



The Renaissance  
Society of Sacramento  
[spring.catalog.2025](#)

# welcome

## Happy New Year and welcome to our Spring 2025 Renaissance Society Semester!



As we celebrate the 39th year of our Renaissance Society, we are proud of our growth and accomplishments from four seminars and one Forum in 1986 to the just-ended academic semester with 39 seminars, 56 single presentations, 28 Shared Interest Groups, 6 Community Presentations, and 13 Forums.

To avoid future membership cost increases, however, it is essential to increase our membership. We ended 2023-2024 with 1,784 members, including over 70 honorary members, and we need to increase this number to over 1,900 to meet expenses. If you are able, we would also appreciate an extra donation when you register. All our revenue comes from membership dues and these "Give Something Extra" donations.

Please tell your friends and co-workers about this amazing organization and its many benefits for adults. Remember, we are interested in recruiting folks in their 40s, 50s, 60s, and beyond! And speaking of welcome, it is our goal to foster an environment of belonging and inclusivity for all members, including members of our region's diverse communities. Do you know someone who doesn't share your same ethnic background? Be sure to extend a warm invitation and encourage them to join.

We especially look forward to diversifying not only our membership but also our program leaders and program content. This semester, we continue a "Friday Diversity Series" to highlight the history and culture of the many wonderful communities in the region. We will also strive to offer exciting social events, opportunities to interact with Sac State students, and ongoing philanthropy. Since 1993, we have given over \$290,000 in scholarships for 128 students, and last year we contributed over \$40,000 to the ASI Food Pantry, winning the Golden Plate Award for the third consecutive year for donating the most to the Thanksgiving Food Basket Drive.

Let's keep up the great work and, most of all, enjoy our time as Renaissance members!

**Deborah Seiler**, Board President

# the program committee covenant


*"We were not born critical of existing society. There was a moment in our lives (or a month, or a year) when certain facts appeared before us, startled us, and then caused us to question beliefs that were strongly fixed in our consciousness.... This would seem to lead to a simple conclusion: that we all have an enormous responsibility to bring to the attention of others information they do not have, which has the potential of causing them to rethink long-held ideas."*

— Howard Zinn, 2005

The Renaissance Society Program Committee and staff work diligently to provide the Renaissance membership with a variety of program options in our sustaining efforts to support our members' aspirations to expand their understanding of the nuances of the changing world around us that affect how we navigate life in this contemporary society. We hope you enjoy the program offerings for the Spring including our specific offering featuring a special celebration series highlighting the 250th Anniversary of the American Revolutionary War for Independence.

**Peter C. Mundy, Jackie Lamb**, Program Committee Co-Chairs

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# calendar of events

## IMPORTANT DATES FOR SPRING 2025 SEMESTER

|  |  |
|--|--|
| <b>JANUARY 13</b><br>Spring 2025 Catalog Posted to RS Website  | <b>MARCH 31</b><br>Cesar Chavez Day—Campus Closed                          |
| <b>JANUARY 17</b><br>Orientation and Open House                | <b>MARCH 31 TO APRIL 4</b><br>Spring Break—Campus Closed                   |
| <b>JANUARY 20</b><br>Martin Luther King, Jr. Day—Campus Closed | <b>MAY 9</b><br>Spring 2025 Programs End—Annual Meeting Held               |
| <b>JANUARY 21</b><br>Spring 2025 Program Enrollment Begins     | <b>JUNE 2</b><br>Annual Renaissance Society Membership Registration Begins |
| <b>FEBRUARY 3</b><br>Spring 2025 Programs Begin                |  |
| <b>FEBRUARY 17</b><br>Presidents’ Day—Campus Closed            |  |

## IMPORTANT DATES FOR FALL 2025 SEMESTER

|   |  |
|---|--|
| <b>APRIL 14</b><br>EARLY BIRD Fall 2025 Applications-to-Teach sent out  | <b>DATE TO BE ANNOUNCED</b><br>Orientation and Open House                          |
| <b>MAY 16</b><br>Program Leaders’ Workshop                              | <b>AUGUST 11</b><br>Fall 2025 Program Enrollment Begins                            |
| <b>JUN 2</b><br>Request for Fall 2025 Catalog Photos                    | <b>SEPTEMBER 2</b><br>Fall 2025 Programs Begin                                     |
| <b>JUNE AND JULY</b><br>Enjoy the Renaissance Society’s Summer Programs | <b>OCTOBER 13,</b><br>Indigenous Peoples Day—Campus Closed                         |
| <b>JUNE 2</b><br>DEADLINE to Submit Fall 2025 Applications-to-Teach     | <b>NOVEMBER 17,</b><br>Mid-year Renaissance Society Membership Registration Begins |
| <b>JULY 7</b><br>DEADLINE to Submit Photos for Fall 2025 Catalog        | <b>NOVEMBER 27 AND 28,</b><br>Thanksgiving Holiday—Campus Closed                   |
| <b>AUGUST 4</b><br>Fall 2025 Catalog Posted to RS Website               | <b>DECEMBER 5</b><br>Fall 2025 Programs End  |
|   | <b>DECEMBER 22 – JANUARY 1</b><br>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 to deliver our programs, either in-person or hybrid mode on campus, or by Zoom in the safety and comfort of our own homes. Zoom is not difficult to use, and you'll discover new avenues of connecting with classmates through discussion groups, breakout rooms, and other interactive tools. You will get directions from your program leaders, facilitators, or tech hosts, or in the user-friendly materials developed by our Tech Committee. As a note, many of our programs will also be recorded and available for viewing later on our member website. We offer four types of programs—Seminars, Shared Interest Groups (SIGs), One-time Presentations, and Forums.

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

## at-a-glance program schedule

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) & recorded; **R** = Program recorded; **NR** = Program not recorded; **SE** = Selective enrollment; **WI** = Walk-in program—enrollment helps us notify you of changes, seats available first-come/first-served

### Program Definitions

**Seminars**—led by one or more members, range from 2-13 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 single presentations by member and guest speakers.

- Community Speakers and Monday Big History Series enrollments are open to non-members. Bring your family and friends.
- Tuesday Speaker Series, Wednesday Science Series, Friday Morning On-campus, Topics in the American Revolution, and Friday Afternoon Diversity Series require membership.

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

### Program Identifiers and Delivery Formats

**Diversity (D)** programs address in detail or in part, issues encompassing various aspects of culture, race, ethnicity, religion, gender, age, ability, sexual orientation, or social economics, to foster mutual understanding, which is essential for creating inclusive environments where all individuals feel valued and respected.

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

**Selective Enrollment (SE)** programs are Friday in-person and hybrid Seminar and SIG groupings that are offered on the same dates and times. Members can enroll in only one of the programs in each of these groupings. All other programs allow for overlapping enrollment. For any SE program that is recorded, you may email the program leader to request a copy of the recording even if you're not enrolled in the program.

**Walk-in (WI)** programs allow you to enroll in advance, which allows us to notify you of last-minute program changes. However, available seats are first-come/first served.

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#                |
| <b>Seminars</b>   |                 |  |                                    |               |                    |
| Z/R   | 12-1pm          | Is Your Money Working for You? How to Invest Now?      | Sanjay Varshney                    | Mar 24-May 5  | <a href="#">17</a> |
| Z/NR  | 1-3:30pm        | The Shakespeare You Don't Know                         | Gerald (Gerry) Camp                | Feb 3-May 5   | <a href="#">17</a> |
| <b>Shared Interest Groups</b>                           |                 |  |                                    |               |                    |
| Z/NR  | 9:30-11am       | Third Monday Book Club (year-round monthly)            | Marian Kile                        | Feb 17-Apr 21 | <a href="#">34</a> |
| IP/NR   | 10:30am-12:30pm | Friends of The New Yorker Magazine (Year-round weekly) | Judy Day<br>David Bowles           | Feb 3-May 5   | <a href="#">33</a> |
| D/Z/R   | 3-4pm           | Qi Gong  | David Mitchell<br>Marilyn Bradford | Feb 3-May 5   | <a href="#">33</a> |
| <b>One-Time Presentations—Monday Big History Series</b> |                 |  |                                    |               |                    |
| Z/R   | 10-11:30am      | Monday Big History Series—The Modern Age               | Ranny Eckstrom                     | Feb 3-May 5   | <a href="#">43</a> |



See Abbreviation Key for Delivery Formats

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

| TUESDAY PROGRAMS AT A GLANCE                         |            |  |                    |               |                    |
|--|------------|--|--------------------|---------------|--------------------|
|  | Time       | Title  | Leader Name        | Dates         | Pg#                |
| <b>Seminars</b>                                      |            |  |                    |               |                    |
| Z/R  | 1-2:30pm   | You're Dead. Now What?                                     | Patricia Pavone    | Feb 11-Mar 18 | <a href="#">18</a> |
| Z/R  | 1-3:30pm   | Film Noir and Neo-Noir: Part 2                             | Chip Zempel        | Feb 4-May 6   | <a href="#">18</a> |
| <b>Shared Interest Groups</b>                        |            |  |                    |               |                    |
| Z/NR   | 9:30-11am  | Third Tuesday Book Club (Year-round monthly)               | Marian Kile        | Feb 18-Apr 15 | <a href="#">35</a> |
| Z/NR   | 10-11:30am | First Tuesday Book Club (Year-round monthly)               | Gwen Bedient       | Feb 4-May 6   | <a href="#">35</a> |
| D/IP/NR  | 10am-12pm  | Digital Photography (Arden-Dimick Library)                 | Jay McKeeman       | Feb 11-Apr 22 | <a href="#">34</a> |
| <b>One-Time Presentations—Tuesday Speaker Series</b> |            |  |                    |               |                    |
| D/Z/NR   | 2-3:30pm   | Fantastical History of the Swastika                        | Gopal Kapur        | Feb 18        | <a href="#">43</a> |
| Z/R  | 1-2:30pm*  | Green Burial: Restoring Life Through Natural Endings       | Stephanie Brow     | Mar 4         | <a href="#">44</a> |
| Z/R  | 1-2:30pm*  | Diabetes Reversal: Dr. Barnard Videos and Cooking Demo     | Linda Middlesworth | Mar 11        | <a href="#">44</a> |
| D/Z/NR   | 2-3:30pm   | Imaginary Meal Program. Skip a Meal, Feed a Family: Part 1 | Gopal Kapur        | Mar 18        | <a href="#">44</a> |
| D/Z/NR   | 2-3:30pm   | Imaginary Meal Program. Skip a Meal, Feed a Family: Part 2 | Gopal Kapur        | Mar 25        | <a href="#">45</a> |
| Z/R  | 1-2:30pm*  | Am I too Old to Save the Planet? A Boomer's Guide          | Diana Cassidy      | Apr 8         | <a href="#">45</a> |
| Z/R  | 1-2:30pm*  | Ukraine: Caught in the Middle                              | Helena Kanderka    | Apr 15        | <a href="#">46</a> |
| Z/R  | 1-2:30pm*  | The Human-Dog Connection                                   | Sandy Britton      | Apr 29        | <a href="#">46</a> |
| Z/NR   | 1-2:30pm*  | Navigating Conflict and Difficult Conversations            | Donna Montgomery   | May 6         | <a href="#">46</a> |

\*note time change

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| WEDNESDAY PROGRAMS AT A GLANCE                          |              |   |   |               |                    |
|---|--------------|---|---|---------------|--------------------|
|   | Time         | Title   | Leader Name                                   | Dates         | Pg#                |
| <b>Seminars</b>   |              |   |   |               |                    |
| <b>D/Z/NR</b>   | 9–10:30am    | British Raj in India—A Troubled Legacy                              | Gopal Kapur                                   | Mar 26-Apr 9  | <a href="#">19</a> |
| <b>H/R</b>  | 10–11:30am   | Hearing Health: Personal and Community                              | Anne Geraghty<br>Barbara Scott                | Feb 19-Mar 26 | <a href="#">19</a> |
| <b>Z/R</b>  | 11am–12:30pm | Heterodox Economics   | Mark Dempsey                                  | Feb 12-Mar19  | <a href="#">20</a> |
| <b>Shared Interest Groups</b>                           |              |   |   |               |                    |
| <b>IP/NR</b>  | 9:25–11am    | Walkabouts (Year-round weekly)                                      | Steve Scott<br>Alan Wong                      | Feb 5-May 7   | <a href="#">36</a> |
| <b>IP/NR</b>  | 10am–12pm    | Le Cercle Français (Year-round weekly)<br>(Campus Commons)          | Ruth Scodel<br>Ana Facio                      | Feb 5-May 7   | <a href="#">36</a> |
| <b>Z/NR</b>   | 10am–12pm    | Contemporary Irish Short Stories with Great Books                   | Louise DiMattio                               | Feb 5-May 7   | <a href="#">35</a> |
| <b>IP/NR</b>  | 5:30–7:30pm  | Dining Together (Year-round monthly)                                | Cheryl Nelson                                 | Feb 12-Apr 9  | <a href="#">36</a> |
| <b>One-Time Presentations—Community Speakers Series</b> |              |   |   |               |                    |
| <b>H/R/WI</b>   | Varies       | A Cook's Tour of Sacramento<br>(Year-round days, dates, times vary) | Maryellen Burns<br>Dan Cross<br>Marge Tarbell | Varies        | <a href="#">42</a> |
| <b>One-Time Presentations—Wednesday Science Series</b>  |              |   |   |               |                    |
| <b>Z/R</b>  | 10–11am      | Space Satellites—From Sputnik to Hubble and Beyond                  | David Lewis                                   | Feb 5-Apr 9   | <a href="#">47</a> |



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| THURSDAY PROGRAMS AT A GLANCE                           |              |  |                                    |               |                    |
|---|--------------|--|------------------------------------|---------------|--------------------|
|   | Time         | Title  | Leader Name                        | Dates         | Pg#                |
| <b>Seminars</b>   |              |  |                                    |               |                    |
| <b>D/Z/R</b>  | 10am–12pm    | Responding to the Assault on Our Democracy   | Duane Campbell<br>Carl Pinkston    | Feb 6-May 8   | <a href="#">20</a> |
| <b>Z/NR</b>   | 10am–12pm    | World of Engineering   | Richard Dabrowiak                  | Feb 6-May 8   | <a href="#">21</a> |
| <b>Z/R</b>  | 1–2pm        | A Wine Journey: From the Vine to the Wine  | Lester Bennett                     | Feb 6-Apr 3   | <a href="#">21</a> |
| <b>D/Z/NR</b>   | 1–3pm        | Are You Eating Healthy? Let's Find Out   | Gopal Kapur                        | Feb 13-Feb 27 | <a href="#">22</a> |
| <b>D/Z/NR</b>   | 1–3pm        | Unsung Brilliant Women   | Gopal Kapur                        | Mar 6-Mar 20  | <a href="#">22</a> |
| <b>D/Z/NR</b>   | 1–3pm        | The Enigma of Brilliance   | Gopal Kapur                        | Apr 10-Apr 24 | <a href="#">23</a> |
| <b>Z/NR</b>   | 1–3pm        | Relationships—How to Build Strong Healthy Loving Ones                                    | Nanci Kuzins<br>Anamaria Pasquiers | Feb 6-May 8   | <a href="#">24</a> |
| <b>Shared Interest Groups</b>                           |              |  |                                    |               |                    |
| <b>IP/NR</b>  | 1–3pm        | Games for Entertainment (Year-round weekly)  | Roberta Frieze<br>Judy Keaton      | Feb 6-May 8   | <a href="#">37</a> |
| <b>IP/NR</b>  | 1:30–2:30pm  | Partners in Crime (Monthly) (Arden-Dimick Library)                                       | Lynda Cassady<br>Pat Stokes        | Feb 6-Apr 24  | <a href="#">38</a> |
| <b>Z/NR</b>   | 2–4pm        | Promises and Threats of Artificial Intelligence (AI)<br>(First Thursday of the Month)    | Melissa Green                      | Feb 6-May1    | <a href="#">38</a> |
| <b>Z/NR</b>   | 3:30–5pm     | The Music of Your Life   | Loretta Burdeaux<br>Lester Bennett | Feb 6-May 8   | <a href="#">37</a> |
| <b>Z/NR</b>   | 7–8:30pm     | The Economist (Year-round weekly)  | Wayne Luney                        | Feb 6-May 8   | <a href="#">37</a> |
| <b>One-Time Presentations—Community Speakers Series</b> |              |  |                                    |               |                    |
| <b>H/R/WI</b>   | 10:30am–12pm | Morning Coffee (Year-round monthly)<br>(First and Third Thursdays) (ACC Senior Services) | Maryellen Burns                    | Feb 6-Apr 24  | <a href="#">42</a> |

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## FRIDAY PROGRAMS AT A GLANCE

|                      | Time         | Title   | Leader Name                | Dates        | Pg#                |
|----------------------|--------------|---|----------------------------|--------------|--------------------|
| <b>Seminars</b>      |              |   |                            |              |                    |
| <b>IP/NR/SE</b>      | 9:30–11am    | TransForMission: A Path to Purpose (Amador Hall (AMD) 261)                        | Donna Apidone              | Feb 7-Mar 14 | <a href="#">32</a> |
| <b>IP/NR/WI/SE</b>   | 10–10:45am   | Android Basics (Douglass Hall (DH) 108)   | Carol Limbaga              | Feb 7-May 9  | <a href="#">25</a> |
| <b>D/H/R/SE</b>      | 10–11:30am   | The Difference Between Caste and Class (Tahoe Hall (TAH) 1003)                    | Greg Beale                 | Feb 7-May 9  | <a href="#">27</a> |
| <b>D/IP/NR/WI/SE</b> | 10–11:30am   | Living Well to 101 and Beyond (Monthly) (Alpine Hall (ALP) 205)                   | Helen Justice Lou Basinal  | Mar 7-May 2  | <a href="#">29</a> |
| <b>D/H/R/WI/SE</b>   | 10–11:45am   | The Magic Behind Film and TV Scores—Part I (Mendocino Hall (MND) 1003)            | Michael (Mike) Agron       | Feb 7-Apr 4  | <a href="#">29</a> |
| <b>IP/NR/WI/SE</b>   | 10–11:45am   | Fun with Jane: Northanger Abbey (Tahoe Hall (TAH) 1002)                           | PJ Jones Gretchen Jung     | Feb 7-Mar 14 | <a href="#">28</a> |
| <b>IP-R/WI/SE</b>    | 10am–12pm    | Rachel Remen: The Healer’s Art—Service, Mystery, and Awe (Eureka Hall (EUR) 106)  | Alan Keown                 | Feb 7-Mar 14 | <a href="#">30</a> |
| <b>IP/NR/WI/SE</b>   | 11am–12pm    | Ancient DNA and the Genomics of Human Populations (Alpine Hall (ALP) 148)         | Greg Dewey                 | Feb 7-Feb 21 | <a href="#">24</a> |
| <b>H/R/SE</b>        | 12–2:30pm    | Transitions: What will I do with the rest of my life? (Mendocino Hall (MND) 3013) | Ken Cross                  | Feb 7-May 9  | <a href="#">32</a> |
| <b>D/IP/NR/WI/SE</b> | 12–2:45pm    | The Supremely Talented Mr. Sorkin (Tahoe Hall (TAH) 1003)                         | Alan Miller                | Feb 7-May 9  | <a href="#">31</a> |
| <b>IP/NR/SE</b>      | 12:30–2:45pm | Classical Music (Capistrano Hall (CPS) 223)                                       | Robert Seyfried Leo Eylar  | Feb 7-May 9  | <a href="#">26</a> |
| <b>H/NR/SE</b>       | 12:45–2:45pm | Delving into Dementia: The Science/Caring/ Hope (Mendocino Hall (MND) 1024)       | Mynga Futrell              | Feb 7-May 9  | <a href="#">26</a> |
| <b>H/R/WI/SE</b>     | 1–2:30pm     | Active Retirement Investing (Calaveras Hall (CLV) 145)                            | Nashoba Bailey Bill Bailey | Feb 7-May 2  | <a href="#">24</a> |
| <b>IP/NR/WI/SE</b>   | 1–2:30pm     | Bob Dylan: The Man, the Music, the Masks, and the Myths (Kadema Hall (KDM) 145)   | David Abelson              | Feb 7-May 2  | <a href="#">25</a> |
| <b>D/IP/NR/WI/SE</b> | 1–2:30pm     | The California Trail Revisited (Alpine Hall (ALP) 144)                            | Bill Sullivan              | Feb 7-May 9  | <a href="#">25</a> |
| <b>IP/NR/SE</b>      | 1–2:30pm     | Frankenstein: “It’s Alive” (Eureka Hall (EUR) 101)                                | Catherine Civello          | Feb 7-Mar 28 | <a href="#">27</a> |
| <b>IP-R/WI/SE</b>    | 1–2:45pm     | Privacy and Security on the Internet: Avoiding Scams (Riverside Hall (RVR) 1015)  | Alan Baker                 | Feb 21-Mar 7 | <a href="#">30</a> |
| <b>D/H/R/WI/SE</b>   | 1–2:45pm     | Our 1970s Era Capitalism Meets AI—OMG! (Eureka Hall (EUR) 104)                    | Dale Good                  | Mar 7-Apr 11 | <a href="#">30</a> |

See Abbreviation Key for Delivery Formats

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## FRIDAY PROGRAMS AT A GLANCE (CONT.)

|                               | Time         | Title   | Leader Name                   | Dates        | Pg#                |
|-------------------------------|--------------|---|-------------------------------|--------------|--------------------|
| <b>Seminars</b>               |              |   |                               |              |                    |
| <b>IP/NR/WI/SE</b>            | 1–2:45pm     | Critical Thinking (Douglass Hall (DH) 109)                              | Richard Kowaleski             | Feb 7-May 9  | <a href="#">26</a> |
| <b>IP-R/SE</b>                | 1–2:45pm     | Real Rock, Part 2—60s and 70s (Mendocino Hall (MND) 1003)               | Bob Lang                      | Feb 7-May 9  | <a href="#">31</a> |
| <b>D/IP/NR/SE</b>             | 1–2:45pm     | The History of Women in Sports (Mendocino Hall (MND) 4004)              | Beth Mann Virginia Sturdevant | Feb 7-Mar 14 | <a href="#">28</a> |
| <b>Shared Interest Groups</b> |              |   |                               |              |                    |
| <b>IP/NR/WI/SE</b>            | 9:30–11:45am | Knitting with Friends (Academic Information Resource Center (ARC) 1009) | Barbara Kletzman              | Feb 7-May 9  | <a href="#">39</a> |
| <b>D/IP/NR/SE</b>             | 10–11:30am   | Travel and Adventure (Tschannen Science Center (TSC) 1002)              | Fred Chapman Cindi Matsumoto  | Feb 7-May 9  | <a href="#">41</a> |
| <b>IP/NR/WI/SE</b>            | 10–11:30am   | Singing for Fun (Again) (Tahoe Hall (TAH) 1007)                         | Michael Hersher               | Feb 7-Mar 14 | <a href="#">40</a> |
| <b>D/IP/NR/WI/SE</b>          | 10–11:45am   | Democracy, Advocacy, and the Common Good (Eureka Hall (EUR) 309)        | Duane Campbell                | Feb 7-May 2  | <a href="#">39</a> |
| <b>IP/NR/WI/SE</b>            | 10am–12pm    | Technology Help: New Usages and Troubleshooting (Tahoe Hall (TAH) 1004) | Ashu Singla Eric Magnusson    | Feb 14-May 9 | <a href="#">40</a> |
| <b>IP/NR/WI/SE</b>            | 11am–12:30pm | Cracker Barrel (Year-round weekly) (Douglass Hall (DH) 209)             | Erika Wasser Laura Middleton  | Feb 7-May 9  | <a href="#">38</a> |
| <b>IP/NR/WI/SE</b>            | 12–12:45pm   | Social Dancing (Shasta Hall (SH) 132)                                   | Richard Kowaleski             | Feb 7-May 9  | <a href="#">40</a> |
| <b>D/IP/NR/SE</b>             | 12–2:30pm    | Watercolor Studio (Kadema Hall (KDM) 170)                               | Steve Wittmann                | Feb 7-May 9  | <a href="#">41</a> |
| <b>IP/NR/WI/SE</b>            | 1–2pm        | English Country Dance (Shasta Hall (SH) 132)                            | Ruth Scodel                   | Feb 21-May 9 | <a href="#">39</a> |

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See Abbreviation Key for Delivery Formats

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

## FRIDAY PROGRAMS AT A GLANCE (CONT.)

### One-Time Presentations—Friday MORNING Series

|                   |            |  |                                  |        |                    |
|-------------------|------------|--|----------------------------------|--------|--------------------|
| <b>H/R/WI</b>     | 10–11:30am | The Geological Grain of California (Eureka Hall (EUR) 105)                   | Will Harris                      | Feb 7  | <a href="#">48</a> |
| <b>H/R/WI</b>     | 10–11:30am | Green Burial: Restoring Life Through Natural Endings (Eureka Hall (EUR) 105) | Stephanie Brow                   | Feb 14 | <a href="#">48</a> |
| <b>H/R/WI</b>     | 10–11:30am | Protecting Sacramento and the American River Parkway (Eureka Hall (EUR) 105) | Pete Spaulding<br>Nancy Kniskern | Feb 21 | <a href="#">48</a> |
| <b>H/R/WI</b>     | 10–11:30am | Ukraine: Caught in the Middle (Eureka Hall (EUR) 105)                        | Helena Kanderka                  | Feb 28 | <a href="#">48</a> |
| <b>D/H/R/WI</b>   | 10–11:30am | How America Became A World Power (Eureka Hall (EUR) 105)                     | Milo Turaylich                   | Mar 7  | <a href="#">48</a> |
| <b>H/R/WI</b>     | 10–11:30am | Am I too Old to Save the Planet? A Boomer's Guide (Eureka Hall (EUR) 105)    | Diana Cassady                    | Apr 18 | <a href="#">49</a> |
| <b>D/IP/NR/WI</b> | 10–11:30am | Investment issues (Eureka Hall (EUR) 105)                                    | David Bach                       | May 2  | <a href="#">50</a> |
| <b>H/R/WI</b>     | 10–11:30am | The Human-Dog Connection (Eureka Hall (EUR) 105)                             | Sandy Britton                    | May 9  | <a href="#">50</a> |

### One-Time Presentations—Topics in the American Revolution

|                 |            |   |                     |        |                    |
|-----------------|------------|---|---------------------|--------|--------------------|
| <b>H/R/WI</b>   | 10–11:30am | 1775: The Year the Revolution Began (Mariposa Hall (MRP) 1000)                      | Cathy Minicucci     | Feb 7  | <a href="#">50</a> |
| <b>H/R/WI</b>   | 10–11:30am | The Enlightenment and the American Revolution (Mariposa Hall (MRP) 1000)            | Dan Rooney          | Feb 14 | <a href="#">51</a> |
| <b>H/R/WI</b>   | 10–11:30am | Military and Political Leadership in Britain and America (Mariposa Hall (MRP) 1000) | Cathy Minicucci     | Feb 21 | <a href="#">51</a> |
| <b>D/H/R/WI</b> | 10–11:30am | Liberty's Ladies (Mariposa Hall (MRP) 1000)   | Carolyn Martin      | Feb 28 | <a href="#">51</a> |
| <b>H/R/WI</b>   | 10–11:30am | The Continental Navy's Role in the Revolution (Mariposa Hall (MRP) 1000)            | Norv Wellsfry       | Mar 7  | <a href="#">52</a> |
| <b>D/H/R/WI</b> | 10–11:30am | Slavery and Abolition in Colonial Pennsylvania (Mariposa Hall (MRP) 1000)           | Theo Goodwin        | Mar 14 | <a href="#">52</a> |
| <b>D/H/R/WI</b> | 10–11:30am | Breaking from Tradition—Women Spies and Scouts (Mariposa Hall (MRP) 1000)           | Michele Rickey-Pidd | Mar 21 | <a href="#">52</a> |
| <b>D/H/R/WI</b> | 10–11:30am | Native Americans Participation in the Revolution (Mariposa Hall (MRP) 1000)         | Darryl Freeman      | Mar 28 | <a href="#">53</a> |
| <b>H/R/WI</b>   | 10–11:30am | The Battle of Lexington and Concord April 19, 1775 (Mariposa Hall (MRP) 1000)       | Kevin Collins       | Apr 11 | <a href="#">53</a> |
| <b>H/R/WI</b>   | 10–11:30am | The British Side of the Revolutionary War (Mariposa Hall (MRP) 1000)                | Anne Rewell         | Apr 18 | <a href="#">54</a> |

See Abbreviation Key for Delivery Formats

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## FRIDAY PROGRAMS AT A GLANCE (CONT.)

### One-Time Presentations—Topics in the American Revolution (cont.)

|                 |            |  |                 |        |                    |
|-----------------|------------|--|-----------------|--------|--------------------|
| <b>H/R/WI</b>   | 10–11:30am | Battle of Bunker Hill and the Siege of Boston (Mariposa Hall (MRP) 1000)     | Kevin Collins   | Apr 25 | <a href="#">54</a> |
| <b>H/R/WI</b>   | 10–11:30am | Boston Civilians Trapped Behind the Lines (Mariposa Hall (MRP) 1000)         | Alex Cain       | May 9  | <a href="#">55</a> |
| <b>D/H/R/WI</b> | 10–11:30am | The Articles of Confederation to the Constitution (Mariposa Hall (MRP) 1000) | Michael Hersher | May 2  | <a href="#">55</a> |

### One-Time Presentations—Friday Afternoon Diversity Series

|                 |          |   |                 |        |                    |
|-----------------|----------|---|-----------------|--------|--------------------|
| <b>D/H/R/WI</b> | 1–2:30pm | Japanese Incarceration: More Than an Inconvenience (Mariposa Hall (MRP) 1001)   | Steve Sasaki    | Feb 7  | <a href="#">55</a> |
| <b>D/H/R/WI</b> | 1–2:30pm | Food and Culture from My Perspective (Mariposa Hall (MRP) 1001)   | Kelly Thompson  | Feb 14 | <a href="#">56</a> |
| <b>D/H/R/WI</b> | 1–2:30pm | Coffee: Its History, Production, Ecology, Pleasure (Mariposa Hall (MRP) 1001)   | Theo Goodwin    | Feb 21 | <a href="#">56</a> |
| <b>D/H/R/WI</b> | 1–2:30pm | Performing Chinatown (Mariposa Hall (MRP) 1001)   | William Gow     | Feb 28 | <a href="#">56</a> |
| <b>D/H/R/WI</b> | 1–2:30pm | Defining the Transcendental in Islamic Architecture—Part 1 (Mariposa Hall (MRP) 1001)   | Mrea Csorba     | Mar 7  | <a href="#">57</a> |
| <b>D/H/R/WI</b> | 1–2:30pm | An Axis and a Square within a Circle: Conceptualizing Heaven and Earth, in India and Beyond—Part 2 (Mariposa Hall (MRP) 1001) | Mrea Csorba     | Mar 14 | <a href="#">57</a> |
| <b>D/H/R/WI</b> | 1–2:30pm | Navigating Diversity Using Cultural Intelligence (Mariposa Hall (MRP) 1001)   | Sandy Britton   | Mar 21 | <a href="#">58</a> |
| <b>D/H/R/WI</b> | 1–2:30pm | Green Burial: Restoring Life Through Natural Endings (Mariposa Hall (MRP) 1001)   | Stephanie Brow  | Mar 28 | <a href="#">58</a> |
| <b>D/H/R/WI</b> | 1–2:30pm | The Road to Freedom—The Underground Rail Road (Mariposa Hall (MRP) 1001)  | Anne Rewell     | Apr 11 | <a href="#">58</a> |
| <b>D/H/R/WI</b> | 1–2:30pm | Sacramento's Diverse Voices (Mariposa Hall (MRP) 1001)  | Maryellen Burns | Apr 18 | <a href="#">59</a> |
| <b>D/H/R/WI</b> | 1–2:30pm | Why Black Lives Matter (Mariposa Hall (MRP) 1001)   | Ginger Rutland  | Apr 25 | <a href="#">59</a> |

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# programs

seminars

## FRIDAY PROGRAMS AT A GLANCE (CONT.)

### Forums

|          |       |  |                             |        |                    |
|----------|-------|--|-----------------------------|--------|--------------------|
| H/R/WI   | 3-4pm | Forlorn Hope: An American West Tale of Survival (Mariposa Hall (MRP 1000))                                       | Bob Crowley                 | Feb 7  | <a href="#">60</a> |
| H/R/WI   | 3-4pm | 250th Anniversary of the American Revolution (Mariposa Hall (MRP 1000))  | Cathy Minicucci             | Feb 14 | <a href="#">60</a> |
| H/R/WI   | 3-4pm | Isolation: A Tale of Two Generations (Mariposa Hall (MRP 1000))  | Donna Apidone               | Feb 21 | <a href="#">61</a> |
| H/R/WI   | 3-4pm | Public Financing of Sports Stadiums: It's Challenges and Community Benefits (Mariposa Hall (MRP 1000))           | Martha Guerrero             | Feb 28 | <a href="#">61</a> |
| D/H/R/WI | 3-4pm | Victims' Rights Movement (Mariposa Hall (MRP 1000))  | Michael Vitiello            | Mar 7  | <a href="#">61</a> |
| H/R/WI   | 3-4pm | Cognitive Function in Aging: Healthy Brain vs. Mild Cognitive Impairment and Dementia (Mariposa Hall (MRP 1000)) | Dr. Doris Chen              | Mar 14 | <a href="#">61</a> |
| D/H/R/WI | 3-4pm | Walls that Speak: The Murals of Stan Padilla (Mariposa Hall (MRP 1000))  | Stan Padilla                | Mar 21 | <a href="#">62</a> |
| D/H/R/WI | 3-4pm | DEI in the Workplace—Benefits to Employers and the Impact of Recent SCOTUS Decisions (Mariposa Hall (MRP 1000))  | Jennifer Martinez           | Mar 28 | <a href="#">62</a> |
| D/H/R/WI | 3-4pm | Transitioning from a Heterosexual to a Homosexual Relationship in Adult Life (Mariposa Hall (MRP 1000))          | Denny Mangers               | Apr 11 | <a href="#">62</a> |
| H/R/WI   | 3-4pm | I Could Be Wrong, But I Don't Think So—Memory, Happiness, Suffering (Mariposa Hall (MRP 1000))                   | Dennis Warren               | Apr 18 | <a href="#">62</a> |
| H/R/WI   | 3-4pm | The Supreme Court in 2025 (Mariposa Hall (MRP 1000))   | Aaron Tang                  | Apr 25 | <a href="#">63</a> |
| H/R/WI   | 3-4pm | The Music We Make, the World We Create: A Vision for Inclusive Music Education (Mariposa Hall (MRP 1000))        | Rev. Dr. Jason Thompson     | May 2  | <a href="#">63</a> |
| H/R/WI   | 3-4pm | Renaissance Annual Meeting (Mariposa Hall (MRP 1000))  | Deborah Seiler<br>Luke Wood | May 9  | <a href="#">63</a> |

## NEW THIS SEMESTER!

Program enrollment portal opens at **8AM** on January 21, so no longer need to set your alarm for 6 am to ensure you get into your favorite programs.

## seminars

### MONDAY TO THURSDAY SEMINARS

#### Is Your Money Working for You? How to Invest Now? (Z/R)

Sanjay Varshney  
Mondays, Mar 24 to May 5 (6 weeks)  
12 to 1 pm

We are experiencing unprecedented trends such as rising public debt, widening wealth gaps, broken budgets at the federal and state levels, increasing risk of Medicare and Social Security funds going bankrupt, and challenges arising from growing financial illiteracy. Retirees feel less comfortable about their savings and investments, and those younger feel less optimistic that they can be financially stable in retirement. The election will likely influence policy and markets. The post-Covid economy has evolved in ways that defied conventional wisdom in inflation, reaching record highs and interest rates following. Housing has become unaffordable, consumer delinquencies are rising. How do you invest for the future?

**Sanjay Varshney (PhD)** brings over three decades of investment and financial markets knowledge, expertise, and experience to his clients and students. He is a founder/partner at Goldenstone Wealth Management, a boutique investment management and financial planning firm in El Dorado Hills, and a Professor of Finance at Sac State. He is widely featured in national and local media as an investment and economic expert. Sanjay has a BS in Accounting, MA in Economics, PhD in Finance, and is a Chartered Financial Analyst.

#### The Shakespeare You Don't Know (Z/NR)

Gerald Camp  
Mondays, Feb 3 to May 5 (12 weeks)  
1 to 3:30 pm

William Shakespeare wrote 39 plays for the London theater from 1589 to 1614. So great was Shakespeare's influence that he can be seen in thousands of works by others who keep him alive. We will view and discuss a few of these other works in this seminar. Imagine Prospero, the hero of *The Tempest*, played by a woman; Imagine Hamlet if all we see is what Rosencrantz and Guildenstern saw; Imagine Macbeth as a feudal Japanese warlord; Imagine a performance of *Twelfth Night* on the Globe stage with an all-male cast (Mark Ryland is Viola); Imagine that the most beautiful woman in London, who plays Desdemona in *Othello*, is a man; and Imagine what Shakespeare does in his retirement.

**Gerald Camp** has been an educator all his adult life. Starting as a high school English teacher, he went on to become a teacher of future teachers. He worked for five years as a curriculum specialist for the Department of Defense Dependents Schools in Europe. He loves Dickens, Shakespeare, and great movies.

**CLICK HERE TO ENROLL  
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Starting on January 21 @ 8am**

## You're Dead. Now What? (Z/R)

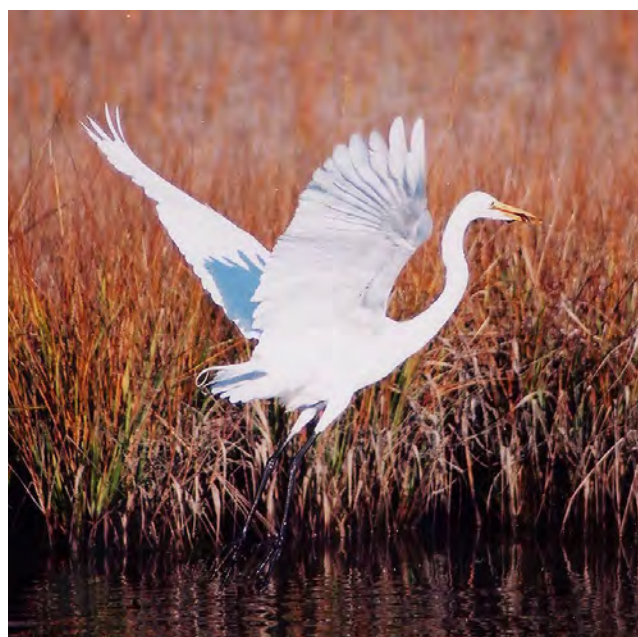
Patricia Pavone

Tuesdays, Feb 11 to Mar 18 (6 weeks)

1 to 2:30 pm

This six-session seminar is about the adventures of a lay Estate Executor/Trustee and the sometimes-unintended consequences of the requirements you put in your will or trust. We will discuss the administrative burdens and issues involved in estate distribution, including the paperwork challenges and the pitfalls of leaving many of your precious treasures to be sorted out for your beneficiaries, including family, friends, and charities. We will also talk about some things you may want to consider (or reconsider) to make life a little easier for the people you leave behind, especially the individual(s) you have selected to be your Executor/Trustee.

**Patricia Pavone** is a retired public administrator. She worked for the State of California for 35 years, serving as both Chief of the Benefits Division at the Department of Personnel Administration and the Chief of the Filing Services Bureau at the Franchise Tax Board. Patricia also taught Public Administration at Sacramento State and the University of San Francisco. She has been a lay Estate Executor and Trust Administrator three times and a Grantor of a Special Needs Trust.



## ABBREVIATION KEY

|             |  |
|-------------|--|
| <b>D</b>    | Diversity program  |
| <b>Z</b>    | Zoom-only  |
| <b>IP</b>   | In-person only   |
| <b>H</b>    | Hybrid (IP + Z) program  |
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| <b>WI</b>   | Walk-in program—enrollment helps us notify you of changes, seats available first-come/first-served |

## Film Noir and Neo-Noir: Part 2 (Z/R)

Chip Zempel

Tuesdays, Feb 4 to May 6 (12 weeks)

1 to 3:30 pm

The silhouette in my doorway needed a sign: Dangerous Curves Ahead. "You the film noir guy?" "Who's askin'?" She sauntered across the office to my side of the desk, settling her hip on the edge. She leaned over and started to adjust my tie. Being a gentleman, I tried not to enjoy the view. "Do it again, sugar. Do it for me." "But... I, uh... what?" "The class, baby. Do it again, but, you know... different. Movies like *The Third Man* and *Sunset Blvd.*" I tried to make a clever comeback, but all I could manage was, "Humunuh humunuh." She patted my tie and slid off her perch. "That's a good boy." As she reached the door, she turned back towards me. "And don't forget... the postman always rings twice." With a wink, she was gone.

Have fedora, will travel. **Chip Zempel** is in his tenth year leading film appreciation seminars with Renaissance, and they still haven't kicked him out. His eclectic tastes are reflected in the topics his seminars have covered: rom-coms, samurai films and westerns, time travel, documentaries, classic horror films, sci-fi, coming-of-age movies, animation, magical realism, dance, and more!



## British Raj in India—A Troubled Legacy (D/Z/NR)

Gopal Kapur

Wednesdays, Mar 26 to Apr 9 (3 weeks)

9 to 10:30 am

From Mark Twain to Einstein to Ralph Waldo Emerson, who said of India, "It's the voice of an old intelligence," people have been intrigued, mystified, and confounded by all she is. Albert Einstein observed, "We owe a lot to the Indians, who taught us how to count, without which no worthwhile scientific discovery could have been made." We will explore India's relationship with the British, starting with the East India Company (1612), the British Raj (1858), and India's independence in 1947. India's share of the world economy in 1700 was 24%; in 1947, at the time of India's independence, it had fallen to a meager 2%. Learn about when, in 1838, the British Governor tried to auction the Taj Mahal for the current equivalent of \$7 million.

**Gopal Kapur** consults, writes, and educates on management excellence. He graduated summa cum laude, with a diploma in Civil Engineering from Thapar University, Punjab, India. He has authored three college-level textbooks and lectured at Harvard University, The Brookings Institution, UC Berkeley, and UC Davis. The President of India awarded him the Distinguished Achievement Award. He founded FamilyGreenSurvival, a not-for-profit, to provide nutrition education and EndLocal-Hunger.

## Hearing Health: Personal and Community (H/R)

Anne Geraghty

Barbara Scott

Wednesdays, Feb 19 to Mar 26 (6 weeks)

10 to 11:30 am

Losing one's hearing can result in painful isolation. Technology can help us hear more clearly one-on-one and in small groups. In collaboration with Sac State's Audiology Department, we will review personal hearing assistive devices, hearing aids, cochlear implants, and the ADA technical requirements for "communication access" in public spaces. We will 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, psychology, technology for creating an optimum hearing environment, and advocacy tools to gain improvements in our hearing environment. The program is primarily on Zoom with one or two sessions in hybrid mode. **Note:** One or two sessions will be held at Washington Commons Cohousing, 330 G Street., West Sacramento.

**Anne Geraghty's** fascination with acoustics and hearing accessibility began with hearing loss 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 and worked to have a hearing loop installed in the Commons' dining room. She is also a Hearing Loss Association of America (HLAA) member.

**Barbara Scott** is a member of Washington Commons and is excited about her recent move to West Sacramento. She has worked as a professional musician, software engineer, and elementary school teacher and began wearing hearing aids as a third-grade teacher. She watched her dad become isolated because of painful hearing aids he would not wear. She views her choice to live in the community as a great alternative. She has been instrumental in activating Washington Commons' hearing loop.



### Heterodox Economics (Z/R)

Mark Dempsey  
Wednesdays, Feb 12 to Mar 19 (6 weeks)  
11 am to 12:30 pm

Heterodox economics includes Modern Money Theory (MMT), which predicted the Great Recession; orthodox economists from right (Mankiw) to left (Krugman) did not. MMT offers some surprising remedies to current social problems, providing seldom-heard solutions for National "Debt." It's not about business as usual, and the class takes only six sessions. People who have taken this seminar have said, "I'll never look at the economy the same way again."

**Mark Dempsey** is a former technical writer and loan officer whose research led to this class. He enjoys explaining complex topics in an understandable way. He has offered this class before but continues to update it with new material.

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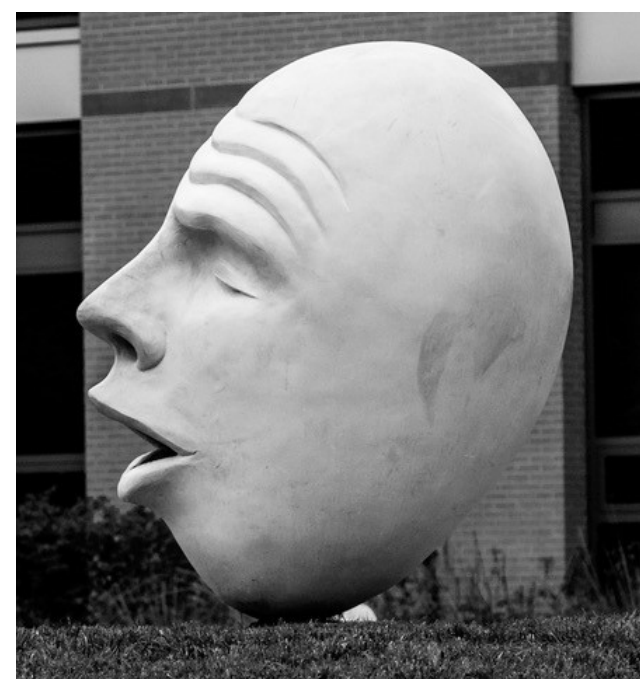
### Responding to the Assault on Our Democracy (D/Z/R)

Duane Campbell  
Carl Pinkston  
Thursdays, Feb 6 to May 8 (12 weeks)  
10 am to 12 pm

As revealed in the recent election, our political system, democracy, is under assault. We face the danger of a right-wing racist, armed, and authoritarian movement seizing state power, producing the loss of what remains of US democracy. During this seminar, we will analyze the political and economic forces dominating our society and some of the alternatives available. We will analyze electoral options, including the MAGA Republican effort, including the consideration of strategies for democratic resistance.

**Duane Campbell** is a retired Bilingual/Multicultural Education and Peace Studies professor from Sac State. He has taught this and other seminars in the Renaissance Society for 10 years. He is the author of *Choosing Democracy: A Practical Guide to Multicultural Education*.

**Carl Pinkston** was the Operation Director of the Black Parallel School Board (Sacramento) and a former member of the Institute for Social and Economic Studies. He has been an instructor for Renaissance Society seminars for six years.



### World of Engineering (Z/NR)

Richard Dabrowiak  
Thursdays, Feb 6 to May 8 (12 weeks)  
10 am to 12 pm

From building colossal pyramids in ancient Egypt to erecting modern skyscrapers, our greatest engineering marvels have been 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, enabling participants to appreciate better the challenges involved. Participating in discussions is encouraged.

**Richard Dabrowiak** is a graduate Civil Engineer from Purdue University and is formerly licensed in the State of California. He has 35 years of experience designing and constructing projects worldwide. His projects include nuclear power plants, space shuttle facilities, microelectronics manufacturing plants, flood control projects, and a large assortment of military facilities.

### A Wine Journey: From the Vine to the Wine (Z/R)

Lester Bennett  
Thursdays, Feb 6 to Apr 3 (9 weeks)  
1 to 2 pm

This course discusses grape varieties and their distribution, the considerations of viticulture, harvest, and wine-making. It also covers wine storage and sparkling and dessert wines. The course finishes with a discussion of the criteria for evaluating wine, wine tastings with participants' evaluation of the wines, and the basics of pairing wine with food.

**Lester Bennett** has a Master's degree in Enology from Fresno State University and was a commercial winemaker for five years. He was initially a high school biology teacher and also a technical trainer in the software industry. Although he no longer makes wine, he enjoys sharing his knowledge and enthusiasm with others and helping them learn how the appreciation of wine can enrich one's life.

### Relationships—How To Build Strong Healthy Loving Ones (Z/NR)

Nanci Kuzins  
Anamaria Pasquiers  
Thursdays, Feb 6 to May 8 (13 weeks)  
1 to 3 pm

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, release resentment when you hear no, and 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 their lives and those of others through Compassionate Communication. She is co-founder of Community Skill Exchange Sacramento, a time bank in which members exchange skills and services for time instead of money, and all are equal.

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





### Are You Eating Healthy? Let's Find Out (D/Z/NR)

Gopal Kapur  
Thursdays, Feb 13 to Feb 27 (3 weeks)  
1 to 3 pm

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. **Note:** It is suggested that students complete the EatSHARP personal nutrition assessment before the first session at <https://eatsharp.org/?group=Sa-cRen>. 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.

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

Gopal Kapur  
Thursdays, Mar 6 to Mar 20 (3 weeks)  
1 to 3 pm

Across recorded history, countless brilliant women have been heroines, 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 the lives and achievements of three remarkable women: Nellie Bly, Madam C. J. Walker, and Julia Morgan.

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| <b>IP</b>   | In-person only   |
| <b>H</b>    | Hybrid (IP + Z) program  |
| <b>IP-R</b> | In-person (live) and recorded  |
| <b>NR</b>   | Program not recorded   |
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### The Enigma of Brilliance (D/Z/NR)

Gopal Kapur  
Thursdays, Apr 10 to Apr 24 (3 weeks)  
1 to 3 pm

We will look at three of the most brilliant minds in recent world history: Henry Ford, Frank Lloyd Wright, and Steve Jobs. There is scant disagreement that these men changed not only millions of lives of their time but also future lives in small ways and large. We'll take a close look at what shaped them to become brilliant innovators, strategists, and, ultimately, salesmen while failing significantly and tragically as a husband, father, colleague, bigot, and in Ford's case an antisemite.



**Gopal Kapur** consults, writes, and educates on management excellence. He graduated summa cum laude from 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 nutrition education program and EndLocalHunger.

## FRIDAY SEMINARS

### Active Retirement Investing (H/R/WI/SE)

Nash Bailey  
 Bill Bailey  
 Fridays, Feb 7 to May 2 (12 weeks)  
 1 to 2:30 pm  
 Calaveras Hall (CLV) 145

Financial Planning and Investing can be a challenging, confusing process. Join us as we teach you our simple 3-phase process that we use to evaluate, invest, and protect our clients' nest eggs. In this in-depth workshop, we will bring our focus to the ins and outs of building an efficient investment portfolio. We will also cover a multitude of relevant topics, including but not limited to, adequate insurance coverages, estate-planning must-dos, and evaluating the need for professional help.

**Nashoba Bailey** is an Investment Adviser with Wealth Strategies Retirement Asset Management. He is a Chartered Financial Consultant with over eight years of experience in the business and well over a decade's worth of education in the field, having learned about investing from a very young age in his father's office. He specializes in efficient portfolio construction and understanding the behavioral motivators of clients to better serve them in their financial journey.

**Bill Bailey** has proudly served as a Financial Adviser to the Sacramento area for over 40 years. He holds a Master of Science in Financial Services, has authored several books, and enjoys teaching and sharing his knowledge through the Renaissance Society and other local workshops. Bill's years in the business have seen him through all kinds of market conditions, life events, and learning opportunities. As a result, he brings a wealth of experience, empathy, and compassion to his work.

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### Ancient DNA and the Genomics of Human Populations (IP/NR/WI/SE)

Greg Dewey  
 Fridays, Feb 7 to Feb 21 (3 weeks)  
 11 am to 12 pm  
 Alpine Hall (ALP) 148

This three-session course provides a basic understanding of human genomics and its application to the study of historical human population migrations. The first session uses the history of the human genome project to introduce basic concepts of human genetics and genomics. The second session discusses the genetic history of Europe and the migrations that shaped the population. The third session explores the population of the Americas. These examples illustrate how current human populations reflect the genomic mixing of migrant ancestors and how ancient DNA sequences inform these studies.

**Greg Dewey**, a native of Pittsburgh, attended Carnegie-Mellon University, where he received a BSc in Chemistry. Dewey's PhD graduate work was in Biophysical Chemistry at the University of Rochester. After postdoctoral studies at Cornell, he took his first faculty position in the Chemistry Department at the University of Denver. He subsequently held faculty and administrative positions at the Keck Graduate Institute, the University of La Verne, and Albany College of Pharmacy and Health Sciences.

### Android Basics (IP/NR/WI/SE)

Carol Limbaga  
 Fridays, Feb 7 to May 9 (13 weeks)  
 10 to 10:45 am  
 Douglass Hall (DH) 108

This is an Android Smartphone support class. It is one-on-one and hands-on with your cell phone. Basic usage: phone features, settings, calls, contacts, voicemail, email, message/text, delete, camera, apps, and play store.

**Carol Limbaga**—originally from Burlington, VT—loves all things science, is curious, tenacious, and enjoys supporting others. Likes being a “Ren life long learner.”

### Bob Dylan—the Man; the Music; the Masks, and the Myths (IP/NR/WI/SE)

David Abelson  
 Fridays, Feb 7 to May 2 (12 weeks)  
 1 to 2:30 pm  
 Kadema Hall (KDM) 145

Bob Dylan has influenced modern culture for over 60 years. As a singer-songwriter, he has received numerous awards and honors including the Nobel Prize in Literature, the Recording Academy's Lifetime Achievement Award, and the Presidential Medal of Honor. Despite his life-long fame, many aspects of Dylan's creative genius remain shrouded in mystery. This seminar will examine his entire career, including his earliest influences, constantly changing musical styles, and ever-shifting public persona. Weekly presentations will include music, films, books, and photos that capture the life of a truly gifted artist—Bob Dylan.

Since joining the Renaissance Society in 2012, **David Abelson** has taught numerous semester-long courses, including five seminars on Water in California, five seminars on Bob Dylan, and two seminars on The Beatles. He served on the Renaissance Society's Board of Directors for seven years, holding several offices including President and Vice President. David has a deep passion for life-long learning and his seminars have been well-received by class members.

### The California Trail Revisited (D/IP/NR/WI/SE)

Bill Sullivan  
 Fridays, Feb 7 to May 9 (13 weeks)  
 1 to 2:30 pm  
 Alpine Hall (ALP) 144

The California Trail Revisited follows the 1844 version of the trail from Council Bluffs, Iowa, to California (Johnson's Ranch). While following the trail, participants will discuss people on the trail, why they were there, pioneer food and recreation, places and landmarks emigrants visited, and events occurring along the way. Famous emigrants, where emigrants went after arriving in California, what happened to the trail after it went out of use, other passes, the railroad, and class members' own emigration stories will also be covered.

**Bill Sullivan** is teaching the California Trail Revisited for the second time. He previously taught a History of Donner Pass seminar for the Renaissance Society. Bill has spent more time than he wants to think about researching and exploring the California Trail, the Donner Pass area, related areas, and subjects. He is proud to note that his family came to California on the trail in 1844 and that he has only been lost on the trail twice, suffering injury only to his pride.



**Classical Music (IP/NR/SE)**

Bob Seyfried  
 Leo Eylar  
 Fridays, Feb 7 to May 9 (13 weeks)  
 1 to 2:30 pm  
 Capistrano Hall (CPS) 223

Again, Maestro Leo Eylar and Bob Seyfried will partner in this seminar. Leo will take us into uncharted waters, always “teaching up to us”, delving into the evolution of classical music. Bob will focus on the lives and works of several great composers, beginning with Johann Sebastian Bach. As before, presentations will be comprised of lectures, selected recordings, and live presentations. Over the years, our seminar has contributed over \$85,000 to music students selected by the faculty. This will continue by asking the attendees and presenters to contribute \$40 to cover our two \$1,000 grants this semester. However, this donation is not mandatory or a condition of enrollment in the seminar. Finally, before enrolling, please consider if a heavy dose of classical music is to your liking because we are faced with turning away a significant number of prospective attendees each semester.

**Robert Seyfried** is a native of Sacramento, went to UC Berkeley, served in the Navy, and spent many years in San Francisco. Retired to Granite Bay and has belonged to the Renaissance Society for about 20 years, he began the Travel and Adventure seminar and the Classical Music seminar.

**Leo Eylar's** full bio would be a “magnum Opus’,” but it suffices to say that Leo is a true professional musician (violinist), Conductor of the California Youth Symphony, and retired Professor (Emeritus) of Music at Sac State. He has partnered with the Renaissance Society's Classical Music seminar with Bob Seyfried since 2015.

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**Critical Thinking (IP/NR/WI/SE)**

Richard Kowaleski  
 Fridays, Feb 7 to May 9 (12 weeks)  
 1 to 2:45 pm  
 Douglass Hall (DH) 109

Hone your ability to make better decisions! This is a very popular seminar, so register early. The 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 this critical thinking seminar for more than 15 years! He previously taught engineering and mathematics at the United States Air Force Academy and Sac State.

**Delving into Dementia: The Science / Caring / Hope (H/NR/SE)**

Mynga Futrell  
 Fridays, Feb 7 to May 9 (12 weeks)  
 12:45 to 2:45 pm  
 Mendocino Hall (MND) 1024

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 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 there is 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 know-how” she gained to bolster the Alzheimer's Association's educational efforts, and she continues volunteering today. Mynga has a LOT to share about dementia, and her humorous and personal stories ease the serious probing of this topic.

**The Difference Between Caste and Class.... (D/H/R/SE)**

Greg Beale  
 Fridays, Feb 7 to May 9 (12 weeks)  
 10 to 11:30 am  
 Tahoe Hall (TAH) 1003

America is a caste country...when you hear this, you immediately think I am crazy. But my class will show how close caste is rather than class when explaining the American System, economic, social, and political. Greg is not afraid to discuss situations involving racism and prejudice as they buttress Caste Socialism. Recently a movie came out, not with the same title, that was a very good study of caste. Greg uses videos and discussions in his classes...with humor and historical fact.

**Greg Beale** has been a Renaissance Society Leader for a long time. He deals with mostly history, political science, racism, prejudice, and fascism. He also deals with the plight of minorities and caste situations. Greg has a long connection with the Renaissance Society and is a member of the “Diversity and Inclusion” Committee. In Fall 2025, he taught a History of the Presidents seminar during the election! Greg is a good talker with a long experience in education.

**ABBREVIATION KEY**

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**Frankenstein: “It's Alive” (H/NR/SE)**

Catherine Civello  
 Fridays, Feb 7 to Mar 28 (8 weeks)  
 1 to 2:30 pm  
 Eureka Hall (EUR) 101

Frankenstein—is it a horror story? Science fiction? The story of a lonely misfit who needs a friend? I'll bet that, by the end of the seminar, the need to classify Mary Shelley's 1818 novel as one or the other will disappear and that, in its place, topics will emerge that still obsess us in the 21st century. From cellphones at the dinner table to priority lists for organ transplants to treatment of bullied students, trust me, these issues are rooted in Frankenstein. Having inspired Abbott and Costello Meet Frankenstein, songs by Alice Cooper and Sam Cooke, and The Addams Family, the novel has never been out of print in 200 years. Let's see what our collective mind can make of it in 2025.

**Catherine Civello** has been a tenured professor at the University of Houston where she frequently taught what came to be known as The Frankenstein Course. In addition to a book on the poet Stevie Smith, she has published articles on such writers as George Eliot, Virginia Woolf, and Joseph Conrad. Having declared 2024 her gap year, she cannot wait to get back into the classroom in 2025.



### Fun With Jane: Northanger Abbey (IP/NR/WI/SE)

PJ Jones  
Gretchen Jung  
Fridays, Feb 7 to Mar 14 (6 weeks)  
10 to 11:45 am  
Tahoe Hall (TAH) 1002

In this spirited comedy of manners, Catherine Morland, a plain, unspoiled small-town girl on holiday in Bath, meets and falls in love with Henry Tilney, a handsome young clergyman. Henry's father believes Catherine to be wealthy and invites her to be a guest at Northanger Abbey, the family's country estate. Catherine, who has read too many Gothic romances and possesses too vivid an imagination, views the abbey as a house of nightmarish horror—an aspect of the book that gleefully parodies the fantastic Gothic romances of the writers of the period. An amusing assortment of misunderstandings and plot twists, result in the satisfying conclusion of the author's work. The class will read the novel and watch the films.

**PJ Jones** earned a BA in History at Sac State. For over 12 years she has been a member of the Jane Austen Society National Association (JASNA) and the Greater Sacramento JASNA, as well as being a part of two different Jane Austen book groups in the Sacramento Area. She began to read Jane Austen in 2013 and hasn't stopped. PJ reads lots of fan fiction books based on Austen's plots and characters,

ranging from magic to dragons. She loved the class Fun With Jane, following it with four other classes.

**Gretchen Jung** (MS, MA) was an adjunct faculty member at Sac State, teaching Multicultural Aspects of American film, and is excited to turn her attention to the work of Jane Austen. She admits Persuasion is her favorite Austen novel. However, for her, this class is all about the films. This is her fifth class as a co-leader.

### The History of Women in Sports (D/IP/NR/SE)

Beth Mann  
Virginia Sturdevant  
Fridays, Feb 7 to Mar 14 (6 weeks)  
1 to 2:45 pm  
Mendocino Hall (MND) 4004

"Women are too frail and emotional to play sports." How many years has it taken to erase this stereotype held not only by men but also by many women and the medical profession? This class will delve into these preconceived notions as we learn about the women (and a few men) who knocked down the barriers, one sport at a time. The results—for the first time in history—there were as many women who participated in the 2024 Olympics as men. Class participation is encouraged.

**Beth Mann** has lead several classes for Renaissance: Silk Road, Maya, History of Lake Tahoe, and Women Artists. She gets ideas for classes in her many travels and loves researching and sharing the information with Renaissance members. Prior to retirement, she was a trainer for the California Department of Aging and has a degree in history.

**Virginia Sturdevant**, a native of Sacramento, 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.

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### Living Well to 101 and Beyond (D/IP/WI/SE)

Helen Justice, GCM  
Lou Basinal, RN, MSN  
Fridays, Mar 7 to May 2 (Monthly)  
10 to 11:30 am  
Alpine Hall (ALP) 205

Learn three simple strategies for slowing down the aging process. Part one—an introduction to the fascinating science and psychology of aging—covers physical health, disease prevention, chronic symptom management, and modern lifestyle options: Discover how to determine your true biological age. Part two covers medications, food, nutrition, mind, memory, and mindfulness. Learn how lifestyle factors influence cognitive health and physical wellness. Provides tips and strategies for reducing the number of medications and how to have conversations with your doctor about medication management. Part three covers money matters, long-term care planning, and designing your retirement for enjoyment: Learn public benefits and understand your options. **Note:** This seminar will be held on March 7th, April 11th, and May 2nd.

Elder Care Navigator, **Helen Justice** (GCM) is a Certified Geriatric Care Manager trained to assist elders and their families with the process of aging with dignity and grace. Her knowledge and 18 years of experience with seniors ensure elders obtain quality care either at home or in an assisted living environment. Aging in place with support from five places to help pay for care. Helen provides peace of mind to help families proactively address the often stressful events of caring for aging parents.

**Lou Basinal**, (RN, MSN) is a geriatric wellness nurse specialist. Lou serves as the Area Director of the Northern California Care Planning Council, a nonprofit partnership of professionals and organizations who serve families and corporations dealing with challenges that face the elderly. Every day, hospitals discharge hundreds of chronically ill patients to be cared for at home by families who are not equipped to care for their ill and frail loved ones. Lou and her team brings awareness that every family

should plan for care to lower your caregiving stress, lower the cost of care, and make caregiving a more gratifying experience.

### The Magic Behind Film and TV Scores— Part I (D/H/R/WI/SE)

Mike Agron  
Fridays, Feb 7 to Apr 4 (9 weeks)  
10 to 11:45 am  
Mendocino Hall (MND) 1003

Dive into the captivating world of film and TV music! In this 8-week seminar, we'll trace music's journey in visual media, starting with 1927's groundbreaking *The Jazz Singer*. Part I is an engaging introduction to a multi-part series, exploring music's transformative role across genres like Musicals, Romance, Comedy, Drama, Foreign, Action, and Animation. Each session will feature iconic scores and legendary composers, from Henry Mancini to John Williams. We'll discuss how scores define character, amplify romance, build suspense, and bring jazz, classical, and pop influences to life in unforgettable scenes. Whether you're a music lover or a film enthusiast, this seminar is designed for anyone captivated by the magic of the screen.

**Mike Agron**—Music Aficionado: This music aficionado returns for his 15th seminar series. He grew up in LA, the heart of the recording and entertainment industry. He loved music so much he wanted to become a recording engineer. Fate had different plans, and he ended up with a successful career in hi-tech and as an entrepreneur. He has been fortunate enough to fulfill his musical and entertainment passions by offering his unique popular seminars to the Renaissance Society and numerous national OLLI lifelong learning organizations.



### Our 1970s Era Capitalism Meets AI—OMG! (D/H/R/WI/SE)

Dale Good  
Fridays, Mar 7 to Apr 11 (6 weeks)  
1 to 2:45 pm  
Eureka Hall (EUR) 104

1970s Neoliberal capitalist theorists of the Chicago School, Milton Friedman, and Friedrich Hayek deified profit for shareholders over all other stakeholders and values, even dismissing democratic government. Their legacy has been at play for the past 50 years. Companies focus on financialization instead of investing in R&D, racing to offshore labor and production, resulting in radical income and wealth disparities, distrust of government, profound social consequences, anger, and populism. Topics include racial capitalism, the legal roots of 'corporate personhood,' and Social Media Algorithms. And now, Artificial Intelligence—how will neoliberalism monetize it and not regulate it? Lectures, audio/video clips, and 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), being an executive for the Minnesota court system; an adjunct faculty 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.



### Privacy And Security on the Internet: Avoiding Scams (IP-R/WI/SE)

Alan Baker  
Fridays, Feb 21 to Mar 7 (3 weeks)  
1 to 2:45 pm  
Riverside Hall (RVR) 1015

Privacy, Security, and Identity Theft: Legitimate companies and criminal gangs are collecting, sharing, and using your personal information. Learn how to minimize this and avoid identity theft. Scammers' Methods: Scammers attempt to defraud us via phone calls, messages, websites, and social media. Learn the tools and techniques that scammers use and how to foil them. Safeguarding Your Online Credentials: Scammers constantly try to get into your online accounts. Learn how to create, store, and enter your credentials using research-based best practices.

**Alan Baker** was a Senior Information Technology Specialist at IBM. In retirement, he helps nonprofit organizations with technology. For many years he has volunteered with the AARP Fraud Watch Network hosting webinars and speaking with community groups about using the internet safely and avoiding scams.

### Rachel Remen: The Healer's Art—Service, Mystery, and Awe (IP-R/WI/SE)

Allan Keown  
Fridays, Feb 7 to Mar 14 (6 weeks)  
10 am to 12:00 pm  
Eureka Hall (EUR) 106

After accepting a faculty appointment in 1963 to Stanford Medical Center in Pediatrics (the first female faculty appointment at Stanford), when subsequently offered the Chair Rachel Remen resigned. She went instead to the Esalen Institute in Big Sur searching for a different way to practice medicine. After two years at Esalen, she set up a private counseling practice in Marin County. She and Micheal Lerner founded the Commonwealth Cancer Program in Bolinas. In 1996, she published *Kitchen Table Wisdom: Stories That Heal* to great acclaim. She created a curriculum for residents at UCSF

entitled *The Healer's Art*, now used nationwide in nearly all American medical schools. This seminar will explore this amazing transformation of health care with videos, readings, and personal stories.

**Allan Keown** is a retired attorney who worked for the State for 30 years. He read *Kitchen Table Wisdom* for the first time in 1996, has heard Rachel lecture many times, and is blessed that his daughter Beth serves on the Faculty at UCSF in Internal Medicine and specializes in community medicine.

### Real Rock, Part 2—60s & 70s (IP-R/SE)

Bob Lang  
Fridays, Feb 7 to May 9 (13 weeks)  
1 to 2:45 pm  
Mendocino Hall (MND) 1003

*Real Rock, Part 2* is an extension of *Real Rock 'n Roll*. It will explore the development of rock music through the 60s and 70s. Included will be selected genres including folk rock, disco, British rock, and more. Many classes will be composed entirely of classic video performances. A special session will be devoted entirely to curios surrounding the Beatles, and another will explore plagiarism and copyright issues. As usual, the classes will feature Bob's Bonus Tracks!

**Bob Lang** has provided music appreciation classes for the Renaissance Society for the last decade including *Real Rock and Roll* and *All That Jazz*. Lang spent his early career as a radio disc jockey, then as a television producer. He also taught community college media classes, was an equipment trainer, and retired from the California Department of Corrections. He has written three books including a reference book for aspiring broadcasters and is a member of the classic rock horn band *On Air*.

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### The Supremely Talented Mr. Sorkin (D/IP/NR/WI/SE)

Alan Miller  
Fridays, Feb 7 to May 9 (12 weeks)  
12 to 2:45 pm  
Tahoe Hall (TAH) 1003

Aaron Sorkin is arguably America's best writer in American theater, film, and television. From his 2002 stage play *A Few Good Men*, which became a memorable film, Sorkin's crisp dialogue has defined the success of several productions. His superbly hopeful *West Wing* TV series still resonates today amid the toxic culture. As does his three seasons of *Newsroom* about what television news should aspire to achieve. We will feature episodes of each series and savor some of his films including *A Few Good Men*, *The American President*, *The Social Network*, *Moneyball*, *Trial of the Chicago 7*, and *Steve Jobs*.

**Alan Miller's** opinion pieces have appeared in major newspapers and national magazines since 1972. He's taught/or guest-lectured college classes at Sac State, UC Davis, UCSD, Eastern Michigan University, and American River College, where he featured films. This is his fifth straight Renaissance Society course where students, some of whom have been with him from the start, enjoy the spirited and informative class discussions after the shows.

### TransForMission: A Path to Purpose (IP/NR/SE)

Donna Apidone  
Fridays, Feb 7 to Mar 14 (6 weeks)  
9:30 to 11 am  
Amador Hall (AMD) 261

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 its Purpose. The methodology is based on 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.

Since leaving CapRadio, **Donna Apidone** has been consulting with individuals and organizations to uncover their Purpose. She continues to interview interesting people at performance venues throughout the region. She also writes for two national outlets—"America's Heartland" (produced by PBS KVIE) and "Next Avenue" produced by Twin Cities PBS). Donna was awarded an Artistic License Award by California Lawyers for the Arts.



### Transitions: What will I do with the rest of my life? (H/R/SE)

Ken Cross  
Fridays, Jan 31 to May 9 (13 weeks)  
12 to 2:30 pm  
Mendocino Hall (MND) 3013

Who am I? Why am I here? What's my life's purpose? How do I live a balanced mind/body/spirit, relationships, retirement/avocation, fun/leisure life? 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 by making a difference through service. Using film, books, exercises, discussion, expert speakers, and introspection, start envisioning and living this new life's chapter! **Note:** Join us for a Zoom "Meet & Greet" session on January 31, 2025. Details will follow.

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

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## shared interest groups (SIGs)

### MONDAY TO THURSDAY SIGS

#### Friends of the New Yorker (IP/NR)

Judy Day  
David Bowles  
Mondays, Feb 3 to May 5 (Year-round weekly)  
10:30 am to 12:30 pm  
KOH Library, The Center at 2300

This discussion group is for those who enjoy reading the New Yorker magazine. Participants read each week's issue in advance of the meeting. We meet for intellectual discussion, but are also a social group—we discuss the articles, enjoy each other's company, and have a good time. 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; we can also check out books.

**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.

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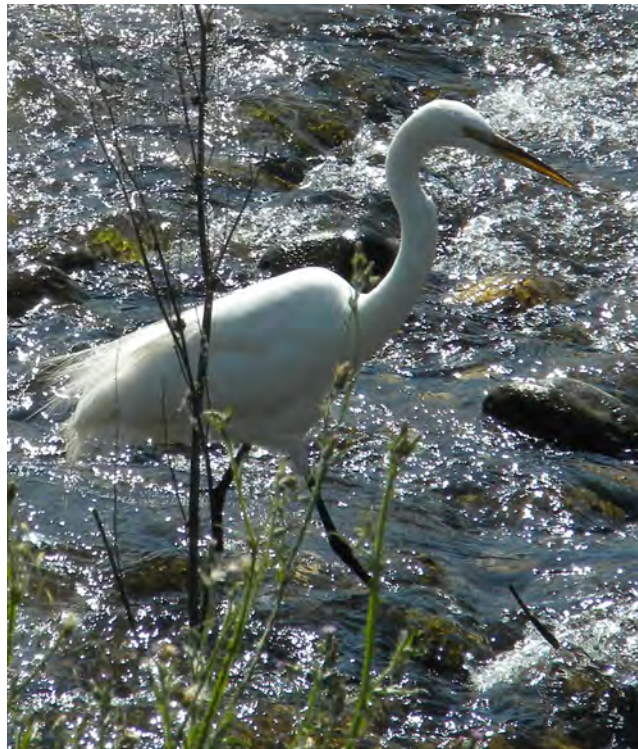
#### Qi Gong (D/Z/R)

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

Qi Gong is an ancient Chinese healing art and practice that combines slow breathing with gentle movement and stretching. It is an excellent way to stay healthy as we age.

**David Mitchell** has been teaching Qi Gong in the Sacramento area since 2013. A retired airline pilot and Air Force pilot, David discovered Qi Gong through a life-threatening illness in 2011. He received his teacher certification from Lee Holden, a noted Qi Gong master, in June 2013. David is passionate about helping people.

**Marilyn Bradford** is a retired counselor for Hospice and has integrated different healing modalities, including Reiki, Pranic Healing, and Qi Gong into her healing practice. She is a certified Qi Gong instructor and has taught at numerous venues in the Sacramento area since 2019. Qi Gong is a perfect complement to all healing modalities.



### Third Monday Book Club (Z/NR)

Marian Kile  
Mondays, Feb 17 to Apr 21  
(Year-round monthly)  
9:30 to 11 am

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

**Marian Kile** joined the Renaissance Society in 2006 and immediately joined a book club. The next year, she started a new book club closer to her so she didn't have to travel so far. When that book club was in high demand, she helped an enrollee start another book club. She also started this additional book club. She enjoys a wide variety of genres and books.

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### Digital Photography (D/IP/NR)

Jay McKeeman  
Tuesdays, Feb 11 to Apr 22 (11 weeks)  
10 to 12 pm  
Arden-Dimick Library

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

**Notes:** Classes alternate between in-class instruction primarily at the Arden-Dimick Library, 891 Watt Ave, Sacramento, and field trips. Classes and field trips usually start at 10 am but times vary due to location and shooting variables. Field trips are optional and personal transportation is required. \$5/student fee is required to cover class expenses... See the following table for dates.

| Instruction Dates | Field Trip Dates |
|-------------------|------------------|
| Feb 11            | Feb 18           |
| Feb 25            | Mar 4            |
| Mar 11            | Mar 18           |
| Mar 25            | Apr 1            |
| Apr 8             | Apr 15           |
| Apr 22            |                  |

**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 (MPA 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.

### 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
- SE** Selective enrollment
- WI** Walk-in program—enrollment helps us notify you of changes, seats available first-come/first-served

### First Tuesday Book Club (Z/NR)

Gwen Bedient  
Tuesdays, Feb 4 to May 6 (Year-round monthly)  
10 to 11 am

The members of the group choose books to read and discuss, and rotate acting as discussion leaders. We review a wide variety of both fiction and non-fiction books that are available in the Sacramento Public Library system. Members engage in intelligent yet comfortable discussions about the writing topic and author.

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



### Third Tuesday Book Club (Z/NR)

Marian Kile  
Tuesdays, Feb 18 to Apr 15  
(Year-round monthly)  
9:30 to 11 am

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

Somewhere around age 30, **Marian Kile** started enjoying reading more and more. When she retired, she had time to join her first book club here at Renaissance 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.

### Contemporary Irish Short Stories (Z/NR)

Louise DiMattio  
Wednesdays, Feb 5 to May 7 (14 weeks)  
10 am to 12 pm

We will gather on Zoom every Wednesday morning for a discussion of short stories by contemporary Irish writers. Few countries have such a rich tradition of modern short fiction as does Ireland. We will use an anthology that showcases Irish literary talent in a marvelous and thought-provoking way. These tales combine lyricism, humor and tragedy in a particularly "Irish" way. Our discussion will be conducted using the Great Books Shared Inquiry method in order to keep us focused on the text.

**Louise DiMattio** is a long-time Great Books leader who lives in the San Francisco Bay Area. Reading has been her passion throughout her life which has led to her long involvement with the San Francisco Great Books Council. Louise has led several seminars for the Renaissance Society, most recently featuring the epic novel *One Hundred Years of Solitude* by Gabriel Garcia Marquez.

**Dining Together (D/IP/NR)**

Cheryl Nelson  
 Wednesdays, Feb 12 to Apr 9  
 (Year-round monthly)  
 5:30 to 7:30 pm  
 Location varies each month

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 each month. Members volunteer to arrange dinners at local restaurants. We try to choose reasonably 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.

**Cheryl Nelson** has led Dining Together for the last 7 years. She enjoys coordinating a social program for people to meet and talk.

**Le Cercle Français (IP/NR)**

Ruth Scodel  
 Ana Facio  
 Wednesdays, Feb 5 to May 7  
 (Year-round weekly)  
 10 am to 12 pm  
 Campus Commons Clubhouse

We meet weekly for French conversation. Usually we have a podcast, a newspaper article, a story, or a poem to open discussion. We may read aloud, or ask each other questions. Sometimes there is a lesson on grammar or idiom. The level of fluency varies, but this is not a group for beginners. **Note:** We meet in the boardroom of the Campus Commons Clubhouse, 650 Commons Dr, Sacramento (not ADA compliant; there are stairs and no elevator).

**Ruth Scodel**, a retired professor of Greek and Latin, studied French in high school. She takes the lead in finding materials to start our discussions.

**Ana Facio** first learned French at school. She has been a member of Le Cercle for several years, and has visited France and taken French courses in Quebec.

**Walkabouts (IP/NR)**

Steve Scott  
 Alan Wong  
 Wednesdays, Feb 5 to May 7  
 (Year-round weekly)  
 9:25 to 11 am

Walkabouts is a social walking group meeting Wednesday morning, with stretches at 9:25. Each week we meet at a different location. The locations vary from nature walks to strolls through a city. Volunteer walk leaders design the route and pick a convenient restaurant for walkers who would like to have lunch together. It is a great way to get exercise and socialize with a friendly group of people. **Notes:** (1) The walk location will change every week. Students will be notified of the location via email. (2) You will have a choice of two miles with the Tortoises group or four miles with the Hares group. No dogs allowed.

**Steve Scott** retired from the corporate world in 2012. His last job was that of the CIO at VSP, a vision care company. After retirement he spent 10 years teaching various business classes, at Sac State, the California Maritime Academy and UC Davis. He is a regular walker/hiker and belongs to a walking club known as the Golden Soles.

A lifelong learner, **Alan Wong**, a retired aerospace engineer, is dedicated to sharing his knowledge and enthusiasm with the community. As a seasoned docent, he leads school tours at the Folsom Zoo Sanctuary, Folsom Powerhouse State Historic Park, and the American River Water Education Center. He also co-leads the Sacramento State Renaissance Walkabout Group, fostering a sense of connection to the region's history and culture.

**The Economist (Z/NR)**

Wayne Luney  
 Thursdays, Feb 6 to May 8 (12 weeks)  
 7 to 8:30 pm

The Economist is arguably the best and most comprehensive weekly news magazine in the English language. It was founded in 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.

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

**Games for Entertainment (D/IP/NR)**

Roberta Frieze  
 Judy Keaton  
 Thursdays, Feb 6 to May 8 (Year-round weekly)  
 1 to 3 pm

Card games, word games, dominoes, and other 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.

**Roberta Frieze** has been a member of the Renaissance Society for more than 12 years. Previously she worked in the dental profession. 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.

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

Loretta Burdeaux  
 Lester Bennett  
 Thursdays, Feb 6 to May 8 (14 weeks)  
 3:30 to 5 pm

The Music of Your Life is a SIG for exploring a wide variety of music and connecting with others. Join us on Zoom each week to listen to old favorites and new music too, as group members take turns sharing song picks and the stories behind their selections. A sampling of some recent topics includes: Motown/Soul, Folk, Country, Classical, Singer-Songwriters, along with individual artists selected by the group each semester. Live performances of your song pick are welcome too, if you like to sing and/or play an instrument. Send in the YouTube link for your selection each week and we'll do all the screen sharing for you. New friendships and lots of good music await!

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

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

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**Partners in Crime (IP/NR)**

Lynda Cassady  
Pat Stokes  
Thursdays, Feb 6 to Apr 24  
(Year-round monthly)  
1:30 to 2:30 pm  
Arden Dimick Library

The members of the book group rotate selecting an author and members read any of the author's books. Past authors have included Lisa Jewell, Henning Mankell, and Terry Shames. Members will present their personal opinion of the author's novel. This group meets at Arden Dimick Library (891 Watt Ave., Sacramento).

**Lynda Cassady** has led this mystery book club for several years. She read mysteries beginning with Nancy Drew and has not 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/R)**

Melissa Green  
Thursdays, Feb 6 to May 1  
(First Thursday of the month)  
2 to 4 pm

Part book club and part coffee klatch, members will share their perspectives on artificial intelligence (AI) through demonstration, discussion, and suggestions on this constantly evolving technology. Visit our website: "<https://rst-houghtsonai.blogspot.com>" for 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, healthcare implications, and experiment with AI applications. **Notes:** (1) Meet & Greet to introduce our website, Padlet community, and set a Library meet up date for computer practice at 2-4 pm on Jan 30, 2025; (2) Seminar will meet the first Thursday of the month—Meeting dates are Feb 6, Mar 6, Apr 3, May 1.

**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 coaching faculty and staff to use computers and teach online. Melissa says, "The AI tsunami is here - grab your life vest!" Artificial intelligence shows up in daily news feeds. Let's dive in and try chatting and making images.

**FRIDAY SHARED INTEREST GROUPS****Cracker Barrel (IP/NR/WI/SE)**

Erika Wasser  
Laura Middleton  
Fridays, Feb 7 to May 9  
11 am to 12:30 pm  
Douglass Hall (DH) 209

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 encouraged.

**Erika Wasser** joined the Renaissance Society and Cracker Barrel in 2020. She enjoys lively discussion and different points of view as well as following politics. Although born in Germany, she has spent the majority of her life in Northern California. She is a Licensed Clinical Social Worker by profession and retired from the Sutter Health System. Experienced in leading support and health education groups, she continues to be an active support group leader for the Alzheimer's Association.

A member of the Renaissance Society since 2013, **Laura Middleton** appreciates the breadth of classes offered and has discovered many new interests since joining the Society.

**Democracy, Advocacy, and the Common Good (D/IP/NR/WI/SE)**

Duane Campbell  
Fridays, Feb 7 to Apr 25 (7 weeks)  
10 to 11:45 am  
Eureka Hall (EUR) 309

The purpose of this SIG is to connect and gather with members of the Renaissance Society who share our values about democracy—who want a decent society, reject bigotry, treat all people respectfully, and seek opportunities for social justice work to protect our democratic government and institutions. Our Task: To identify, explore, and share information about opportunities for activism, and mutual support. This is a follow up to the seminar Voting and the Democratic Challenge. **Note:** We will meet on Feb 7, Feb 21, Mar 7, Mar 21, Apr 11, and Apr 25.

**Duane Campbell** is a retired professor from Sac State. He has taught seminars in the Renaissance Society for over ten years. The most recent seminar was Voting and the Democratic Challenge. Campbell holds a Doctorate in History from Carnegie-Mellon University and he is a long time social justice advocate in the Sacramento region.

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**English Country Dance (IP/NR/WI/SE)**

Ruth Scodel  
Fridays, Feb 21 to May 9 (11 weeks)  
1 to 2 pm  
Shasta Hall (SH) 132

If you've seen movies based on Jane Austen's novels, you've seen English Country Dance. It is a perfect activity for active seniors because it combines movement (mostly low impact), social interaction, and memory. Most dances are combinations of a repertory of figures in which partners move together up and down a longways set so that they dance with everyone. (No partner required.) Here is a video where I'm dancing "Juice of Barley" with a friend ([https://www.youtube.com/watch?v=G-dfUJkct\\_A](https://www.youtube.com/watch?v=G-dfUJkct_A))

**Ruth Scodel** has been involved with English, Scottish, and contra dancing for about 40 years, and has attended many week-long dance camps and workshops. She is a board member of Sacramento Country Dance.

**Knitting With Friends (IP/NR/WI/SE)**

Barbara Kletzman  
Fridays, Feb 7 to May 9 (12 weeks)  
9:30 to 11:45 am  
Academic Information Resource Center (ARC)  
1009

Bring your knitting or crocheting and spend a few hours on your craft while chatting with your fiber friends. We have knitters at all levels of experience. There are no instructions but there is always lots of help from one another. It's a fun few hours and a good way to meet new friends.

**Barbara Kletzman** joined the Renaissance Society in 1999 and has led several knitting groups as well as Ted Talks for four semesters. She also co-led two semesters of Museums around the World. She started knitting at 12 years old. In 2005 she started a 10-year project recruiting volunteers to knit baby blankets for those in need. Since then, she has dropped off at least 30 baby blankets monthly at local hospitals.

**Singing For Fun (Again) (IP/NR/WI/SE)**

Michael Hersher  
 Fridays, Feb 7 to Mar 14 (6 weeks)  
 10 to 11:30 am  
 Tahoe Hall (TAH) 1007

This is a special interest group for people who like to sing—no audition or prior experience required. We will sing a selection of popular American songs from various genres and try to get everyone up to a level of comfort and confidence so that we could sing at elder residences around the area. Michael will accompany the group on guitar. This is the revival of a program that existed a few years ago and the repertoire is subject to discussion.

**Michael Hersher** has led group singing in many contexts for many years. He has taught several Renaissance Society classes on the history of songs and has always encouraged the class to sing along. He is a retired Public Education lawyer but believes that singing in groups is fun and keeps people active.

**Social Dancing (IP/NR/WI/SE)**

Richard Kowaleski  
 Fridays, Feb 7 to May 9 (12 weeks)  
 12 to 12:45 pm  
 Shasta Hall (SH) 132

Social dancing is hot! 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 required. A noon-time favorite for more than 15 years—check it out!

**Richard Kowaleski** teaches social dancing throughout the Sacramento area and is a dance host at local dances.

**Technology Help: New Usages & Troubleshooting (IP/NR/WI/SE)**

Ashu Singla  
 Eric Magnusson  
 Fridays, Feb 14 to May 9 (Monthly)  
 10 am to 12 pm  
 Tahoe Hall (TAH) 100

Learn how to use your phone or other devices to take a screenshot, schedule an Uber, store pictures on cloud, or scan QR codes. Your tech device is 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, and this workshop will help you navigate through those features as well. **Note:** Sessions will be held once a month on every second Friday—Feb 14; Mar 14; Apr 11; and May 9.

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.

**Travel and Adventure (D/IP/NR/SE)**

Fred Chapman  
 Cindi Matsumoto  
 Fridays, Feb 7 to May 9 (13 weeks)  
 10 to 11:30 am  
 Tschannen Science Center (TSC) 1002

There has been a Travel and Adventure 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, with 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 both in the US, Europe and other areas of the world, including mountaineering expeditions to the Andes and Himalayas, and a three and a half month world cruise in 2019.

**Watercolor Studio (D/NR/H/SE)**

Steven Wittmann  
 Fridays, Feb 7 to May 9 (12 weeks)  
 12 to 2:30 pm  
 Kadema Hall (KDM) 170

This class is an in-person course devoted to both experienced and beginning watercolorists. Course members will determine their own subject material and style of execution while sharing their knowledge and experience with other class members. No formal instruction is planned—for beginners an introduction to paper, paints, and brushes will be provided. The studio environment encourages class member interaction. Artistic resources (videos, books, etc.) will be shared. Classical music will be played during class to support the creative environment.

**Steven Wittmann** has been painting, mostly in water-based mediums, for more than 15 years. Steve is a continuing Watercolor Studio leader and also facilitates a bi-weekly meet-up for watercolorists in a local park during the summer months.

## one-time presentations

### community speakers series

#### A Cook's Tour of Sacramento (H/R/WI)

Maryellen Burns  
Marge Tarbell  
Dan Cross  
Days vary  
(Year-round monthly, dates and times vary)  
Locations To Be Announced

A Cook's Tour of Sacramento is now a year-round adventure. We host monthly breakfasts, lunches, coffees, happy hours, and occasional dinners in diverse places around the region. We also venture out to music, theater, museum, and art venues when the urge grabs us. Days, dates, and times vary, but generally something is happening almost every week. Attend those that interest you. **Note:** Some cost is involved for food, drink, or entry. Feel free to invite a guest or two. Members who sign up will receive a newsletter with specifics.

**Maryellen Burns** is an editor and publisher 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 ferrets out new and old places for us to enjoy.



#### Morning Coffee (H/R/WI)

Maryellen Burns  
Thursdays, Feb 6 to Apr 17 (Semi-monthly 1st and 3rd Thursdays)  
10 to 11 am  
ACC Senior Services

What is better than hosting a get-together with friends to share the latest chatter over a cup of coffee, tea, cookies, and pastry? Join us for this semi-monthly Kaffeeklatsch, with friends, colleagues, and neighbors as we engage in multi-faceted conversations about what is happening in the world of food, arts, and culture throughout the Sacramento Valley.

**Note:** Morning Coffee is held semi-monthly on the first and third Thursday in partnership with and at ACC Senior Services, 7334 Park City Dr., Sacramento and virtually on Zoom. Members who sign up will receive a newsletter with specifics.

**Maryellen Burns** has hosted Morning Coffee for many years at ACC Senior Services and in libraries, community organizations, and coffee houses around the city. She manages historic preservation, industrial archeology, and community and food history projects for museums, libraries, and educational institutions. A freelance researcher, writer, and editor, her work has appeared in magazines, books, websites, and documentaries.

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### monday big history series

#### Big History—The Modern Age (Z/R)

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

Big History is the interdisciplinary view of history, science, and the humanities that explores human existence. In Spring 2025 we will explore the Modern Age. Historians vary in the dates of this era, but for us, it will cover roughly the last 500 years. This period will include many world-wide cultural, political, economic and technological changes. Exploring this pe-

riod not only broadens our understanding of recent history but also highlights the immense impact in shaping the world we inhabit today. Big History presentations are open to the public and are recorded, so you can choose those you wish to attend.

**Ranny Eckstrom** has co-led over 20 seminars since joining the Renaissance Society in 2009. She is a retired Civil Engineer with a passion for the Big Picture—how did we humans get here?

### tuesday speakers series

#### The Fantastical History of the Swastika (D/Z/NR)

Gopal Kapur  
Tuesday, Feb 18  
2 to 3:30 pm

Around 12,000 years ago, a human in Ukraine carved a distinctive design onto a Mammoth ivory, the oldest known Swastika. For centuries, it was held in great esteem by the ancient Druids, Celts, Teutonic Knights, and Nordic tribes. Swastika (from Sanskrit) has been a symbol of peace and joy in India for over 5,000 years. Prior to 1920, the Swastika was a popular design with Native American tribes. We will explore the fantastical journey taken by this organic design and its ignoble use in Germany.

**Gopal Kapur** consults, writes, and educates on management excellence. He graduated summa cum laude from 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 end local hunger.





### Green Burial: Restoring Life Through Natural Endings (Z/R)

Stephanie Brow  
 Tuesday, Mar 4  
 1 to 2:30 pm

In a world increasingly focused on sustainability and environmental consciousness, the green burial movement offers a natural, eco-friendly approach to honoring life's final chapter. This presentation delves into the growing trend of green burial practices that prioritize simplicity, conservation, and the renewal of life through death. We'll discuss how it fosters a deeper connection with nature, offering families a meaningful way to say goodbye. Join us for an insightful look at how this movement is transforming modern burial traditions and restoring life through sustainable, natural endings.

**Stephanie Brow** is a dedicated professional at Morgan Oaks Eternal Preserve, a green burial cemetery that integrates sustainable end-of-life practices with wildlife conservation. With a passion for environmental preservation, Stephanie plays a key role in offering eco-friendly burial options that minimize the ecological footprint and support natural ecosystems. Beyond her professional work, Stephanie is active in community outreach, educating others on the many environmental and emotional benefits.

### Diabetes Reversal: Dr. Barnard Videos and Cooking Demo (Z/R)

Linda Middlesworth  
 Tuesday, Mar 11  
 1 to 2:30 pm

Linda will show videos of Dr. Neal Barnard on Diabetes Reversal. She will explain just how one acquires diabetes and what foods to eat to not only reverse diabetes but how to get and maintain optimal health and have a correct body weight. There will also be a video of some diabetes-friendly recipes. Having beaten diabetes herself 36 years ago, she can also show you how she managed to stay free and at her correct BMI for 36 years.

**Linda Middlesworth** is a Certified Food for Life Nutrition/Cooking Instructor: Certified in Plant Nutrition in the Dr. T. Colin Campbell Program, Cornell University, also certified in The Starch Solution, and an Affiliate of the America College of Lifestyle Medicine. She has been a whole-food-exclusive plant-based eater and vegan for 36 years. She successfully ended her cancer, heart disease, obesity, and pre-diabetes, and has helped 100s of people regain their health.

### Imaginary Meal Program: Skip a Meal, Feed a Family: Part 1 (D/Z/NR)

Gopal Kapur  
 Tuesday, Mar 18  
 2 to 3:30 pm

In Sacramento County, one in seven adults and one in five children face food insecurity. Skipping a meal and donating the savings to feed those in need is a powerful way to make a difference. By forgoing a meal, you can provide essential nutrition to someone struggling with food insecurity. This act of kindness not only helps alleviate hunger but also fosters a sense of community and compassion. In this session, we will discuss how you, your family, and friends can be a part of the essential solution.

**Gopal Kapur** consults, writes, and educates on management excellence. He graduated summa cum laude, diploma in Civil En-

gineering, Thapar University, Punjab, India. He has authored three college-level textbooks and lectured at Harvard University, The Brookings Institution, University of California Berkeley, and Davis. The President of India awarded him the Distinguished Achievement Award. He founded FamilyGreenSurvival, a not-for-profit, to provide nutrition education and end local hunger.

### Imaginary Meal Program: Skip a Meal, Feed a Family: Part 2 (D/Z/NR)

Gopal Kapur  
 Tuesday, Mar 25  
 2 to 3:30 pm

In Sacramento County, one in seven adults and one in five children face food insecurity. Skipping a meal and donating the savings to feed those in need is a powerful way to make a difference. By forgoing a meal, you can provide essential nutrition to someone struggling with food insecurity. This act of kindness not only helps alleviate hunger but also fosters a sense of community and compassion. In this session, we will discuss how you, your family, and friends can continue being a part of the essential solution.

**Gopal Kapur** consults, writes, and educates on management excellence. He graduated summa cum laude, diploma in Civil Engineering, Thapar University, Punjab, India. He has authored three college-level textbooks and lectured at Harvard University, The Brookings Institution, University of California Berkeley, and Davis. The President of India awarded him the Distinguished Achievement Award. He founded FamilyGreenSurvival, a not-for-profit, to provide nutrition education and end local hunger.

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### Am I Too Old to Save the Planet? A Boomer's Guide (Z/R)

Diana Cassady  
 Tuesday, Apr 8  
 1 to 2:30 pm

Worried about hotter summers, wildfires, and flooding caused by global warming? Not sure what you can do to stop it? Learn six things you can do and why it's important to work with others to fight the greatest threat of our lifetime. Diana Cassady presents lessons from Lawrence MacDonald's book, Am I Too Old To Save the Planet?, and from her own experience as a boomer and climate activist.

**Diana Cassady** leads the Sacramento chapter of Third Act, a nation-wide organization for people over 60 who are committed to protecting democracy and the climate. She has lobbied state legislators, participated in marches, signed many petitions and letters, and even dressed as an orca in campaigns to decarbonize the economy and accelerate the shift to clean energy. Before retirement, she was a professor in the Public Health Sciences Department at UC Davis for 20 years.

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**Ukraine: Caught in the Middle (Z/R)**

Helena Kanderka  
 Tuesday, Apr 15  
 1 to 2:30 pm

Ukraine holds historic ties to Russia. Over the centuries, however, much occurred to make it a distinct entity. Find out what you were never taught about its evolution from a Viking-ruled land, to domination by the largest medieval empire in Europe (Hint: It's not Russia), and finally its horrific treatment at the hands of Stalin. Come and learn how these trials and tribulations fostered its fierce determination to fight for continued independence.

**Helena Kanderka** is the author of *Slovakland*, a novel that covers the history of Hungary and follows a Slovak family from the year 796 to the Great Migration to America. She has given several presentations on Central and Eastern Europe to the Renaissance Society in recent years. She holds a degree in Journalism from the University of Wisconsin-Madison and an MA in Public Administration from Sac State.

**The Human-Dog Connection (Z/R)**

Sandy Britton  
 Tuesday, Apr 29  
 1 to 2:30 pm

Anyone who has lived with a dog has experienced the deep connection that dogs have with humans. But it's only been in the last couple of decades that scientists have been interested in exploring the psyche of dogs. This presentation will discuss their intriguing findings and how to apply these findings in shaping your dog's behavior and enriching your relationships with dogs.

**Sandy Britton's** career was in computers, but in semi-retirement she worked for five years as a dog trainer and pet behavior counselor for the Sacramento SPCA. During this time she became deeply interested in understanding dog behavior, especially as it relates to their unique connection with humans.

**Navigating Conflict and Difficult Conversations (Z/NR)**

Donna Montgomery  
 Tuesday, May 6  
 1 to 2:30 pm

Do you find yourself avoiding difficult conversations? Is there one you absolutely need to have, but you don't know where to start? Join me to obtain an overview of the key ingredients for making your conversations less painful, more positive, and more productive by examining what conflict is and why it's so difficult, what conflict styles are, changing our habitual ways, and the key planning elements before, during, and after a challenging conversation.

**Donna Montgomery** (PhD) has over 30 years of experience serving clients to achieve personal and corporate transformation. Coaching hundreds of leaders over decades, she understands how to help people move beyond their habits when it comes to managing conflict, utilizing a conscious and accurate methodology that applies equally to personal and professional life. Donna holds a doctorate in organizational psychology and has designed and taught leadership and communication at the PhD and MBA levels.

**wednesday science series****Space Satellites—From Sputnik to Hubble and Beyond (Z/R)**

David Lewis  
 Wednesdays, Feb 5 to Apr 9  
 10 to 11 am

The possibility of going into space may have started with Jules Verne and his 1865 book *From Earth to the Moon*. In 1946, American scientist Lyman Spitzer proposed space satellites, followed soon after by Arthur C Clark, who wrote 2001, *A Space Odyssey*. Eleven



years later, in 1957, Russia launched Sputnik. America joined the space race the next year with Explorer 1. Thus the age of satellites in space began. There are now over 15,000 satellites orbiting the earth with thousands more coming soon. Many questions arise. What do they all do? What have we learned from space satellites? Are they safe? What happens when they no longer work? And will there be a war in space? Those are just a few from a long list of questions. What questions do you have? See you on Feb 5th at 10 AM to start answering those questions.

**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, where he 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.

## friday morning series

### The Geological Grain of California (H/R/WI)

Will Harris  
Friday, Feb 7  
10 to 11:30 am  
Eureka Hall (EUR) 105

We'll discuss the theory of continental drift and its evolution to plate tectonics. Our model for discussion will be the west margin of a tectonic plate that eventually becomes the California we know today. A previous west-tilting Sierra Nevada range was much different than what we see today, a range with rivers rich in gold that flowed into a shallow sea, something akin to the Mississippi Delta. An evolving tectonic margin left those rivers (and gold) high and dry when rivers and ridges inverted.

**Will Harris** is a geologist. For nearly 20 years he served as subject matter expert to California State Parks regarding geological processes. He leads geology field tours and provides content design for geology-related exhibits, including those at the Oceano Dunes Visitor Center near Pismo Beach. His investigations include examination of dune formation influences on atmospheric chemistry, site-specific potential exposure to Valley Fever spores, and assessment of river flood impacts to park sites.

### Green Burial: Restoring Life Through Natural Endings (H/R/WI)

Stephanie Brow  
Friday, Feb 14  
10 to 11:30 am  
Eureka Hall (EUR) 105

In a world increasingly focused on sustainability and environmental consciousness, the green burial movement offers a natural, eco-friendly approach to honoring life's final chapter. This presentation delves into the growing trend of green burial practices that prioritize simplicity,

conservation, and the renewal of life through death. We'll discuss how it fosters a deeper connection with nature, offering families a meaningful way to say goodbye. Join us for an insightful look at how this movement is transforming modern burial traditions and restoring life through sustainable, natural endings.

**Stephanie Brow** is a dedicated professional at Morgan Oaks Eternal Preserve, a green burial cemetery that integrates sustainable end-of-life practices with wildlife conservation. With a passion for environmental preservation, Stephanie plays a key role in offering eco-friendly burial options that minimize the ecological footprint and support natural ecosystems. Beyond her professional work, Stephanie is active in community outreach, educating others on the many environmental and emotional benefits.

### Protecting Sacramento and the American River Parkway (H/R/WI)

Pete Spaulding  
Nancy Kniskern  
Friday, Feb 21  
10 to 11:30 am  
Eureka Hall (EUR) 105

The American River Parkway is the only federal and state-designated wild and scenic river flowing through a metropolitan area in the US. The attributes that earned that designation are at risk from erosion control efforts by the Corps of Engineers, SAFCA, and the CVFPB. Can the project be designed to achieve flood and erosion protection for 500,000 people without removing acres of vegetation and an additional 685 trees? This presentation will present an overview of efforts to achieve a win-win-win result.

Since the fall of 2023, American River Trees has been challenging the erosion control work by the US Army Corps of Engineers on the Lower American River, specifically the

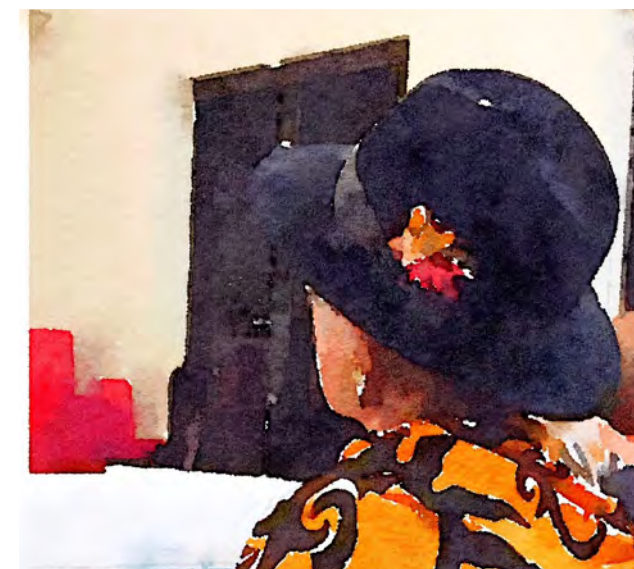
area from Howe Ave east to the Mayhew Drain. **Pete Spaulding** has been one of the residents coordinating the effort. He has a BS and MS in Civil Engineering from Rensselaer Polytechnic Institute and over 40 years of association, program management, and strategic planning experience in energy and transportation.

### Ukraine: Caught in the Middle (H/R/WI)

Helena Kanderka  
Friday, Feb 28  
10 to 11:30 am  
Eureka Hall (EUR) 105

Ukraine holds historic ties to Russia. Over the centuries, however, much occurred to make it a distinct entity. Find out what you were never taught about its evolution from a Viking-ruled land, to domination by the largest medieval empire in Europe (Hint: It's not Russia), and finally its horrific treatment at the hands of Stalin. Come and learn how these trials and tribulations fostered its fierce determination to fight for continued independence.

**Helena Kanderka** is the author of *Slovakland*, a novel that covers the history of Hungary and follows a Slovak family from the year 796 to the Great Migration to America. She has given several presentations on Central and Eastern Europe to the Renaissance Society in recent years. She holds a BA in Journalism from the University of Wisconsin-Madison and an MA in Public Administration from Sac State.



### How America Became a World Power (D/H/R/WI)

Milo Turaylich  
Friday, Mar 7  
10 to 11:30 am  
Eureka Hall (EUR) 105

In some ways, the Spanish-American War was insignificant: There were not many casualties and not much money was spent to fight this war. In other ways, it was very significant: It was the first war America fought outside its borders and after the war, America became a world power. We will look at the events that led up to the war and the geopolitics involved in this war.

**Milo Turaylich** became a member of the Renaissance Society in 2007, a few months after retirement, and has enjoyed the classes offered. To contribute to the Renaissance Society, he has given several presentations covering various topics, but mostly topics relating to history.

### Am I Too Old to Save the Planet? A Boomer's Guide (H/R/WI)

Diana Cassady  
Friday, Apr 18  
10 to 11:30 am  
Eureka Hall (EUR) 105

Worried about hotter summers, wildfires, and flooding caused by global warming? Not sure what you can do to stop it? Learn six things you can do and why working with others is important to fight the greatest threat of our lifetime. Diana Cassady presents lessons from Lawrence MacDonald's book, *Am I Too Old to Save the Planet?*, and from her own experience as a boomer and climate activist.

**Diana Cassady** leads the Sacramento chapter of Third Act, a nationwide organization for people over 60 who are committed to protecting democracy and the climate. She has lobbied state legislators, participated in marches, signed many petitions and letters, and even dressed as an orca in campaigns to decarbonize the economy and accelerate the shift to clean energy. Before retirement, she was a professor in the Public Health Sciences Department at UC Davis for 20 years.

**Investment Issues (D/IP/NR/WI)**

David Bach  
Friday, May 2  
10 to 11:30 am  
Eureka Hall (EUR) 105

During this presentation, we will discuss investment fees, scams, and cryptocurrencies. We will also cover the investment objective and participants in the financial planning field, including the difference between a financial planner and an investment adviser.

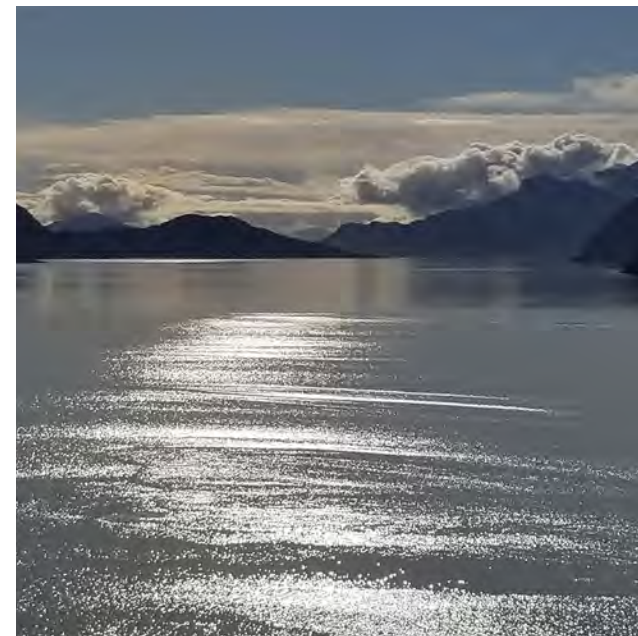
**David Bach** is the Principal of Bach Financial Literacy Consulting. He teaches corporate employees how to better manage their retirement plans and has been in the investment business for 49 years. With 31 years as an investment officer at the California Public Employees' Retirement System (CalPERS), he managed a \$500 million portfolio. Mr. Bach is on the board of the California State University Investment Advisory Committee (CSUIAC).

**The Human-Dog Connection (Z/R)**

Sandy Britton  
Friday, May 9  
10 to 11:30 am  
Eureka Hall (EUR) 105

Anyone who has lived with a dog has experienced the deep connection that dogs have with humans. But it's only been in the last couple of decades that scientists have been interested in exploring the psyche of dogs. This presentation will discuss their intriguing findings and how to apply these findings in shaping your dog's behavior and enriching your relationships with dogs.

**Sandy Britton's** career was in computers, but in semi-retirement, she worked for five years as a dog trainer and pet behavior counselor for the Sacramento SPCA. During this time she became deeply interested in understanding dog behavior, especially as it relates to their unique connection with humans.

**The Enlightenment and the American Revolution (H/R/WI)**

Dan Rooney  
Friday, Feb 14  
10 to 11:30 am  
Mariposa Hall (MRP) 1000

The American Revolution was a triumph of ideas as well as a military victory. These ideas were part of the vast heritage of Western thought and civilization which Americans shared with their European cousins. In this presentation, we'll explore these ideas and the diverse thinkers and historical settings that gave them birth. These include John Locke, Adam Smith, Cicero and the Roman Republic, Niccolo Machiavelli, Isaac Newton, and many others. Learn why the new American Republic was a triumph of the Western Enlightenment.

**Dan Rooney** is a retired attorney, graduate of Northwestern Pritzker Law School, and longtime Renaissance Society member along with his wife, Angie. Dan has an interest in history, philosophy, politics, and literature. He has given numerous presentations for the Renaissance Society on various American History topics, and most recently taught a course on James Joyce's Ulysses.

**Military and Political Leadership in Britain and America (H/R/WI)**

Catherine Minicucci  
Friday, Feb 21  
10 to 11:30 am  
Mariposa Hall (MRP) 1000

The quality of political and military leadership of Britain and America was a major factor in the American Revolution. British political leadership lacked accurate information about the size of the American population, the physical landscape, and American public opinion. Punitive action directed at Boston in 1774 with the intent of cowing the other colonies backfired spectacularly. American political leadership developed in response to new British taxes imposed on the colonies in the 1760s. This presentation will describe the important leaders in London, Boston, Philadelphia, and Richmond.

**Cathy Adams 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.

**Liberty's Ladies (H/R/WI)**

Carolyn Martin  
Friday, Feb 28  
10 to 11:30 am  
Mariposa Hall (MRP) 1000

Other than Martha Washington and the seamstress, Betsy Ross, women rarely appear in accounts of the American Revolution. Learn about a "treasonous" tea party, a teenage night rider, a soldier, a fundraiser, and other patriotic women who participated in the American Revolution. This program about the "Founding Mothers" will include short summaries of major events leading to the victory at Yorktown and a woman's courageous contribution to the last battle of the Revolution.

## topics in the american revolution

**1775: The Year the Revolution Began (H/R/WI)**

Catherine Minicucci  
Friday, Feb 7  
10 to 11:30 am  
Mariposa Hall (MRP) 1000

Two hundred fifty years ago, Americans were boycotting British goods, neither buying nor selling them. Militias were organizing and arming. Boston was occupied by British troops and the citizens were growing very restive. For Americans loyal to the Crown, it was an uncomfortable and dangerous time. This presentation will describe America in 1775, the political issues, and the slide toward outright rebellion. In Lexington and Concord, Mass, on April 19, 1775, the war began with the Shots Heard Round the World.

**Cathy Adams 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.

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**Carolyn Martin** earned an MA in US History from the University of Washington. To deepen her knowledge, she took a Women's History class at Sac State and attended the National History Project Workshop. She taught US history at the community college level. She has shared her enthusiasm for acknowledging women usually ignored in history through many Renaissance Society appearances.

### The Continental Navy's Role in the Revolution (H/R/WI)

Norv Wellsfry  
Friday, Mar 7  
10 to 11:30 am  
Mariposa Hall (MRP) 1000

From its humble beginnings as a force to protect the harbors and coasts of the 13 rebelling colonies, the Continental Navy was a critical, yet relatively unknown, force in the American Revolution. This presentation will explore the development of the Navy and its role in the Revolution, including some of its key personalities, its memorable battles, and its crucial role in the final battle at Yorktown.

**Norv Wellsfry** has an EdD from Virginia Tech and had a 41-year career that included service as an administrator and professor at multiple community colleges in Virginia and California. He performed a leadership role with multiple higher education organizations within California and the US. He has conducted seminars and made multiple presentations to the Renaissance Society.



### Slavery and Abolition in Colonial Pennsylvania (D/H/R/WI)

Theo Goodwin  
Friday, Mar 14  
10 to 11:30 am  
Mariposa Hall (MRP) 1000

In 1638, African slaves were first imported to the region that became Philadelphia. In 1681, King Charles II granted Pennsylvania to William Penn, a Quaker who believed in religious freedom. As early as 1688, some Quaker leaders advocated the abolition of slavery, yet slavery was not banned by the Pennsylvania legislature until 1780. Why did it take 140 years to ban slavery? How was the battle for abolition impacted by the War of Independence?

**Theo Goodwin** practiced law for over 40 years in many fields, including environmental and tax law. He has taught classes at the Renaissance Society on Writing Haiku Poetry, Creative Paris in the 1890s, John James Audubon, California Air Quality Law, and the Life and Paintings of Picasso. He has also given photographic presentations on India and Guatemala. He plays classical guitar and clarinet and writes poetry. He enjoys studying aspects of history that relate to contemporary issues and culture.

### Breaking From Tradition—Women Spies and Scouts (D/H/R/WI)

Michele Rickey-Pidd  
Friday, Mar 21  
10 to 11:30 am  
Mariposa Hall (MRP) 1000

What role did women play in the Revolution? While women were not allowed to serve in the military, they found other ways to help the war effort. These are the stories of courageous women who spied on the enemy and served as scouts, messengers, and intelligence gatherers. Women were overlooked and able to overhear secret information, and they were considered unable to understand complex military strategy. George Washington used women as scouts and spies because of their ability to obtain information.

**Michele Rickey-Pidd** graduated from San Jose State with a degree in Social Welfare and 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 and Hewlett Packard, as well as a 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.

### Native Americans' Participation in the Revolution (D/H/R/WI)

Darryl Freeman  
Friday, Mar 28  
10 to 11:30 am  
Mariposa Hall (MRP) 1000

During the American Revolution, the role of Native American tribes was shaped by many factors. Tribes chose sides based on their interests, alliances, and the potential impact on their lands and way of life. This presentation will describe Native American tribes that supported the British, Native tribes that supported the American rebels, and tribes that tried to remain neutral. Native tribes were losers in the war, and the 1783 Treaty of Paris ceded vast tracts of Native land to the Americans.

**Darryl Omar Freeman** (PhD) retired as an adjunct Professor at Sac State. He has an MA in Government from Sac State, an MA in Ethnic Studies from SF State, and a PhD in Interdisciplinary Studies from Washington State. Furthermore, Prof. Freeman worked in various State of California government positions. He has written journal articles on American Ethnic History and an e-book that includes Native American contributions to the development of our American democratic experiment.

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### ABBREVIATION KEY

|             |  |
|-------------|--|
| <b>D</b>    | Diversity program  |
| <b>Z</b>    | Zoom-only  |
| <b>IP</b>   | In-person only   |
| <b>H</b>    | Hybrid (IP + Z) program  |
| <b>IP-R</b> | In-person (live) and recorded  |
| <b>NR</b>   | Program not recorded   |
| <b>SE</b>   | Selective enrollment   |
| <b>WI</b>   | Walk-in program—enrollment helps us notify you of changes, seats available first-come/first-served |

### The Battles of Lexington and Concord (H/R/WI)

Kevin Collins  
Friday, Apr 11  
10 to 11:30 am  
Mariposa Hall (MRP) 1000

On April 19, 1775, shots were fired and blood was spilled on Lexington Common, a small farming town about 13 miles east of Boston. From the moment eight American colonists were killed on that fateful morning, life in British North America changed forever. Eventually, after a long and bloody struggle, a new country was formed. We will examine the events of that fateful day from both sides of the conflict, and also examine the leaders and the men who fought, bled, and died.

**Kevin Collins** has a lifelong interest in the American colonial experience and has spent 30 years participating in the Colonial America Living History community. He is a current member of the Lexington Minute Men and the King's Own 4th Regiment of Foot. Although he recently moved to Lincoln, CA to escape the New England winters, he is looking forward to participating in events commemorating the 250th anniversary of the start of the American experiment.



### The British Side of the Revolutionary War (H/R/WI)

Anne Rewell  
 Friday, Apr 18  
 10 to 11:30 am  
 Mariposa Hall (MRP) 1000

Is history written by the victors? Is this a somewhat true statement? Does it pertain to the American Revolutionary War? About one-third of the colonists were against breaking with Britain and one-third were in favor of it. Was there another way to avoid conflict that killed, either by battle, disease, or imprisonment 60,000+ men? What were the British thinking? The conflict revolved around money, land, trade, and representation. Looking back, was the war the right call?

**Anne Rewell** joined the Renaissance Society in 2015 and has given numerous lectures on various subjects.. Anne was born in Australia, lived in London for two years before moving 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. Now retired, she spends much of her time travelling to visit family in Australia and Europe.

### Battle of Bunker Hill and the Siege of Boston (H/R/WI)

Kevin Collins  
 Friday, Apr 25  
 10 to 11:30 am  
 Mariposa Hall (MRP) 1000

Following the battles of April 19, 1775, the Massachusetts militia formed a siege line surrounding Boston on three sides. They blocked the only land access to Charlestown and Boston. Militias from Connecticut, Rhode Island, and New Hampshire soon joined the siege. In June of 1775, a major battle inflicted the most casualties a British army suffered in the American Revolution. The siege was broken by Gen. George Washington with cannon seized from Ft. Ticonderoga, and British forces evacuated Boston.

**Kevin Collins** has a lifelong interest in the American colonial experience and has spent 30 years participating in the Colonial America Living History community. He is a current member of the Lexington Minute Men and the King's Own 4th Regiment of Foot. Although he recently moved to Lincoln, CA to escape the New England winters, he is looking forward to participating in events commemorating the 250th anniversary of the start of the American experiment.

### Boston Civilians Trapped Behind the Lines (H/R/WI)

Alex Cain  
 Friday, May 2  
 10 to 11:30 am  
 Mariposa Hall (MRP) 1000

After the Battles of Lexington and Concord, hundreds of civilians found themselves trapped inside Boston, surrounded by the Massachusetts Grand Army. Regardless of political allegiance, these non-combatants faced a daily struggle to secure supplies to support their families, avoid the abuses of His Majesty's forces, and protect their personal and real property from roving bands of thieves. Residents experienced fear of an American attack, lawlessness, loss of civil rights, and disease.

**Alex Cain** earned a BA in economics from Merrimack College and a JD from New England School of Law. He is the academic dean at a vocational college in Massachusetts. Cain has written articles on the Battles of Lexington and Concord, privateer operations during the Siege of Boston, and the loyalist refugee experience. He authored *We Stood Our Ground: Lexington in the First Year of the American Revolution*. He is the creator of the critically acclaimed blog *Historical Nerder*.

### The Articles of Confederation to the Constitution (D/H/R/WI)

Michael Hersher  
 Friday, May 9  
 10 to 11:30 am  
 Mariposa Hall (MRP) 1000

To understand the U.S. Constitution written in 1787, we need to understand how difficult it was to unite the 13 colonies into a single republican nation. During the Revolutionary War, the Articles of Confederation created a weak and ineffective government. The Constitution that followed created a much stronger republic with the capacity to govern, but to get it ratified, many compromises had to be made. We will explore those compromises and later events that shaped the government we have today.

**Michael Hersher** has been a member of the Renaissance Society for seven years. He has taught eight classes during that time on the history of the U.S. Constitution and American folk songs. For over 40 years, Michael was a lawyer for the State of California in labor law and public education. He has also led singing in schools, union events, and religious services for many years.

## friday afternoon diversity series

### Japanese Incarceration: More Than an Inconvenience (D/H/R/WI)

Steve Sasaki  
 Friday, Feb 7  
 1 to 2:30 pm  
 Mariposa Hall (MRP) 1001

This presentation will cover the racist and economic policies that existed long before the attack on Pearl Harbor, an event that led to the unconstitutional incarceration of 120,000+ individuals of Japanese ancestry. Steve will share stories about the long-term personal and economic impact on his family as well as on the Japanese community. In addition, a discussion

about how we have come close to repeating history and the importance of not allowing this atrocity to happen again.

**Steve Sasaki** is a retired Child/Adolescent Mental Health therapist with 35 years of experience. Involvement with diversity has been a passion. In his retirement years, he volunteers at the CA Museum where he educates the public on the incarceration of Japanese Americans during WWII. Through stories of what happened to his family, visitors learn the impact, both then and now, of this dark time in our country. He also volunteers with the Red Cross providing Disaster Mental Health Services.



### Food and Culture from My Perspective (D/H/R/WI)

Kelly Thompson  
Friday, Feb 14  
1 pm to 2:30 pm  
Mariposa Hall (MRP) 1001

This presentation will focus on my research on the Local Food Movement in the Sacramento Metropolitan Area and I will provide some information about my background including my experiences traveling through Italy, Korea, and Thailand for cultural food tours.

**Kelly Thompson** received a BA in Nutrition and Food from Sac State in 2003, an MS in Food/Sensory Science, and a PhD in Hospitality Administration from Kansas State University, Manhattan, KS. In 2014, Dr. Thompson was hired by Sac State and now teaches in the same department where she received her degrees.

### Coffee: Its History, Production, Ecology, Pleasure (D/H/R/WI)

Theo Goodwin  
Friday, Feb 21  
1 to 2:30 pm  
Mariposa Hall (MRP) 1001

You may be an addicted, lifelong drinker of coffee. Or you may be an occasional decaf enthusiast or someone in between. Have you ever wondered: What is the culture of coffee and its history? Why do I like coffee? Where does it come from? How is it grown and produced? Has growing it harmed the natural en-

vironment in the third world? Is coffee good or bad for my health? Find answers to these stimulating questions. You may think twice with your second, morning cup of Joe.

**Theo Goodwin** is a retired attorney who practiced law for 43 years specializing in environmental and tax law. He has taught classes for the Renaissance Society on Writing Haiku Poetry, Creative Paris in the 1890s, and John James Audubon. He co-taught a course on the Life and Paintings of Pablo Picasso, and has given photographic presentations on India and Guatemala. He plays clarinet, writes poetry, and enjoys studying history and the environment.

### Performing Chinatown (D/H/R/WI)

William Gow  
Friday, Feb 28  
1 to 2:30 pm  
Mariposa Hall (MRP) 1001

Professor William Gow discusses his new book, *Performing Chinatown: Hollywood, Tourism, and the Making of a Los Angeles Community*, and discusses the ways Chinese Americans in Los Angeles in the 1930s and 1940s used performances to shape ideas of race and national belonging. Comparing performances for tourists in Chinatown to those of background and bit players in Hollywood films, Gow foregrounds the experiences of everyday people in the Chinese American community.

**William Gow** is a Sacramento-based community historian, educator, and documentary filmmaker. A fourth-generation Chinese American and a proud graduate of the San Francisco Unified School District, he holds an MA in Asian American Studies from UCLA, and a PhD in Ethnic Studies from UC Berkeley. He currently serves as a public historian for the Chinese Historical Society of Southern California. He is also an Assistant Professor of Ethnic Studies at Sac State.

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### Defining the Transcendental in Islamic Architecture—Part 1 (D/H/R/WI)

Mrea Csorba  
Friday, Mar 7  
1 to 2:30 pm  
Mariposa Hall (MRP) 1001

This presentation explores the Islamic concept and construct of Transcendental Space illustrated by masterpieces of religious architecture within the Arab world. Highlights include the octagonal dome set over the sacred niche at the Mosque of Cordoba, Spain; the honey-comb 'stalactites' of the Chapel of Two Sisters, Alhambra Palace, Granada; the "Dome of Heaven" of the Blue Mosque, Istanbul, where light seems to dissolve the solid mass of structure and "bathes" the faithful in Celestial Light; and the majestic, iwan-style Mosque of Masjid-i-Shah, Isfahan, where the intricate weave of pattern, light, and color reinforce belief in the divine nature of geometry. Discussion of the application of these concepts and constructs locally at Sacramento's SALAM Center and elsewhere follows the presentation.

**Mrea Csorba** is an Art and Architectural historian with a PhD in Asian and Western Art History. She taught for 28 years in academia and continues offering special PowerPoint presentations on subjects of interest in Asian and Western cultures.

### An Axis and a Square within a Circle: Conceptualizing Heaven and Earth, in India and Beyond—Part 2 (D/H/R/WI)

Mrea Csorba  
Friday, Mar 14  
1 to 2:30 pm  
Mariposa Hall (MRP) 1001

This presentation explores the Indian concept of the Cosmic Pillar in early Buddhism, the axis mundi of World Mountain sites, and the elaboration of Buddhist and Hindu temples that set the earthly shrine (the square) within the cosmic circle. Anchoring our study is the deceptively simple funerary monument, the Great Stupa of Sanchi, India, which is at once a reliquary for the historic Buddha, an early mandala

of Buddhist cosmology, and a pilgrimage site for circumnavigation by the faithful. At the Indonesian pilgrimage site of Borobudur, we see further elaboration of the Cosmic Mandala. The ultimate expression of the astro-alignment of the earthly "square" within the cosmic "circle" culminates at Angkor Wat, Cambodia, where the plan of the three-tiered, towered complex is oriented to significant cosmological events with the sun rising over the central axis mundi during the Spring and Fall Equinoxes.

**Mrea Csorba** is an Art and Architectural historian with a PhD in Asian and Western Art History. She taught for 28 years in academia and continues offering special PowerPoint presentations on subjects of interest in Asian and Western cultures.





### Navigating Diversity using Cultural Intelligence (D/H/R/WI)

Sandy Britton  
Friday, Mar 21  
1 to 2:30 pm  
Mariposa Hall (MRP) 1001

Cultural intelligence is defined as “the ability to adapt to situations that involve cultural diversity.” After moving to Mexico to integrate as much as possible into the local community, materials about cultural intelligence were found to be invaluable in aiding me to move towards this goal. This presentation will explore the concept of cultural intelligence and my own experiences in applying it during my time in Mexico.

After raising her kids and wrapping up her career in software development in Sacramento, **Sandy Britton** headed south to live on the shores of Lake Chapala, near Guadalajara in Mexico. She recently returned to California after living in Mexico for 12 years and enjoys sharing her experiences of life south of the border.

### Green Burial: Restoring Life Through Natural Endings (D/H/R/WI)

Stephanie Brow  
Friday, Mar 28  
1 to 2:30 pm  
Mariposa Hall (MRP) 1001

In a world increasingly focused on sustainability and environmental consciousness, the green burial movement offers a natural, eco-friendly approach to honoring life’s final chapter. This presentation delves into the growing trend of green burial practices that prioritize simplicity, conservation, and the renewal of life through death. We’ll discuss how it fosters a deeper connection with nature, offering families a meaningful way to say goodbye. Join us for an insightful look at how this movement is transforming modern burial traditions and restoring life through sustainable, natural endings.

**Stephanie Brow** is a dedicated professional at Morgan Oaks Eternal Preserve, a green burial cemetery that integrates sustainable end-of-life practices with wildlife conservation. With a passion for environmental preservation, Stephanie plays a key role in offering eco-friendly burial options that minimize the ecological footprint and support natural ecosystems. Beyond her professional work, Stephanie is active in community outreach, educating others on the many environmental and emotional benefits.

### The Road to Freedom—The Underground Railroad (D/H/R/WI)

Anne Rewell  
Friday, Apr 11  
1 to 2:30 pm  
Mariposa Hall (MRP) 1001

This presentation will explore the various routes utilized by people seeking freedom. Individuals collaborated to assist and find secret networks and places. This endeavor brought together a diverse group of people in the fight against slavery. The journey from the deep south to Canada, and sometimes to Mexico, was perilous for all involved, requiring significant courage and ingenuity.

**Anne Rewell** joined the Renaissance Society in 2015 and has given numerous lectures on various subjects for the Renaissance Society. Born in Australia, she lived in London for two years before moving to the US in 1972, and she has been a resident of Sacramento since 1974. Anne was a Tax Manager at the international accounting firm Deloitte, later running a local tax practice in Sacramento. Now retired, she spends much of her time traveling to visit family in Australia and Europe.

### Sacramento’s Diverse Voices (D/H/R/WI)

Maryellen Burns  
Friday, Apr 18  
1 to 2:30 pm  
Mariposa Hall (MRP) 1001

Sacramento’s Diverse Voices celebrates the rich tapestry of talent from Sacramento over the past 50 years. This presentation spotlights local poets, writers, artists, and photographers, showcasing work that reflects the Renaissance Society’s and ACC Senior Services’ vibrant diversity. Through the Morning Coffee Anthology, we honor unique perspectives and creative contributions that make up Sacramento’s dynamic cultural landscape. Join us to experience the voices shaping our community.

**Maryellen Burns** has been involved in the publishing world for more than 50 years. She has developed a series of anthologies for regional organizations including MatrixArts, The Sacramento River Delta Historical Society, The Sacramento Public Library, and I Street Press. Morning Coffee Anthology will publish the works of Renaissance Society and ACC writers, poets, artists, and photographers in a publication in late spring. “Diverse Voices of Sacramento” will be one of the featured sections in the anthology.

**CLICK HERE TO ENROLL  
IN ANY PROGRAM  
Starting on January 21 @ 8am**

### Why Black Lives Matter (D/H/R/WI)

Ginger Rutland  
Friday, Apr 25  
1 to 2:30 pm  
Mariposa Hall (MRP) 1001

Following the George Floyd murder by police, the controversial Black Lives Matter movement was born. Retired journalist Ginger Rutland, a black woman, seeks in this presentation to explain what it means to her.

**Ginger Rutland** is a retired journalist. She began her career as a reporter at KCRA Channel 3 in Sacramento. She then went to Channel 4, KRON TV, in San Francisco. While at KRON, she earned an Emmy for her documentary Showdown at Diablo. In 1988 she joined the Sacramento Bee Editorial Board where she remained until retirement. While with The Bee, she was a regular commentator with Capitol Public Radio. Since retirement Ginger has written and produced a play When We Were Colored: A Mother’s Story.



presentations

presentations

# 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. And all Forums are walk-in programs. Although enrolling in advance allows us to inform you of any changes, available seats are first-come/first-served. Speakers encourage the audience to ask probing questions about their topics.

Forums speakers for Spring 2025 will give in-person presentations in **Mariposa Hall (MRP) 1000**. 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/featuredFORUMS>

## February 7

### BOB CROWLEY

#### Forlorn Hope: An American West Tale of Survival



The Forlorn Hope were the 15 members of the Donner Party who set off on snowshoes to try to reach Sutter's Fort, 100 miles away, in the depths of a Sierra winter. Their mission: Alert the world there were families stranded, freezing, and starving to death. Their journey and subsequent story of survival, grit, and determination is a compelling American tale lost in the shadows of history. Bob Crowley is an ultra-distance runner with expertise in American West history. He is a tech entrepreneur, co-founder, and investor in the Boston-based private equity firm, the Mustang Group.

## February 14

### CATHY MINICUCCI

#### 250th Anniversary of the American Revolution



Cathy Adams Minicucci has been an active program leader for the Renaissance Society since 2019, focusing on American history. As 2025 is the 250th anniversary of the beginning of the American Revolution, she helped initiate a series, Topics in the American Revolution, to examine the early revolution experience of diverse groups: women, native tribes, enslaved people, and members of the militia. She will explore what led to the Revolutionary War, the people who fought on both sides, and the military and political leadership in England and America. Cathy received her BA from UCLA and her Master's degree from Harvard University. For 30 years, she led her own consulting firm Minicucci Associates.

## February 21

### DONNA APIDONE

#### Isolation: A Tale of Two Generations



Surgeon General Vivek Murthy labeled loneliness and isolation as an epidemic. Although the issue is often associated with people over age 55, it also impacts college and university students. Learn how communities in the US and around the world are alleviating isolation for these age groups. Donna Apidone is a writer and interviewer with a long history in Sacramento area media. Since leaving CapRadio, Donna has freelanced for PBS KVIE, the Mondavi Center, NextAvenue.org, and Solving Sacramento.

## February 28

### MARTHA GUERRERO, Mayor of West Sacramento

#### Public Financing of Sports Stadiums: Its Challenges and Community Benefits



As West Sacramento is currently in negotiations, no definite financial figures are available, however; Mayor Guerrero will provide a general overview of the financial process involved in public financing of sports stadiums and potential challenges and benefits to the community. Mayor Guerrero received a Bachelor's in Social Work from Cal State LA and a Master's in Social Work from USC. As a Licensed Clinical Social Worker, she has served her colleagues as a member of its National Organization Board and Legislative and Political Affairs groups.

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## March 7

### MICHAEL VITIELLO

#### Victims' Rights Movement

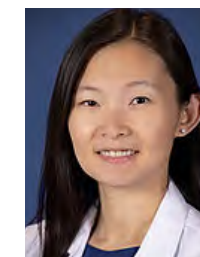


Professor Vitiello has been a Professor of Law at McGeorge School of Law since 1990. He will focus on the Victims' Rights Movement, one of the most important and powerful political movements over the last 60 years. He will explain the racial disparity in the imposition of the death penalty. He began his teaching career in 1977 at Loyola New Orleans Law School. He also taught as a visitor at the University of Parma Law School, Tulane Law School, and the University of Mississippi Law Center. He received his BA at Swarthmore College and his JD at the University of Pennsylvania.

## March 14

### DORIS CHEN, MD

#### Cognitive Function in Aging: Healthy Brain vs. Mild Cognitive Impairment and Dementia.



Dr. Chen will compare healthy brain aging to mild cognitive impairment and dementia. She will explain ways to maintain cognitive function in aging, what is normal and abnormal brain function, and when to seek care. Dr. Chen leads the clinical drug trials unit at UC Davis Health's Alzheimer's Disease Center. She has an interest in both disease-modifying therapies and symptomatic therapies for Alzheimer's disease and related dementias. She is also interested in understanding ways to increase the accessibility and inclusion of participants from underrepresented groups in clinical trials. Dr. Chen received her undergraduate degree at UC Berkeley and her neurology residency at UC Davis.

## March 21

### STAN PADILLA

#### Walls that Speak: The Murals of Stan Padilla



Stan Padilla is a Yaqui/Chicano artist, Indigenous educator, and cultural activist. He has been engaged in youth education and social justice issues through the arts for over 50 years. His artwork has been exhibited nationally and internationally. He is one of the principal mural painters for the Royal Chicano Air Force Arts Collective. He is currently the Artistic/Cultural Mentor for the United Auburn Indian Community Tribal School. The California Arts Council recognized him with a 2024 Master Legacy Artist Fellowship.

## March 2

### JENNIFER MARTINEZ

#### DEI in the Workplace—Benefits to Employers and the Impact of Recent SCOTUS Decisions



What is Diversity, Equity, and Inclusion? What is it not? How can it benefit companies and society? Join us for a discussion about what DEI initiatives are designed to accomplish and what the challenges to these initiatives get wrong about them. Jennifer provides strategic, programmatic, and operational leadership for initiatives that advance diversity, equity, and inclusion as core values of the firm. She is a partner in the Hanson Bridgett law firm. She has an undergraduate degree from UCLA and a JD from Stanford University.

## April 4

#### Spring Break: Campus Closed

## April 11

### DENNY MANGERS

#### Transitioning from a Heterosexual Relationship to a Homosexual Relationship in Adult Life



One of Sacramento's most diverse and celebrated leaders. Comstock's Magazine says, "he is known for his unimpeachable credibility." After serving as a teacher and professional musician, Denny served two terms as a state assemblyman from Southern California. He was the principal lobbyist, senior vice president, and California Cable & Telecommunications Association president. He was Mayor Darrell Steinberg's senior advisor in the state legislature. Dennis will be sharing his late life experiences transitioning from a heterosexual relationship to a homosexual relationship and lifestyle. For the past several years, he has mentored young men and women on a variety of career, emotional, and lifestyle choices.

## April 18

### DENNIS WARREN

#### I Could Be Wrong, But I Don't Think So—Memory, Happiness, Suffering



Dennis Warren is the Founding Teacher of Sacramento Insight Meditation. His focus in working with individuals and groups is the direct, practical application of meditation and concentration practices to the challenges of everyday life, relationships, and decision-making. He was an Adjunct Professor of Mindfulness for 11 years in the UC Davis Division of Pain Medicine. This presentation will explore the pivotal role memory plays in creating our understanding of the world and our identity and directly contributing to our happiness and suffering. Participants will be introduced to practices to work more skillfully with memory and the implications of failing memory.

## April 25

### AARON TANG

#### The Supreme Court in 2025



The Supreme Court continues to exert an immense impact on American life. In this talk, Professor Aaron Tang will discuss the major cases of the 2024-25 Term and how they will affect a wide range of issues, from gun safety to reproductive justice and care for transgender youth to protecting our democracy. Aaron Tang is a law professor at UC Davis and a former law clerk for Supreme Court Justice Sonia Sotomayor. Tang frequently writes about the Supreme Court in popular media such as the New York Times, Washington Post, Los Angeles Times, Slate, The Atlantic, and elsewhere.

## May 2

### JASON THOMPSON, PhD

#### The Music We Make, the World We Create: A Vision for Inclusive Music Education



Can music education truly claim to be inclusive while silencing diverse voices and their musical traditions? Black Honors College faculty member Jason Thompson will explain the exclusionary practices within music education, juxtaposing his vibrant, cross-cultural musical upbringing with the rigid gatekeeping encountered in academia and its impact on those whose musical lives reside outside the Western music canon. Dr. Thompson (PhD, Northwestern University) has over 20 years as a public school music teacher, university professor, and administrator. He previously served as Interim Director of Music Education at NYU and as a graduate faculty member at Arizona State University. He is co-editor of the book *If Colors Could Be Heard, They'd Paint Wondrous Tunes*.

## May 9

### DEBORAH SEILER, Renaissance Society Board of Directors President and California State University Sacramento President J. LUKE WOOD.

#### Annual Meeting



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 a guest. Deborah served as Assistant to CA Secretary of State March Fong Eu for Elections and Political Reform and many other positions related to elections and legislative committees, including an appointment to the CA Fair Political Practices Commission. Following this Forum, an end-



of-year celebration with scholarship recipients will be held at Engrained Restaurant.

[CLICK HERE TO ENROLL IN ANY PROGRAM](#)  
Starting on January 21 @ 8am

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# spring 2025 directory

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## Seminars

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| <a href="mailto:lorburdeaux@gmail.com">lorburdeaux@gmail.com</a>       |
| <a href="mailto:cassady.lynda@gmail.com">cassady.lynda@gmail.com</a>   |
| <a href="mailto:moondafc@yahoo.com">moondafc@yahoo.com</a>             |
| <a href="mailto:jbday2@pacbell.net">jbday2@pacbell.net</a>             |
| <a href="mailto:ladimat@aol.com">ladimat@aol.com</a>                   |
| <a href="mailto:jsdelgato@gmail.com">jsdelgato@gmail.com</a>           |
| <a href="mailto:dfrieze@comcast.net">dfrieze@comcast.net</a>           |
| <a href="mailto:ageraghty@comcast.net">ageraghty@comcast.net</a>       |
| <a href="mailto:audio_city@mac.com">audio_city@mac.com</a>             |
| <a href="mailto:MarianKile@yahoo.com">MarianKile@yahoo.com</a>         |
| <a href="mailto:scrapbookbabs@gmail.com">scrapbookbabs@gmail.com</a>   |
| <a href="mailto:kowaleski@earthlink.net">kowaleski@earthlink.net</a>   |
| <a href="mailto:wayneluney@gmail.com">wayneluney@gmail.com</a>         |
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| <a href="mailto:slynnsearch@yahoo.com">slynnsearch@yahoo.com</a>       |
| <a href="mailto:rscodel@umich.edu">rscodel@umich.edu</a>               |
| <a href="mailto:sr.scott7@gmail.com">sr.scott7@gmail.com</a>           |
| <a href="mailto:mark-erika@sbcglobal.net">mark-erika@sbcglobal.net</a> |

### Co-Leaders:

|                  |              |
|------------------|--------------|
| Lester Bennett   | 916-667-1653 |
| Marilyn Bradford | 661-904-3124 |
| David Bowles     | 916-662-1640 |
| Ana Facio        | n/a          |
| Judy Keaton      | 916-513-9488 |
| Laura Middleton  | 916-213-9245 |
| Pat Stokes       | 916-481-4219 |
| Steve Wittman    | 916-873-5598 |
| Alan Wong        | 818-454-6542 |

|  |
|--|
| <a href="mailto:lesterb64@comcast.net">lesterb64@comcast.net</a>             |
| <a href="mailto:bradfordmarilyn28@gmail.com">bradfordmarilyn28@gmail.com</a> |
| <a href="mailto:davidbowles@sbcglobal.net">davidbowles@sbcglobal.net</a>     |
| <a href="mailto:granadavil@aol.com">granadavil@aol.com</a>                   |
| <a href="mailto:judyk131@sbcglobal.net">judyk131@sbcglobal.net</a>           |
| <a href="mailto:lheringer50@gmail.com">lheringer50@gmail.com</a>             |
| <a href="mailto:pstokes689@comcast.net">pstokes689@comcast.net</a>           |
| <a href="mailto:stevewittmann@me.com">stevewittmann@me.com</a>               |
| <a href="mailto:alan9wong@gmail.com">alan9wong@gmail.com</a>                 |

## Presentations—Community Speaker Series

Coordinator: Maryellen Burns ([maryellen\\_burns@mac.com](mailto:maryellen_burns@mac.com))

### Speakers

Maryellen Burns  
Dan Cross  
Marge Tarbell

## Presentations—Monday Big History Speakers Series

Coordinators: Ranny Eckstrom ([ranny44@yahoo.com](mailto:ranny44@yahoo.com))

## Presentations—Tuesday Speakers Series

Coordinator: Phil Sexton ([pesexton@gmail.com](mailto:pesexton@gmail.com))

### Speakers

|                    |                 |                  |
|--------------------|-----------------|------------------|
| Gopal Kapur        | Diana Cassady   | Donna Montgomery |
| Stephanie Brow     | Helena Kanderka |                  |
| Linda Middlesworth | Sandy Britton   |                  |

## Presentations—Wednesday Science Speakers Series

Coordinator: David Lewis ([stuff619@gmail.com](mailto:stuff619@gmail.com))

## Presentations—Friday Morning On-Campus Series

Coordinator: Dale Good ([dalewgood@gmail.com](mailto:dalewgood@gmail.com))

### Speakers

|                |                 |               |
|----------------|-----------------|---------------|
| Will Harris    | Helena Kanderka | Sandy Britton |
| Stephanie Brow | Milo Turaylich  |               |
| Pete Spaulding | Diana Cassady   |               |
| Nancy Kniskern | David Bach      |               |

## Presentations—Topics in the American Revolution

Coordinator: Cathy Minicucci ([jcminicucci978@gmail.com](mailto:jcminicucci978@gmail.com))

### Speakers

|                 |                     |                 |
|-----------------|---------------------|-----------------|
| Cathy Minicucci | Theo Goodwin        | Anne Rewell     |
| Dan Rooney      | Michele Rickey-Pidd | Alex Cain       |
| Carolyn Martin  | Darryl O. Freeman   | Michael Hersher |
| Norv Wellsfry   | Kevin Collins       |                 |

## Presentations—Friday Afternoon Diversity Series

Coordinators: Jackie Lamb ([jcminicucci978@gmail.com](mailto:jcminicucci978@gmail.com)) and Diana Cassady ([dlcassady@comcast.net](mailto:dlcassady@comcast.net))

### Speakers

|                |                |                 |
|----------------|----------------|-----------------|
| Steve Sasaki   | Mrea Csorba    | Maryellen Burns |
| Kelly Thompson | Sandy Britton  | Ginger Rutland  |
| Theo Goodwin   | Stephanie Brow |                 |
| William Gow    | Anne Rewell    |                 |

### Forums

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

### Speakers

|                  |                   |                |
|------------------|-------------------|----------------|
| Bob Crowley      | Doris Chen        | Aaron Tang     |
| Cathy Minicucci  | Stan Padilla      | Jason Thompson |
| Donna Apidone    | Jennifer Martinez | Deborah Seiler |
| Martha Guerrero  | Denny Mangers     | Luke Wood      |
| Michael Vitiello | Dennis Warren     |                |

## Closed Programs (For information—in program registration system only)

### Leaders/Co-Leaders

|               |              |  |
|---------------|--------------|--|
| Jean Cawood   | 916-396-8431 | <a href="mailto:jczcawood@comcast.net">jczcawood@comcast.net</a>                   |
| Melody Flores | 916-600-7221 | <a href="mailto:Melodyflrs@netscape.net">Melodyflrs@netscape.net</a>               |
| Melissa Green | 916-806-1951 | <a href="mailto:Garden_gurl@comcast.net">Garden_gurl@comcast.net</a>               |
| Roger Klemm   | n/a          | <a href="mailto:synthesisdesigngroup@gmail.com">synthesisdesigngroup@gmail.com</a> |
| Curtis Nelson | 916-521-4799 | <a href="mailto:curtnel65@hotmail.com">curtnel65@hotmail.com</a>                   |
| Dan Rooney    | 916-988-6222 | <a href="mailto:dandar Rooney@mindspring.com">dandar Rooney@mindspring.com</a>     |



## 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. Click on the Renaissance Society Logo below to hear our own President, Deborah Seiler, speak about the Renaissance Society in an interview with Chris Nichols on Capital Public Radio's Insight.
- Unlimited access to hundreds of engaging seminars, talks, discussions, workshops, presentations, documentaries, hands-on activities, and community forums offered five-days a week, on campus, off campus, and on Zoom.
- Exciting ways to connect with friends, old and new, through our Renaissance Society Facebook page; X; 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, leading or 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.



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

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

- Our Mid-year Membership Registration Portal opened on November 15, 2024.
- Our Spring 2025 Catalog is posted on January 13, 2024.
- The Program Enrollment Portal opens on January 21, 2025
- Spring programs begin on February 3, 2025.
- Our Annual Membership Registration Portal opens on June 2, 2025.

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.
  - Click [here](#) to apply by mail.

# Renaissance Society Code of Conduct

Revision 2024

The Renaissance Society is dedicated to providing a welcoming and supportive environment for all people, regardless of background or identity. By participating in activities and events sponsored by the Renaissance Society, participants accept to abide our Code of Conduct and accept the procedures by which any Code of Conduct incidents are resolved. The Renaissance Society does not tolerate behavior that is disrespectful or that excludes, intimidates, or causes discomfort to others. We do not tolerate discrimination or harassment based on characteristics that include, but are not limited to, gender identity and expression, sexual orientation, disability, physical appearance, body size, citizenship, nationality, ethnic or social origin, pregnancy, familial status, veteran status, genetic information, religion or belief (or lack thereof), membership of a national minority, property, age, education, socio-economic status, technical choices, and experience level.

Everyone who participates in seminars, workshops, forums, and presentation activities is required to conform to this Code of Conduct. It applies to all spaces managed by or affiliated with the Renaissance Society. Program hosts/leaders are expected to assist with the enforcement of the Code of Conduct. By participating, participants and program leaders indicate their acceptance of the procedures by which the Renaissance Society resolves any Code of Conduct incidents,

## Standards of Conduct

All participants in our events and communications are expected to show respect and courtesy to others. All interactions should be professional regardless of platform: either online or in-person. In order to foster a positive and professional learning environment we encourage the following kinds of behaviors in all Renaissance Society events and platforms:

- Use welcoming and inclusive language and discussion.
- Be respectful of different viewpoints and experiences.
- Gracefully accept constructive criticism.
- Show courtesy and respect towards Renaissance Society members and guests!

## Unacceptable Conduct

Examples of unacceptable behavior by participants at any Renaissance Society Programs include:

- Engage in written or verbal comments, which have the effect of excluding people on the basis of membership of any specific group.
- Silence, prevent, or limit participation of members.
- Cause someone to fear for their safety such as by stalking, following, or intimidation.
- Violent threats or language directed against another person.
- The display of sexual or violent images.
- Nonconsensual or unwelcome physical contact.
- Sustained disruption of talks, events, or communications.
- Using insults, put downs, sexist, racist, homophobic, transphobic, disability discrimination, or exclusionary jokes.
- Excessive swearing.
- Continuing to initiate through actions or interaction (including photography or recording) someone after being asked to stop.
- Publication of public or private communication without consent.

## Consequences of Unacceptable Conduct

Purported violations should be reported to the Renaissance Society Program Committee Chair. If the Program Committee Chair determines that the violation cannot be resolved by verbal communication, the issue will be submitted to the Program Committee for further investigation and arbitration. Members are asked to stop any code of conduct violations as determined by the Program committee immediately. In serious circumstances where a resolution cannot be accomplished or violations continue, a member may be asked to leave the event or program. In the case of unresolved violation(s) by program leader(s), the Program Chair will report such violations to the full Renaissance Board, which may impose appropriate sanctions such as non-acceptance for the Renaissance Society Catalog of Programs and or denial of sanctioning by the Renaissance Society.

## orientation and open house

Whether you are 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, January 17, 2025, from 10 am to 12:30pm in the Ballrooms in the University Union.

### Orientation and Open House Program Agenda

**Orientation**—Come to this live event to hear what goals our President, Deborah Seiler, has in store for Renaissance. Following her presentation, Vice President and MDCE Co-chair Deanna Hanson, 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 Committee Co-chair, Peter C. Mundy, will highlight the exciting offerings coming this spring. 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. Members may email [renaissa@csus.edu](mailto:renaissa@csus.edu) to request a replacement badge. Include your name and emergency contact information.

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

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

## 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

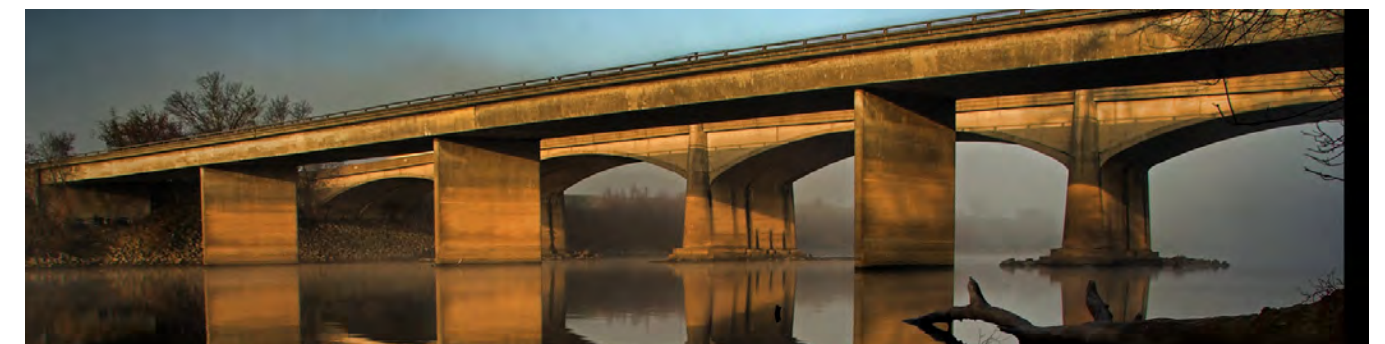
### What services are NOT associated with a library card?

- 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.



## 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](mailto: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 2025-2026 academic year, you will be able to purchase a new \$42 parking permit. This parking permit is valid until June 30, 2025. 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](mailto: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 the Renaissance Society registration system: You 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. If your Renaissance Society membership is current, but you do not see the Renaissance Society Parking option, please contact UTAPS.

### In-person Option

This permit enables members to park in parking structures or lots, where you can park in student or employee spaces. And, if you have a handicap permit or placard, the paid parking permit plus your handicapped placard allows you to park in all designated spaces. **Note:** The Renaissance Society permits are valid for Fridays and Saturdays ONLY. They are NOT valid for Faculty, Staff, or Student Residence lots. The current fine is \$55.

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.

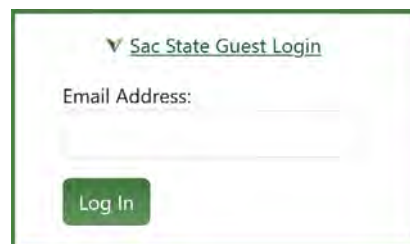
## wi-fi tips for on campus and at home

### Connecting to Sac State Wireless on Campus

When on campus you can connect to the free Sacramento State Guest wireless network. This will allow you to text, check your emails, or browse the internet before classes start or on breaks.

To connect to the guest wireless network, follow these steps.

1. Open the Settings app on your phone
2. On iPhone Click on the Wi-Fi tab and select SacLink Guest Network Access.
3. On Android phones click on Network & Internet then Internet
4. Your browser should automatically open and you should be prompted to enter an email address.



This should be your personal email address, not a Sac State one.

5. Click the Login button
6. Once completed, you should now have wireless access.

**Reminder**—Your wireless access must be renewed every 4 hours.

**\*\*Note**—If your browser does not automatically open, open your browser manually and enter this link, <https://wireless.webhost.csus.edu/> then enter your email address and proceed to Step 5.

### Getting a Stronger and More Secure Wi-Fi Signal at Home

If you use Wi-Fi to connect with your Renaissance Society Zoom meetings at home, you may enjoy these tips to improve the strength and security of your Wi-Fi signal:

**Router Location:** Place your router in a central location in your home, ideally off the floor on a shelf or desk. This helps the Wi-Fi signal reach all parts of your home with less interference from walls and furniture.

**Wi-Fi band:** Most home routers transmit on two Wi-Fi bands: 5 GHz and 2.4 GHz. The 5 GHz band offers faster speeds but shorter range, while the 2.4 GHz band offers better range but slower speed. Your device may choose the best band automatically, but if it doesn't, use the Wi-Fi signal bars to select the stronger choice.

**Router security:** Turn the router's power off and then back on again occasionally. This will improve its performance and eliminate some malware. Keep your router's software up to date. If the router's website is no longer providing software updates for your router, consider replacing it with a newer model.



## enrolling in programs

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

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

## ways to connect

### Reaching out to Renaissance Members

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

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

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

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

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

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

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

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



# 2024-25 Renaissance Society

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

| Board Officers/Executive Committee |                   |              |  |
|------------------------------------|-------------------|--------------|--|
| President                          | Deborah Seiler    | 916-704-5735 | <a href="mailto:deborah.seiler2@gmail.com">deborah.seiler2@gmail.com</a>             |
| Vice President                     | Deanna Hanson     | 916-296-4131 | <a href="mailto:deannahanson@gmail.com">deannahanson@gmail.com</a>                   |
| Controller                         | Dave Ferguson     | 916-792-0485 | <a href="mailto:frgsndv@gmail.com">frgsndv@gmail.com</a>                             |
| Asst. Controller                   | Anne Putt         | 916-451-8621 | <a href="mailto:anne.putt2@gmail.com">anne.putt2@gmail.com</a>                       |
| Secretary                          | Susan Brackenhoff | 217-254-5037 | <a href="mailto:susan.brackenhoff@gmail.com">susan.brackenhoff@gmail.com</a>         |
| Past President                     | Ken Cross         | 916-995-8288 | <a href="mailto:kencross@kencrossconsulting.com">kencross@kencrossconsulting.com</a> |
| Members-at-Large                   | Richard Atkinson  | 916-216-9466 | <a href="mailto:rpamd99@gmail.com">rpamd99@gmail.com</a>                             |
|                                    | Carol Barake      | 916-989-5150 | <a href="mailto:cmbarake@comcast.net">cmbarake@comcast.net</a>                       |
|                                    | Janet Heath       | 916-397-1509 | <a href="mailto:jheath2108@gmail.com">jheath2108@gmail.com</a>                       |
|                                    | Jackie Lamb       | 916-206-8917 | <a href="mailto:288jac@gmail.com">288jac@gmail.com</a>                               |
|                                    | Joel Leong        | 916-419-5988 | <a href="mailto:joel-h-leong@sbcglobal.net">joel-h-leong@sbcglobal.net</a>           |

| Committee Chairs             |                         |              |  |
|------------------------------|-------------------------|--------------|--|
| Communications and Marketing | Richard (Rick) Atkinson | 916-216-9466 | <a href="mailto:rpamd99@gmail.com">rpamd99@gmail.com</a>                             |
| Finance and Administration   | Dave Ferguson           | 916-792-0485 | <a href="mailto:frgsndv@gmail.com">frgsndv@gmail.com</a>                             |
| Forums                       | Vacant                  |              |  |
| Historian                    | Vacant                  |              |  |
| Long-Range Planning          | Ken Cross               | 916-995-8288 | <a href="mailto:kencross@kencrossconsulting.com">kencross@kencrossconsulting.com</a> |
| Membership                   | Deanna Hanson           | 916-296-4131 | <a href="mailto:deannahanson@gmail.com">deannahanson@gmail.com</a>                   |
| Nominating                   | Susan Brackenhoff       | 217-254-5037 | <a href="mailto:susan.brackenhoff@gmail.com">susan.brackenhoff@gmail.com</a>         |
| Programs                     | Peter C. Mundy          | 305-582-0431 | <a href="mailto:pcmundy@ucdavis.edu">pcmundy@ucdavis.edu</a>                         |
|                              | Jackie Lamb             | 916-206-8917 | <a href="mailto:288jac@gmail.com">288jac@gmail.com</a>                               |
| Resource Development         | Michael Pidd            | 916-541-5104 | <a href="mailto:mikepidd@sbcglobal.net">mikepidd@sbcglobal.net</a>                   |

| Committee Chairs (cont.) |                    |              |  |
|--------------------------|--------------------|--------------|--|
| Scholarships             | Laurye Brownfield  | 916-599-2677 | <a href="mailto:lauriebrownfield@gmail.com">lauriebrownfield@gmail.com</a> |
| Technology               | Sarah Ryan-Roberts | 916-216-3535 | <a href="mailto:sarahrr@me.com">sarahrr@me.com</a>                         |
|                          | Tom Nelson         | 530-219-8142 | <a href="mailto:t.nelson@csus.edu">t.nelson@csus.edu</a>                   |
| Volunteer Services       | Carol Barake       | 916-989-5150 | <a href="mailto:cmbarake@comcast.net">cmbarake@comcast.net</a>             |

| Board Liaison Members |                  |              |  |
|-----------------------|------------------|--------------|--|
| Recorder              | Jim Hodges       | 916-995-7011 | <a href="mailto:jameshodges999@gmail.com">jameshodges999@gmail.com</a>   |
| Website               | Jennifer Kerr    | 916-837-9023 | <a href="mailto:kerr.jennifer.m@gmail.com">kerr.jennifer.m@gmail.com</a> |
| Weekly Update         | Loretta Burdeaux | 916-690-2109 | <a href="mailto:lorburdeaux@gmail.com">lorburdeaux@gmail.com</a>         |
|                       | Jennifer Kerr    | 916-837-9023 | <a href="mailto:kerr.jennifer.m@gmail.com">kerr.jennifer.m@gmail.com</a> |
|                       | Hollis Kulwin    | 530-219-8142 | <a href="mailto:holliskulwin@gmail.com">holliskulwin@gmail.com</a>       |
|                       | Phil Lane        | 559-313-1964 | <a href="mailto:phil88ln@att.net">phil88ln@att.net</a>                   |
|                       | Carolyn Monson   | 916-342-2322 | <a href="mailto:carolyn.monson@me.com">carolyn.monson@me.com</a>         |

| Sac State Liaison  |               |              |  |
|--------------------|---------------|--------------|--|
| Interim Dean, SSIS | Marya Endriga | 916-278-6504 | <a href="mailto:mendriga@csus.edu">mendriga@csus.edu</a> |

| Staff          |              |              |  |
|----------------|--------------|--------------|--|
| Office Manager | Amber Korb   | 916-758-5133 | <a href="mailto:amber.korb@csus.edu">amber.korb@csus.edu</a>     |
| Senior Clerk   | Lorene Sarne | 916-661-6981 | <a href="mailto:lorene.sarne@csus.edu">lorene.sarne@csus.edu</a> |
| Clerk          | Sandy Ward   | 916-758-5133 | <a href="mailto:s.ward@csus.edu">s.ward@csus.edu</a>             |

## Are you interested in making a difference at the Renaissance Society?

Hear what Deanna Hanson has to say about becoming a Board member. Listen to Deanna Hanson share her experience [here](#).

## renaissance society 2023-2024 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 two to thirteen 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](mailto:lorene.sarne@csus.edu) or call 916-661-6981 for more information. The Program Committee reviews course proposals and provides instructor support and training. Make note of the date when you will receive the Program Application Form and the deadline for submission-see Calendar on [page 5](#).

# your donations make a difference

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

## 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 [Sac State Make a Gift page](#) or by check made out to University Foundation/Renaissance Society with the designated fund 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>

\*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 recipient's 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 or the Spring semester. A gift certificate is available on request.



# gift form

|   |       |           |
|---|-------|-----------|
| name  |       |           |
| address   |       |           |
| city  | state | zip       |
| email   | phone |           |
| \$_____ Renaissance Scholarship Fund (Tax Deductible)<br>(payable to University Foundation at Sacramento State—note, RS Scholarship)            |       |           |
| \$_____ Renaissance Society Operations Fund<br>(payable to Renaissance Society—note, RS Operations Fund)  |       |           |
| \$_____ Total Gift  |       |           |
| • I wish my gift to remain anonymous. ____yes ____no  |       |           |
| • This gift is: in honor of _____<br>in memory of _____   |       |           |
| • Please send notification of my tribute to _____   |       |           |
| Address   | City  | State Zip |
| Mail checks to: The Renaissance Society<br>California State University, Sacramento<br>6000 J Street—Mail Stop 6074<br>Sacramento, CA 95819-6074 |       |           |

## consider volunteering to be a Zoom tech host

Success isn't magic. Successful online seminars, presentations, and special interest groups take presenter preparation and enthusiasm, an engaged audience and the critical element... **the person behind the curtain.** Think Wizard of Oz and let me pretend to be Toto, revealing that Tech Hosts for our online activities are critical to their success.

**Are you comfortable with Zoom** and attending Zoom meetings? Are you comfortable with computers, tablets, or smartphones? Have you avoided a house falling on your head? We need you to help our seminar leaders shine by enrolling in a class—then put on your Tech Host ruby slippers to start the meetings, monitor participant interactions and end the meetings.

We offer tech host training before each semester begins and in our monthly **Tech Host User Support** group meetings you will find coaches with helpful suggestions. Checkout past training videos and handouts on our [Renaissance Society Online Learning Resources page](#) to see the common Zoom features used in seminars. Don't just fall asleep in the poppy field, attend training and volunteer to help a program leader in need.

**Not ready for the full adventure yet?** Shadow the tech host in one of the seminars you attend and then step up as a backup tech host. You can help a seminar be a technicolor experience.

Contact Marian Kile [mariankile@yahoo.com](mailto:mariankile@yahoo.com) or Sarah Ryan-Roberts [sarahrr@me.com](mailto:sarahrr@me.com). We will put you in touch with presenters that need your help and answer any questions you may have.



## 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
- 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 17th as well as in the Weekly Update.

Duties include scanning tickets, directing patrons to open seating and restrooms, and minding the doors. Paid parking is available on Parking Lot 2 across from 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 Deanna Hanson at [deannahanson@gmail.com](mailto:deannahanson@gmail.com).

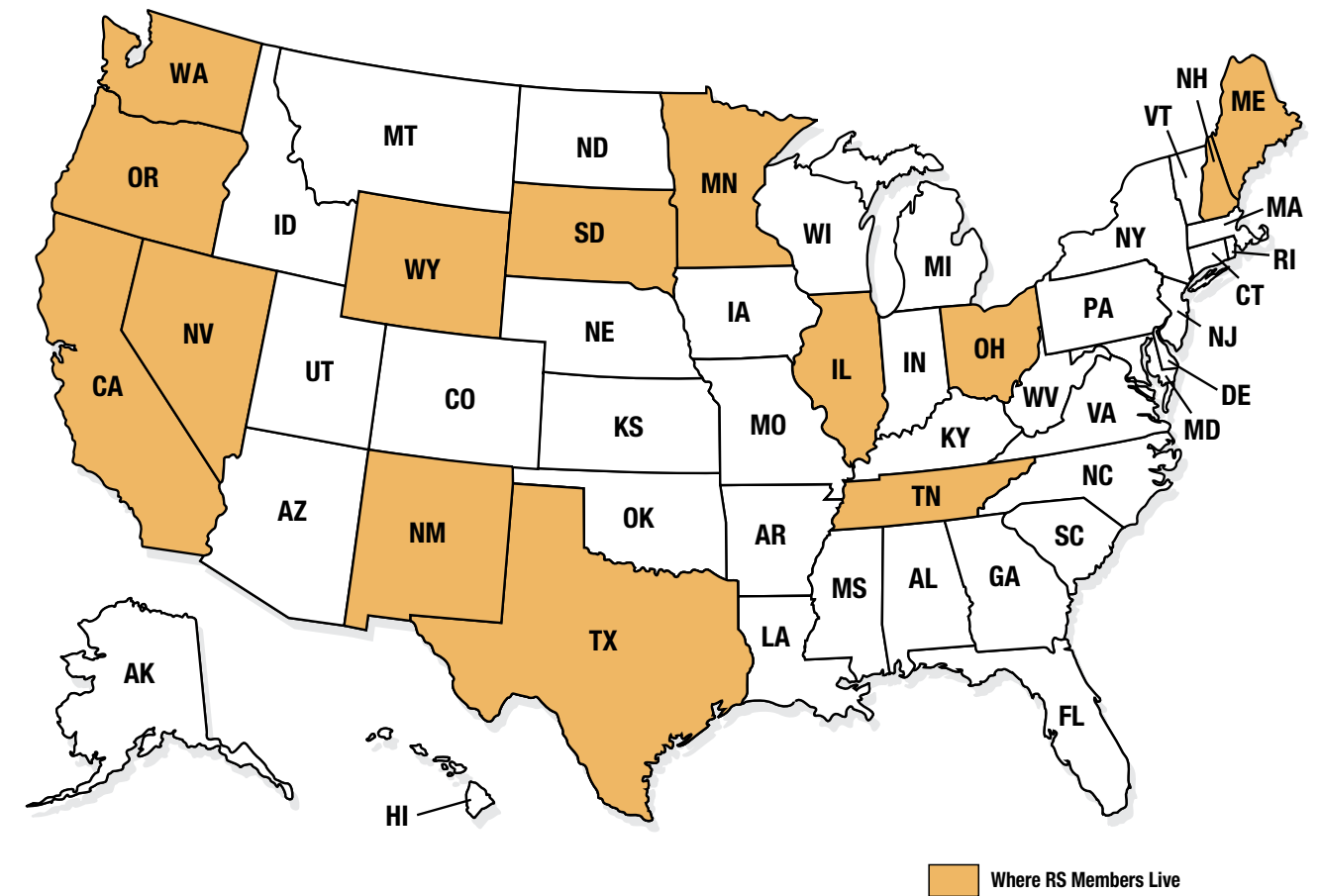
## volunteer for a committee

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 [82-83](#) 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.



# acknowledgments

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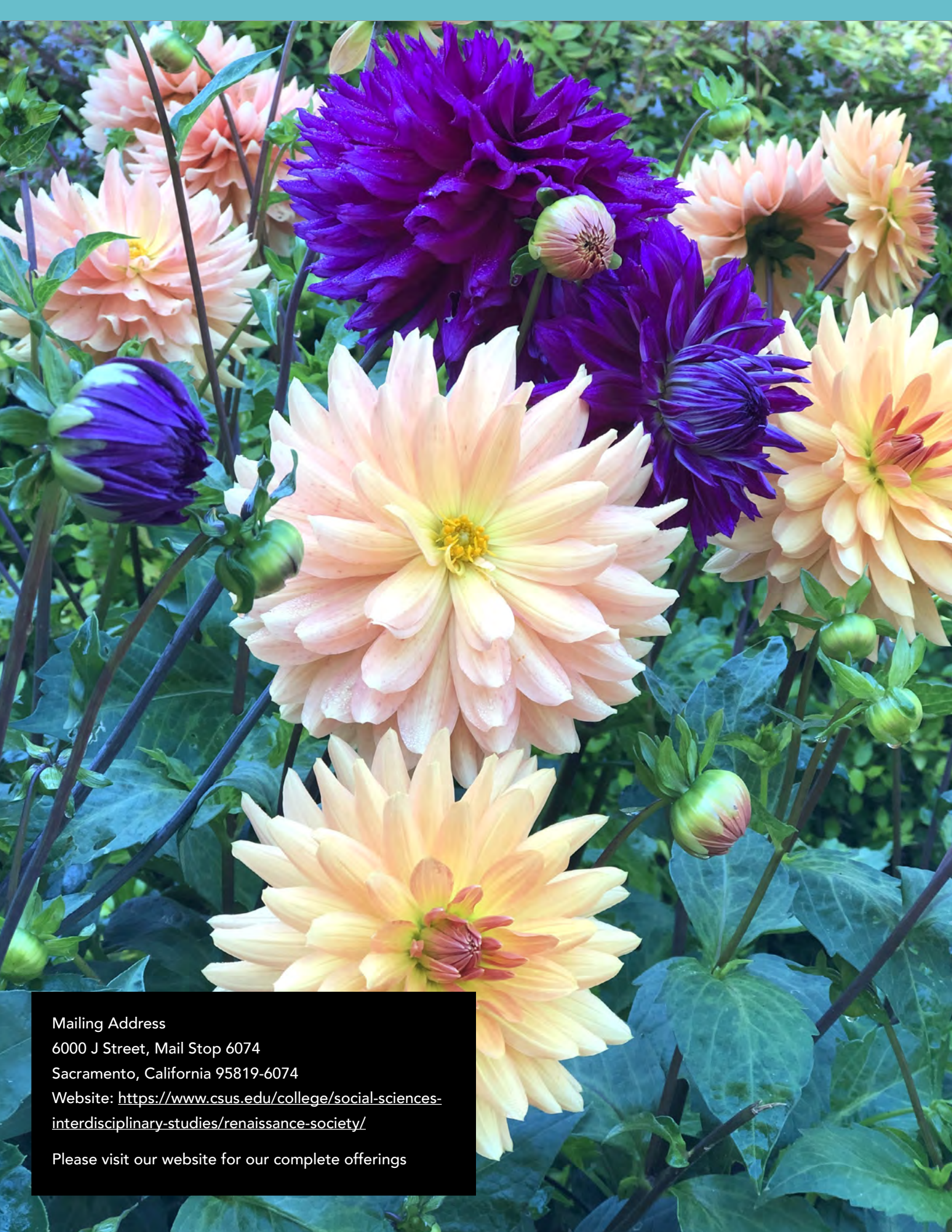
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