

**welcome
spring 2021**

*The
Renaissance
Society*

learn • connect • share

welcome & agenda

- 1 Member orientation
- 2 Moderated rendezvous panel
- 3 Service – volunteering



Ken Cross
President

1

member orientation

- learn
- connect
- share



**Ken
Cross**



**Allan
Keown**



**Muffy
Francke**

learn

and the journey
begins . . .

Allan Keown

**Seminar
Committee
Co-chair**



The Renaissance
Society of Sacramento
spring.catalog.2021

learn.connect.share.

celebrate lifelong learning



spring catalog available

Interested: Get Info Here!

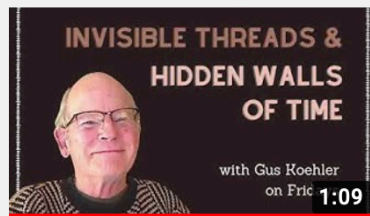
The New Spring Catalog!

Spring Membership Open Now!

FAQs & History

- printable catalog
- flipbook format
- **new** video Sneak Peeks
- schedule-at-a-glance

Search for
Renaissance
CSUS



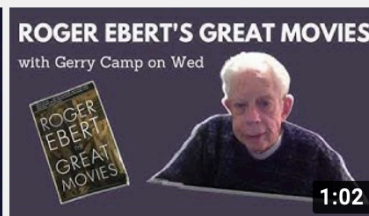
Invisible Threads and Hidden Walls of Time with Gus...

10 views • 2 weeks ago



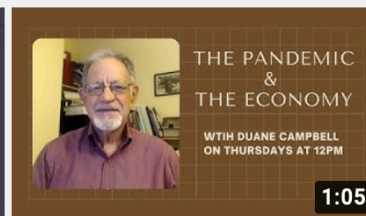
The Native American Experience: Racism,...

7 views • 2 weeks ago



Roger Ebert's Great Movies with Gerry Camp

19 views • 2 weeks ago



The Pandemic & the Economy with Duane...

10 views • 2 weeks ago



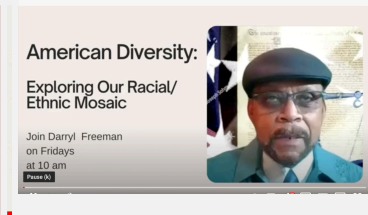
Rebellion in America: The American Civil War with Do...

7 views • 2 weeks ago



James Joyce's Ulysses with Dan Rooney

8 views • 2 weeks ago



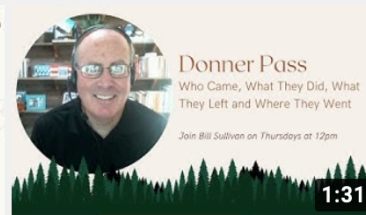
American Diversity Exploring Our Racial Ethnic Mosaic...

22 views • 2 weeks ago



Vegetable Gardening in Sacramento with Bonnie Blue

23 views • 2 weeks ago



Donner Pass: Who Came, What They Did, What They...

10 views • 2 weeks ago



iPad & iPhone Basics with Carol Dabrowiak

11 views • 2 weeks ago

- 38 quick minute seminar previews
- Sneak peeks link:
 - page 24 of flipbook catalog
 - when clicking The New Spring Catalog on website

**sneak
peeks**

more
help

THURSDAY PROGRAMS AT A GLANCE

		Title	Leaders' Name	Start Date	✓
SEMINARS	Seminar Coordinators: Allan Keown and Cindy Suchanek				
	10 - 11:00 am	Romantic? Comedies? Again? Discussion Group	Chip Zempel	Feb 11	
	10 - 12:00 pm	Mankind's Greatest Engineering Achievements	Richard Dabrowiak	Feb 11	
	10 - 12:00 pm	Delving into Dementia: The science, the caring, the hope	Mynga Futrell	Feb 11	
	10 - 12:00 pm	iPhone Photography Experimental Studio (Pre-requisite needed)	Melissa Green	Feb 11	
	10 - 12:00 pm	Relationships: How to Build Strong, Healthy, Loving Relationships	Nanci Kuzins	Feb 11	
	12 - 1:30 pm	The Pandemic and the Economy	Duane Campbell	Feb 11	
	12 - 2:00 pm	Rebellion in America: The American Civil War	Douglas Bonetti	Feb 11	
	2 - 3:30 pm	Middle East 2 - Empire and Nationalism	Norv Wellsfry	Feb 11	
	2 - 4:00 pm	Climate Chaos and the Individual			
SHARED INTEREST GROUPS	Shared Interest Groups Coordinators: Karen				
	10 - 12:00 pm	Art on the Spot			
	10 - 12:00 pm	Advanced Spanish conversation (language skill pre-requisite)			
	2 - 3:00 pm	Games for Entertainment			

schedule
at a
glance

My Schedule at a Glance: Spring 2021: Renaissance Society Programs

Day and Date	Start Time	Program Title	Page	Zoom Meeting info
2/14-5/21	2 PM.	Women Correspondents. (Wed.)	16	
9/4 Fri	10 AM	Woman Who Dared	26	
9/15 Tues	2 PM	Collapse of Civilization	24	

p. 9-14
PDF
catalog

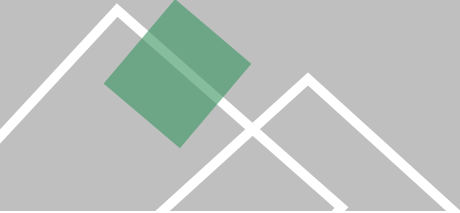


seminars

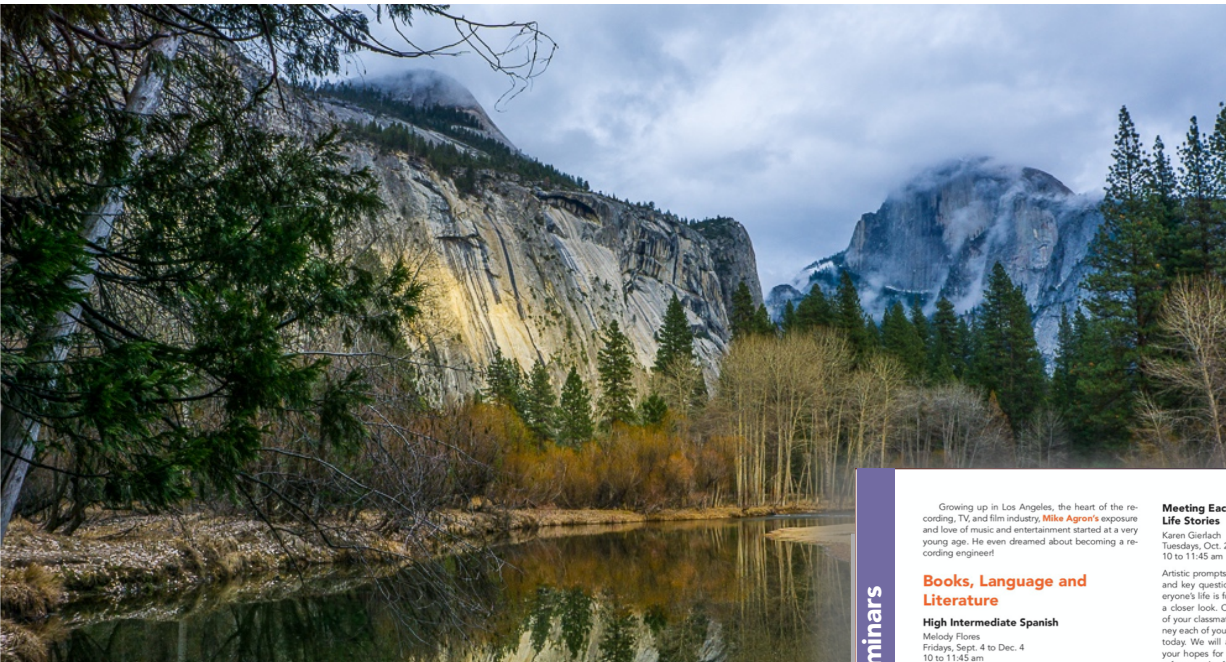
shared
interest
groups

presentations

+
pop-ups

- **total 129 programs**
 - **available every day but Sunday**
- 





seminars

- Roger Ebert's Great Movies
- Reading Poetry
- Vegetable Gardening in Sacramento
- Slavery: America's Original Sin and Its Continuing Aftermath
- Racial Healing Circles: Conversations on Race
- What's Behind the US Economy and Markets?
- Corporate Accountability: Restoring the Balance
- Self-Portraiture
- and more . . .

- 49 seminars
- peer-to-peer learning
- all or part of semester
- catalog pages 17-29

seminars

Books, Language and Literature

High Intermediate Spanish
Melody Flores
Fridays, Sept. 4 to Dec. 4
10 to 11:45 am

This class provides a relaxed atmosphere to build on your existing high intermediate level of Spanish. It is a participatory experience of reading, translating and improving grammatical skills. This class has been meeting regularly. The class and the waiting list are both full at this time. Especially under the current circumstances, we will not be adding students.

Melody Flores has led this Renaissance Society class for many years. She takes delight in sharing her knowledge of Spanish and together with her students appreciates the opportunity for lifelong learning.

Language and Cultural Families of the World
Marty Kaale
Tuesdays, Sept. 8 to Dec. 1
2 to 3:45 pm

Using a mix of DVDs, Power Point, and on-line lectures, this seminar will provide a global perspective of the development of human language families, as well as a brief overview of the cultures and migrations which are related to the major families. The DVDs used in the course are from The Great Courses; the instructor is John McWhorter, whose linguistic expertise, teaching skills and sense of humor are familiar to many Renaissance Society members.

Marty Kaale has been studying language development, human cultures, and migrations for over 15 years. He has led several well-attended Renaissance Society seminars on these closely related topics.

Meeting Each Other Through Sharing Life Stories
Karen Gierlach
Tuesdays, Oct. 27 to Dec. 1
10 to 11:45 am

Artistic prompts like art postcards, poetry, quotations and key questions will open up topics to share. Everyone's life is full of meaning and mystery if we take a closer look. Come and reflect on yours and those of your classmates to gain new insights into the journey each of you has traveled to become who you are today. We will also look at your life now as well as your hopes for the future. The explorations will use a framework of 7 and 21-year cycles, the same that are used in Waldorf schools for the childhood years. These 7-year cycles continue on into adulthood. They can also be related to the four seasons: spring, summer, fall and winter.

Karen Gierlach is a former Waldorf teacher and uses the developmental picture of the human being as presented by Rudolf Steiner. She enjoys creating possibilities for people to listen to each other's life experiences in an atmosphere of mutual interest and trust. Since her retirement, she has facilitated biography and social art workshops, both in the U.S. and overseas. She serves on the board of the Center for Biography and Social Art.

Writings about the California Delta, From Native Peoples to Joan Didion
Bob Benedetti
Thursdays, Sept. 10 to Dec. 3
12 to 1:45 pm

Writers focusing on the Sacramento San Joaquin Delta describe a unique place but differ in their definitions of its essential nature. For Native Peoples the Delta was a paradise, for the Spanish a fearful place. For gold miners the Delta was a highway; farmers praised its fertility but were challenged by floods. Pleasure seekers marvel at its many hide-a-ways while migrants deplore harsh working conditions. Environmentalists defend habitats; engineers celebrate water distribution. This seminar explores these many voices with the help of visiting lecturers.

Robert Benedetti is a retired faculty member trained in political science. He has served as chair of both the Florida and California Council for the Humanities. His research focuses on cities and towns. Recently he directed a study for the Delta Protection Commission on Delta Narratives, exploring themes in Delta history.

Contemporary Thought: Local and Global Perspectives
Anita Fante
Tuesdays, Sept. 1 to Dec. 1
12 to 1:30 pm

A year round, weekly discussion group that emphasizes thoughtful dialogue on current issues of interest—social, political, economic and cultural. Participation in group discussion is not required but is desirable. Prerequisites include good listening skills as well as tolerance and patience for the values and beliefs expressed by others.

Anita Fante, the moderator, has over two years chairing the Cracker Barrel.

Documentaries
Allan Keown and Judy Maben
Fridays, Sept. 4 to Dec. 4
10 to 11:45 am

Now in its 10th year as a Renaissance Society seminar, Documentaries will screen a lineup of cutting-edge films selected from recent finalists for the Oscars and winners at multiple film festivals in 2019 and 2020. The specific selections will be available in August. As always, there will be an emphasis on both general as well as smaller-group discussions. Seminar leaders look forward to sharing their choices with fellow documentarians in a new virtual format.

Allan Keown and Judy Maben have been leading, co-leading or attending this seminar each Fall Semester for the past 10 years. They are passionate about reviewing the prior two years' documentaries to locate those films that engage viewers artistically, theatrically and politically.

The Influence of Communication Media on Culture
Phil Lane
Wednesdays, Sept. 9 to Oct. 14
12 to 1:45 pm

The mass media have had a great influence on American culture since its inception and has reflected and helped to shape the changing cultural values of our society. The symbiotic nature of media and culture is exemplified in every communication medium, including print, radio, movies, television and video, as well as computer-based social media. This seminar will focus on this relationship in the 20th and 21st centuries by examining such issues as gender, ethnicity, social identity and information handling as they relate to the various media.

Phil Lane has a PhD in Communications Media Studies from Northwestern University. He has taught at five universities, including 35 years at Fresno State, where he taught courses in radio, TV and film until he retired in 2005.

The Pandemic and the Economy
Duane Campbell and Carl Pinkston
Thursdays, Sept. 10 to Oct. 15
12 to 1:30 pm

This course examines the political and economic consequences of the COVID-19 pandemic. Who is to blame for the initial slow response? What can be done now? The Federal Reserve and Congress have provided a massive stimulus to the economy, but the state budget will have to include major cuts in social services and other programs essential to California's citizens. Trade wars, Social Security, employment, labor, immigration, collusion, tax avoidance, and the Resistance movement are among the topics to be considered.

Participants will work together in groups. No prior experience of economics is needed, but participants must have working ability to use both the internet and Zoom.

Duane Campbell is a retired professor of bilingual and multicultural education at Sac State. He has taught classes in politics and economics and has been an activist for over 40 years. **Carl Pinkston** is the director of the African American Research Institute.

seminars

10

11

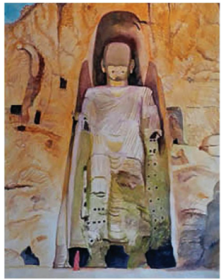


shared interest groups

- Alter Egos – Renaissance Society
- Actors and Storytellers
- Walkabouts
- Bits and Pieces
- Inspired by Nature - Creating Nature Journals to Capture Sense of Place
- Virtual Yoga
- Games for Entertainment
- Art on the Spot
- A Cook's Tour of Sacramento Continues to Meander
- and more . . .

- 16 opportunities
- catalog pages 30-34

people believe, and practice certain religions is a mystery, only turning to traditions for an answer. She has learned, the more you travel the world, the better the understanding a person has of the beauty of life.



The Persian Empire
Lawrence Fox

The Persian Empire is the name given to a series of dynasties centered in modern-day Iran that spanned several centuries. This region was a global hub of culture, religion, science, art and technology for more than 200 years before it fell to the invading armies of Alexander the Great. Lawrence Fox was in the Persian Empire in Iran in the 1970s and remained for 4 1/2 years. He will take us on a tour of places that he has seen and things he has done. Lawrence has a master's degree in art and education, and has traveled the world including India, Southeast Asia and throughout Europe.

Morocco
Marty Keale

Morocco is an ancient kingdom with a wide variety of geography, cultures and languages. Marty has prepared a slide show of his January 2019 tour of Morocco, which emphasizes the diversity of this exotic and beautiful land and draws sharp contrasts with our travels in Europe.

The Adventures and Misadventures of a Traveler
Dan Cross

Seeing amazing architecture, admiring centuries old pieces of art, experiencing different cultures, tasting new foods, and partaking of beers and spirits from around the world while accumulating memorable experiences to last a lifetime has become a quasi-addiction for Dan Cross. Join him on a journey through some of his favorite spots, and his not so favorite encounters.

Books, Language, and Literature

Book Group—Partners in Crime
Lynda Cassidy and Pat Stokes
4th Thursdays – ongoing
1:30 to 2:30 pm
Cassidy.lynda@gmail.com

Discover new mystery writers. Each month a member selects, and author and members read any of that author's books. At the monthly meeting, we share opinions in a friendly and frank roundtable discussion. The group has been meeting at McClellan Library. At present, the group is full, and a waiting list maintained. Cassidy.lynda@gmail.com or pstokes689@comcast.net.

Le Cercle Français (Conversational French)
Karen Durham
Wednesdays
1 to 3 pm
Karendurham15@gmail.com

This seminar has traditionally met at the Campus Commons Clubhouse. It is for French speakers at an intermediate level, requiring a working acquaintance with the language through high school or college classes or from living in a French-speaking country. Members share common interests through presentations, reading and conversation. Registration is required. Seminar size is limited to 15 and a waiting list is maintained.

Monday Book Club
Carol Hayes
First Monday, every month year-round
1 to 2:30 pm
cacarol@att.net

16 members currently sign-up by emailing or calling Carol Hayes or co-chair. We each take turns reviewing book/author and then everyone else has a turn to give opinion/comments. We read all types—mostly fiction and generally current. The group has been meeting at 150 East Ranch Drive at their clubhouse (near corner of Munroe & American River Dr) Waiting list maintained.

Memoirs
Frances Clarke
Mondays, September 21, October 5, October 19
2:00 to 3:45 pm
fclarke@surewest.net

Share your meaningful stories, experiences, perspectives. Photographs, artwork, drawings, scrapbooks, antiques or other creative ideas are welcome. We motivate and inspire each to create a legacy for others.

Topical Book Group—The People of Modern China
Nancy Findelsen
Wednesdays, Sept. 16 to Dec. 16
10 to 11:45 am
Nancy.findelsen@gmail.com

Over four months this fall, the Topical Book Group will read and discuss four books offering insightful reporting on the lives, dreams, struggles and achievements of ordinary people living in modern China. These highly rated books are by journalists and other writers with many years of experience living in China. A copy of the annotated book list will be provided upon registration.



Tuesday, Book Club
Marian Kile and Ilana Wolpert
Tuesdays, Sept. 15, Oct. 13, Nov. 17, Dec. 15
10 to 11:45 am
MarianKile@yahoo.com

Why join a book club? Why not join? We hold our discussion in a Zoom meeting to share ideas and perspectives. We read a wide variety of fiction and non-fiction books that are available in the Sacramento Public Library system, including eBooks. Members engage in intelligent yet comfortable discussions about the writing and the author. We meet year-round, once a month, on the third Thursday. Maximum registration: 18

The New Yorker Magazine Discussion Group
Ronald Meyer
Mondays, all year round
10:30 to 12:30 pm
Ronson3841@gmail.com

This seminar is for those who enjoy reading the New Yorker magazine. Participants read and review each week's issue in advance of the meeting. Members freely discuss articles in the recent issue, share opinions and gain insights. We meet every Monday throughout the year. We meet year-round. The New Yorker Magazine Discussion group has been in existence since the 1990s. All our members subscribe to the magazine. We are currently meeting via Zoom; however, we normally meet in the KCH Library in The Center at 2300 Sierra Blvd., Sacramento.

Spanish Conversation, Advanced
JoAnn Peter
Thursdays, Sept. 3 to Nov. 19
10 to 11:45 am
Jp10299@yahoo.com

This Shared Interest Group is for Spanish speakers at an advanced level. The emphasis on conversation. The ability to use the imperfect and reterite tenses is necessary. We may read articles on current events, literature selections, watch a video or review grammar as desired by the groups. Please contact leader before registering.

presentations

After the Inauguration:
Washington 2021

Everything 1950's

The Mound Builder
Culture of North America

History, Culture, Conflict in the
Sacramento/San Joaquin Delta

Dining on the Rails

Culinary Misadventures
of Eleanor Roosevelt

Food in Space in
Fiction and Reality

and more . . .

- 44 opportunities
- peer-to-peer learning
- catalog pages 35-44

what you should look for when seeking care for your hearing. There will be time for a Q&A at the end of the presentation.

Laura Gaeta, PhD, is an assistant professor in the Department of Communication Sciences and Disorders at CSU, Sacramento. Julia Ahlquist Tanner, AuD, is an audiologist and private practice owner (The Hearing Solution) in Sacramento. Together, they have led a seminar on hearing loss and communication strategies since Fall 2018. Drs. Tanner and Gaeta both enjoy educating Renaissance members about hearing loss and hearing technology.

Introduction to Walking Meditation Using a Labyrinth

Christie Brazier
Thursday, Oct. 8
10:30 am

Looking for a simple way to let go of everyday stress? Learn another way to meditate, walking an ancient time-tested design known as a labyrinth. Join this one-hour lecture with PowerPoint slides, video and handouts. You will learn: What is a labyrinth? Difference between a maze and a labyrinth. Amazing variety of benefits from walking a labyrinth. Guidelines for walking the labyrinth. The three stages of the labyrinth walk. How to find local labyrinths to walk. Ideas on building your own labyrinth. **Christie Brazier** is a Veritas certified, trained labyrinth facilitator. After quarantine restrictions are lifted, we will visit a local labyrinth for a walk together. Class enrollees can watch for that invitation.

History



American Revolution: How the US and Britain went their separate ways

Catherine Minicucci
Wednesday, Sept. 16
2 pm

This lecture will cover America under colonial rule, issues leading to revolution, war, and the immediate aftermath. She will cover American "sedition," and formation of a new American identity as well as Britain's attitude toward the American colonies and its inept colonial administration. The Revolutionary War pitted a hardened battle tested British force against local and state militias and an underfunded Continental Army. She will discuss how we won the war and a new nation was born.

Catherine Minicucci is very interested in American history and enjoys researching historical topics in depth. For this lecture, she read books about the Revolution from the British and American perspective and visited Philadelphia where she saw battlefield sites and visited the Museum of the American Revolution and the National Constitution Center.

The Explosive Story of the 1893 Chicago Worlds Fair Ferris Wheel

Maryellen Burns
Tuesday, Sept. 29
10 am

The story of the worlds first Ferris Wheel starts as so many great stories do with Americans desperately trying to outdo the French to create a structure that would rival the Eiffel Tower. George Washington Gale Ferris was hired to do the job and created a feat of engineering—a Wheel that was 256 feet high. Find out more about his tragic tale—and the explosive fate of his one true wheel. **Maryellen Burns** has long been fascinated by the Chicago World's Fair, created to celebrate the 400th anniversary of Christopher Columbus's voyage to America.

Railroads of Lake Tahoe

Norv Wellisly
Thursday, Dec. 3
2 pm

Before the Lake Tahoe Scenic drive and casinos were built, and the lake became a popular vacation spot, there were logging, railroads, and steamboats. Lake Tahoe's first developers were the railroads, timber and mining companies that extracted the wealth of the

area. But before Lake Tahoe could be developed, the first transcontinental railroad needed to pass over and through the Sierra Nevada. Join in to explore the early history of Lake Tahoe in this presentation.

Norv Wellisly has been a Railroad "Foamer" since his earliest Lionel Train set. Along the way he also earned a bachelors, masters, and doctorate and worked in community colleges as an administrator and faculty member for 46 years. He is currently a member of the Seminar committee and serves the Board of Directors of Renaissance as the Controller.

Science, Nature and Technology

Container Gardening

Karen Martin
Monday, Sept. 28
2 to 3:45 pm

Are you a new gardener? Or a veteran with a green thumb who wants to explore something new? Learn the easy and creative possibilities of gardening in containers—from edible fruits and vegetables to ornamental plants, grasses, and bulbs. We will cover how to choose the best containers and plants, plus the unique cultural needs of container gardens, like soil mixes, watering, and fertilizing.

Karen Martin is a Sacramento County UC Master Gardener who finds her bliss digging in the soil and sharing garden chat with fellow gardeners. She is happy to share both her triumphs and her challenges gardening in containers, because that's what makes gardening such a great, lifelong learning pursuit. She has been a Renaissance Society member since retiring from teaching in 2012, and she currently is a Member at Large on the RS Board.

Garden Chat: Fall in Your Garden

Karen Martin
James E. Brown
Rick Castro
Monday, Oct. 12
2 to 3:30 pm

Join a casual conversation with a panel of three Master Gardeners as they focus on Fall tasks in the garden. They will describe seasonal tasks such as planting a winter vegetable garden or sowing a cover crop, starting a compost pile, pruning and dividing perennials, and winterizing your garden. Come with your ques-

tions and enjoy a vibrant exchange with fellow Renaissance Society garden lovers. Learn about some great resources for researching more of your own gardening questions that might arise beyond this class.

Karen Martin is a Sacramento County UC Master Gardener who finds her bliss digging in the soil and sharing garden challenges and triumphs with fellow gardeners. She has been a Renaissance member and seminar leader since retiring from elementary teaching in 2012 and currently serves as a Member at Large on the RS Board.

James E. Brown found his love of gardening working as a child on his grandfather's farm and in his mother's flower garden. Today he is a passionate community garden advocate, working his large garden plot and serving four years as the Southside Community Garden President. As a Sacramento County UC Master Gardener, he divides his time between answering garden questions via phone and working in the Fair Oaks Horticulture Center. He has been a Renaissance member since 2017.

Rick Castro has been a life-long advocate of community gardens, helped create many from the early 80's to now and has been known to maintain neighbors' gardens all throughout Midtown. His main themes are lush Victorian style gardens using native plants and an adherence to drought tolerance. He is also a Sacramento County UC Master Gardener.



pop-ups

virtual or in person activities virtual hang outs

many less than 20
minutes

hands-on workshops

propose your own

inside views of
favorite restaurants

discover less told stories
of Sacramento

explore favorite city haunts

- member presentations
- partner events (library, arts groups, community experts)
- short notice
- catalog page 45

what you should look for when seeking care for your hearing. There will be time for a Q&A at the end of the presentation.

Laura Gaeta, PhD, is an assistant professor in the Department of Communication Sciences and Disorders at CSU, Sacramento. Julia Alquist Tanner, AuD, is an audiologist and private practice owner (The Hearing Solution) in Sacramento. Together, they have led a seminar on hearing loss and communication strategies since Fall 2018. Drs. Tanner and Gaeta both enjoy educating Renaissance members about hearing loss and hearing technology.

Introduction to Walking Meditation Using a Labyrinth

Christie Brazier
Thursday, Oct. 8
10:30 am

Looking for a simple way to let go of everyday stress? Learn another way to meditate, walking an ancient time-tested design known as a labyrinth. Join this one-hour lecture with PowerPoint slides, video and handouts. You will learn: What is a labyrinth? Difference between a maze and a labyrinth. Amazing variety of benefits from walking a labyrinth. Guidelines for walking the labyrinth. The three stages of the labyrinth walk. How to find local labyrinths to walk. Ideas on building your own labyrinth. **Christie Brazier** is a Veritas certified, trained labyrinth facilitator. After quarantine restrictions are lifted, we will visit a local labyrinth for a walk together. Class enrollees can watch for that invitation.

History



20

American Revolution: How the US and Britain went their separate ways

Catherine Minicucci
Wednesday, Sept. 16
2 pm

This lecture will cover America under colonial rule, issues leading to revolution, war, and the immediate aftermath. She will cover American unrest, "sedition," and formation of a new American identity as well as Britain's attitude toward the American colonies and its inept colonial administration. The Revolutionary War pitted a hardened battle tested British force against local and state militia and an underfunded Continental Army. She will discuss how we won the war and a new nation was born.

Catherine Minicucci is very interested in American history and enjoys researching historical topics in depth. For this lecture, she read books about the Revolution from the British and American perspective and visited Philadelphia where she saw battlefield sites and visited the Museum of the American Revolution and the National Constitution Center.

The Explosive Story of the 1893 Chicago Worlds Fair Ferris Wheel

Maryellen Burns
Tuesday, Sept. 29
10 am

The story of the worlds first Ferris Wheel starts as so many great stories do with Americans desperately trying to outdo the French to create a structure that would rival the Eiffel Tower. George Washington Gale Ferris was hired to do the job and created a feat of engineering—a Wheel that was 256 feet high. Find out more about his tragic tale—and the explosive fate of his one true wheel. **Maryellen Burns** has long been fascinated by the Chicago World's Fair, created to celebrate the 400th anniversary of Christopher Columbus's voyage to America.

Railroads of Lake Tahoe

Norv Wellsby
Thursday, Dec. 3
2 pm

Before the Lake Tahoe Scenic drive and casinos were built, and the lake became a popular vacation spot, there were logging, railroads, and steamboats. Lake Tahoe's first developers were the railroads, timber and mining companies that extracted the wealth of the

area. But before Lake Tahoe could be developed, the first transcontinental railroad needed to pass over and through the Sierra Nevada. Join in to explore the early history of Lake Tahoe in this presentation.

Norv Wellsby has been a Railroad "Foamer" since his earliest Lionel Train set. Along the way he also earned a bachelors, masters, and doctorate and worked in community colleges as an administrator and faculty member for 46 years. He is currently a member of the Seminar committee and serves the Board of Directors of Renaissance as the Controller.

Science, Nature and Technology

Container Gardening

Karen Martin
Monday, Sept. 28
2 to 3:45 pm

Are you a new gardener? Or a veteran with a green thumb who wants to explore something new? Learn the easy and creative possibilities of gardening in containers—from edible fruits and vegetables to ornamental plants, grasses, and bulbs. We will cover how to choose the best containers and plants, plus the unique cultural needs of container gardens, like soil mixes, watering, and fertilizing.

Karen Martin is a Sacramento County UC Master Gardener who finds her bliss digging in the soil and sharing garden chat with fellow gardeners. She is happy to share both her triumphs and her challenges gardening in containers, because that's what makes gardening such a great, lifelong learning pursuit. She has been a Renaissance Society member since retiring from teaching in 2012, and she currently is a Member at Large on the RS Board.

Garden Chat: Fall in Your Garden

Karen Martin
James E. Brown
Rick Castro
Monday, Oct. 12
2 to 3:30 pm

Join a casual conversation with a panel of three Master Gardeners as they focus on Fall tasks in the garden. They will describe seasonal tasks such as planting a winter vegetable garden or sowing a cover crop, starting a compost pile, pruning and dividing perennials, and winterizing your garden. Come with your ques-

tions and enjoy a verdant exchange with fellow Renaissance Society garden lovers. Learn about some great resources for researching more of your own gardening questions that might arise beyond this class.

Karen Martin is a Sacramento County UC Master Gardener who finds her bliss digging in the soil and sharing garden challenges and triumphs with fellow gardeners. She has been a Renaissance member and seminar leader since retiring from elementary teaching in 2012 and currently serves as a Member at Large on the RS Board.

James E. Brown found his love of gardening working as a child on his grandfather's farm and in his mother's flower garden. Today he is a passionate community garden advocate, working his large garden plot and serving four years as the Southside Community Garden President. As a Sacramento County UC Master Gardener, he divides his time between answering garden questions via phone and working in the Fair Oaks Horticulture Center. He has been a Renaissance member since 2017.

Rick Castro has been a life-long advocate of community gardens, helped create many from the early 80's to now and has been known to maintain neighbors' gardens all throughout Midtown. His main themes are lush Victorian style gardens using native plants and an adherence to drought tolerance. He is also a Sacramento County UC Master Gardener.



21

- **13 community conversations**
- **topics: arts, science, health, politics, economics, personal journeys**
- **3 to 4 pm Fridays**
- **catalog pages 46-49**

forums



**Maeley Tom
&
Barbara O'Connor,
PhD**



***Breaking Through
Glass Ceilings in the
California State
Legislature***

**first
forum**



feb. 12



**What You Need To Know About
Computer Crimes and Elder Fraud**

**Taking the Pulse of Sacramento's Business
Scene in the Era of Covid**

**Accepting and Adapting to Your
Disabilities**

**Understanding the "Unhoused" in
Sacramento and California**

Healthy Aging In A Digital World

**Mexican Culture in the Context of the
Complex USA-Mexico Relationship**

**Confronting and Controlling Pandemics and Insurrections—
Continuing Civil Rights Issues in the 2020's**

Hot Topics at the High Court

SPACE: The Last Frontier (We May Need It!)

**A Tale of Three Spouses:
Partners In Leadership**

**Theatre: Here Today, Gone Tomorrow? The State
of Live Theater in the COVID Era and Beyond**

Domestic Sex-Trafficking of Minors

**more
spring
topics**



connect
It all starts here.



Muffy Francke

**Search for
Renaissance
CSUS**

The Renaissance Society

Colleges & Majors > Social Sciences & Interdisciplinary Studies > The Renaissance Society

Who is the Renaissance Society?

The Renaissance Society of Sacramento provides opportunities for participatory lifelong learning and community engagement for older adults. Our learning opportunities include seminars and other programs on widely varied subjects proposed and presented by our members.

We also are involved with Sac State in many helping ways to provide more learning opportunities, such as providing scholarships or volunteering for many Sac State departments.

We're All Online!

In normal times, many of our seminars on widely varied subjects are on Fridays and Saturdays on the Sac State campus and various other locations. **Now we are all online**, using safe, social-distancing ways to deliver our seminars.

Interested? Get Info Here!

- The New Spring Catalog!
- Spring Memberships Open Now!
- FAQs & History
- Our Board & Governance
- Learn, Connect, Share.**
- Pop-Ups and Recordings
- Online Learning Resources
- Get Involved: Donate, Volunteer.
- Cool Campus Tree Map PDF

[Online Registration Site](#)

[The new Spring Catalog](#)

[Download the January issue of The Recorder](#)

THE RENAISSANCE SOCIETY

Renaissance Society Calendar

Group meets

meets

Mo

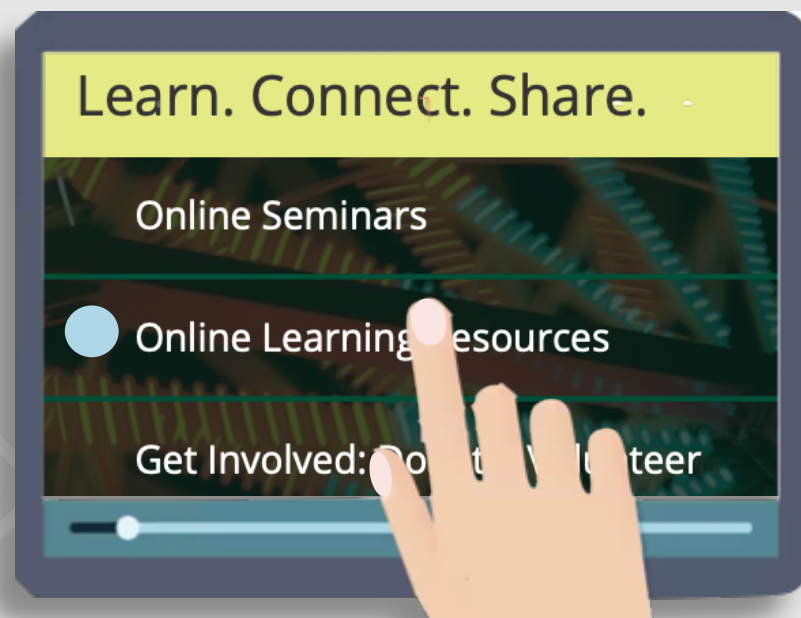
For

Visit Full Calendar

resources

- online participation guides
- seminar leader guides
- tech team support:
rensocit@gmail.com

▶ video
format



▶ printable
format

Joining a Zoom Meeting for iPhone



First Step (one time only):

Download the App from the Apple Store. Search for "ZOOM Cloud Meetings"

Join a Meeting from an email

Most of the time, tapping on the **Join Zoom Meeting** link in an email invitation or text message invite, will connect you to your meeting. The link is convenient because both the meeting ID and encrypted password are in it. The Meeting ID is at least 10 digits. Some meetings will require you to enter a password for added security.

Joining a Zoom Meeting for Android



First Step (one time only):

Download the App from the Google Play Store. Search for "ZOOM Cloud Meetings"

Join a Meeting from an email

Most of the time, tapping on the **Join Zoom Meeting** link in an email invitation or text message invite, will connect you to your meeting. The link is convenient because both the meeting ID and encrypted password are in it. The Meeting ID is at least 10 digits. Some meetings will require you to enter a password for added security.

Joining a Zoom Meeting for iPad



First Step (one time only):

Download the App from the Apple Store. Search for "ZOOM Cloud Meetings"

Join a Meeting from an email

Most of the time, tapping on the **Join Zoom Meeting** link in an email invitation or text message invite, will connect you to your meeting. The link is convenient because both the meeting ID and encrypted password are in it. The Meeting ID is at least 10 digits. Some meetings will require you to enter a password for added security.

**getting
enrolled
#1**

need help?

rensocit@gmail.com

Learn. Connect. Share.

- Spring 2021 Catalog of Seminars
- Using Online Learning Resources
- Get Involved: Donate. Volunteer.

**Read Online in
Flipbook**

Download as PDF

**Online Registration
Site**

getting
enrolled
#2

plan•plan•plan

use "program
schedule at a
glance"

SEMINARS

Seminar Title	Instructor Name	Date	Day/Time	Page	✓
Active Retirement Investing	Bill Bailey, Marsha Holland	9/16–10/28	Wed/10 am	14	
Bob's Flash Mob Classic Rock Radio Show	Bob Lang	9/6–10/13	Tue/noon	9	
Cracker Barrel	Anita Fante	9/1–12/1	Tue/noon	11	
Daring Women War Correspondents	Jennifer Kerr	10/21–12/2	Wed/2 pm	16	
Delaying Death and Avoiding Disability	Don Forrester	10/28–12/3	Thu/2 pm	14	
Delving into Dementia: the Science, the Caring, the Hope	Mynga Futrell				
Documentaries	Allan Keown, Judy Maben				
Donner Pass: Who Came, What They Did, Where They Went and What They Left	William Sullivan				

My Schedule at a Glance: Spring 2021: Renaissance Society Programs

Day and Date	Start Time	Program Title	Page	Zoom Meeting info
2/14-5/21	2 PM.	Women Correspondents. (Wed.)	16	
9/4 Fri	10 AM	Woman Who Dared	26	
9/15 Tues	2 PM	Collapse of Civilization	24	

pages 6-14 of
the PDF catalog

**getting
enrolled
#3**

Learn. Connect. Share.

Spring 2021 Catalog of Seminars

Using Online Learning Resources

Get Involved: Donate. Volunteer.

Read Online in
Flipbook

Download as PDF

Online Registration
Site

SIGN ME IN

Renew Membership
Choose Seminars

Sign In

[Help Me Login](#)

need help?
rensocit@gmail.com

**Forgot
member ID?**

Member ID Lookup

- First Name
- Last Name
- Zip Code

getting enrolled tips

Seminars

Select a seminar group to add or change seminars.

Forums and Presentations

- [Add or change seminars](#)

Monday AM

- [Add or change seminars](#)

Monday Noon

- [Add or change seminars](#)

Monday PM

- [Add or change seminars](#)

Tuesday AM

- [Add or change seminars](#)

Tuesday Noon

- [Add or change seminars](#)

Email My Seminar List

Submit

The Renaissance Society of CSUS: Seminar Selections for Muffy Francke

Below is a list of your current and upcoming seminars. **Please save this email for future reference.**

- **Delaying Death and Avoiding Disability**

02/10/2021 - 03/17/2021 (Wed), 2:00 PM - 4:00 PM

Zoom (Meeting Link: <https://csus.zoom.us/j/88442821263>)

Seminar Lead(s): [Don Forrester, M.D. \(donforr@gmail.com\)](mailto:donforr@gmail.com)

Your Status: **Enrolled**

- **Celebrating Late Night Talk Shows - The Early Years**

02/12/2021 - 05/07/2021 (Fri), 12:00 PM - 2:00 PM

Zoom (Meeting Link: https://zoom.us/webinar/register/WN_eyFp9ixSTFq5uq3LNYALmQ)

Seminar Lead(s): [Mike Agron \(mikehagron@gmail.com\)](mailto:mikehagron@gmail.com)

Your Status: **Enrolled**

- **Back of the White House**

02/15/2021 (Mon), 7:00 PM - 8:30 PM

Zoom (Meeting Link: <https://csus.zoom.us/j/84393418240?pwd=WC9EWG9lVnhaa2N6cnlZdURDS2ZGQT09>)

Seminar Lead(s): [Maryellen Burns \(maryellen_burns@mac.com\)](mailto:maryellen_burns@mac.com)

Your Status: **Enrolled**

- **in the Context of the Complex USA-Mexico Relationship**

02/15/2021 (Mon), 3:00 PM - 4:00 PM

Zoom (Meeting Link: <https://csus.zoom.us/j/82220933993?pwd=aEs2NFZ0aE3TEpGVWp5eVo5Skk1QT09>)

Seminar Lead(s): [Tom Suchanek \(thsuchanek@ucdavis.edu\)](mailto:thsuchanek@ucdavis.edu)

Your Status: **Enrolled**

- **The Culinary Misadventures of Eleanor Roosevelt**

03/01/2021 (Mon), 7:00 PM - 8:30 PM

Zoom (Meeting Link: <https://csus.zoom.us/j/84393418240?pwd=WC9EWG9lVnhaa2N6cnlZdURDS2ZGQT09>)

Seminar Lead(s): [Maryellen Burns \(maryellen_burns@mac.com\)](mailto:maryellen_burns@mac.com)

Your Status: **Enrolled**

IMPORTANT NOTE: You are not registered until you click the Submit button at the bottom of the form.


staying connected

newsletter




The Recorder

email




Learn. Connect. Share.



Breathing a sigh of relief to see 2020 finally go? Probably, but there's much to be grateful for this past year, and plenty of mounting excitement over the new Renaissance semester coming soon.

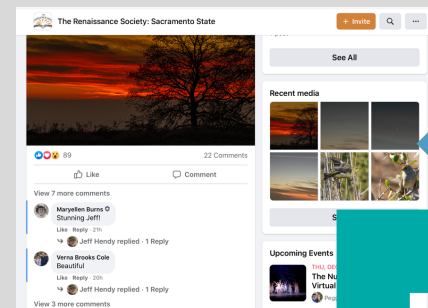
Learn.

Let's start with gratitude. We hope you were able to tune into **President Ken Cross's Dec. 4 Forum** retrospective on the past year of Renaissance activities. Our program and social committees, our technical gurus, our resource development folks all miraculously saved our organization and brought out the best of us, including our generous spirit of giving. If you missed Ken's inspiring talk, access it [here](#). And, thanks to you, Ken, for your **outstanding leadership** during this critical time. We couldn't have done it without you! Here's a special message from a Renaissance member:

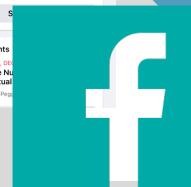


Constant Contact

social media



Watch
for
Invite



calendar

Add to My Calendar

Forward To Friends

The Renaissance Society Calendar

Tues, Jan 5
Spring-only Memberships Open

Tues, Jan 5
Gerontology Committee meets

Tues, Jan 5
Executive Committee meets

JANUARY 2021

Spring-only Memberships Open online Tue, Jan 5	Gerontology Committee meets online Tue, Jan 5, 10 - 11:30am
MDCE Committee Meets online Thu, Jan 7, 1:30 - 3:30pm	Spring Class Registration Opens online Mon, Jan 11
First Thursday of the month on Zoom Please contact chairperson Ken Cross for Zoom invitation link kenross@kencrossconsulting.com (916) 995-8288	
Spring Rendezvous online Fri, Jan 15	


[Visit Full Calendar](#)

share

Learn. Connect. Share.

Online Seminars

Online Learning Resources

 Get Involved: Donate. Volunteer

volunteer

- Renaissance Ambassador team
- Committees
- Zoom tech team

donations

- ASI Food pantry
- Scholarships
- Student Emergency Fund
- Renaissance + Sac State Special Program Fund

**watch for survey
next week**

**your
voice
matters!**

rendezvous panel

2



Evie Boggs



**Barbara Davis-
Lyman**



Ken Cross



Cindy Suchanek



Muffy Francke



**time for
questions**



Tech Team
rensocit@gmail.com

Evie Boggs
evieboggs@comcast.net
916-955-1593

KenCross
kencross@kencrossconsulting.com
(916) 995-8288

Shari Lowen
renaissas@csus.edu
(916) 758-5133

**think of
something
later?**

3

service • volunteering

**citizen
science**

UCD

**physical
therapy**

Sac State

gerontology

Sac State



citizen science

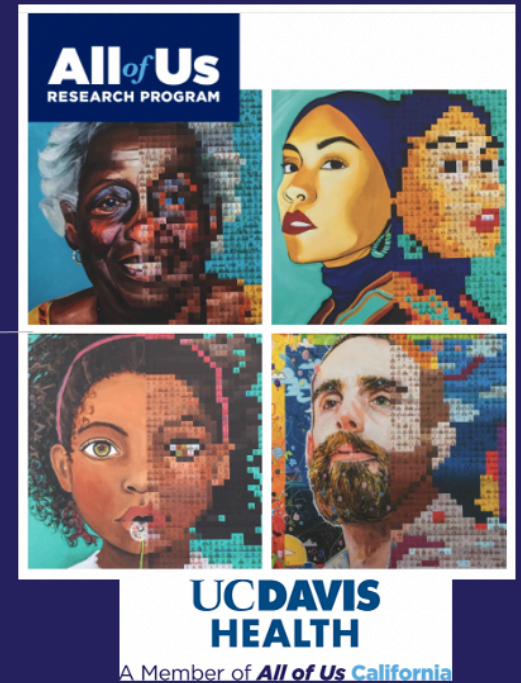
Lizbeth Cuevas Gutierrez
UCD

lmcuevas@ucdavis.edu



Introduction to Citizen Science

What is citizen science?
Who can be a citizen scientist
How to get started
Citizen science projects highlight



What is citizen science?

- ◉ A collaboration between scientists and those who are just curious and motivated to make a difference



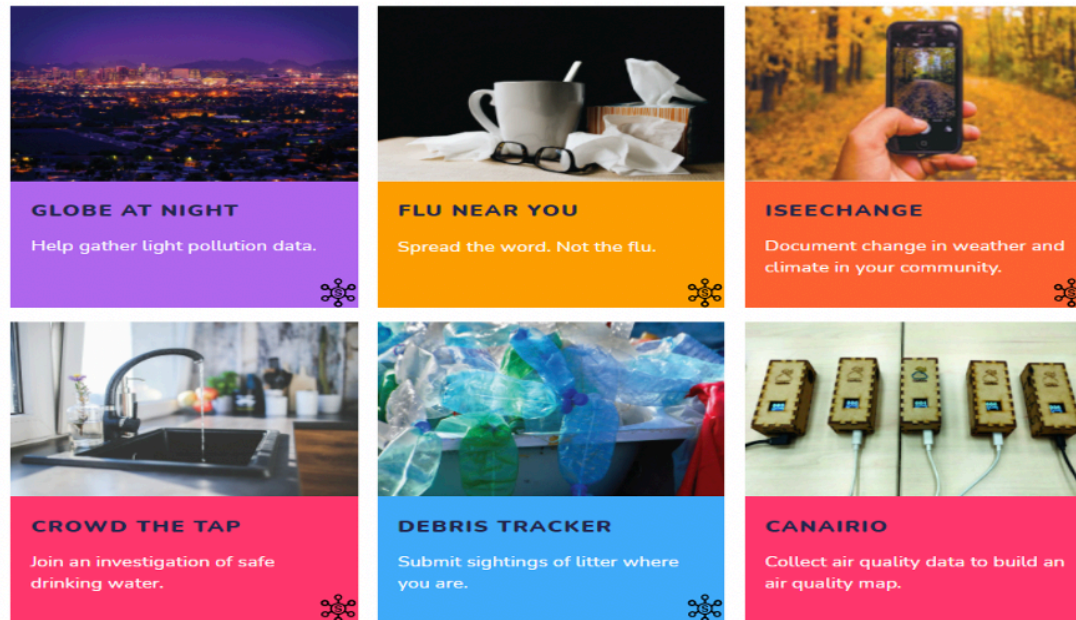
Who can be a citizen scientist?

- Anyone can be a citizen scientist, citizen scientists come from all walks of life
 - Retirees
 - Educators
 - Students
 - Environmental justice advocates
 - Online gamers
 - Birders
 - Weather watchers
 - Fishermen



How to get started

- ◉ Opportunities to participate in citizen science are boundless, get started with SciStarter
- ◉ January's Featured Project: Stall Catchers
 - With Stall Catchers you can help accelerate Alzheimer's research by playing an online game



<https://scistarter.org/nlm>

Everyone has a role in research

- ◉ The All of Us Research Program is a national research program powered by participants
- ◉ Our mission is to accelerate health research and medical breakthroughs, enabling individualized prevention, treatment, and care for all of us



joinallofus.org/ucdavis

Interesting in participating or learning more?

- ◉ Visit the All of Us Community Blog for more resources and helpful links
 - <https://allofuscommunity.faculty.ucdavis.edu>



Thank you!

**UC DAVIS
HEALTH**

A Member of *All of Us* California



JoinAllofUs.org/ucdavis
ResearchAllofUs.org
allofus@ucdavis.edu



<https://scistarter.org/nlm>



**National Institutes
of Health**

AllofUs.nih.gov

Precision Medicine Initiative, PMI, *All of Us*, the *All of Us* logo, and "The Future of Health Begins with You" are service marks of the U.S. Department of Health and Human Services.

physical therapy



Rolando Lazaro
Sac State

rolando.lazaro@csus.edu



Sacramento State Physical Therapy- Spring 2021

- Client interview participants- February- March 2021
 - First year students to practice their patient interviewing skills
- Annual physical therapy checkup- April- May 2021
 - Assess balance, mobility, fitness
- Email if interested: rolando.lazaro@csus.edu
- Probono clinics: deferred to Fall 2021



gerontology

Marty Keale
Renaissance

Contact: Donna M. Jensen
donna.jensen@csus.edu



OPPORTUNITIES
for SENIOR VOLUNTEERS
WITH THE CSUS GERONTOLOGY DEPARTMENT

HOW the PROGRAM WORKS

- Long standing program between CSUS and RS
- Gerontology Committee of RS:
 - Liaison between RS & University
 - Outreach to RS Membership – recruit Volunteers
 - Support for CSUS Gerontology Dept
- Professor Donna Jensen, Chair of CSUS Gerontology Department
 - Program Leader
 - Links Program Volunteers with Students

MISSION of the PROGRAM

- Students are preparing for health and social service careers, working with Senior Citizens
 - Students get classroom credit for working with Volunteers
 - Many benefit from financial assistance for professional exposure and credentials (local, state, national, and even international)
- Volunteers help Students gain better understandings of how Seniors view and deal with real life situations
 - Volunteers get personal satisfaction from assisting Students and the University
 - Make meaningful contribution to Student end-of-year project presentations and Graduation ceremonies

VOLUNTEERS are NEEDED AS

- MENTORS to individual Gerontology Students.
 - Department connects an average of 40 Students with Volunteer Mentors
 - Each Student / Volunteer pair engages in 4 or 5 face to face meetings during Semester
 - Currently, all meetings are virtual
 - Virtual meetings are via Zoom, Facetime phone or e-mail
 - Virtual format has been working well – provides unanticipated benefits
- ASSESSMENT SUBJECTS, allowing Students to gain real life experience with the key function of conducting health & wellness assessments for older adults

INTERESTED?

- To Volunteer or obtain more information, contact Dr. Jensen --
donna.jensen@csus.edu
 - Let her know which Volunteer Opportunity (ies) you are thinking about: Mentor or Assessment Subject
- If you have Questions about this Presentation, contact Marty Keale
– kealesacto@comcast.net

Special Thanks

To the many
Renaissance members
who contributed their
photographs for this
event and the Spring
catalog.



thank you!

learn • connect • share