci
Wednesdays, Apr 24 to May 8 (3 weeks)
2 to 3:30 pm

The Virginia Dynasty of Washington, Jefferson, Madison, and later James Monroe, served as Presidents in our early history. This class will describe each leader, their accomplishments,

and shortcomings. All were slaveholders and devoted to the plantation economy of the South. Jefferson and Madison were leaders of the Republican Democratic Party, which became the Democratic Party. Each man shaped our country in important ways: Washington as Commander during the Revolution and our first President Jefferson as author of the Declaration of Independence and Madison was a key architect of the Constitution. The class will cover the Presidents' domestic and foreign policy contributions and blunders.

Cathy Adams Minicucci graduated from UCLA with a BA in Anthropology and received a Master's degree at Harvard. Cathy served as education policy staff for the California Senate and Assembly. For 30 years, she led Minicucci Associates, an evaluation consulting firm focused on programs for children and youth. Cathy has been an active member of the Renaissance Society, leading seminars on *Turning Points in American History*, *Profiles in Leadership*, and the *American Revolution*.



Are You Eating Right? Let's Find Out (Z/NR/OE)

Gopal Kapur
Thursdays, Apr 25 to May 9 (3 weeks)
9 to 10 am

According to the American Heart Association, nearly half of American adults have some form of cardiovascular and chronic disease. There is a proliferation of commercial diets, promising miracles. Medical research shows that these diets have a success rate of a mere 5%. Then the question is, "What works?" The simple answer is "Consistent good nutrition." If you are ready to grow into a healthy version of yourself, FamilyGreenSurvival offers a robust approach to efficient and healthy nutrition. It is suggested that students complete the EatSHARP personal nutrition assessment prior to the first class session at <https://eatbutsmart.web.app>. Individuals can stay anonymous.

Gopal Kapur consults, writes, and educates on management excellence. He has authored three college-level textbooks and lectured at Harvard University, the Brookings Institution, UC Berkeley, and UC Davis. Many Fortune 500 companies have adopted Kapur's highly successful Project Process Architecture. The President of India awarded him the Distinguished Achievement Award. He founded FamilyGreenSurvival, Inc. a 501c3 nonprofit to deliver nutrition education and EndLocalHunger.



The Authoritarian Challenge to Our Democracy (D/Z/NR/OE)

Duane Campbell
Carl Pinkston
Thursdays, Feb 8 to May 9 (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 US democracy. This movement has already captured one of the two major political parties and is now laying the groundwork for overturning future democratic elections. Our study includes an analysis of the political and economic forces dominating our society and the alternatives.

Dr. Duane Campbell is an emeritus Professor of Education at Sac State and the founding Chair of the Bilingual/Multicultural Education Department. He taught courses in Multicultural Curriculum Development from 1969 to 2008. He then facilitated seminars for the Renaissance Society and in 2020 began teaching online courses. Duane is active in union and social justice work with several organizations.

Carl Pinkston, the Operations Director of the Black Parallel School Board (Sacramento) and the Director of the African Research Institute, has been co-teaching courses in the Renaissance Society for five years.

Delving into Dementia: The Science / The Caring / The Hope (Z/NR/OE)

Mynga Futrell
Thursdays, Feb 8 to May 9 (12 weeks)
10 am to 12 pm

This seminar promises a deep dive into its unwelcome subject matter. We combine scholarly material with lively personal stories and humor to deliver an authentic understanding of aging and neurodegeneration. You will alleviate some of your anxieties and also learn some knack and wisdom, just in case cognitive issues someday come to confront a friend or loved one... or

you. Sure, the subject matter is grim. Dementia is a rightfully-dreaded condition, disrupting all lives it touches. But no better way than with this seminar (educational media; visuals galore; cartoons) to tackle the topic! Mynga's unflinching approach blends academic info with some deeply personal stuff. She draws heavily on serious real-life experiences in an upbeat way.

Mynga Futrell's professional career was interrupted in the early 1990s, delivering a "learn-from-scratch" dementia-care experience (her mother died in 1999). Not much of a break, as Alzheimer's hit again (her husband died in 2020). Mynga has offered the "hard-lived knowhow" she gained to bolster the Alzheimer's Association's educational efforts, and she continues her volunteering today. Mynga has a LOT to share about dementia, and her humorous and personal stories ease the serious probing of this topic.

Hearing Health: Individual and Community (Z/R/OE)

Anne Geraghty
Thursdays, Feb 8 to Feb 29 (4 weeks)
10 to 11:30 am

Technology can help individuals hear more clearly in small groups and in the public realm. We will review personal hearing devices (hearing aids, cochlear implants, and personal microphones) as well as technologies that provide communication access in public spaces. We will explore communication access rights (yes, we with hearing loss are disabled and have ADA rights), and there is technology such as copper hearing loops that can make a huge difference. We will also discuss personal responsibility, speaking up to gain communication access, and the shame or embarrassment people can feel about their hearing loss. Come learn the law, the psychology, and the technology for creating an optimum hearing environment for all.

Anne Geraghty's fascination with acoustics and hearing accessibility began with the loss of hearing in one ear due to an acoustic neuroma in her early 40s followed years later by hearing loss in the remaining ear due to chemotherapy. Anne

is a founding member of Washington Commons Cohousing in West Sacramento. She recently joined the Hearing Loss Association of America (HLAA), attended their 2022 conference, and became inspired by all the possibilities of improving the hearing environment.



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Let's Have Fun on Our e-Bikes and Save the Planet (H/R/OE)

Anne Geraghty
Thursdays, Mar 7 to Mar 21 (3 weeks)
10 to 11:30 am

With the Sacramento Area Bicycle Advocates' (SABA's) executive director, Deb Banks, and her great e-bike team, Hillary Livingston and Rob Youngren, we will learn the ins and outs of selecting, owning and biking on electric bikes or e-bikes. We will learn the difference between the various classes (I, II, III), the rules of the road related to e-bikes, the various battery and motor types, and at our final session, we'll try out some of the e-bikes at an in-person demonstration site. In addition to learning about e-bike technology, we'll learn about what is being done to make our roadways and bike paths safe for all users and why this is so important as we work to reduce climate change emissions. **Note:** The program will be on Zoom for the first two sessions. The third session will be in person.

Anne Geraghty's realization that e-bikes could increase bicycling, particularly for older individuals (herself included), was transforming. Anne formerly advocated for pedestrian safety

as founder of WALKSacramento, and for air quality for the California Air Resources Board. A founding member of Washington Commons Cohousing in West Sacramento, she has a Master's in Urban & Regional Planning from the University of Pittsburgh and recently joined the Board of Sacramento Area Bicycle Advocates (SABA).

Relationships: Build Strong, Healthy, Loving Ones (Z/NR/OE)

Nanci Kuzins
Anamaria Pasquiers
Thursdays, Feb 8 to May 2 (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 language of life 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 where members exchange skills and services for time instead of money, and all are equal.

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

World of Engineering (Z/NR/OE)

Richard Dabrowiak
Thursdays, Feb 8 to May 2 (12 weeks)
10 am to 12 pm

From the pyramids in ancient Egypt to 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 appreciate better the challenges involved. Participating in discussions is encouraged.

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

CANCELED

FRIDAY SEMINARS

Active Retirement Investing (IP/WI/R)

Bill Bailey
Nash Bailey
Fridays, Feb 9 to May 10 (12 weeks)
1 to 2:30 pm
Douglass Hall 106

Simplify your finances into three phases of investing: the financial planning process, new portfolio, construction, and the monitoring of your investments, portfolio, and estate reviews. Think of it as reviewing the past, considering actions for now and objectives for the future.

Bill Bailey graduated from Sac State and went on to earn his Master's degree in Financial Services. He has been a financial advisor 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.

Nash Bailey has been immersed in the world of finance and the stock market ever since he was just 12 years old, when his father, Bill, tasked him with managing one of his accounts. He now has many accreditations with lots of initials behind his name. He enjoys assisting his dad with teaching complicated topics in simple ways and feels everyone should know the basics of investing.

All That Jazz—Classic to Cool (D/IP-R/WI)

Bob Lang
Fridays, Feb 9 to May 10 (13 weeks)
1 to 2:45 pm
Mendocino Hall 1003

Unlike Bob Lang's music appreciation classes, All That Jazz presents a historical perspective of American jazz music. It explores such genres as traditional jazz performed in turn-of-the-century New Orleans, later in Chicago and New York's Harlem; it covers the Swing era, Progressive Jazz, Bebop, Cool, modern forms, and vocal jazz. Peppered throughout are audio and video examples, jazz anecdotes, curios, and interview excerpts with various jazz

personalities, many conducted by Lang during his career as a radio disc jockey in the 1970s. You'll hear the voices of the actual jazzmen and the remembrances of their musical experiences! Plus, Bob's Bonus Tracks!

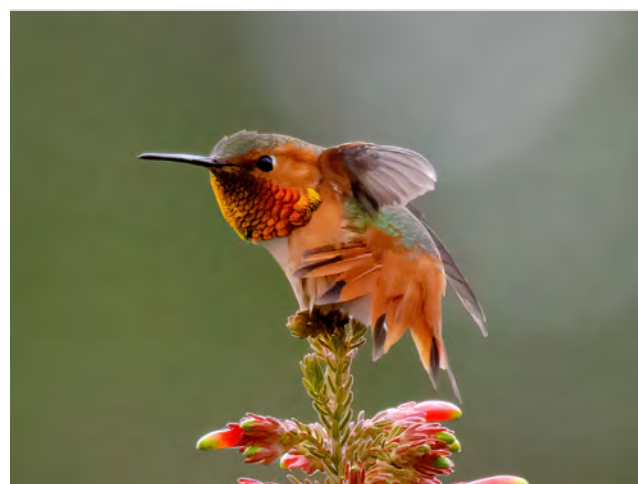
Bob Lang spent the 1970s and 1980s as a radio disc jockey, a television writer/producer, and an on-air host. He taught media classes for the Sacramento Community College District and was a corporate trainer. Lang has written three books and plays guitar in the Sacramento classic rock horn band, *On Air*.

American Protest Music: A Singalong (D/IP/WI/NR)

Michael Hersher
Fridays, Feb 9 to Mar 15 (6 weeks)
1 to 2:45 pm
Riverside Hall 1015

This is the second half of a class on the history of protest songs in America. It covers many movements and times and features the work of iconic artists. Some songs will be sung live, and the words will be provided. You should try to attend in person but it will also be on zoom and recorded.

Michael Hersher is a retired public education lawyer who has lived and raised a family in Sacramento since 1979. He has taught numerous classes on music and civil rights for the Renaissance Society, law school, and elementary schools. His passion is getting people to sing in community and to be more tolerant and empathetic.



And Again, Fun With Jane (IP/WI/NR)

PJ Jones
Gretchen Jung
Fridays, Feb 9 to Mar 15 (6 weeks)
10 am to 12 pm
Calaveras Hall 123

Again, everywhere you go, there she is. Who? Why Jane Austen, of course. Three semesters ago, this class explored *Sense and Sensibility* on the page and on screen; then we moved to *Persuasion* and the fan-fiction spinoff *Captain Wentworth's Diary* by Amanda Grange and viewed two films. Last we read *Emma* and saw two films. Now, we are going to explore *Pride and Prejudice*. Let's continue to enjoy a fun, interactive class, knowing that all of us together make a better expert than any one of us alone. Never read Austen? Now is the time to start with Darcy and Lizzy in *Pride and Prejudice*.

PJ Jones earned a BA in History from Sac State. For 10 years has been a member of the Jane Austen Society National Association (JASNA) and the Greater Sacramento JASNA as well as the Austentacious Book Group. She began reading Jane Austen in 2013 and hasn't stopped. PJ reads lots of fan fiction books based on Austen's plots, ranging from magic and dragons to the retelling of Austen's familiar storylines. She loved the class *Fun With Jane*, then followed it up, leading two more classes.

Gretchen Jung (MS, MA), a recent adjunct faculty member at Sac State teaching Multicultural Perspectives in American film, 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. This will be her third class as a co-leader.

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Android Basics (IP/WI/NR)

Carol Limbaga
Fridays, Feb 9 to May 10 (12 weeks)
10 to 10:45 am
Douglass Hall 105

On-campus and email only. No Zoom. 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, making and receiving calls, contact info, voicemail, message/text, delete, email, camera, apps on your phone, and new from Play Store. We want your basic questions! You can sign up online or simply email me at climbaga@comcast.net.

Originally from Burlington, VT, **Carol Limbaga** loves all things science, is curious, tenacious, and enjoys supporting others. She likes being a "Ren lifelong learner."

The Beatles: Like You've Never Heard Them Before (IP/WI/NR)

David Abelson
Fridays, Feb 9 to May 10 (12 weeks)
1 to 2:45 pm
Kadema Hall 145

The Beatles are perhaps the best-known and loved band in popular music history. Whether you're 80 or 8 years old, you most likely know the words and melody to some (if not all) of their songs. This seminar will explore the many unique features that make the Beatles music timeless and compelling. Each week, we'll listen to several songs reflecting their ever-evolving music style from 1962 to 1970. Then, with the help of videos and expert analysis, we'll explore the harmonies, instrumentation, and lyrics that created the "magic" these uniquely gifted artists gave to all of us. You don't need any musical training for this seminar, so enroll and enjoy *The Beatles: Like You've Never Heard Them Before*.

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 topics including *The Beatles*, *Bob Dylan*, and *Water 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.

Classical Music (IP/NR)

Robert Seyfried
Marjorie Wade
Leo Eylar
Fridays, Feb 9 to May 10 (12 weeks)
12:30 to 2:45 pm
Capistrano Hall 223

Bob Seyfried, **Marjorie Wade**, and **Leo Eylar** will partner the spring seminar this semester. As far as the seminar description is concerned, it will be a "Free for All" in that there will be no chronological order. Rather, each of us will present specific works of music, composers, instrumentalists, and conductors that we believe represent the "pantheon" in the realm of classical music. Some of our members submitted recommendations for future presentations, and we will respond this semester. The individual sessions will be comprised of lectures, live performances, videos, and recorded music. A one-time fee of \$40 will be collected on the first day.

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Cracker Barrel (IP/WI/NR)

Christine Lewis
Per Ostlund
Fridays, Feb 9 to May 10 (12 weeks)
11 am to 12:30 p.m.
Alpine Hall 218

Cracker Barrel is a year-round weekly discussion group that emphasizes dialogue on current political, social, economic, and cultural issues. Participation in class discussions is not required but encouraged. Prerequisites include tolerance and patience for the values and beliefs expressed by others. Participants may treat the class as a drop-in, but registration is needed.

Christine Lewis has been a Renaissance Society member for many years. Before retiring, she worked in state and municipal governments, news reporting, and health and welfare organizations. She also co-owned a small software company.

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

Critical Thinking (IP/NR)

Richard Kowaleski
Fridays, Feb 9 to May 10 (13 weeks)
1 to 2:45 pm
Yosemite Hall 135

Hone your ability to make better decisions! This is a very popular seminar, so register early. Seminar covers decision-making regarding what to buy, who or what to vote for, how to invest for and in retirement, and how to improve relationships.

Richard Kowaleski has led the critical thinking seminar for more than 15 years! He previously taught engineering and mathematics at the United States Air Force Academy and Sac State.

Even More Cinematic Classics: Themes and Variation (D/IP/WI/NR)

Alan Miller
Fridays, Feb 9 to May 10 (12 weeks)
12 to 2:45 pm
Tahoe Hall 1003

Powerful films from the 1940s to 2005 emphasizing stories brought to life by gifted actors, writers and directors. These include Billy Wilder's *Double Indemnity*; *The Philadelphia Story* starring Katherine Hepburn, Cary Grant and James Stewart; Paul Newman and Robert Redford, whose *Butch Cassidy and the Sundance Kid* was a critical and commercial success; Denzel Washington in *August Wilson's Fences*; Dustin Hoffman and Meryl Streep in *Kramer v Kramer*; and Robin Williams' poignant performance in *Good Will Hunting*, written by and featuring then-newcomers Ben Affleck and Matt Damon. Perceptive class discussions enhance the course's popularity.

Alan Miller has written opinion pieces and reviews for national magazines and newspapers since 1972. He has taught college courses and lectured at UCSD, UC Davis, Sac State, and American River College. He's used films in his courses, and this is his third straight *Cinematic Classics* class for the Renaissance Society that includes previous students who asked for more.

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Exploring Motown's Enduring Legacy: Music, Culture, and History (D/H/WI/R)

Michael Agron
Fridays, Feb 9 to Apr 5 (8 weeks)
10 to 11:45 am
Mendocino Hall 1015

Motown's timeless allure owes its enduring popularity to a unique blend of compelling songwriting, exceptional vocal talent, social significance, and the ability to transcend musical boundaries. While it shares some parallels with influential musical movements such as the Brill Building era and the California sound of the Beach Boys, Motown, under the visionary leadership of founder Berry Gordy, shattered the notion that Black artists required White songwriters to attain widespread recognition. Motown's distinctive musical fusion of R&B, pop, and soul allowed it to resonate with a diverse and extensive audience, leaving an indelible mark on both American and global music cultures.

In this seminar, we will explore the musical landscape of Motown during the pivotal years of the 1960s and 1970s. Delving beyond the melodies and rhythms, we will uncover the captivating stories of the brilliant songwriters, accomplished musicians, iconic singers, and influential groups that breathed life into the Motown sound to resonate with audiences worldwide. Whether you're a music enthusiast, history buff, or curious about music's power to transcend boundaries, this seminar offers a rich journey into Motown's enduring legacy.

Michael Agron grew up in LA, the heart of the entertainment industry. He loved music so much he wanted to become a recording engineer. Fate had different plans for him, and he ended up with a successful career in hi-tech, including founding a webinar marketing agency. He has been fortunate enough to fulfill his musical and entertainment passions by offering seven unique popular seminars twelve times to members of the Renaissance Society and to OLLI organizations across the country.

**Growing Up in the 40s, 50s, 60s (D/IP/WI/NR)**

Beth Mann
Virginia Sturdevant
Fridays, Feb 9 to May 10 (12 weeks)
1 to 2:45 pm
Mendocino Hall 3013

This class will allow us to look back at our childhood and see how it has influenced our later years. The class will be divided into three segments, each covering a decade: State of the World and Politics at Home; Music and Art, Clothing, Hair Styles, Cars, Sports, Technology, Food, Families, and Personal Experiences. Each class will consist of a lecture and plenty of time to share personal experiences. Class participation will be encouraged.

Beth Mann is a history buff (and retired trainer) who enjoys developing classes for the Renaissance Society—*the Silk Road*, *the Maya*, *the Great Lakes*, etc. She also has co-hosted an array of classes on various topics. Her interests are peaked by travel and a desire to delve into new and interesting topics.

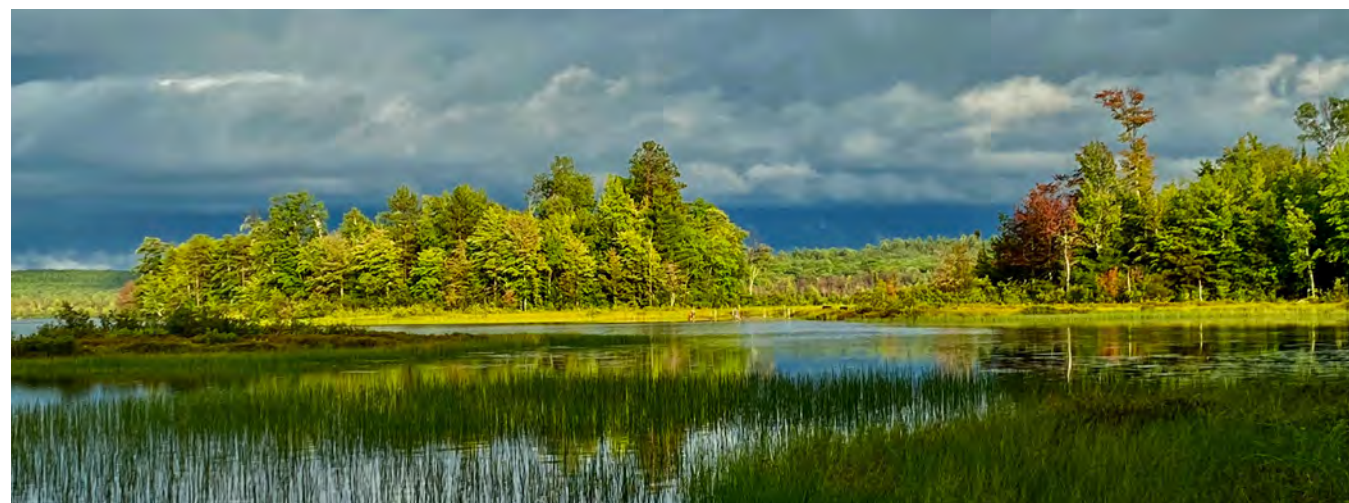
A native Sacramentan, **Virginia Sturdevant** graduated from UC Berkeley with a Criminology degree. She retired from the State after working as a Fingerprint expert and IT manager. Her passions are learning and travel.

Mind-Body Skills for Health Improvement (IP/NR)

Jon Siiteri
Fridays, Feb 16 to Mar 15 (6 weeks)
10 to 11:30 am
Yosemite Hall 117

According to the CDC, 75% of health-related expenditures are for chronic health conditions. Heart disease, cancer, stroke, chronic obstructive pulmonary disease, and diabetes, alone or in combination with one more of these conditions, account for nearly two-thirds of all deaths in the US. The impact of chronic stress underlies all of these conditions. In combination with appropriate medical treatment, research-proven mind-body skills help reduce underlying stress and lead to healthy living. In this six-week course, you will learn about and experience the physiological, behavioral, and spiritual benefits of practicing mind-body skills that have been shown to reduce the impact of stress on our bodies and minds.

Jon Siiteri, PhD, PA-C (retired), holds a Doctorate in Endocrinology from UC Davis, and later, had a medical practice for 25 years as a physician assistant. He served for almost four years as a Clinical Assistant Professor in the UCD Family Nurse Practitioner and Physician Assistant Program. In 2007 he completed a three-year program in mind-body medicine through the Center for Mind-Body Medicine at Georgetown University Medical School. He has enjoyed presenting mind-body skills in many different settings.



The Three T's: Truth, Trust, and Technology (H/WI/R)

Dale Good
Fridays, Apr 5 to Apr 19 (3 weeks)
1 to 2:45 pm
Douglass Hall 212

How do we understand the meaning of truth within our sociopolitical order? How do we define it, and how does it affect us? How does truth or lack thereof affect trust in our institutions? What is the role of technology in truth and trust? How did the internet and social media, with their algorithms, affect truth and trust? What does artificial intelligence (AI) portend for the 3T's and for the future of our sociopolitical order, especially with an underlying economic philosophy that monetizes everything without regard to consequences? What about AI and bad actors, domestic and international? We will discuss it from an academic and a personal perspective—format: lectures, audio-video clips, open discussion.

Dale Good's varied career includes serving as a Navy officer, touring countries on both coasts of Africa and throughout the Caribbean after graduate school (PhD program in Judicial Process), an executive for the Minnesota court system, and adjunct faculty evenings at the state university teaching constitutional law; and, most recently, an executive for the California court system. He has had a lifelong interest in history, political theory, and philosophy and is committed to lifelong learning.

TransForMission: A Path to Purpose (IP/WI/NR)

Donna Apidone
Fridays, Feb 9 to Mar 15 (6 weeks)
9:30 to 11:15 am
Mariposa Hall 1012

Our vitality is linked to our Purpose. To live fully, we have to know why we are here and what we can do. As we age, we have opportunities to adjust our Purpose. TransForMission is a five-step process that uncovers Purpose. Methodology is based in Persuasion Theory with explorative listening. In-session activities include guided discussion and short writing exercises. Between sessions, participants pursue self-exploration through exercises in the workbook.

Donna Apidone has been leading TransForMission groups since 2005. Donna is known to NPR listeners for her 21+ years as host of *Morning Edition*. She now writes content for two national outlets, *America's Heartland* (PBS KVIE) and *NextAvenue.org* (Twin Cities PBS). In 2023, she received an Artistic License Award from California Lawyers for the Arts. Donna launched a recorded meditation series in 2023 and continues to give motivational talks. She is the author of two books. <https://www.donnaapidone.com>.

Transitions: What Will I Do with the Rest of My Life? (H/R)

Ken Cross
Fridays, Feb 9 to May 10 (14 weeks)
12 to 2:30 pm
Folsom Hall Room 1050

Who am I? Why am I here? What's my life's purpose? How do I live in balance mind/body/spirit, relationships, retirement/avocation, and 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! **Note:** There will be a Meet and Greet on Zoom—February 2, 2024, from 12 to 2:30 pm.

Ken Cross is a 1974 US Military Academy graduate at West Point, NY. He served as a US Army airborne ranger and 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 US states, searching for their life's purpose. Ken has led *Life's Purpose* workshops since 1998.

Travel and Adventure (IP/WI/NR)

Fred Chapman
Fridays, Feb 9 to May 10 (12 weeks)
10 to 11:30 am
Brighton Hall 208

There has been a Travel class since 1999. Guest speakers are generally class members who share their experiences traveling the US and countries from around the world. Slide shows and videos are a great part of each class. There is a question and discussion period after each presentation. While participation is a must in presentations and discussions, there is no requirement for individual students to give presentations. Everyone who loves to travel will find the class very entertaining and informative.

Fred Chapman has been a Renaissance Society member since 2009 and has hosted or co-hosted three different Renaissance classes. He is a frequent traveler in the US, Europe, and other areas of the world, including mountaineering expeditions to the Andes and Himalayas, and a three and one-half month world cruise in 2019.

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shared interest groups (SIGs)

MONDAY TO THURSDAY SIGS

Friends of the New Yorker Magazine (IP/NR)

Judy Day
David Bowles
Mondays, Feb 5 to May 6 (Year-round weekly)
10:30 am to 12:30 pm
KOH Library, The Center

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 insight. We meet every Monday, all year long, in the KOH Library, inside The Center at 2300, located at 2300 Sierra Blvd, Sacramento. Group members pay an annual membership fee of \$18 to the Library to use the facility, and we can also check out books. To join the group, please contact the leader or co-leader to see if space is available. Judy Day may be reached at jbday2@pacbell.net or (916) 424-3126. David Bowles may be contacted at davidbowles@sb-cglobal.net or (916) 662-1640.

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 an MA in Public Policy. She retired in 2005 from the State Department of Finance, where she was a budget and program analyst. Her current interests include reading and politics.

David Bowles recently retired after a 35-year career with Verizon. His focus was executive training, from frontline supervisors to the vice president level. He has led over 75 different classes on a wide variety of topics. He enjoys live music, reading, gardening, and riding his motorcycle.

Kindle Unlimited Book Club (Z/NR/OE)

Marian Kile
Mondays, Feb 5 to May 6 (Year-round monthly)
9:30 to 11:30 am

If you already are an Amazon Kindle Unlimited member, you should consider joining this club. We will only choose books that are available in Kindle Unlimited. so no additional cost and no running to the library. We will discuss fiction and nonfiction in a variety of genres. The members of the group rotate selecting a book for everyone to read and discuss in an intelligent yet comfortable manner. We will discuss fiction and nonfiction in a variety of genres.

Marian Kile joined the Renaissance Society in 2006 and immediately joined a book club. Now she is starting this specialty club which will only read Kindle Unlimited books. She enjoys the variety of genres and books.

Native American History and Culture, Part II (D/IP/NR)

Allan Keown
Mondays Feb 5 to May 6 (12 weeks)
10 am to 12 pm

This SIG will be exploring Native American culture at the local, state, and national levels. Activities will be decided by consensus, and may include visits to local museums and exhibits.

Allan Keown has been a Renaissance Society member for over ten years. He has led seminars on documentaries and the Blue Zones among others, and served on many Renaissance Society Committees

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Qi Gong (D/Z/R/OE)

David Mitchell
Marilyn Bradford
Mondays, Feb 5 to May 6 (12 weeks)
3 to 4 pm

Explore your life force energy, Qi, through this ancient Chinese practice of Qi Gong. Join David and Marilyn every Monday from the Lighthouse Studio where you will be guided through a practice of deep breathing, gentle stretching, and flowing movements, followed by a guided meditation, which will take you into a deeper place of spiritual, physical, and mindful understanding of who you are and how to heal yourself.

Meet **David Mitchell**, our passionate Qi Gong instructor. Raised in the Sacramento area, David is a retired Air Force and airline pilot who discovered the healing powers of Qi Gong during his battle with acute myeloid leukemia in 2011-2012. He studied and trained in Santa Cruz with Lee Holden (an internationally recognized teacher of Qi Gong), and is a certified Qi Gong teacher.

Marilyn Bradford has been teaching Qi Gong as a certified Qi Gong instructor in the Sacramento area for over three years. She has a passion for healing and is a certified Reiki master.



Digital Photography (IP/WI/NR)

Jay McKeeman
Tuesdays, Feb 6 to Apr 30 (12 weeks)
10 to 11:45 am
Nepenthe Clubhouse, Campus Commons

The *Digital Photography* SIG 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 and development software. Basic photography experience is preferred. Equipment ranges from smart phones to SLR equipment. Video photography is not covered. Sessions are not recorded. Classes alternate between in-class instruction at the Nepenthe Clubhouse, Campus Commons, 1131 Commons Dr., Sacramento, CA 95825, and field trips. Field trips usually start at 10 am, but times may vary due to location or shooting variables, such as night time sessions. Field trips are optional and personal transportation is required.

Instruction Dates	Field Trip Dates
6-Feb	13-Feb
20-Feb	27-Feb
12-Mar	19-Mar
26-Mar	9-Apr
16-Apr	23-Apr
30-Apr	-

Jay McKeeman has lived entirely in Northern California. He was born and raised in San Francisco and had his initial education there. He attended CSU Chico (BA) and USC (MA 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.



Third Tuesday Book Club (Z/NR/OE)

Marian Kile
Tuesdays, Feb 6 to May 21
(Year-round monthly)
9:30 to 11:30 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 nonfiction 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 the Renaissance Society, and then she started this one. She enjoys the variety of genres and books that she never would have read without the book clubs.

Dining Together (D/IP/NR)

Cheryl Nelson
Second Wednesdays, Feb 14 to May 8
(Year-round monthly)
5:30 to 7:30 pm

Dining Together is an opportunity to socialize with fellow Renaissance Society members in an informal, evening setting. Currently, we meet year-round on the second Wednesday of the month. Members volunteer to arrange dinners at local restaurants. We try to choose reason-

ably priced, interesting restaurants, hopefully including different cultures. Locations and details are posted in the Recorder each month for the following month. It is necessary to RSVP for each dinner in order to attend. If attendees to a particular dinner must be limited, preference will be given to members of *Dining Together* and first-RSVPed-first-served rules will apply. Online registration is required for membership.

Cheryl Nelson has been the lead coordinator for *Dining Together* for several years. She has been a Renaissance Society member for over 10 years, volunteering as a seminar leader and Zoom technical host. She enjoys leading this SIG where people can socialize and meet new people.

Le Circle Français (IP/NR)

Ruth Scodel
Ana Facio
Wednesdays, Feb 7 to May 8
(Year-round weekly)
10 am to 12 pm
Campus Commons Clubhouse

This SIG meets at the Campus Commons Clubhouse, 650 Commons Dr., Sacramento, CA 95825. It is for French speakers at an intermediate level, requiring a working acquaintance with the language through high school or college classes or from living in a French-speaking country. Members read and discuss texts, listen to and discuss French podcasts, and share presentations in French about their interests. Registration is required. **Note:** The group is limited to 12 and a waiting list is maintained. Please contact the leader if you wish to put your name on the waiting list.

Ruth Scodel was a professor of Classical Studies at the University of Michigan for 40

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years and she has considerable administrative experience. Her active French vocabulary is not as large as it could be, but her grammar is pretty reliable and her accent isn't bad.

Ana Facio joined Renaissance Society in 2016. She was a co-leader of the *Great Decisions* seminar for 2 years and is currently a co-leader of *Le Cercle Français*. Ana loves the French language and French films, and has visited France several times.

Walkabouts (IP/NR)

Lance Muller
Barbara Walthers
Wednesdays, Feb 7 to May 1
(Year-round weekly)
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 that week's *Walkabout*. You will have a choice of two miles with the Tortoises group, or four 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 <https://renaissancewalkabouts.weebly.com/> and click on the "Walkabouts Registration" tab!

We're back again, now doing *Walkabouts* for several decades!

ABBREVIATION KEY

D	Diversity program
Z	Zoom-only
IP	In-person only
H	Hybrid (IP + Z) program
IP-R	In-person (live) and recorded
NR	Program not recorded
OE	Overlapping enrollment
R	Program recorded
WI	Walk-in program—use online system to enroll or check with leader
FS	Program fully subscribed.



Why Is This Book Banned? (D/Z/NR/OE)

Louise DiMattio
Wednesdays, Feb 7 to May 8 (8 Weeks)
10 to 11:45 am

We will discuss eight selections chosen from among the over 1,000 titles that are the most frequently banned books in the United States today. We will spend an hour carefully discussing the content of the selection using the Great Books Shared Inquiry Method. We will then attempt to understand what it is about these works that causes school boards and others to attempt to exclude these books from school and local libraries as well as academic curricula in junior and high school. These titles will range from short stories to plays, graphic novels and poetry. Issues addressed will be racism, LGBTQ themes, antisemitism and other possible topics that could lead to attempts to ban these particular titles. **Note:** Class dates are 7-Feb, 21-Feb, 6-Mar, 20-Mar, 3-Apr, 17-Apr, 1-May, and 8-May.

Louise DiMattio is the President of the San Francisco Great Books Council serving Northern California. She has been a *Great Books* leader and participant for over 40 years. Louise has previously led seminars on Dickens' *A Tale of Two Cities* and *Great Expectations*.

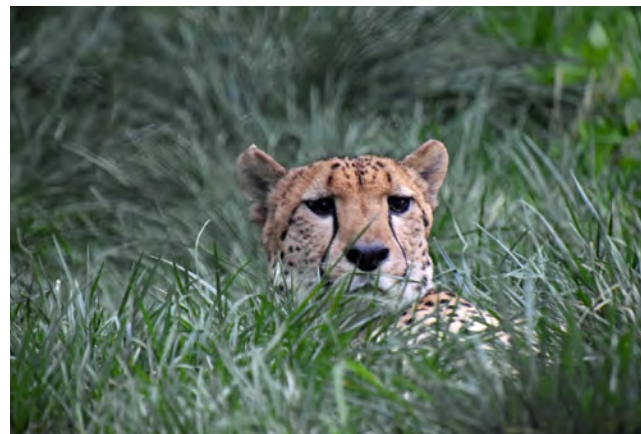
iPhone Photography Studio (Z/NR/OE)

Melissa Green
Thursdays, Feb 8 to Mar 22 (6 weeks)
10 am to 12 pm

Past studio enrollees will invite eight new members to join our adventure. Some apps may need to be purchased. There will be a required field trip on Feb 22. Online shared albums are our critique and learning platform. Our public website—<http://rsiphonphotostudio.blogspot.com>—continues to provide informative articles, demonstration videos, and artwork examples. **Note:** Meet & Greet on Zoom Feb 8th, 10 am to 12 pm. See table for Zoom and Field Trip dates.

Zoom Dates	Field Trip Dates
8-Feb	22-Feb
15-Feb	n/a
29-Feb	n/a
7-Mar	n/a
14-Mar	n/a
21-Mar	n/a

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



The Music of Your Life (Z/NR/OE)

Loretta Burdeaux
Lester Bennett
Thursdays, Feb 8 to May 2 (12 weeks)
3:30 to 5 pm

The Music of Your Life is a SIG where we explore different types of music each week. Join us if you want to have fun by sharing a song you pick and present. We can teach you how to share your screen in Zoom to play your song, or we can do the screen sharing for you—just send in a YouTube link for the song of your choice. Live performances of your song are welcome too if you like to sing and/or play an instrument. Some examples of past weekly topics include The Beatles, Rock, Bluegrass, Motown, Country, Show Tunes, Jazz, and Classical.

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

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

Partners in Crime (IP/NR)

Lynda Cassady
Pat Stokes
Thursdays, Feb 8 to May 9
(Year-round monthly)
1:30 to 2:30 pm

This bookclub meets once a month. Members rotate selecting an author, and members read any of the author’s books. Author selection is rotated among members. Some past authors were Attica Locke and Iona Wishaw. **Note:** This SIG meets at the McClatchy Library.

Lynda Cassady has led this mystery book club for several years. She read mysteries beginning with Nancy Drew and has never stopped.

Pat Stokes enjoys mysteries and is an expert in discovering new authors that are not mainstream USA.



Promises and Threats of Artificial Intelligence (AI) (Z/NR/OE)

Melissa Green
Third Thursdays, Feb 15 to May 16 (Monthly)
2 to 4 pm

Part book club and part coffee klatch, our members will share their perspectives on artificial intelligence (AI) through demonstration, discussion, and suggestions on this constantly evolving technology. Our website—<https://rsthoughtsonai.blogspot.com>—includes links to reading, viewing, and listening references, and a form where you can share your interests, which will help shape our future discussions. We will showcase and delve into the creative applications, scientific advancements, business implications, and potential regulatory considerations of AI. **Note:** This SIG will meet on 16-Feb, 15-Mar, 18-Apr, and 16-May.

Melissa Green joined the Renaissance Society in 2012 with an interest in digital photography and taught the *Apple iPad* and *iPhone* seminars. She is a retired instructional development coordinator from Sacramento City College where her focus was training faculty and staff to use computers and teach online. Melissa says the AI tsunami is coming; artificial intelligence shows up in iPad apps and daily news feeds.

The Economist (Z/NR/OE)

Wayne Luney
Thursdays, Feb 8 to May 9 (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 periods and between semesters.

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

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FRIDAY SIGS

English Country Dance (IP/WI/NR)

Ruth Scodel
Fridays, Feb 9 to May 10 (12 weeks)
12 to 1 pm
To Be Announced

This class will introduce the figures and style of *English Country Dance*—if you have seen movies based on Jane Austen’s novels, you have a general idea what it is like. No partner or experience is needed (though those with some experience are very welcome). ECD is not strenuous, but you need to be able to walk easily. The class will use recorded music, and include dances from the original flourishing of ECD from the 17th through the early 19th century, as well as its 20th century revival. The goal of this class is to share the joy of this intensely social activity and make students comfortable attending the regular, live-music events of the Sacramento Country Dance Society.

Ruth Scodel retired from the Department of Classical Studies at the University of Michigan in 2019. She has been active in English and Scottish country dance for 40 years and has attended many dance camps workshops on teaching country dance. She is currently on the board of the Sacramento Country Dance Society and a member of its English Country Dance Committee.

Knitting With Friends (IP/WI/NR)

Barbara Kletzman
Jeanie Wilcox
Fridays, Feb 9 to May 10 (12 weeks)
9:30 to 11:30 am
Academic Resource Center 1008

Bring your knitting or crocheting, spend a relaxing two hours on your craft, and chat with your fiber friends. We have knitters at all levels of experience. There are no instructions but always a little help if needed. It’s a wonderful place to meet new friends.

Barbara Kletzman joined the Renaissance Society in 1999, and has co-led many knitting groups as well as led Ted Talks for four semesters. In 2005 she started a 10 year project recruiting volunteers to knit baby blankets, and has dropped off an average of 30 blankets monthly to local hospitals for newborn babies.

Jeanie Wilcox grew up with a yarn store next to her grandmother’s house, and started knitting at seven years old, continuing through high school and college. She gave up knitting until her son was in high school, but has knit daily ever since. She is a retired psychologist from Chico CA.

ABBREVIATION KEY

D	Diversity program
Z	Zoom-only
IP	In-person only
H	Hybrid (IP + Z) program
IP-R	In-person (live) and recorded
NR	Program not recorded
OE	Overlapping enrollment
R	Program recorded
WI	Walk-in program—use online system to enroll or check with leader
FS	Program fully subscribed.

Social Dancing (IP/WI/NR)

Richard Kowaleski
Fridays, Feb 9 to May 10 (13 weeks)
12 to 12:45pm
Yosemite Hall 171

Learn or improve your skills in the most popular social dances, including swing, Latin, country, line, and more—you choose the mix! For beginners and experienced dancers alike. No partner is required. Please bring smooth-soled shoes with good heel support.

Richard Kowaleski has been offering this dance class for more than 15 years! He teaches social dancing throughout the greater Sacramento area and is a dance host at local dances.

Technology Workshop and Troubleshooting (IP/WI/NR)

Ashu Singla
Every Other Friday, Feb 9 to Apr 19 (6 weeks)
10 to 11:30 am
Yosemite Hall 127

Learn how to use your phone or other devices to take a screenshot, schedule an Uber, store pictures on cloud, or scan QR code. Is your tech device not working properly and needs troubleshooting? Tech can be challenging! SeniorTechPal aims to remove barriers to improve technology usage amongst seniors by holding tech sessions. Everyday convenient features are available on your smartphone, laptop, tablet and other common devices. This workshop will help you navigate through those features as well as help you troubleshoot your tech devices. **Note:** Classes will be held on Feb 9th, Feb 23rd, Mar 8th, Mar 22nd, Apr 5th, and Apr 19th.

SeniorTechPal was launched by **Ashu Singla**, former Sr Director of Eng from Intel. The organization started as Gelos (Greek for laughter or joy) and that is the mission—to bring joy to the world by simplifying technology for seniors.

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Watercolor Studio Lab (IP/NR)

Colleen Wong
Fridays, Feb 9 to May 10 (Year-round weekly)
12 to 2:30 pm
Kadema Hall 170

Watercolor Studio is an in-person course devoted to experienced and self-taught watercolor painters. Course members will determine their own subject material and style of execution while assisting or sharing their knowledge and experience with each other. No formal instruction is planned—just sharing from peer artists. Classical music will be played to enhance the artistic environment. Referrals to artistic support resources (videos, Internet, books, other instructions, etc.) may be shared by course members.

Colleen Wong has been a co-leader of the *Digital Photography* program for the last six years until 2022 and a co-leader for the *Watercolor* class for the last three sessions. Ms. Wong believes Renaissance Society sessions should meet all class participants’ artistic interests. Colleen does not consider herself a painter but loves to explore this realm.

Steve Wittmann has been painting, mostly in water-based mediums’ for the past 15 years, three of them as a Renaissance leader. Most recently, Steve has organized bi-weekly open meetups for interested watercolor painters in a local park.

fully subscribed programs

Fully subscribed 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 might be available to accommodate new participants if a vacancy should occur. If you have questions about these programs, please contact the respective Leader.

Advanced Spanish Conversation (FS/IP/NR)

Beatrice Hildebrand
Susan Dlugach
Thursdays, Feb 8 to May 2 (Year-round weekly)
10 am to 12 pm

The members of the SIG take turns presenting a variety of topics at an advanced Spanish level. It is followed by questions and discussion. The members will also read and translate literary texts by Spanish or Latino-American authors. **Note:** This program is currently full. Please contact the leader if you wish to put your name on the waiting list.

Beatrice Hildebrand has traveled extensively in Spain, Mexico, Argentina, and Chile. She has a minor in Spanish from Sac State, and attended a two-week immersion program in Cuernavaca, Mexico. She has been part of the *Advanced Spanish Conversation* class for over 10 years and has been its leader since the fall of 2022.

Susan Dlugach has traveled to many Latin American countries including Mexico, Costa Rica, Bolivia, and Peru. In 2022 Susan spent more than two months in Spain. A lifelong learner, she has been involved in Renaissance Society Spanish classes for years.

First Tuesday Book Club (FS/Z/NR)

Gwen Bedient
Tuesdays, Feb 6 to May 7 (Year-round monthly)
10 to 11:30 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 nonfiction books that are available in the Sacramento Public Library system. Members engage in intelligent yet comfortable discussions about the writing topic and author. **Note:** This program is currently full. Please contact the leader if you wish to put your name on the waiting list.

A native of Nebraska, **Gwen Bedient** spent 11 years in the U.S. Foreign Service before retiring in Spring 2021. She has been a part of many book clubs over the years, both in Nebraska and overseas, and her favorite genre is historical fiction. Some of her other interests include gardening and travel.

Games for Entertainment (FS/IP/NR)

Roberta Frieze
Judy Keaton
Thursdays, Feb 8 to May 2 (Year-round weekly)
1 to 3 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 on a rotating basis depending on their own calendars. **Note:** This program is currently full. A wait list is maintained and the leader will contact you if there is an opening.

Roberta Frieze has been a member of the Renaissance Society for more than 12 years. She is an active gardener, reader, and investor.

Judy Keaton has been a long-time member of the Renaissance Society for more than 11 years and is well-experienced in the topic being presented.

Great Books Shared Interest Group (FS/Z/NR)

Jean Cawood
Dan Rooney
Thursdays, Feb 8 to May 9 (Year-round weekly)
2 to 4 pm

We use the Great Books Shared Inquiry method of discussion and the rules set forth by the Great Books Foundation. We will be discussing readings from the following books purchased from the Foundation: *The Civically Engaged Reader*, *Counterparts*, and *Immigrant Voices*. Our class discusses both fiction and nonfiction essays, short stories and books. We include works, both modern and throughout history, originating in all corners of the world. The readings include works of people from all genders, races, and ethnic origin in the United States and elsewhere. We will also read a fiction or nonfiction work of our choice. Members are expected to lead a discussion once a year. **Note:** This program is currently full. Please contact the leader if you wish to put your name on the waiting list.

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* SIG since 2001, the *Don Quixote* seminar with Jim Gallant in 2011-2012, and was tech host for the *Ulysses* class, 2020-2021.

Dan Rooney is a retired attorney and has been a member of the Renaissance Society and the *Great Books* SIG 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* SIG on Zoom.



High Intermediate Spanish (FS/H/NR)

Melody Flores
Fridays, Feb 9 to May 10 (Year-round weekly)
10 to 11:45 am
Mendocino Hall 4003

This course is a safe, supportive place to build on your existing high intermediate Spanish. We read and translate novels, complete assignments in a grammar workbook, do occasional writing assignments, and converse as much as possible in Spanish during the class. We also meet on Zoom on Tuesdays for conversation.

Note: This program is currently full. Please contact the leader if you wish to put your name on the waiting list.

Melody Flores studied Spanish at Shasta Jr College in Redding, CA and at the Univ of Guadalajara, Mexico. She has taught this Spanish class for several years and enjoys very much sharing her knowledge with her Renaissance students.

Photography As Art (FS/H/R)

Roger Klemm
Wednesdays, Jan 10 to Mar 27 (12 weeks)
10 am to 12:30 pm

Using art concepts as a guide, this class develops an informed way of seeing. This is not a camera class. **Notes:** For waitlist, contact the leader directly—do not use the Renaissance system. **Note:** This program is currently full. Please contact the leader if you wish to put your name on the waiting list.

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 had been a commercial and published architectural photographer. This seminar will be the 22nd he has taught for the Renaissance Society.

one-time presentations

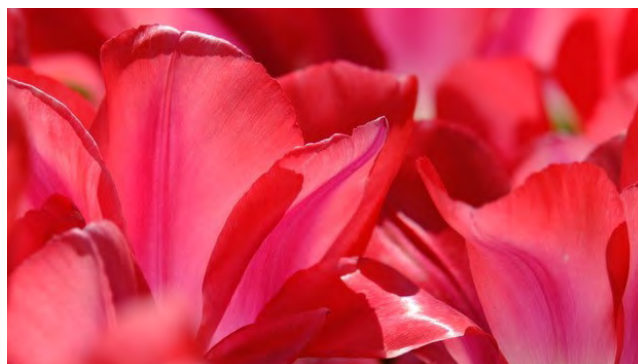
community presentations

Fantastical History of the Swastika (D/Z/NR/OE)

Maryellen Burns
Gopal Kapur
Tuesday, Apr 16
10 to 11:30 am

The swastika has been a symbol of peace and joy in India for thousands of years. The ancient Druids, Celts, Teutonic Knights, and Nordic tribes used the design in their artifacts. Prior to 1920, swastika was a popular design in the West on greeting cards, soft drinks, buildings, and sports teams' uniforms. Many native American tribes had the swastika woven into their blankets and painted on pottery. We will explore the fantastical journey of this benevolent design and its ignoble end in Germany.

Gopal Kapur consults, writes, and educates on management excellence. He has authored three college-level textbooks and lectured at Harvard University, The Brookings Institution, University of California Berkeley, and Davis. Many Fortune 500 companies have adopted Kapur's highly successful ProjectProcessArchitecture. The President of India awarded him the Distinguished Achievement Award. He founded FamilyGreenSurvival, Inc., a 501c3 nonprofit to deliver nutrition education and EndLocalHunger.



Alice B. Toklas—Before and After Gertrude Stein (D/Z/R/OE)

Maryellen Burns
Thursday, Mar 7
1 to 2 pm

Alice B. Toklas is best known for being the life partner of American writer Gertrude Stein and for her Hashish Brownies. However, she was an accomplished writer in her own right. During the last decades of her life, Toklas was sought after for her many stories about her famous friends, acquaintances, and enemies including F. Scott Fitzgerald, Ernest Hemingway, Pablo Picasso, Henri Matisse, Thornton Wilder, and scores of other writers, artists, and cooks.

Maryellen Burns is working on a series of talks (and possibly a book) about Northern California's Literary Women. Alice B. Toklas is the first in a series. Maryellen is on the program committee of the Book Club of California, past president of the Sacramento Book Collectors Club, and author of several books on California food and regional history.

The History of Disability Rights in the US (D/Z/NR/OE)

Maryellen Burns
Patricia Chadwick
Thursday, March 21
2 to 3:30 pm

The study of the history of disabled people has only recently emerged as its own discipline worthy of examination, even though it is very integrated into the overall history of the United States. It is a critical element in the history of civil rights, institutions, medicine, eugenics, technology, war and pandemics. Disability history intersects with that of other historically op-

pressed groups. My presentation will cover the contributions of people of color to the disability rights movement.

Patricia Chadwick has a long-time interest in disability history. In 1995, she co-founded, with her late husband and disability activist Stephen Dias, the Disability Social History Project, a website of resources on disability culture, media and history. She has published articles on disability representation in the media in the US and internationally, and on the history of disability rights. She is on the planning committee to establish a National Museum of Disability History and Culture in DC.

Alter Egos (H/R/OE)

Maryellen Burns
Christie Braziel
Thursday, Feb 8 to May 9
(Year-round days, dates, times vary)
6 to 8 pm

Have you wanted to try acting but feel anxious about memorizing a script, or like to share stories, research ideas, write scripts, operate a video camera, edit, or make simple costumes or props? Have your own story that you'd like to share? We tell inclusive stories so need everyone's voice. This semester will feature two programs—The Women of Poverty Ridge and Eccentric History of Old Sacramento, plus some how-to workshops. **Notes:** First meet up is Thursday, February 13 at 4 pm at an address to be provided later. Subsequent programs will be held at R25 Theater Group (Theaters @ R25), 1713 25th Street, Sacramento, CA 95816.

Coordinated by **Maryellen Burns**, a cultural historian who 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 has performed in adult, children's, readers, and church theater.



A Cook's Tour of Sacramento (H/NR/OE)

Maryellen Burns
Marge Tarbell
Dan Cross
Thursday, Feb 8 to May 9
(Year-round days, dates, times vary)
3 to 5 pm

A Cook's Tour of Sacramento is now a year-round adventure. We host monthly brunches, lunches, happy hours, and occasional dinners 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. Feel free to invite a guest, or two. This semester will feature at least two travel opportunities outside Sacramento. And, the potential of an overnight stay if you choose to.

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. **Dan Cross** is a curious traveler, who will find places outside the city for us to enjoy.

Morning Coffee (H/R/OE)

Maryellen Burns
Marge Tarbell
Kimberley Graham
Thursday, Feb 8 to Apr 4 (12 weeks)
(Year-round monthly)
10:30 to 11:30 am

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 program 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 Thursday of every month from 10 to 11:30 am at ACC Senior Services, 7334 Park City Drive and virtually on Zoom, Facebook Live, and YouTube. We pro-

vide coffee and tasty bits. **Note:** Sign up to receive a newsletter that will be sent in early February listing all the programs and a zoom link.

Facilitated by **Maryellen Burns**. She has managed major historic preservation, industrial archeology, community and food history projects for museums, libraries, and educational institutions for more years than she wants to admit. She is joined by guest moderators including **Marge Tarbell**, **Christie Braziel**, and **Kimberley Graham**.

**CLICK HERE TO ENROLL
IN ANY PROGRAM
Starting on January 22nd**

monday big history series

Cities II (Z/R/OE)

Ranny Eckstrom
David Lewis
Mondays, Feb 5 to May 6
10 to 11:30 am

Big History, (Cosmos, Earth, Life, and Humanity) is a big picture interdisciplinary view of history, science, and the humanities that explores human existence. This Spring we continue our focus on the evolution of people in groups—ancient and modern cities, and other topics. Cities have been called Human’s Greatest Invention. Find out why. These Big History presentations are open to the public and are recorded, so that you can choose those you wish to attend.

Ranny Eckstrom has co-lead multiple seminars since joining the Renaissance Society in 2009. Ranny is also a member of the Sacramento Archeological Society, which has a close alliance with Big History. She has been hosting Big History for over seven years.

David Lewis has been instrumental in developing *Big History*, has been a tech host for several Renaissance Society seminars, and is the host of the *Wednesday Science Series*.

ABBREVIATION KEY	
D	Diversity program
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IP-R	In-person (live) and recorded
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OE	Overlapping enrollment
R	Program recorded
WI	Walk-in program—use online system to enroll or check with leader
FS	Program fully subscribed.

tuesday speaker series

The Women Behind the Man—Picasso (D/Z/R/OE)

Anne M Rewell
Tuesday, Feb 6
2 to 3:30 pm

We will take a look at the muses that inspired Picasso. Women who loved and sometimes hated him. Women who were overshadowed and sometimes broken by him. Women who today hang on walls of the world's premier museums. Who were these women? What were their lives like? How Picasso impacted their lives and how they impacted his. A story told through Art.

Anne M Rewell joined the Renaissance Society in 2015 and has given numerous lectures on various subjects for the Renaissance Society. Anne was born in Australia, moved to the US in 1972, and has been a resident of Sacramento since 1974. She was a Tax Manager at the international accounting firm Deloitte, later running a local tax practice in Sacramento.

The Disrupters' Editorial Cartooning in Sacramento (D/Z/R/OE)

Maryellen Burns
Tuesday, Feb 13
2 to 3:30 pm

For more than 120 years Sacramento newspapers have lampooned Sacramento and Washington politicians, and federal, state, and local establishments. Citing public disinterest in editorial content and commentary, the Bee recently fired Pulitzer Prize winner Jack Ohman just months after ending *Candorville* by Darrin Bell, the first Black person to win the Pulitzer Prize for editorial cartooning. Join us for a discussion on the illustrious history of editorial cartooning at the Bee and its decline.

Maryellen Burns and her brother, **Scott Burns**, are editorial cartoon super fans and recipients of the Ink Bottle Award from the



AAEC, American Association of Editorial Cartoonists. They'll show work from Newton Pratt, Rex Babin, Dennis Renault, Jack Ohman, Darrin Bell, and the dozens of other editorial cartoonists featured in the Bee. We've invited Darrin Bell and Jack Ohman to join us.

Institutional Racism's Impact on Black Students (D/Z/R/OE)

Darryl White Sr.
Tuesday, Feb 20
2 to 3:30 pm

Clear institutional structures, policies, and practices in education result in oppression and exclusion of Black children and other students of color. This paradigm has resulted in the abject failure of too many students in general and Black children in particular. In this presentation, we will shift the consciousness of our audience to disrupt the status quo while inspiring our

community to become part of the solution and inspire educational leaders to follow the data and do the right thing.

Believing education is a civil right, **Darryl White** currently advocates for parents seeking educational equity, growth, and achievement for their children as chair of the Black Parallel School Board, a community organization developed to work parallel to Sacramento area school district boards. He also serves as the Regional Clinical Practice Coordinator and Professor for National University's School of Education, providing support and training to teaching candidates in many Sacramento traditional/charter schools. Mr. White has been a teacher, curriculum specialist, race/human relations/equity trainer, and an inner-city elementary, middle, and high school administrator. As a middle-school principal, he led the Vallejo's middle-school from lowest-achieving to the city's best in only three years while improving the school's Academic Performance Index (API) by over 100 points. And as the principal of the Sacramento Unified School District's most disruptive high school campus, led it to become the safest with the lowest calls for police intervention in the district in just three years.



An Illustrated History of Motorcycling, 1900-1970 (Z/R/OE)

David Stuart
Tuesday, Feb 27
2 to 3:30 pm

Using historic photographs from the book *Motorcycling in California's Central Valley* (Acadia, 2023), Stuart will describe how the bicycling craze led to motorcycle shops, riders, and champion racers in the 1900-10s; police traffic units starting in the 1920s; the heyday of men's and women's motorcycle clubs in the 1930s-50s; and a variety of racing events and venues through the 1960s. Stories of American Motorcyclist Association (AMA) Hall of Fame honorees from each decade will be featured.

David Stuart retired as director of the San Joaquin County Historical Museum. He previously led the Sacramento History Museum in Old Sacramento, the Sacramento Science Center (now MoSAC), and museums and programs in Ventura, CA. He was a cultural resources specialist with the National Park Service and the State of Colorado after grad school (anthropology) at U of Colorado. He was an avid dirt bike rider in the 1960s-70s and his grandfather was a CHP motor officer.

How to Reverse Diabetes by Eating a Plant Diet : Part 2 (Z/R/OE)

Linda Middlesworth
Tuesday, Mar 5
2 to 3:30 pm

This presentation will include a video *Introduction to Diabetes* with Dr. Neal Barnard who will discuss how the food choices we make can reverse Diabetes Type 2. Linda will show her pre-recorded video of healthy recipes for people with diabetes. She will discuss her experiences helping people succeed in reversing their diabetes, including her own. Questions are welcome.

Linda Middlesworth, VeganMentor, vegan 35 years, age 79. She is the organizer of the Sacramento Vegan Society, with 5,300 members. She is certified in Plant-Based Nutrition from eCornell and the T. Colin Campbell Center for Nutrition.

The Race to Food Production Sustainability (Z/R/OE)

Jim Porterfield
Tuesday, Mar 12
2 to 3:30 pm

Global health issues have reported that the world has a desperate need of healing. They report that over half of the 21.6 million deaths caused by heart disease, stroke, cancer, and lower respiratory infections in 2021 were due to poor diet. The way we produce food is unsustainable. This fact led me to an exploration of the entire food production system, from seed to landfill, and the harm caused at each step of the journey. I'll cover how we produce unsustainable food and how to fix it.

Jim Porterfield has been a Renaissance Society member for 10 years. Over the years, he has been a presenter four times, with presentations covering climate change, natural resource depletion and food sustainability production subjects. In 2015 he became interested in food issues and completed a Food and Sustainability certificated program from Cornell University. In 2017 he completed a climate study certificated program, which was presented by former Vice President Al Gore and his team of climate scientists.

Preparing for Life's Last Chapter: Medical Aid in Dying (Z/R/OE)

Dolores Eitel
Tuesday, Mar 26
2 to 3:30 pm

Learn about Medical Aid in Dying (MAID) as an optional medical treatment for end-of-life care. CA is one of 10 states that now has this law. This powerful presentation will distinguish MAID from suicide and assisted suicide, discuss the treatment, provide eligibility requirements, and how to access the treatment. In this presentation, you will hear stories from someone who has chosen this treatment, reactions from family and friends, and comments from a physician provider.

Dolores Eitel is a Family Nurse Practitioner, retired Hospital Administrator, and

a University Professor. She educates older adults on healthy aging and managing end-of-life choices, planning, and care. Her background includes administrating hospice services, serving on hospital ethics committees, and consulting for the NJ Supreme Court on the nation's first Right to Die Law.



Climate Chaos and the Individual (D/Z/R/OE)

Don Forrester MD
Tuesday, Apr 2
2 to 3:30 pm

This one-hour presentation is an overview of the six-week class which has been given three times. It provides a very brief review of climate science. The talk focuses mainly on what actions participants can take at home and in the community to reduce the impact of humans on our environment. There will be a 1½ hour Q & A period to allow attendees to ask questions specific to their situation.

Don Forrester MD is a family medicine physician with 45 years of clinical experience. He has advanced training in quality improvement. In 2019 he became involved with climate activism joining XR US Sacramento. In 2021 he helped found XR A Sacramento. He has taught *Climate Chaos and the Individual* seminars for the Renaissance Society several times.



My Journey with Mexican and Latin American Music (D/Z/R/OE)

Peter Baird
Tuesday, Apr 9
2 to 3:30 pm

I will be singing my way through my own six-decade “discoveries” of this music, inviting the class to listen and participate through autobiographical slides and song-sheets, focusing on my/our experiences of living in multiple languages, cultures and social movements.

Peter Baird is Faculty Emeritus from the Sac State College of Education, where he helped prepare teachers for underserved communities, specializing in the role of Visual and Performing Arts in K-6 bilingual education. Most of his classes began and ended with singing, at Sac State and as a classroom teacher in Sacramento and Galt. His family emigrated to Mexico in 1965, where he attended high school and a year at UNAM, beginning a lifelong and activist love of Mexico, Latin America and its music.

Movement Building and the BLM (D/Z/R/OE)

Carl Pinkston
Tuesday, Apr 16
2 to 3:30 pm

In February 2012, a young man named Trayvon Martin was killed and George Zimmerman was put on trial, but by July 2013, the verdict would launch a movement called Black Lives Matter. Its impact was worldwide and the largest multi-racial movement in this century. Looking back, what is movement building? What is this advanced racial society and how do we organize in this period? What we have learned, and what can we do next?

Carl Pinkston is a founding member of the Black Parallel School Board. Mr. Pinkston runs the Sacramento African Research Institute which provides training and technical assistance in strategic planning, organizational development, and community organizing. Mr. Pinkston is a key strategic partner and founder of the Central Valley Movement Building, Dignity in Schools Campaign California, and Fix School Discipline Policy Coalition.

James Madison: His Role in Founding Our Country (Z/R/OE)

Catherine Minicucci
Tuesday, Apr 23
2 to 3:30 pm

James Madison was the fourth President of the United States. He played a central role in organizing the Constitutional Convention, drafting the Constitution, and working for its ratification. After ratification, Madison broke with Washington and formed a political alliance with Thomas Jefferson. He was a skilled legislator, vote counter and politician. His intelligent and charming wife Dolly defined the role of First Lady. His conflicts with Britain over trade and ports led to the War of 1812.

Catherine Minicucci graduated from UCLA with a BA in Anthropology and received an MA from Harvard. She served as education policy staff for the California Senate and Assembly. For 30 years she led Minicucci Associates, an evaluation consulting firm focused on

programs for children and youth. Cathy has led seminars on *Turning Points in American History*, *Profiles in American Leadership*, *The Great Famine* and *Irish Immigration to America* and *The American Revolution*.

Credit—Good Stuff Everyone Should Know (Z/R/OE)

Stuart Rodriguez
Tuesday, Apr 30
2 to 3:30 pm

A PowerPoint briefing on the following:

- How to minimize identify theft.
- How to obtain your credit report.
- What is a credit score?
- The five factors used in FICO Scores.

- The Fair Issac Company (FICO) score is the most commonly used credit score.
- Top six hits to your credit score.
- Loan savings calculators showing impact of credit score and increase in interest payments.
- How to improve your credit score.

After earning his MBA in 2007, **Lt Col Stuart A. Rodriguez**, USAFR (Retired) has been a pro-bono financial education lecturer to both civilian and military personnel, having authored the “Good Stuff” briefings. These briefings provided financial education from credit counseling to personal investing to retirement planning. In 2011, he became a Certified Credit Counselor, helping clients with financial difficulties, including credit counseling, debt management, and budgeting.

wednesday science series

Climate Change—From Snowball Earth to a Big Rock (Z/R/OE)

David Lewis
Wednesday, Feb 7 to Mar 13 (6 weeks)
2 to 3 pm

We will take six weeks to explore the distant past when the earth was one big snowball to the jungle world of the dinosaurs. Then, of course, to the current climate crisis. Or is it a crisis? Is it much ado about nothing or the beginning of the end of life as we know it? Will the human species survive? Or will we go the way of the dinosaurs? Then, no matter what we do, the earth will eventually become one big burned-out giant rock. Join us Wednesday afternoons to get your mind boggled.

David Lewis retired after 35 years in Silicon Valley making computer chips. He then moved to Sun City Lincoln Hills where he taught DNA classes for the Genealogy Club. Next, he joined Ranny Eckstrom and the Big History Club and is currently the Co-Leader and Tech Host. This

is his third year with the Renaissance Society and his second semester as the Wednesday Science Series Coordinator, Presenter, and Tech Host. You may contact him at stuff619@gmail.com or call (916) 626-2795.

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WI	Walk-in program—use online system to enroll or check with leader
FS	Program fully subscribed.

Cosmology—The Big Bang to a Sky With No Stars (Z/R/OE)

David Lewis
Wednesday, Mar 20 to Apr 24 (6 weeks)
2 pm to 3 pm

The standard belief is that the universe began with the Big Bang. Was there anything before the Big Bang? Well, maybe. And then there were stars and galaxies. But when? The James Webb Space Telescope is upsetting the “standard model”. Then there is Dark Matter and Energy. What is that stuff, if it is stuff? Finally, to the distant future. There may be no stars in the

sky. How can that be? Join us Wednesday afternoons for six weeks to explore the heavens.

David Lewis retired after 35 years in Silicon Valley making computer chips. He then moved to Sun City Lincoln Hills where he taught DNA classes for the Genealogy Club. Next he joined Ranny Eckstrom and the Big History Club and is currently the Co-Leader and Tech Host. This is his third year with the Renaissance Society and his second semester as the Wednesday Science Series Coordinator, Presenter, and Tech Host. You may contact him at stuff619@gmail.com or call (916) 626-2795.

mento since 1974. She was a Tax Manager at the international accounting firm Deloitte, later running a local tax practice in Sacramento. Ms. Rewell was a board member for Loretto High School, St Michael's Episcopal Day School, and the Sacramento Science Center.

HomeShare American River (D/IP/NR)

Justin Ellerby
Friday, Feb 23
10 to 11:30 am
Douglass Hall 209

Launched in June 2021, HomeShare American River (HSAR) is a free, non-profit housemate-matching and -support service that makes it safe, fair, valuable, and durable for all kinds of folks to share any kind of home within an hour's drive of Roseville. Even better, match agreements can include exchanges of lower rent for affordable in-home services for "Hosts" (and thus informal employment for "Guests"). Having made its first 28 matches as a tiny-but-mighty non-profit, in November 2024 HSAR became a program of the Area on Aging / Area 4, a 50-year-old non-profit serving older adults throughout its seven-county service area. Join this session to learn more about how we can put the powerful, versatile tool of non-profit supported home sharing in service to our community's need for household wealth, affordable housing, and in-home household services.

HSAR Co-Founder and Program Manager **Justin Ellerby's** passion for home sharing is grounded in his professional background in nonprofit cooperative housing, and by home sharing himself: four times as a Guest and, with his partner Marta, as current Host to four individuals. He is also the President of the National Shared Housing Resource Center, holds an MBA in Community Economic Development, and is an aspiring senior.

Sacramento: Center of Japanese American History—Part 1 (D/IP/WI/NR/OE)

Priscilla Ouchida
Friday, Mar 1
10 to 11:30 am
Douglass Hall 209

A three-part presentation focusing on Sacramento's Japanese American community. Topics covered include: **(Part 1)** The Development and Demolition of Sacramento's Japantown. Sacramento's Japantown became the national model for the destruction of important ethnic communities under the guise of redevelopment. The razing of the city's segregated but vibrant West End communities of color forced the removal and disbursement of Japanese, African Americans, and Latinos; **(Part 2)** The story of Mitsuye Endo, an unlikely heroine of Japanese Americans. The history behind Ex Parte Endo, the only successful case challenging the imprisonment of Japanese Americans; and **(Part 3)** The history and importance of California Japanese American reparations legislation to the current African American reparations movement.

Priscilla Ouchida is the former Executive Director of the Japanese American Citizens League. She has worked with the National Archives, the Smithsonian National Museum of American History, the California State Museum, the Bellevue Arts Museum, and the Holocaust Museum Houston on exhibits relating to Japanese American history. She is responsible for the first successful Japanese American reparations legislation in the nation. She currently serves on the advisory committee for Reclaim Sacramento.



friday on-campus speakers series

Introduction to Mind-Body Skills for Health Improvement (IP/WI/NR/OE)

Jon Siiteri
Friday, Feb 9
10 to 11:30 am
Douglass Hall 209

The impact of chronic stress underlies many chronic diseases, such as heart disease, diabetes, kidney disease, and some forms of cancer. Research-proven mind-body skills, in combination with appropriate medical treatment, can help reduce underlying stress and lead to healthier living. In this presentation, you will learn about the physiology of stress and research-proven skills that help reduce it. Examples are breath awareness, body relaxation, guided imagery, and movement.

Jon Siiteri, PhD, Physician Assistant (Retired), has twenty-five years of clinical experience as a Physician Assistant. He is a certified facilitator of mind-body medicine and has presented workshops in stress-reduction methods for over 20 years. Jon has given presentations to community members, health professional students, and licensed medical professionals

about the role chronic stress has in the origin and progression of chronic disease. Stress reduction skills are proven to be effective.

Australian Convicts—The Journey of the 1st Convict (IP/WI/NR/OE)

Anne Rewell
Friday, Feb 16
10 to 11:30 am
Douglass Hall 209

In 1787, Great Britain sent 11 ships from Portsmouth, England to Botany Bay, New South Wales (Australia). This voyage would become known as the First Fleet. The ships were transporting convicts, and their mission was to start a penal colony. The presentation will cover the journey, the people, and the beginnings of a colonial outpost. The presenter did not have any forebearers on The First Fleet, but does have six convicts in her family tree, all arriving later.

Anne M Rewell joined the Renaissance Society in 2015 and has given numerous lectures on various subjects for the Society. Anne was born in Australia, moved to the US in 1972, and has been a resident of the City of Sacra-



Intro to Water Rights and Why You Should Care (D/IP/WI/NR/OE)

Gerald Johns
Friday, Mar 8
10 to 11:30 am
Douglass Hall 209

This presentation will include a history of developing various types of surface water rights in California. It will discuss the administration of those water rights, how they are implemented and enforced, and how the water needs for the environment are balanced against those of agricultural and urban water uses. The presentation will briefly discuss how water can be transferred to others. It is intended for those who want to become more knowledgeable or active in water issues in California.

Gerald Johns has over 50 years of experience with some of the most complex water rights issues and water resource management issues for the State of California. This includes 28 years with the State Water Resources Control Board, mainly in Water Rights. After being appointed by two Governors, Mr. Johns spent about 10 years in the Department of Water Resources, most of that time serving as its Deputy Director. He retired and has spent the last 13 years as an independent water rights consultant.

Women in World War II (D/IP/WI/NR/OE)

Carolyn Martin
Friday, Mar 15
10 to 11:30 am
Douglass Hall 209

Women's contributions to victory in World War II often begin and end with "Rosie the Riveter." However, their participation in the armed services (sometimes unofficially) as code breakers, spies, and in other unique roles creates a dramatic and fascinating story rarely found in history textbooks. Breaking the social norms of "appropriate" work for women during the war changed America. Return to a period of national unity and a glimpse of the female half of "the greatest generation."

Carolyn Martin earned her MA in US History from the University of Washington. Since women rarely appeared in her studies, she took a Women's History class at Sac State that expanded her interest and led to a more inclusive view of the past. She has taught US History part-time in community colleges, where her students received a decent dose of Women's and Social History with a dash of humor. Her enjoyment of teaching has continued with many presentations for the Renaissance Society.

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- WI** Walk-in program—use online system to enroll or check with leader
- FS** Program fully subscribed.

Sacramento: Center of Japanese American History—Part 2 (D/IP/WI/NR/OE)

Priscilla Ouchida
Friday, Mar 29
10 to 11:30 am
Douglass Hall 209

A three-part presentation focusing on Sacramento's Japanese American community. Topics covered include: **(Part 1)** The Development and Demolition of Sacramento's Japantown. Sacramento's Japantown became the national model for the destruction of important ethnic communities under the guise of redevelopment. The razing of the city's segregated but vibrant West End communities of color forced the removal and disbursement of Japanese, African Americans, and Latinos; **(Part 2)** The story of Mitsuye Endo, an unlikely heroine of Japanese Americans. The history behind Ex Parte Endo, the only successful case challenging the imprisonment of Japanese Americans; and **(Part 3)** The history and importance of California Japanese American reparations legislation to the current African American reparations movement.

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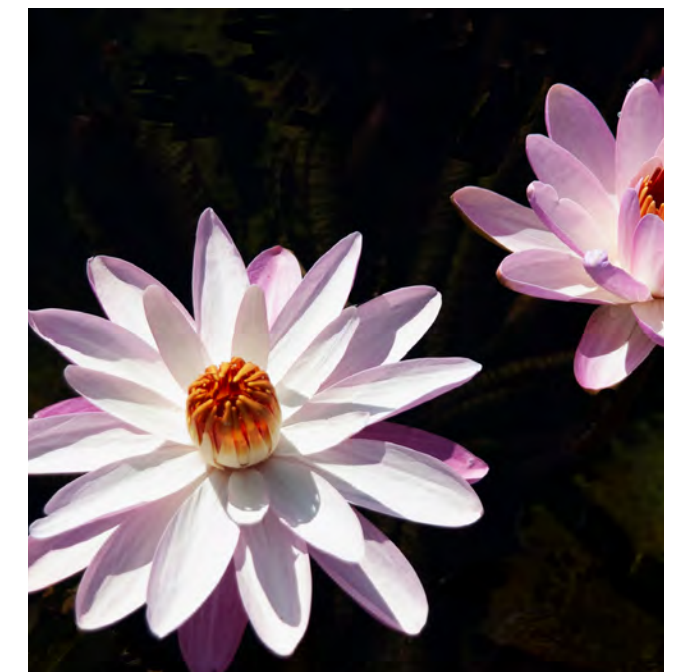
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IN ANY PROGRAM
Starting on January 22nd**

An Illustrated History of Motorcycling, 1900-1970 (IP/WI/NR/OE)

David Stuart
Friday, Apr 5
10 to 11:30 am
Douglass Hall 209

Using historic photographs from the book *Motorcycling in California's Central Valley* (Acadia, 2023), Stuart will describe how the bicycling craze led to motorcycle shops, riders, and champion racers in the 1900-10s; police traffic units starting in the 1920s; the heyday of men's and women's motorcycle clubs in the 1930s-50s; and a variety of racing events and venues through the 1960s. Stories of American Motorcyclist Association (AMA) Hall of Fame honorees from each decade will be featured.

David Stuart retired as director of the San Joaquin County Historical Museum; he previously led the Sacramento History Museum in Old Sacramento, the Sacramento Science Center (now MoSAC), and museums and programs in Ventura, CA. He was a cultural resources specialist with the National Park Service and the State of Colorado after grad school (Anthropology) at U Colorado. He was an avid dirt bike rider in the 1960s-70s, and his grandfather was a CHP motor officer.





Preparing To Invest (IP/WI/NR/OE)

David Bach

Friday, May 10

NEW DATE

10 to 11:30 am

Douglass Hall 209

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; municipal bonds; 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 manage their investments better. He has 48 years of investment experience, including 31 years at CalPERS, where he was a portfolio manager for a \$500 million portfolio and performed credit and equity analyses. Mr. Bach is a board member of the California State University Investment Advisory Committee and the City of Sacramento's Administration, Investment, and Fiscal Management Committee.

Who Were The Vikings? (D/IP/WI/NR/OE)

Milo Turaylich

Friday, Apr 19

10 to 11:30 am

Douglass Hall 209

Who were the Vikings? We mostly hear about their ferocious raids in Europe, but there was much more. This lecture will be very comprehensive and include many aspects of their culture. It will include their cutting-edge technology in ship-building, raids, social life, burials, and art. Also included are their language, the Icelandic Sagas, and Viking settlements in North America, especially the L'Anse aux Meadows in Newfoundland.

Milo Turaylich has been a member of the Renaissance Society since 2007. He has given a number of one-day presentations, mostly centered on history. His most recent Renaissance presentation was a history of the evolution of the American flag. He was in Victoria years ago at the Royal BC Museum where there was a very good and comprehensive exhibition about the Viking people. The displays were imported from Sweden. He will use that information to give his presentation about these extremely interesting people.

Sacramento: Center of Japanese American History—Part 3 (D/IP/WI/NR/OE)

Priscilla Ouchida

Friday, Apr 26

10 to 11:30 am

Douglass Hall 209

A three-part presentation focusing on Sacramento's Japanese American community. Topics covered include: **(Part 1)** The Development and Demolition of Sacramento's Japantown. Sacramento's Japantown became the national model for the destruction of important ethnic communities under the guise of redevelopment. The razing of the city's segregated but vibrant West End communities of color forced the removal and disbursement of Japanese, African Americans, and Latinos; **(Part 2)** The story of Mitsuye Endo, an unlikely heroine of Japanese Americans. The history behind Ex Parte Endo, the only

successful case challenging the imprisonment of Japanese Americans; and **(Part 3)** The history and importance of California Japanese American reparations legislation to the current African American reparations movement.

Priscilla Ouchida is the former Executive Director of the Japanese American Citizens League. She has worked with the National Archives, the Smithsonian National Museum of American History, the California State Museum, the Bellevue Arts Museum, and the Holocaust Museum Houston on exhibits relating to Japanese American history. She is responsible for the first successful Japanese American reparations legislation in the nation. She currently serves on the advisory committee for Reclaim Sacramento.

It's All About Geology and the USGS (IP/WI/NR/OE)

Robert Boyer

Friday, May 3

10 to 11:30 am

Douglass Hall 209

A limited historical overview of the US Geological Survey science bureau (USGS). Robert will speak about the interesting people he met and the fascinating events that occurred during his employment at the USGS (few people know about these occurrences). There will be a discussion and demonstration of how and why minerals are crushed, separated, and processed in a laboratory.

Robert Boyer received his B.Sc.Ed in 1960 from Bowling Green State University. Before moving to California with his family, he taught high school in Michigan. He was employed by the USGS from 1961-1993 when he retired. He managed a mineral concentration lab there for 30 years, along with managing a warehouse. While managing the lab, he led school tours for 13 years, describing the processes used there.

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IN ANY PROGRAM
Starting on January 22nd**

Financial Statement Analysis and Stock Valuation (IP/WI/NR/OE)

David Bach

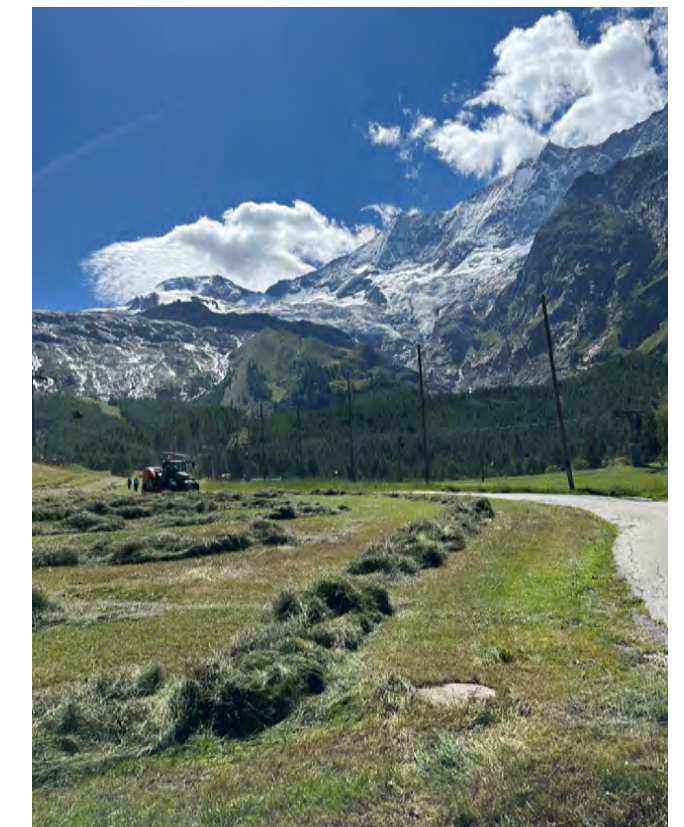
Friday, May 10

10 to 11:30 am

Douglass Hall 209

Topics include: how to use corporate financial statements; how to use the internet; a description of corporate financial statements; how to calculate various financial ratios to evaluate a company for investment; determining if a stock is over-, under-, or fairly valued in the marketplace; and a discussion about investing in municipal bonds.

David Bach is CEO of The Bach Group, a financial literacy consultant teaching corporate employees how to manage their investments better. He has 48 years of investment experience, including 31 years at CalPERS where he was a portfolio manager for a \$500 million portfolio and performed credit and equity analyses. Mr. Bach is a board member of the California State University Investment Advisory Committee and the City of Sacramento's Administration, Investment and Fiscal Management Committee.



CANCELED

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 pm when few other Renaissance seminars, SIGs, or presentations are offered. Speakers encourage the audience to ask probing questions about their topics.

Forum speakers for Spring 2024 will give in-person presentations in **Mendocino Hall 1005**. In addition, the new hybrid technology will enable these presentations to be simulcast via Zoom and viewable in real-time from home.

Note: To access any of the previous Forums that are on our YouTube Channel, go to: <https://www.youtube.com/@therenaissancesociety-foru8188/featured>

February 9

AMY KAUTZMAN, Dean and Director, Sac State University Library: Today's Academic Library: Balancing a Storied Past with the Exciting Future



Dean Kautzman has held leadership positions at UC Berkeley and UC Davis, as well as Harvard University. She has a BA in Literature from the University of Minnesota, a Master of Library and Information Science from Simmons University, and an MA in Literature from Northeastern University. Dean Kautzman received training and education by way of the US Navy. Her talk will celebrate all that is magnificent about library services now and in the future, bridging the past and the future: Scholarly Communications, StingerStudio Makerspace, data visualization, the problem with digital books, streaming media, and more.

February 16

BILL GEORGE, Author of Victory in the Pool, about the swimmers from Arden Hills and their coach, Sherm Chavoor



Bill George started his career as a TV reporter/photographer who wrote the story of Sacramento swimmers who won twenty Olympic gold medals when Olympic athletes were the targets of revolutionaries, terrorists, and boycotts. The swimmers were carried through by a tough, sarcastic, wise-cracking coach who grew up as the poor son of an Oakland dockworker. He called himself "Sherm Chavoor" who coached two US Women's Olympic swim teams to victory, becoming "swimming's first millionaire coach" despite the fact he could not swim.

February 23

AARON TANG: How Overconfidence is Destroying the Supreme Court and How We Can Fix it



Professor Tang, who graduated summa cum laude from Yale University, received his JD from Stanford Law School, was the former law clerk for Supreme Court Justice Sonia Sotomayor, and teaches at UC Davis Law School. His articles on the Supreme Court have appeared in the *New York Times*, *Washington Post*, *The Atlantic*, and elsewhere. The Supreme Court, once the most respected institution in American Government, renders decisions based on individual justices' partisanship. Professor Tang will explain why overconfidence - not partisanship - is the Court's root problem. He will discuss how we can regain a Court worthy of our trust.

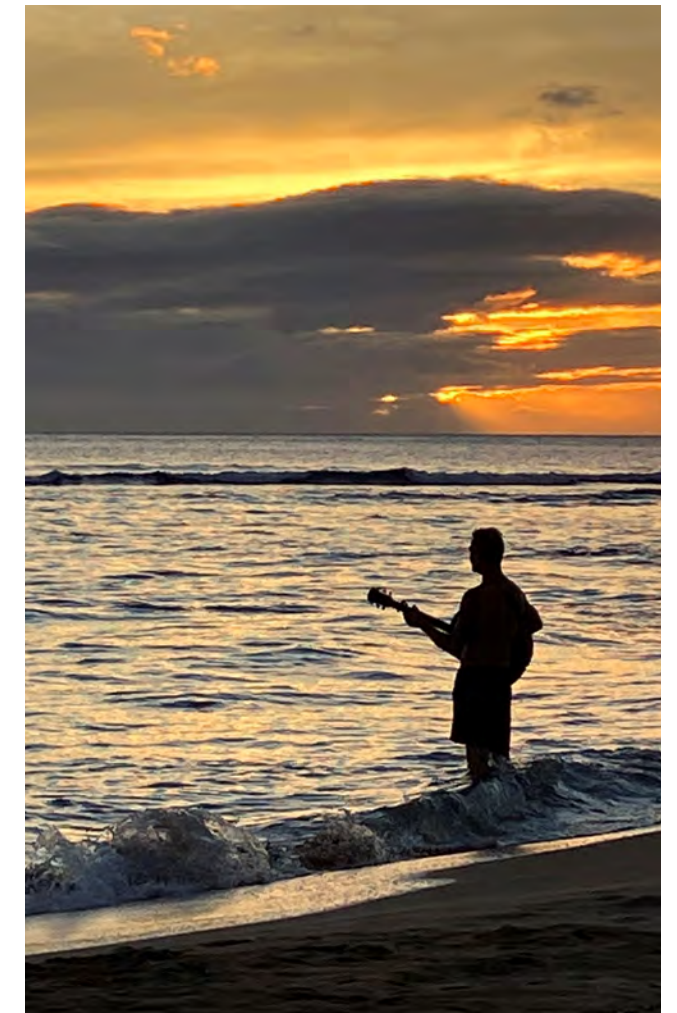
March 1

DR. JOHN GRAY: Psychedelics in Medicine: Past, Present, and Future



Dr Gray earned his MD and PhD at Case Western Reserve University and completed a psychiatry residency at UC San Francisco, where he became interested in the synaptic basis of neuropsychiatric disorders. Dr Gray's lab has shown that psychedelics have the potential to facilitate the resetting of dysfunctional brain circuits. He will discuss the history of psychedelics in Western medicine, from discovery and early clinical trials through prohibition and the current medical renaissance, as well as where we go from there.

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March 8

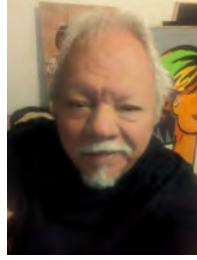
KENN ALTINE: Honoring our Commitment to Domesticated Animals



Kenn Altine has been the CEO of the Sacramento SPCA since 2016. Prior to working in animal welfare, he spent more than three decades in journalism, having served in an executive role with Hearst, along with other publications. He was a Michigan Merit Scholar and graduated from the University of Kentucky in 1983. He has been profiled in several publications, including *US News & World Report*, *Columbia Journalism Review*, *Editor and Publisher*, the *UK Alumni Magazine*, and the *Sacramento Bee*. His presentation will consider how important it is to give our companion animals as much as they give us.

March 15

Arthur Angel Luna: Entrepreneur of Luna's Café & Juice Bar, 1983–August 2023



Arthur Angel Luna moved to Sacramento in June 1965. He entered Jesuit High, Class of 1969, tutored grade school children, and volunteered with the Society for the Blind and Head Start. Arthur attended American

River College and Sac State but dropped out in 1972. He managed Hotel Santuario in Talpa de Allende Jalisco, from 1972-1973. He worked for Harrah's in Reno and Tahoe from 1973-78 as a craps dealer while finishing courses at Sac State. He opened Luna's Café with his sister, Chris Luna Mi, in 1983, presenting healthy café fare, coffees, and fresh juices, all with vegan options. His presentation will cover his experiences and observations from 40 years of running a business in downtown Sacramento.

March 29

Randall Hagar: Mental Health Care in California, the Long Road to Reform



Randall Hagar is the chief legislative advocate for the Psychiatric Physicians of California and has helped write much of the state's major mental health legislation. He holds a bachelor's degree in behavioral studies from UC Davis. He will be interviewed by Sacramento journalist and Sac State Lecturer Emeritus Sigrid Bathen, who has long covered mental health and related issues for several publications.

April 5

Michael Sanford: The Future of Public Media in the Digital Age



Michael Sanford, Associate GMProduction, joined KVIE in 2005 as Executive Producer of *America's Heartland*, celebrating US Agriculture. Having spent more than 40 years in television, he oversees *Inside*

California Education, *Heartland*, *Viewfinder*, *Rob on the Road*, and *KVIE Arts Showcase*. His reporting has taken him to Bali, Thailand, Vietnam, Malaysia, and New Zealand, as well as Europe and the US. Data shows that in 2023, consumers will get their news and entertainment via streaming services, thereby questioning how PBS will be able to attract the new generation of viewers.

April 12

Sacramento County District Attorney Thien Ho



District Attorney Thien Ho was elected District Attorney in 2022. Over his 23-year career as an attorney, he supervised the Gang and Hate Crime Unit and prosecuted sexual assault, gang, hate crimes, and homicide cases. He successfully prosecuted the Golden State Killer, who committed 13 murders and over 50 sexual assaults in California. He is currently an adjunct professor at Pacific McGeorge School of Law, and in 2017 DA Ho was presented the Prosecutor of the Year Award by the National Asian Pacific Islander Prosecutors Association, Sacramento County.

April 19

Greg Jung "History Has Repeated itself": History of Anti-Asian Hate in Sacramento



Greg Jung is Executive Vice President of OCA Sacramento, which represents Asian Pacific American Advocates, a national organization dedicated to advancing the social, political, and economic well-being of

Asian Pacific Islander Americans in the United States. Having been involved in civil rights for over 20 years, he works assisting victims of anti-Asian incidents/crimes in Sacramento. He also serves as Executive Vice Chair of Folsom History. His presentation will focus on anti-Asian hate in the Sacramento area, including bystander intervention.

April 26

Jason Jacobs, Executive Director of the Sacramento Zoo: Creating the Next Great Zoo



Jason Jacobs "embarked" on his journey in the field of zoos as an intern at Zoo Miami and on the opening team of Disney's Animal Kingdom before graduating from Florida International University. As Director of Development and Marketing at the Los Angeles Zoo, he contributed to the Los Angeles Film Task Force, offering insights into film productions. He helped craft Betty White's best-selling book centered on Zoos. Jacobs will cover how he worked with community and team members to develop a new zoo in Elk Grove, four times the size of the current facility.

May 3

Professor Scott Stephens: Forest Fires in California's New Climate Reality



There is Hope: Past forest management in frequent-fire adapted forests has increased their fire hazards and vulnerability to widespread drought and bark beetle mortality and climate change is making this

situation even worse. While there are big challenges to conserving these forests in the western US we have the research and tools to move forward. Partnerships with Indigenous people could accelerate this process. **Professor Stephens** received a Fulbright Fellowship in 2014 to Western Australia and in 2022 he was appointed to the Federal Wildfire Commission to advise efforts in suppressing and mitigating wildland fires.

May 10

Deborah Seiler—Renaissance Society President: Renaissance Society Annual Meeting



Previously, **Deborah Seiler** 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, including an

appointment to the CA Fair Political Practices Commission. This Annual Meeting will feature scholarship recipients and the winner of our annual Warren H. Bonta Diversity and Inclusion Award. President Luke Wood will be an invited guest. Following this Forum, an end-of-year celebration with scholarship recipients will be held at the Engrained Restaurant.

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Diversity, Inclusion, and Social Justice

Seminars

Gender Identity, Sexuality, and the Human Condition

Dolores Eitel, Mondays, Feb 5 to Apr 8, 1–2:30 pm

The Supreme Court's Right Turn

Ron Tochterman, Michael Hersher, Tuesdays, Feb 6 to May 7, 9:30–11:30 am

Unsung Brilliant Women

Gopal Kapur, Tuesdays, Mar 12 to May 26, 9:30–11:30 am

The Authoritarian Challenge to Our Democracy

Duane Campbell, Carl Pinkston, Thursdays, Feb 8 to May 9, 10am–12 pm

All That Jazz—Classic to Cool

Bob Lang, Fridays, Feb 9 to May 10, 12–2:45pm (Mendocino Hall 1003)

American Protest Music: A Singalong

Michael Hersher, Fridays, Feb 9 to Mar 15, 1–2:45 pm (Riverside Hall 1015)

Exploring Motown's Enduring Legacy: Music, Culture, and History

Michael Agron, Fridays, Feb 9 to Apr 5, 10–11:45 am (Mendocino Hall 1015)

Even More Cinematic Classics: Themes and Variation

Alan Miller, Fridays, Feb 9 to May 10, 12–2:45pm (Tahoe Hall 1003)

Growing Up In the 40s, 50s, 60s

Beth Mann, Virginia Sturdevant, Fridays, Feb 9 to May 10, 1–2:45pm (Mendocino Hall 3013)

Shared Interest Groups (SIGs)

Dining Together

Cheryl Nelson, Wednesdays, Feb 14 to May 8, 5:30–7:30pm

Native American History and Culture: Part II

Allan Keo, **CANCELED**, Feb 5 to May 6, 10am–12pm

Qi Gong

David Mitchell, Marilyn Bradford, Mondays, Feb 5 to May 6, 3–4pm

Why Is This Book Banned?

Louise DiMattio, Wednesdays, Feb 7 to May 8, 10am–12pm

Watercolor Studio Lab

Colleen Wong, Steve Wittmann, Fridays, Feb 9 to May 10, 12–2:30pm (Kadema Hall 170)

One-Time Presentations

Fantastical History of the Swastika

Gopal Kapur, Tuesday, Apr 16, 10–11:30 am

The Women Behind the Man—Picasso

Anne M. Rewell, Tuesday, Feb 6, 2–3:30 pm

The Disrupters' Editorial Cartooning in Sacramento

Maryellen Burns, Scott Burns, Tuesday, Feb 13, 2–3:30 pm

Institutional Racism's Impact on Black Students

Darryl White Sr, Tuesday, Feb 20, 2–3:30 pm

Climate Chaos and the Individual

Don Forrester, Tuesday, Apr 2, 2–3:30 pm

My Journey with Mexican and Latin American Music

Peter Baird, Tuesday, Apr 9, 2–3:30 pm

Movement Building and Black Lives Matter (BLM)

Carl Pinkston, Tuesday, Apr 16, 2–3:30 pm

Alice B. Toklas—Before and After Gertrude Stein

Maryellen Burns, Thursday, Mar 7, 1–2pm

The History of Disability Rights in the US

Patricia Chadwick, Thursday, Mar 21, 2–3:30 pm

Costa Rica is Unique

John Goldberg, Friday, Feb 23, 10–11:30am (Douglass Hall 209)

Sacramento: Center of Japanese American History—Part 1

Priscilla Ouchida, Friday, Mar 1, 10–11:30am (Douglass Hall 209)

Sacramento: Center of Japanese American History—Part 2

Priscilla Ouchida, Friday, Mar 29, 10–11:30am (Douglass Hall 209)

Who Were the Vikings?

Milo Turaylich, Friday, Apr 19, 10–11:30am (Douglass Hall 209)

Sacramento: Center of Japanese American History—Part 3

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Entrepreneur of Luna's Café & Juice Bar, 1983 – August 2023

Arthur Angel Luna, Friday, Mar 15, 3–4 pm (Mendocino Hall 1005)

Mental Health Care in California, the Long Road to Reform

Randall Hagar, Friday, Mar 29, 3–4 pm (Mendocino Hall 1005)

Sacramento County District Attorney Thien Ho

DA Thien Ho, Friday, Apr 12, 3–4 pm (Mendocino Hall 1005)

"History Has Repeated itself": History of Anti-Asian Hate in Sacramento

Greg Jung, Friday, Apr 19, 3–4 pm (Mendocino Hall 1005)



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spring 2024 directory

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Wayne Luney	916-383-9393	wayneluney@gmail.com
Jay McKeeman	916-207-5999	jbmck@comcast.net
David Mitchell	916-397-6092	n2dpl@icloud.com
Lance Muller	916-487-4314	renaissance@computergeek.us
Cheryl Nelson	916-421-0407	slynnsearch@yahoo.com
Ruth Scodel	734-330-3244	rscodel@umich.edu
Ashu Singla	916-812-5293	ashusingla@SeniorTechPal.org
Colleen Wong	916-989-5840	colleenlw2000@yahoo.com

Co-Leaders:

Lester Bennett	916-667-1653	lesterb64@comcast.net
David Bowles	916-662-1640	davidbowles@sbcglobal.net
Marilyn Bradford	661-904-3124	bradfordmarilyn28@gmail.com
Ana Facio	n/a	granadavil@aol.com
Marian Kile	916-424-0532	mariankile@yahoo.com
Pat Stokes	916-481-4219	pstokes689@comcast.net
Jeanie Wilcox	916-917-0022	jeaniewilcox1@gmail.com



Presentations—Community Speaker Series

Coordinator: Maryellen Burns (maryellen_burns@mac.com)

Speakers

Gopal Kapur	Patricia Chadwick
Maryellen Burns	Marge Tarbell
Dan Cross	Christie Braziel

Presentations—Monday Big History Series

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

Presentations—Tuesday Speakers Series

Coordinator: Michael Hersher (michaelhersher@gmail.com)

Speakers

Anne M. Rewell	Dolores Eitel
Maryellen Burns	Don Forrester
Scott Burns	Peter Baird
Darryl White Sr	Carl Pinkston
David Stuart	Catherine Minicucci
Linda Middlesworth	Stuart Rodriguez

Presentations—Wednesday Science Series

Coordinator: David Lewis (stuff619@gmail.com)

Presentations—Friday On-Campus Speaker Series

Coordinator: Dale Good (dalegood@gmail.com)

Speakers

Jon Siiteri	David Stuart
Anne M. Rewell	David Bach
John Goldberg	Milo Turaylich
Priscilla Ouchida	Robert Boyer
Gerald Johns	
Carolyn Martin	

Forums

Coordinators: Michele Finerty (mfinerty3782@gmail.com) and Janet Heath (jheath2108@gmail.com)

Speakers

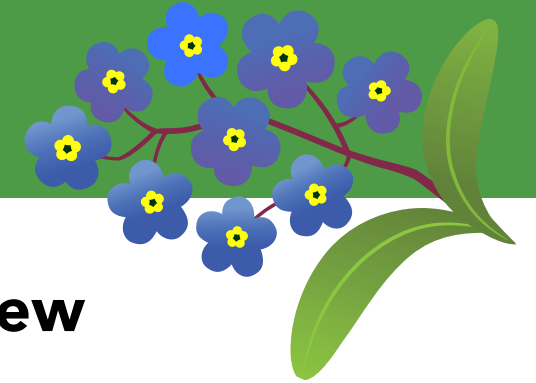
Amy Kautzman	Michael Sanford
Bill George	DA Thien Ho
Arron Tang	Greg Jung
Dr. John Gray	Jason Jacobs
Kenn Altine	Prof. Scott Stephens
Arthur Angel Luna	Deborah Seiler
Randall Hagar	

Fully Subscribed

Leaders/Co-Leaders

Gwen Bedient	402-314-1051	gwenkay56@gmail.com
Jean Cawood	916-396-8431	jczcawood@comcast.net
Susan Dlugach	916-284-1723	jsdelgato@gmail.com
Melody Flores	916-600-7221	Melodyflrs@netscape.net
Roberta Frieze	916-383-8054	dfrieze@comcast.net
Judy Keaton	916-513-9488	judyk131@sbcglobal.net
Roger Klemm	n/a	synthesisdesigngroup@gmail.com
Dan Rooney	916-988-6222	dandar Rooney@mindspring.com





who we are

The Renaissance Society community offers:

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

Our Programs

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

Our Appreciation for One Another

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

Our Commitment to Our Community

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



how to join if you are 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 Annual Membership Registration Portal opens on June 1, 2024.
- Our Mid-year Membership Registration Portal opens in November 15.
- Our Spring 2024 Catalog is posted on January 8, 2024.
- The Program Enrollment Portal opens on January 22, 2024.
- Spring programs begin on February 5, 2024.

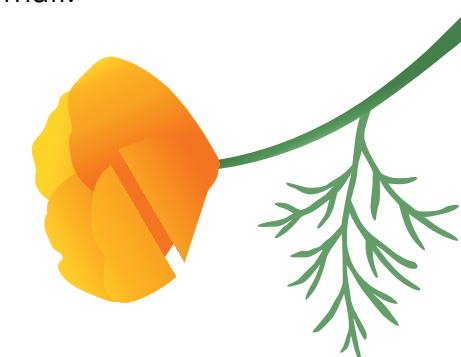
Two simple registration options:

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. Come meet and socialize with other members. The Spring Orientation and Open House will be held Friday, August 18, 2023, from 10 am to 12:30pm in the Ballrooms in the University Union.

Orientation and Open House Program Agenda

Orientation—Come to this Live and Recorded event to hear what goals our President, Deborah Seiler, has in store for Renaissance Spring. Following her presentation, Vice President and MDCE Chair, Debbie Martinez, will share all the wonderful benefits of being a Renaissance member. Tech Committee Chair, Sarah Ryan-Roberts will demystify getting connected to Renaissance through Zoom and more. Program Chair, Dale Good will highlight the exciting offerings coming this spring and how to navigate the catalog. Whether you are a new or returning member, you are bound to learn something new.

Question and Answer Session—Renaissance Leaders 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. Talk with some of our program leaders to learn more about the Seminars, SIGS or Presentations they plan to offer.

Renaissance Café—There will be a place to take a break with a delicious cookie and beverage while you catch up with friends new and old.



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

Badges—New members may pick up their membership 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.

sac state library services for members

Considering paying for library access?

Purchase a library card if you want limited access to public research computers or to borrow physical materials from the library's general collection. You can borrow books, music CDs, and videos.

What services are associated with a library card?

- 3-week loan period for library materials
- Materials auto-renew every 3 weeks, no need to call or visit the library
- Borrow up to 15 items at a time
- Access to public research computers (2 hours per day)
- Must be a current Renaissance Society member
- Library card expires June 30th of the current academic year

What services are NOT associated with a library card?

- Holds and requests may not be placed on library materials
- Interlibrary loan
- Remote access to research databases
- Access to reserved study room spaces
- Circulating materials dedicated for student use only (e.g. laptops, calculators, etc.)

How do I get a library card?

Step 1: Register with the Renaissance Society Office to become a Renaissance Society member, and pay the associated \$10.00 library card fee. You can pay by credit card or check. Please mail check to 6000 J St., Mail Stop 6074, Sac CA 95819-6074, or you can drop it by our office at 350 University Ave. Suite 108. Office Hours: Monday-Friday 10-1.

Step 2: Visit the University Library Service Desk (1st floor) to activate your library account and claim your library card.

Step 3: Please bring proof of payment for the \$10 library card fee.

why badges?

For those On-campus: Prior to Covid and at the request of Sac State, Renaissance Society members wore badges to on-campus activities. The badges identify us as a group to the university and as individuals to each other. They also provide the all-important emergency contact information on the reverse side. Our membership forms for new and renewing registrants ask for this information. To order a badge, email your name and emergency contact person's name and phone number to renaissa@csus.edu.

For Zoom attendees: We ask that you identify yourselves in a such a way that the program leader can find you on the Program Enrollment List. Your emergency contact information appears on all program enrollment lists.

parking permits

If you join or renew for the 2023-2024 academic year, you will be able to purchase a new \$40 parking permit. This parking permit is valid until June 30, 2024. If you do not purchase a parking permit, you will need to pay either \$4 for two hours or \$8 for the day when you are on campus. If you need additional help, you can contact University Transportation and Parking Services (UTAPS) at 916- 278-7275 or parking@csus.edu.

Sac State offers virtual parking permits (no placard in your windshield required). Instead, your car license number will be used and scanned by parking officials when you are on campus. You cannot pay for parking in our registration system, but must pay through [University Transportation and Parking Services \(UTAPS\)](#).

Online Option

You can find the parking permit information at the link above. Click on the Purchase 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 UTAPS 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.

In-person Option

Go to the UTAPS office next door to the Welcome Center just off State University Drive. The Welcome Center is well marked and there is free 30-minute parking while you pick up a parking permit using cash, check, or credit card. This permit allows you to park in ANY lot or structure on campus. And, if you have a handicap permit or placard, the parking permit plus your **handicapped placard** allows you to park in all the designated spaces. **Note:** You may park in lots marked Student or Employee. Do not park in Faculty or Student Residence lots.

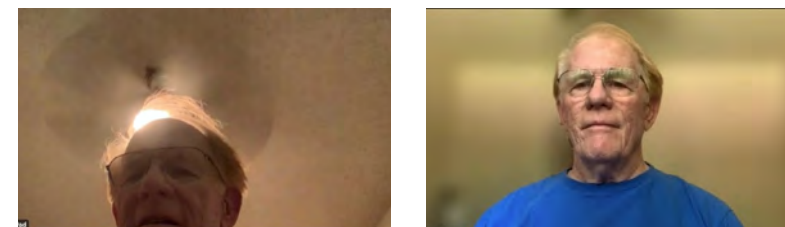
Please view the [campus map](#) for directions. A [printable campus map](#) is also available. View the [Parking and Transportation Visitor Information page](#) for more parking information.

putting your best foot forward in zoom

When you are in a Zoom session, and your video and audio are on, remember that everyone can see and hear you! Here are some suggestions that will help you look your best and communicate effectively with others in the meeting.

Check your video image

- Don't hide in the dark - be sure there is light shining toward your face so people can see you clearly. It is helpful to use a desk lamp pointed towards you or upwards to give you a fill (more even lighting). During daylight hours, facing an open window can be a good light source too.



- Be aware of what is behind you — watch out for things like bright ceiling lights or rotating fan blades “coming out of your head.” Remind others in your household that they may be visible to others if they walk behind you.
- For more privacy, consider using Zoom's Blur My Background video feature (access it using the little carat next to the video camera icon on your Zoom toolbar). Blurring your background is also a good way to hide clutter if you are too busy for housekeeping due to Zooming with lots of amazing Renaissance Society programs.

- The camera on your device should be approximately at your eye level. Resting your device on your lap means that everyone else will get a “looking up your nose” view of your face. Try using a stand or a table top for your device, and if needed, a stack of books or a small box to raise your device to the right height so that the camera is at eye level.
- Please use the **RENAME** feature if your name is displayed as something like “My iPad.” Zoom program leaders and the other participants appreciate seeing your first and last name displayed so that everyone knows who is present. Simply right click on your image to use the Rename feature.

Common Courtesy with Video and Audio

Each program leader sets the video and audio guidelines they would like you to observe while participating in their sessions. Here are some typical guidelines

Audio—most will want you to Mute your audio until it is your turn to speak, so that your microphone doesn’t pick up any inadvertent background noises that disrupt the sound quality for other participants.

Video—Some leaders prefer that you have video on, others request that you turn video off, especially if movies are being shown. You show common courtesy when you stop your video if there is something distracting in your video, like eating or moving your device to another room. When your video is off, your name and profile picture will display, but you can still see and hear what is going on in the Zoom.

If you have questions about using Zoom, send an email to rensocit@csus.edu to get help.



enrolling in programs

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

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

ways to connect

Reaching out to Renaissance Members

Renaissance Website
([click here](#))

Renaissance Catalog
([click here](#))

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

The Recorder
(Our Newsletter sent via Constant Contact)

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

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

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



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

Renaissance Café
([click here](#))

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

2023-24 Renaissance Society

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

Board Officers/Executive Committee			
President	Deborah Seiler	916-704-5735	deborah.seiler2@gmail.com
Interim Vice President	Debbie Martinez	916-802-6530	debralyn78@pacbell.net
Controller	Norv Wellsfry	916-718-6920	nlwellsfry@comcast.net
Secretary	Susan Brackenhoff	217-254-5037	susan.brackenhoff@gmail.com
Past President	Ken Cross	916-995-8288	kencross@kencrossconsulting.com
Members-at-Large	Carol Barake	916-989-5150	cmbarake@comcast.net
	Janet Heath	916-397-1509	jheath2108@gmail.com
	Frank Martinez	916-260-1780	fmm2@pacbell.net
	Vacant		

Committee Chairs			
Communications and Marketing	Richard (Rick) Atkinson	916-216-9466	rpamd99@gmail.com
Finance and Administration	Norv Wellsfry	916-718-6920	nlwellsfry@comcast.net
Forums	Michele Finerty	916-730-5506	mfinerty3782@gmail.com
	Janet Heath	916-397-1509	jheath2108@gmail.com
Long-Range Planning	Ken Cross	916-995-8288	kencross@kencrossconsulting.com
Membership, Diversity and Community Engagement (MDCE)	Debbie Martinez	916-802-6530	Debralyn78@pacbell.net
Nominating	Susan Brackenhoff	217-254-5037	susan.brackenhoff@gmail.com
Programs	Dale Good	916-205-6175	dalewgood@gmail.com
Resource Development	Michael Pidd	916-541-5104	mikepidd@sbcglobal.net
Scholarships	Laurie Brownfield	916-599-2677	lauriebrownfield@gmail.com

Committee Chairs (cont.)			
Technology	Sarah Ryan-Roberts	916-216-3535	sarahrr@me.com
	Tom Nelson	530-219-8142	t.nelson@csus.edu
Volunteer Services	Carol Barake	916-989-5150	cmbarake@comcast.net

Board Liaison Members			
Recorder	Jim Hodges	916-995-7011	jameshodges999@gmail.com
Website	Jennifer Kerr	916-837-9023	kerr.jennifer.m@gmail.com
Weekly Update	Loretta Burdeaux	916-690-2109	lorburdeaux@gmail.com
	Hollis Kulwin	530-219-8142	holliskulwin@gmail.com
Sun City/ Lincoln Hills	Ranny Eckstrom	916-708-0165	ranny44@yahoo.com

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

Staff			
Office Manager	Amber Korb	916-758-5133	amber.korb@csus.edu
Senior Clerk	Lorene Sarne	916-661-6981	lorene.sarne@csus.edu
Clerk	Sandy Ward	916-758-5133	s.ward@csus.edu





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, coordinators, and presenters, and invite proposals for:

- Semester seminars that last three to 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, coordinators, and presenters have come from our membership. However, we also actively seek presenters and speakers from the community who have knowledge of a wide variety of subject matter, sensitivity to different learning styles, and an ability to clearly communicate concepts.

How to Submit a Proposal

Send an email to lorene.sarne@csus.edu or call 916-758-5133 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

4 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.

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.

2. 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 the funds listed above are tax-deductible.

3. 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.

4. 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 with your recipients details, 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. A gift certificate is available on request.



gift form

name		
address		
city	state	zip
email	phone	
\$_____ Renaissance Scholarship Fund (Tax Deductible) (payable to University Foundation at Sacramento State—note, RS Scholarship)		
\$_____ ASI Food Pantry (payable to ASI Food Pantry) (Tax Deductible)		
\$_____ Renaissance Society Operations Fund (payable to Renaissance Society—note, RS Operations Fund)		
\$_____ Give the Gift of Learning (payable to Renaissance Society—note, Member Gift)		
\$_____ Total Gift		
• 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

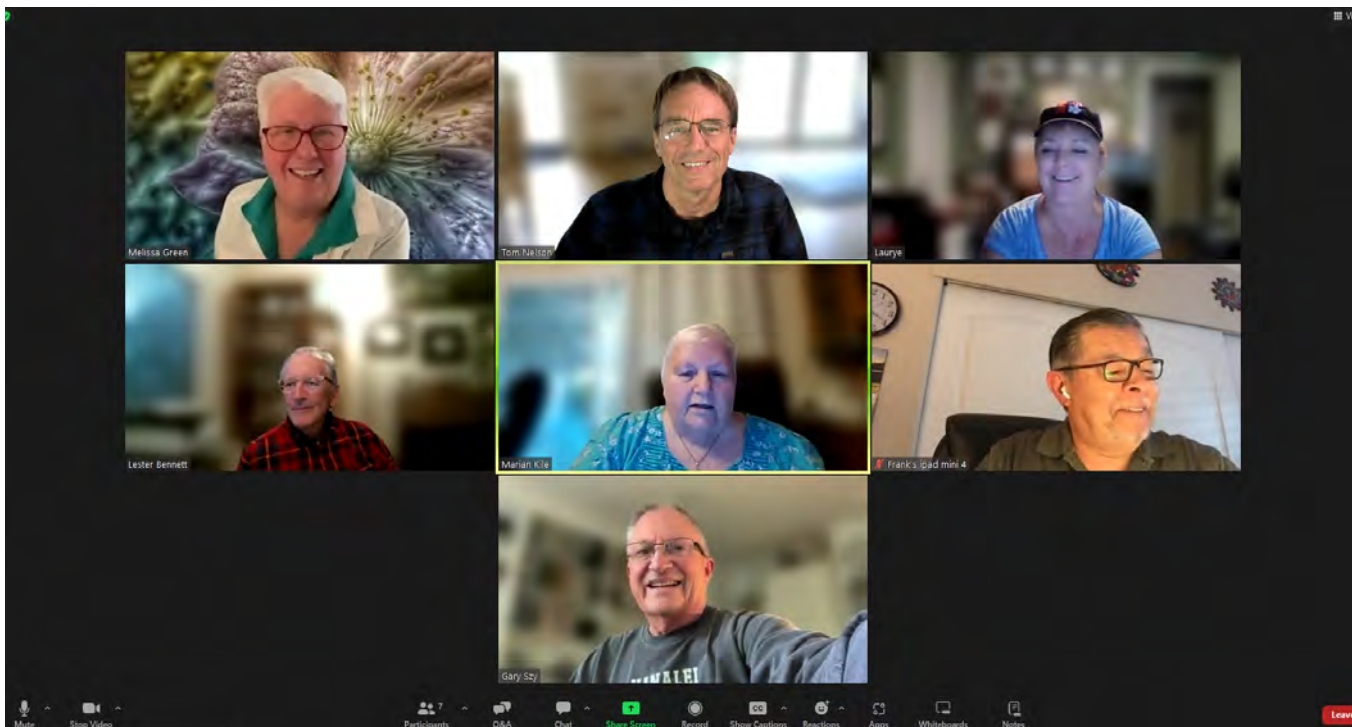
For our program leaders to successfully conduct their seminars, presentations, and shared interest groups (SIG) online using Zoom, the assistance of a technical host is essential. These “tech hosts” ensure leaders can concentrate on their content, while they assist with starting the meeting, monitoring participants interactions during the meeting, and ending the meeting.

If you are comfortable with basic Zoom tools and want to help, contact Marian Kile mariankile@yahoo.com or Sarah Ryan-Roberts sarahrr@me.com. We will put you in touch with presenters that need your help. We match tech hosts with a program they would be interested in attending. You can also work with the leader of your program and be a back-up tech host for when their tech host is on vacation or otherwise unavailable. There are lots of options to help if you are technically oriented. Contact us if you just want to talk more about it.

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

And for on-going support, you can join the **Tech Host User Support (THUS) Group**. The group provides a place for Tech Hosts to practice new skills, discuss technical challenges, and support each other with problem-solving ideas. Tech hosts for each semester will be sent an invite to join the group. We work as a team supporting each other.

So come on and join the fun!



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, lead, coordinate, 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 Debralyn78@pacbell.net.

U Mentor

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

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

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

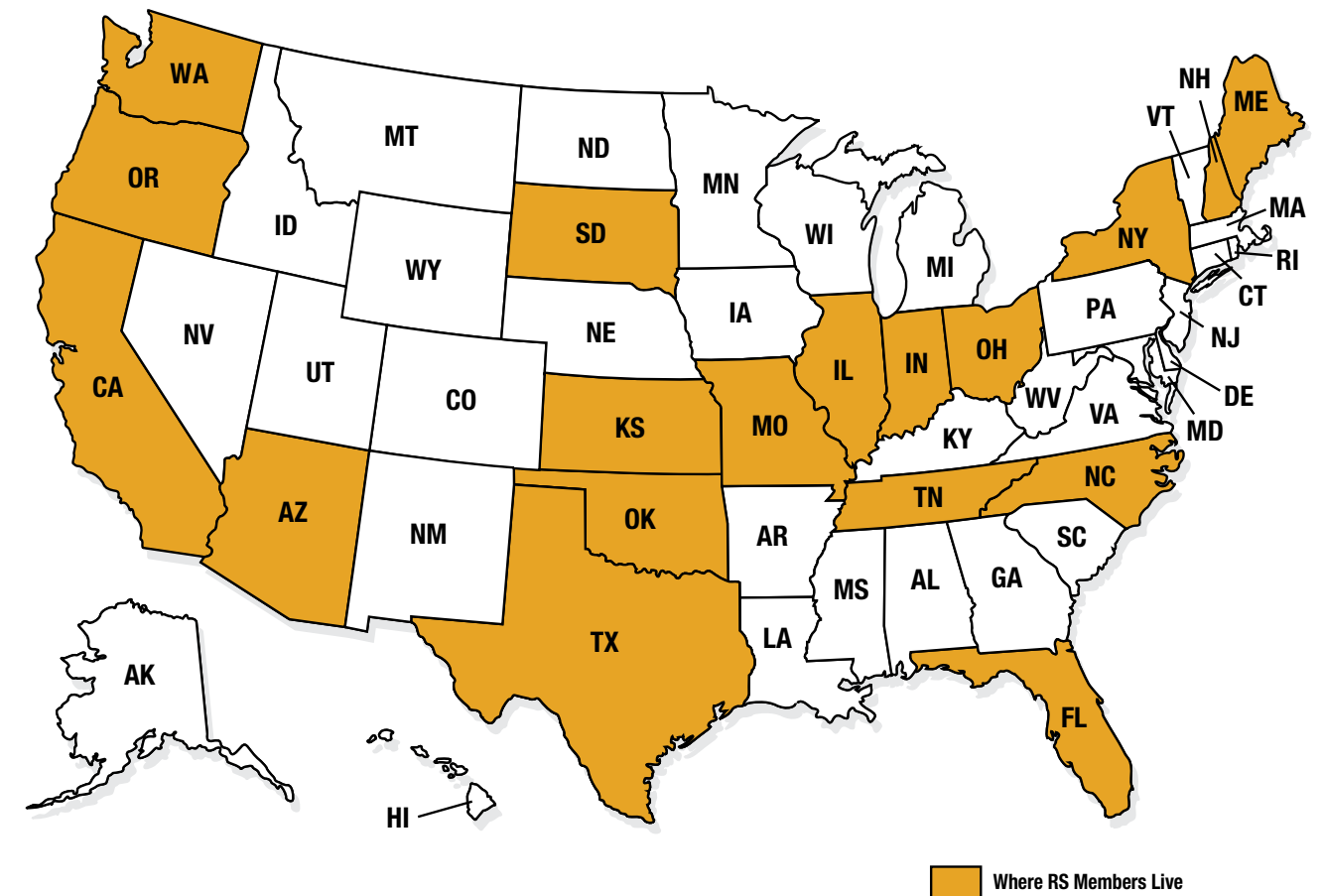
volunteer for a committee

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 [76-77](#) for contact information.



membership map

A majority of our members live in the zip codes clustered around Sac State. However, as this map illustrates membership is not limited by geography. When we pivoted to Zoom and hybrid classes in 2020, we added many members from other parts of California and some from other states. Reach out to your friends and associates to share this Renaissance Society lifelong learning opportunity. Imagine being in a Zoom class with your old college roommate who lives in another state! Most of our new members hear about us from a friend. Think about your friends, family, and colleagues that could benefit from Renaissance Society. Now reach out to them by sharing 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, service opportunities, and fun.



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