



The Renaissance
Society of Sacramento
spring.catalog.2022

welcome

to the Renaissance Society of Sacramento

Welcome to the Renaissance Society (RS) of Sacramento's Spring 2022 semester. This year RS **celebrates our 35th anniversary** as one of the preeminent lifelong learning organizations in California and the United States. In recognition of this milestone, our Communications and Marketing Committee created a new RS logo on this catalog reflecting the reinvention and fresh approach to lifelong learning. It seems only appropriate to share the roots of how RS began.

The lifelong learning program at Sacramento State was first proposed by the late Robert "Bob" Heilman, professor of social work. In the 1970s, he began a Gerontology Center on campus and learned of other universities learning-in-retirement centers. In 1984, Bob attended a conference held by the Plato Society of University of California, Los Angeles. He felt a center for learning should be established on the Sac State campus and proceeded to find someone to get it started. Volunteers from the Sixty Plus program (a now-defunct program that allowed those over 60 to attend Sac State classes for a small fee) picked up his enthusiasm.

The next year, Dr. Margaret McKoane (former Director of the Program for Adult Students Admission and Reentry) returned from a trip to the University of New Hampshire, which had an Active Retired Association. She brought back a copy of their Constitution and a letter of encouragement. She and Dr. Heilman began the development of what was to become the Renaissance Society. Sac State President Donald Gerth and Dean Robert Arellanes agreed to give \$2,500 in seed money to get it started. This money was repaid two years later from membership dues. The first RS semester was the fall of 1986.

Today the Renaissance Society has over 1500 members living in 21 states and 61 California cities. In 2020, RS successfully navigated the "pandemic pivot" by conducting programs via distance learning on Zoom. This successful transformation was due to the dedicated efforts of over 300 RS volunteers. RS is a 99% "volunteer-powered" organization. RS committees and working groups are always looking for talented members to assist in our striving for continuous improvement in our programs and services.



RS is committed to providing a hybrid-learning model of both in-person classroom and distance-learning programs on Zoom. This allows members to attend more classes Monday through Friday at your convenience as well as reach beyond the boundaries of the city and state of California. This semester our **Spring Membership** portal will open Monday, January 4th. Enrollment for all Spring programs open on Monday, January 17th. The semi-annual **virtual Rendezvous and Orientation** is 10:00 to 11:30 a.m. Friday, January 21st on Zoom. The **first programs** begin Monday, February 7th.

We encourage you to reach out to your friends, family, and associates to share this Renaissance Society lifelong learning opportunity. This is one of the best gifts that you can give a friend. I look forward to seeing you this Spring to learn, connect, and share.

**Ken Cross, Board President,
Renaissance Society of Sacramento**



let us CELEBRATE!!!!



We have much to celebrate as members of Renaissance Society (RS), especially our love of lifelong learning and the joys of being together as well as interacting with Sacramento State and its students and programs these past 35 years.

From the inception of RS in 1986 through 2021, tens of thousands of us have had the joy and pleasure of learning together as we have partnered with Sacramento State. We have grown steadily from 40 initial members and 4 seminars in 1986 to over 1500 members and over 100 hundred unique and ever-changing programs now available to our members each semester.

As we learn together, many of us meet new lifelong friends as well as share with our community at large. We are a compassionate group that enjoys sharing our resources while keeping our fees low to encourage the greatest possible accessibility.

Elaborating upon our major accomplishments, let us **CELEBRATE:**

- **OUR SCHOLARSHIP PROGRAM**, with over 100 scholarships. We have raised over \$227,000 since 1986 to help support Sacramento State students.
- **OUR ELDER MENTOR PROGRAM** that has connected with students from Sac State's Gerontology Department since 1993, matching over 3000 students with Renaissance mentors who provide models of healthy aging as well as friendship, help, and encouragement.
- **OUR COMMITMENT TO THE ASI FOOD PANTRY**, with donations of over \$92,000 since 2017 to the Associated Students, Inc. Food Pantry, which supports students experiencing hunger and food insecurity. Our Thanksgiving food drive last November brought in nearly \$5,000 in monetary and food donations for the 2021 holidays, winning the coveted ASI Golden Plate award.



- **OUR DIVERSITY AND INCLUSION**, with many efforts in the areas of diversity, inclusion, community engagement, and social justice. We formed a standing committee in 2016 dedicated to these priorities that initiates programs and is engaged with numerous outreach events throughout each year. In addition, our Forum Committee always features various high-profile speakers who address these priorities.
- **OUR CONTINUOUS IMPROVEMENT**, with our ongoing commitment to continuous improvement and growth. It is symbolized by the introduction of our new logo as we again welcome members from 61 communities in California, and 21 states, to our lifelong learning community.
- **OUR COMMUNITY**, with caring for each other and the Sacramento community as we continue to enjoy RS's 35th year.

Welcome back—we applaud your passion and participation and invite you to explore this catalog and discover an amazing variety of learning opportunities and activities. Join us!!



**Allan Keown,
Cindy Suchanek,
and Pam O'Brien,
Co-Chairs,
Program Committee**

Spring 2022 Renaissance Society Return to the Sac State Campus

At the Renaissance Society (RS) Board of Directors' meeting on Monday, Dec. 6, the Board voted to **allow some Friday programs to return to the Sac State campus for the Spring 2022 semester**. Sac State Risk Services Management requires RS to develop a comprehensive COVID Safety Plan. The following is a summary of the on-campus RS requirements.

Vaccinations: RS members are required to be fully vaccinated to participate in RS indoor programs on the Sac State campus. As a third-party organization, RS program participation allows no medical or religious exemptions. Virtual participation is still an option for distance learning.

Vaccination self-attestation: Members will read, complete and sign a vaccination self-attestation sheet when entering their RS program classrooms for each session. Attestation will include showing your COVID-19 Vaccination Record Card.

Face masks: Both RS program leaders and students will wear face masks when attending programs indoors on the Sac State campus. Members are expected to bring their own face masks. A small supply of face masks will be available in case a member has forgotten or lost a face mask.

Social distancing: Program leaders and students are encouraged to social distance to whatever extent possible within the Sac State classrooms. This is not required by the current university policies, but is desired to honor RS members' safety wishes expressed in RS surveying. A minimum distance of three feet and a preferred distance of six feet is the RS social distancing standard.

Program leader duties: RS program leaders are responsible for compliance with Sac State and RS COVID Safety Plan requirements in their classrooms. These compliance checks include monitoring the completion of the weekly Vaccination Self-Attestation Sheet, checking COVID-19 Vaccination

Record Cards and ensuring program participants wear face masks and social distance in classrooms. Program leaders will ensure a back-up supply of Personal Protective Equipment (PPE) face masks and hand sanitizer are available at the entrance to their classrooms.

RS member and preventive medicine specialist Dr. Glennah Trochet briefed the RS Board and recommended the following: *"Although the current definition of 'fully vaccinated' is having had the one J&J dose or the two doses of Moderna or Pfizer vaccine, it is prudent for all those who received the J&J vaccine at least 2 months ago or six months since getting the second dose of an mRNA vaccine, to get a booster dose of any of the three authorized vaccines."*

RS is committed to providing a hybrid learning environment of both in-person classroom and distance learning programs on Zoom. This allows members to attend more classes Monday through Friday at their convenience as well as reach beyond the boundaries of the city and state of California.

The Spring **Membership Registration** portal opens Tuesday, Jan. 4. The **Spring 2022 Catalog** will be posted to the RS website on Monday, Jan. 10. **Program Registration** opens Monday, Jan. 17. The semiannual **virtual Orientation & Rendezvous** is scheduled for 10 to 11:30 a.m. Friday, Jan. 21 on Zoom. The **first programs begin** Monday, Feb. 7. More information will be available in January on how you register online for Sac State UTAPS (University Transportation & Parking Services) virtual parking permits to park on campus.

A special thanks to our Hybrid Working Group that has been meeting since last March to help facilitate the return-to-campus planning process. If you have questions or comments about the return to campus policy, please feel free to contact the RS office at renaissa@csus.edu or (916) 758-5133 or Board President Ken Cross at kencross@kencrossconsulting.com or (916) 995-8288.

Ken Cross
Board President
Renaissance Society of Sacramento

IN MEMORY AND HONOR OF **DONALD GERTH (1928–2021)** **AND BEV GERTH**

The Renaissance Society's (RS) Program Committee is dedicating this issue of our Spring 2022 catalog to the memory and honor of Donald and Bev Gerth. Donald was the 6th President of Sacramento State University from 1984 to 2004, and passed on December 6, 2021 at the age of 93. Each was instrumental in the founding of RS in 1986 and are our only lifelong honorary members. This is the first time that an issue of our catalog has been dedicated to any person(s) during our 35-year history, which we are celebrating this semester.

The framed poem Bev is holding, Elizabeth Browning's "How Do I Love Thee?" was one of Don's favorites; he read it to her every evening of their long marriage. She asked that it be included and mentioned here as her final and lasting tribute to Don and their lifelong partnership, friendship, and commitment to lifelong learning and RS at Sacramento State.



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special acknowledgment

Our talented member, **David J. Grenier**, is once again our featured cover photo artist. We would like to acknowledge his contributions to the Renaissance Society and this Spring 2022 Catalog.

We would also like to acknowledge **Tom Rigney**, whose wonderful image is on our cover. To hear a sample of Tom Rigney and Flambeau performing at the Three Stages, Folsom, CA, please [click here](#).



our various learning programs

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

SEMINARS	SIGs (Shared Interest Groups)	ONE TIME PRESENTATIONS	FORUMS
<ul style="list-style-type: none">Series of classes initiated and led by fellow RS MemberWide-ranging subject areas: arts, entertainment, literature, history, social justice, science, technology, contemporary thought, etc.Weekly courses meet for 3, 6, or 12 weeks/semester, Monday - Friday most begin at 10 am, noon, or 2 pmCurrently meeting via Zoom and some seminars are in-person and Zoom.	<ul style="list-style-type: none">Groups initiated and facilitated by fellow RS Members sharing common interests and ideasActivities typically include writing, art, literature, games, foreign language, food, health and travelMeeting times and frequency set by the SIG facilitator and groupUsually meet off campus, in a variety of settings (now regulated by Covid guidelines)	<ul style="list-style-type: none">Single , one-time presentations given by RS Members or community-at -large speakersWide-ranging, varied topicsTypically, last 1 – 1.5 hoursPartnering with local groups such as Sac. Historical Society, local libraries, Senior Living FacilitiesCurrently meeting via Zoom	<ul style="list-style-type: none">Highly acclaimed speakers, community leaders, and recognized topic expertsAddressing diverse issues of critical concern and intense interestFridays – 3-4 pm Feb 11 – May 6 (no schedule conflicts with any other programs)Presentations with interactive Q & ACurrently meeting via Zoom webinar.

at-a-glance program schedule

What follows is the at-a-glance schedule that sets forth all our celebratory Spring 2022 programs by day of the week, time of day, and format. Use it to easily manage your schedule. This array of incredible educational opportunities allows you to take as many programs as you want—as long as they don't have a day and time conflict. This spring we'll be limited only by our interests, curiosity, and level of energy, not by physical space, or date and time. How extraordinary!

The **page numbers** in the at-a-glance program schedule are live links. If you click on them, you will be directed to the page that contains that specific program—Seminar, SIG, Presentation, or Forum.

MONDAY PROGRAMS AT A GLANCE				
Time	Title	Leader Name	Dates	Pg#
Seminars				
9 – 10:45 am	Race Conversations	Stacie Walton, Gretchen Jung	Feb 7 – May 2	25
10 – 11:30 am	The Wait Class (About Weight)	Mimi Dixon	Feb 7 – Mar 14	29
10 – Noon	American Chattel Slavery and Its Aftermath – Part 2	Allan Keown	Feb 7 – May 2	20
Noon – 1 pm	How to Invest in this Market and Economy?	Sanjay Varshney	Feb 7 – Mar 14	28
Shared Interest Groups (SIGs)				
3 – 4 pm	Qi Gong	Diana Loo	Feb 7 – May 2	38
Monday Big History Series—Sessions 1 to 12				
10 – 11:30 am	Session 1: The Evolution of Human Culture I	Bonnita Wirth	Feb 7	43
10 – 11:30 am	Session 2: The Evolution of Human Culture II	Joan Podesto	Feb 14	43
10 – 11:30 am	Session 3: War and Civilization: How War Contributes to Civilization	David Lewis	Feb 21	43
10 – 11:30 am	Session 4: Can a Study of History Predict the Future	Ed Sherman	Feb 28	43
10 – 11:30 am	Session 5: Money: A History	Jerry Steinman	Mar 7	43

The **page numbers** in the at-a-glance program schedule are live links. If you click on them, you will be directed to the page that contains that specific program—Seminar, SIG, Presentation, or Forum.

Time	Title	Leader Name	Dates	Pg#
10 – 11:30 am	Session 6: Ancient Cities	Marty Keale	Mar 14	43
10 – 11:30 am	Session 7: Gobekli Tepe: The World's First Temple, 11,000 Years Ago	Ranny Eckstrom, David Lewis	Mar 21	43
10 – 11:30 am	Session 8: History's Crystal Ball	Harriet Kaufman	Mar 28	43
10 – 11:30 am	Session 9: Textiles II	Kathryn Tobias	Apr 4	43
10 – 11:30 am	Session 10: Lost Cultures	Ruth McElhinney, Jan Johansen	Apr 11	43
10 – 11:30 am	Session 11: Currently Known Homo Species	Jan Johansen	Apr 18	43
10 – 11:30 am	Session 12: Extinctions	Ranny Eckstrom, Paul Graff, Elise Willmeth	Apr 25	43

Community Presentations				
11 – Noon	Friendship Force Embraces Diversity (Enroll with RS and Register on Eventbrite)	Kathy Hart	Mar 7	42
6:30 – 8:30 pm	A Cook's Tour Comes Home	Dan Cross, Maryellen Burns	Days vary	41

TUESDAY PROGRAMS AT A GLANCE				
Time	Title	Leader Name	Dates	Pg#
Seminars				
10 – 11:30 am	Active Retirement Investing: Session 1	Bill Bailey, Marsha Holland	Feb 8 – Mar 15	27
10 – 11:30 am	Active Retirement Investing: Session 2	Bill Bailey, Marsha Holland	Mar 29 – May 3	27
10 – Noon	Ancient Egypt - 3100 BCE to 30 CE	David Lewis	Feb 8 – Apr 26	30
10 – 11:30 am	What the Constitution Means to Her	Ron Tochtermann, Steven Felderstein, Rosemary Kelley	Feb 8 – Apr 12	27
Noon – 1:30 pm	The Assault on our Democracy: What is to be Undone?	Duane Campbell, Carl Pinkston	Feb 8 – May 3	23
2 – 3:30 pm	American Revolution: How America Went from 13 Colonies to Independence	Catherine Minicucci	Feb 8 – Feb 22	30
2 – 3:30 pm	The Wisdom Questions	Mimi Dixon	Feb 8 – Apr 12	30

The **page numbers** in the at-a-glance program schedule are live links. If you click on them, you will be directed to the page that contains that specific program—Seminar, SIG, Presentation, or Forum.

Time	Title	Leader Name	Dates	Pg#
Shared Interest Groups (SIGs)				
9:30 – 11:30 am (yr.-round monthly)	Book Group: Tuesday Book Club	Marian Kile	Feb 15 – Apr 19	36
10 - Noon	Digital Photography (6 classes; 5 field trips)	Colleen Wong, Jane Steele	Feb 15 – Apr 26	36
Noon – 2 pm (yr.-round weekly)	Writer's Workshop II (P)	Anita Adams, Lani Hahn	Feb 8 – May 3	39
2 – 4 pm (1st Tues each month)	Book Group: Great Books Discussion Group	Steven DeBry	Feb 8 – May 3	35
7 – 8:30 pm	Art of the Portrait - Session 1	Julia Stagg	Feb 8 – Feb 22	35
7 – 8:30 pm	Art of the Portrait - Session 2	Julia Stagg	Mar 22 – Apr 5	35

Tuesday Speakers Series				
2 – 3:30 pm	Evolution of the Second Amendment – The Right to Keep and Bear Arms	Florence Young and Eric McElwain	Feb 8	44
2 – 3:30 pm	Preparing to Invest	David Bach	Feb 15	44
2 – 3:30 pm	China Flexes Their Power	Jerry Glasser	Feb 22	44
2 – 3:30 pm	Storytelling through Song	Michael Hersher	Mar 1	45
2 – 3:30 pm	Washington Commons Cohousing: Lessons in Creating Community	Anne Geraghty	Mar 8	45
2 – 3:30 pm	The Leviathans of Lake Tahoe: The Biggest Fish Tale You've Probably Never Heard!	David Abelson	Mar 15	45
2 – 3:30 pm	Joseph Campbell's Heroic Journey	Gorgiana Alonzo	Mar 22	46
2 – 3:30 pm	Part 1: Are You Ready? Healthy Living – Planning Your End of Life Journey	Dolores Eitel	Mar 29	46
2 – 3:30 pm	Cuba Today	Prof. Jorge Santana, Paul Bardwil	Apr 5	46
2 – 3:30 pm	Part 2: Preparing for Life's Last Chapter: Medical Aid in Dying	Dolores Eitel	Apr 12	47
2 – 3:30 pm	America's Founding Drug Dealers	Cullen Wilder	Apr 19	47
2 – 3:30 pm	Kris Kristofferson – Songwriter and Renaissance Man	Jack Jennings	Apr 26	47

The **page numbers** in the at-a-glance program schedule are live links. If you click on them, you will be directed to the page that contains that specific program—Seminar, SIG, Presentation, or Forum.

WEDNESDAY PROGRAMS AT A GLANCE				
Time	Title	Leader Name	Dates	Pg#
Seminars				
10 – 11:30 am	Heterodox Economics: Modern Money Theory	Mark Dempsey	Feb 9 – Mar 16	28
10 – Noon	Delaying Death and Avoiding Disability	Donald Forrester	Feb 9 – Mar 16	27
10 – Noon	Photography as Art (Program closed to new participants)	Roger Klemm, Mary Elliott Klemm	Jan 19 – Apr 6	40
10 – Noon	Recognizing and Reducing Implicit Bias: A Daily Practice	Stacie Walton	Feb 9 – Mar 2	25
Noon – 2 pm	Confronting Modern Art	Ed Sherman	Mar 23 – Apr 27	22
1 – 3 pm	Introduction to iPhone Photography	Melissa Green	Feb 16 – Mar 9	33

Shared Interest Groups (SIGs)				
9:25 – 11:30 am (yr.-round weekly)	Walkabouts	Lance Muller	Feb 1 – Apr 27	39
11 am – 1 pm	Le Cercle Français (Conversational French)	Debra da Costa	Feb 9 – May 4	37
5:30 – 7:30 pm (yr.-round monthly)	Dining Together (2nd Wednesday or 3rd Thursday) See catalog description for more information on enrolling.	Cheryl Nelson	Feb 9 – May 11	36
7 – 8:30 pm	The Economist	Wayne Luney	Feb 9 – May 4	39



The **page numbers** in the at-a-glance program schedule are live links. If you click on them, you will be directed to the page that contains that specific program—Seminar, SIG, Presentation, or Forum.

THURSDAY PROGRAMS AT A GLANCE				
Time	Title	Leader Name	Dates	Pg#
Seminars				
9:30 – Noon	The United States Civil War - The War without End	Doug Bonetti	Feb 3 – May 5	31
10 – Noon	Delving into Dementia: The Science, the Caring, the Hope	Mynga Futrell	Feb 10 – May 5	32
10 – Noon	iPhone Photography Experimental Studio (Prerequisite required)	Melissa Green	Feb 3 – Mar 17	34
10 - Noon	World of Engineering	Richard Dabrowiak	Feb 10 – May 5	34
Noon – 1 pm	Hearing and Listening	Laura Gaeta, Kirsten McWilliams	Feb 3 – Feb 17	33
Noon – 1 pm	Profiles in American Leadership	Cathy Minicucci	Mar 3 – Mar 17	31
1 – 3 pm	Relationships: How to Build Strong, Healthy, Loving Relationships	Nanci Kuzins	Feb 10 – May 5	28
2 – 3:30 pm	The Banality of Evil: Racism, Prejudice, and Fascism: The Original Sins	Greg Beale	Feb 10 – May 5	24

Shared Interest Groups (SIGs)				
9:30 – 11:30 am	Writers Group #1 (Program closed to new participants)	Curtis Nelson, Marian Kile	Feb 3 – May 12	40
10 – Noon	Spanish Conversation, Advanced (Prerequisite required)	JoAnn Peter, Beatrice Hildebrand	Feb 10 – Apr 28	38
Noon – 1:30 pm	The Music of Your Life	Loretta Burdeaux	Feb 10 – Mar 17	38
1 – 3 pm (yr.-round weekly)	Games for Entertainment	Roberta Frieze, Judy Keaton	Feb 10 – May 5	37
1:30 – 2:30 pm (yr.-round monthly)	Book Group: Partners in Crime (Limited number of spaces available)	Lynda Cassady, Pat Stokes	Feb 24 – May 26	38
2 – 4 pm	Book Group: Great Books Shared Interest Group (Program closed to new participants)	Jean Cawood, Dan Rooney	Feb 10 – May 12	40

Community Presentations				
11 - Noon	Bits and Pieces – Watercolor Painting: Paint Valentine Florals with Kathy (Enroll with RS system and Register on Eventbrite)	Kathy Hart	Feb 10	41
11 – Noon	Bits and Pieces - Watercolor Painting: Paint Shamrock and Flower with Kathy (Enroll with RS system and Register on Eventbrite)	Kathy Hart	Mar 17	41
11 - Noon	Bits and Pieces - Watercolor Painting: Paint Flowers with Kathy (Enroll with RS system and Register on Eventbrite)	Kathy Hart	Apr 14	41

The **page numbers** in the at-a-glance program schedule are live links. If you click on them, you will be directed to the page that contains that specific program—Seminar, SIG, Presentation, or Forum.

FRIDAY PROGRAMS AT A GLANCE				
Time	Title	Leader Name	Dates	Pg#
Seminars				
9:30 – Noon	Coming-of-Age Movies (Zoom only)	Chip Zempel	Feb 11 – May 6	21
9:30 – Noon*	Transitions: What will I do with the rest of my life?* (Hybrid)	Ken Cross	Feb 4 – May 6	29
10 – 11 am	Android Basics (In person only)	Carol Limbaga, Victoria Star	Feb 11 – May 6	32
10 – 11:30 am	Identity and Diversity in Contemporary Art (In person only)	Beverly Gabriele	Feb 11 – Mar 18	23
10 – 11:30 am	Adventure and Travel/Travel and Adventure (In person only)	Terry Moss, Jennifer Kerr	Feb 11 – May 6	20
10 – Noon	As Long as Space/Time Endures, A Buddhist Practice Journey (Zoom only)	Gus Koehler	Feb 11 – Feb 25	32
11 - 12:30 pm	Cracker Barrel* (Hybrid)	Anita Fante, Per Ostlund	Feb 11 – May 6	24
Noon – 1:30 pm	Great American Trials and Constitutional Law (In person only)	Joel Primes	Feb 11 – May 6	25
Noon – 2 pm*	Celebrating the Great Jazz and Pop Vocal Albums (Zoom only)	Mike Agron	Feb 11 – May 6	21
Noon – 2:30 pm	Classical Music (In person only)	Bob Seyfried, Leo Eylar	Feb 11 – May 6	24
1 – 2:45 pm*	Water in California: The Policies, the Politics, the Problems, and the Solutions (Zoom only)	David Abelson	Feb 11 – May 6	26
1 – 3 pm	Critical Thinking (In person only)	Richard Kowaleski	Feb 11 – May 6	24

* (Hybrid) There is the opportunity for these Seminars and SIGs to be offered both on campus and using Zoom. The program leader will contact you to let you know. If so, you choose your venue..

The **page numbers** in the at-a-glance program schedule are live links. If you click on them, you will be directed to the page that contains that specific program—Seminar, SIG, Presentation, or Forum.

Time	Title	Leader Name	Dates	Pg#
Shared Interest Groups (SIGs)				
10 – 11:30 am (yr.-round weekly)	Advanced Intermediate Spanish* (Hybrid) (Program closed to new participants)	Melody Flores	Feb 11 – May 6	40
11:30 – 12:30 pm (yr.-round bi-weekly)	A Guided Tour of The University Arboretum	Donna Eash, Michael Baad	Feb 11	37
11:30 – 12:30 pm (yr.-round bi-weekly)	A Guided Tour of The University Arboretum	Donna Eash, Michael Baad	Feb 25	37
Noon – 12:45 pm	Social Dancing (On campus only)	Richard Kowaleski	Feb 11 – May 6	37
11:30 – 12:30 pm (yr.-round bi-weekly)	A Guided Tour of The University Arboretum	Donna Eash, Michael Baad	Mar 11	37
11:30 – 12:30 pm (yr.-round bi-weekly)	A Guided Tour of The University Arboretum	Donna Eash, Michael Baad	Mar 25	37
11:30 – 12:30 pm (yr.-round bi-weekly)	A Guided Tour of The University Arboretum	Donna Eash, Michael Baad	Apr 8	37
11:30 – 12:30 pm (yr.-round bi-weekly)	A Guided Tour of The University Arboretum	Donna Eash, Michael Baad	Apr 22	37
Noon – 12:45 pm	Social Dancing (On campus only)	Richard Kowaleski	Feb 11 – May 6	38

Forums				
3 – 4 pm	Young Darwin and the Sea: The Making of an Evolutionist	Prof. Rick Grosberg	Feb 11	48
3 – 4 pm	Role and Importance of Football/Athletics in College Life at CSUS	Dr. Robert Nelsen, Troy Taylor	Feb 18	48
3 – 4 pm	Landmark Battles for Fair Housing 1948-1968	Chris Lango	Feb 25	49
3 – 4 pm	The Brave and Magnificent Women Behind the Men of Sacramento's Early Motorcycle Craze	Kimberly Reed Edwards	Mar 4	49
3 – 4 pm	Redistricting 2020	Stan Forbes	Mar 11	49
3 – 4 pm	The Real John Sutter and His World 1834-1846	Steve Beck	Mar 18	50
3 – 4 pm	La Gente: Struggles for Empowerment and Community Self-Determination in Sacramento	Lorena Márquez	Mar 25	50
3 – 4 pm	Exonerating the Wrongfully Convicted	Jamie Lau	Apr 1	50
3 – 4 pm	Determining Senior-Living and Home-Care Options	Cassi Sakahara, Lynn Humphries	Apr 8	51
3 – 4 pm	Drought, Delta, and Groundwater Depletion: Making Sense of California Water	David Sandino	Apr 15	51
3 – 4 pm	MYSTER FORUM SPEAKER???	TBA	Apr 22	51
3 – 4 pm	The New UC Davis Tschannen Eye Instittue: 2022	Dr. Mark Mannis	Apr 29	51

programs by topic

seminars

Art, Entertainment, Food, and Travel

Adventure and Travel/ Travel and Adventure

Terry Moss
Co-leader: Jennifer Kerr
Fridays, Feb 11 to May 6 (12 weeks)
10 to Noon
Douglass Hall (DH) 208

This seminar presents the usual great travel stories from Renaissance Society members! Country roads in Croatia! Volcanoes of the Pacific, 40,000 KM World Cruise, Bogota and Medellin in Colombia, Alaska by RV including a boat trip into Glacier Bay and a visit to a musk ox farm, South Africa, Botswana, Zimbabwe, riding Amtrak thru the Sierra, The Fruited Plain, Chicago, Washington DC, and New York City. So many great trips, with more to be clarified between January Registration and February Show Time!



American Chattel Slavery and Its Aftermath—Part II

Allan Keown
Mondays, Feb 7 to May 6 (12 weeks)
10 to Noon

This seminar, a sequel to our seminar on the same topic in the spring of 2021, will feature 12 different documentaries. They will review the institution of slavery in America and its continuing aftermath. Final selections will be in January, with leading candidates including *The Black Church*, *The Voice*, *Eyes on the Prize*, and *How to Feel Free*. In addition to showing high quality films, we aspire to work toward better discussions. Participants don't need to have been in the first class.

Allan Keown has been a Renaissance Society member since 2010. He has led a number of seminars involving documentaries. During the spring of 2021, he, **Judy Maben**, and **Dale Stark** presented a seminar on *Slavery and Its Aftermath*.

Celebrating the Great Jazz and Pop Vocal Albums

Mike Agron
Fridays, Feb 11 to May 6 (12 weeks)
Noon to 2 pm

Remember the experience of buying a vinyl record album? Holding it, reading the liner notes, sliding the cellophane wrapper off, and then eagerly awaiting to hear your first listen on the turntable? In this seminar, we'll explore and listen to the greatest jazz and pop vocal artists, unpacking the backstories of game changing albums and selections. Artists such as Louis Armstrong, Fred Astaire, Tony Bennet, Ray Charles, Bing, Ella, Judy Garland, Getz & Gilberto, Billie Holiday, Mel Torme, Peggy Lee, Sinatra, Streisand, and a few surprises will be featured in this seminar. Our journey will be to unpack their artistic, cultural, and commercial impact on the jazz and pop vocal landscape.

Mike Agron grew up in Los Angeles, the heart of the recording, TV, and film industry. This baby boomer's exposure and love of music and entertainment started at a very young age. He has been fortunate to fulfil his musical passions by offering his unique and popular seminars eight times to the Renaissance Society.

Classical Music

Robert Seyfried
Co-leader: Leo Eylar
Fridays, Feb 11 to May 6 (12 weeks)
Noon to 2:30 pm
Capistrano Hall (CPS) 227 (Music Dept.)

Leo Eylar and **Bob Seyfried** will again partner a classical music seminar. Leo is planning to concentrate on the French School, i.e., Berlioz, Faure, Debussy, and Ravel, while Bob will focus on the earlier Age of Enlightenment. Sessions will include lecture, recordings, and live presentation. After such a very long hiatus, it will be great to be back on campus again, and we assure you that Leo and Bob will do everything necessary to make this seminar both informative and entertaining. **IMPORTANT NOTE:** Present circumstances have forced us to limit our class size to 50 rather than the

previous 75. Therefore, registration will be on-line and must be restricted to those willing to commit to the entire semester. Thus, if you're planning to go on holiday during the spring semester please do not register for this seminar.

Leo Eylar is a retired Professor of Music, Sacramento State University.

Coming-of-Age Movies

Chip Zempel
Fridays, Feb 11 to May 6 (12 weeks)
9:30 to Noon

What does it mean to put away childish things? How does it happen, what lessons do we learn, who do we become? Coming-of-age stories appear in many genres: comedies and romances, dramas, mysteries and thrillers. We'll watch and discuss well-known classics as well as lesser-known indies and foreign films. In addition to Fridays, there will be an optional Tuesday session from 10 to 11 am, focusing on short films and offering an opportunity for extended discussion of the previous Friday's film.

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



Confronting Modern Art

Ed Sherman
 Wednesdays, Mar 23 to Apr 27 (6 weeks)
 Noon to 2 pm

Modernism refers to the fine art produced on both sides of the Atlantic (1850 -1960). Modernism incorporates several distinct stylistic schools and a multitude of eccentric artists within: impressionism, post-impressionism, fauvism, cubism, expressionism, surrealism, and abstract expressionism movements. In this seminar, we will first review the cultural conditions in France that produced Modernism and then we will view paintings by those avant-garde artists who typified each of Modernism's artistic movements.

In addition to studying and teaching the cultural history of the ancient Mediterranean, **Ed Sherman** had an undergraduate minor in art history and graduate studies in ancient art. For the past 40 years, he has been actively engaged in the buying and selling of both American and European paintings.



How to Compose a New Life Story

Susan Osborn
 Fridays, Feb 11 to Mar 11 (6 weeks)
 10 to Noon
 Mendocino



Storytelling helps us to make leaps in understanding by putting us in touch with forgotten strengths, untapped wisdom, and faded dreams. The stories we tell hold our world together and give our lives meaning. In this workshop you'll (1) complete written exercises, (2) consider current and past stories to revitalize your hopes, dreams, and fantasies, and (3) create story cards to awaken pictures that live in your imagination. Using *The Story Spine*, you'll develop a path to your chosen life story.

Susan M. Osborn PhD, MSW, taught *Storytelling as a Leadership Tool* at Chapman University and leads storytelling workshops for business and professional organizations. *How Organizations Use Storytelling to Drive Results* contains her chapter, *How Stories Build Teams and Teamwork*. Her book, *The System Made Me Do It!* shows how leaders create new stories.



Identity and Diversity in Contemporary Art

Beverly Gabriele
 Fridays, Feb 11 to Mar 14 (6 weeks)
 10 to 11:30 am
 Eureka Hall (EUR) 104

Identity. Who are you? Ethnicity, gender, religion, sexuality, abilities, and disabilities are just some factors of identity. For those who struggle with their identity, or are silenced, art gives them a voice. This seminar will look at contemporary artists who use art to express their identities and how they see our world. Some artists we will study include Hung Liu, Lalla Essaydi, Gina Adams, Kyle Meyer and Jordan Casteel. You'll see amazing art and maybe discover a few new artists.

Beverly Gabriele retired 9 years ago after practicing law for 35 years. She has been married to Bob Gabriele for 49 years. Bev loves art. She is an amateur painter, enjoys studying art books, and going to museums. Bev also loves to travel, read, and quilt.

Contemporary Thought: Local and Global Perspectives

The Assault on Our Democracy: What Is to be Undone?

Duane Campbell
 Co-leader: Carl Pinkston
 Tuesdays, Feb 8 to May 3 (12 weeks)
 Noon to 1:30 pm

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

Duane Campbell is a retired professor of Bilingual/Multicultural Education at Sacramento State University, and a long-time union and political activist. Among other things, he currently serves as a co-chair of the Immigrants' Rights Working Group of Democratic Socialists of America.

Carl Pinkston, Operations Director of Black Parallel School Board (Sacramento) and former member of the Institute for Social and Economic Studies. They both have been teaching seminars in the Renaissance Society since 2010.

The Banality of Evil: Racism, Prejudice, and Fascism: The Original Sins

Greg Beale
Thursdays, Feb 10 to May 5 (13 weeks)
2 to 3:30 pm

January 6, 2021, is a date that will live in infamy. For the first time in American History, our capitol was attacked by a mob bent on upending an election and destroying democracy. What were the reasons for this calamity? What drove people to do the unthinkable? The answer lies in a study of Racism, Prejudice, and Fascism. That's right, FASCISM...that word from WWII. America has flirted with it before and apparently again; it raises its ugly head. The foundation of fascism is racism and prejudice. Fascism needs a foil, a reason to fester and grow, and its fertilizer is racism and prejudice.

Greg Beale has taught several seminars for Renaissance. He deals with racism and prejudice as it has affected groups of people throughout the world. He has years of experience in education, ranging from teacher to administrator in mostly lower socio-economic schools. He deals with the social, economic, and political aspects of racism, prejudice, and fascism.

Cracker Barrel

Anita Fante
Per Ostlund
Fridays, Feb 11 to May 6 (12 weeks)
11 to 12:30 pm
Alpine Hall (ALP) 218

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

Anita Fante has been an active member of the Cracker Barrel for more than 10 years. Since the pandemic, she helped set up and administer the group starting in the summer of

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

Per Ostlund has moderated the Cracker Barrel for more than 5 years.

Critical Thinking

Richard Kowaleski
Fridays, Feb 11 to May 6 (12 weeks)
1 to 2:45 pm
Eureka Hall (EUR) 101

Hone your ability to think critically about politics, consumer affairs, relationships, alternative medicine, investments, and more. Spot the logical fallacies so common in emotional appeals. Participants are encouraged to buy the text, do the weekly homework, and participate in the discussions. Participants do not make presentations.

Richard Kowaleski has taught at the United States Air Force Academy and California State University, Sacramento. He shows, in an entertaining manner, how to think clearly and logically. This seminar is very popular, so register early online before the seminar is full.



Great American Trials and Constitutional Law

Joel Primes
Fridays, Feb 11 to May 6 (12 weeks)
Noon to 1:30 pm
Brighton Hall (BRH) 204

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

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

Race Conversations

Stacie L. Walton
Co-leader: Gretchen Jung
Mondays, Feb 7 to May 2 (12 weeks)
9 to 10:45 am

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

Stacie L. Walton MD, MPH, has been a consultant in DEI for various institutions for 25 years. Currently, she works as the Diversity Director for two organizations and provides keynotes for Tour de Force Speakers. She has been a volunteer instructor in Race Conversations for the Renaissance Society for the past two years.

Gretchen Jung MS, MA, is passionate about diversity, inclusion, and all forms of social justice. Her most recent activism includes Coming to the Table Racial Healing Circles, Sacramento Area Congregation Together (ACT) social justice group and facilitating book groups and film groups on social justice themes at the Center for Spiritual Awareness. She has taught a Race Conversations class for the Renaissance Society for the past 2 years.

Recognizing and Reducing Implicit Bias: A Daily Practice

Stacie L. Walton
Wednesdays, Feb 9 to Mar 2 (4 weeks)
10 to Noon

In honor of Black History Month, this seminar will provide interactive, virtual, daily practices to recognize and reduce your implicit biases—those beliefs of which you are not consciously aware. We review central definitions and explore the neuroscience of othering, discrimination, and inequities. Each week highlights strategies to rewire your brain. Participants learn to

recognize their personal biases and leave with tools to reduce implicit bias personally and professionally.

Stacie L. Walton MD, MPH, is a pediatrician and cultural anthropologist. Her niche as a clinical professor in medicine was cross-cultural communication. In 2018, she semi-retired from clinical medicine to provide consulting services, primarily in the area of implicit bias. She majored in Cultural Anthropology at Stanford University, received her medical degree from Columbia, trained in pediatrics at the Children’s Hospital of Philadelphia. She also has a Master’s in Public Health from Berkeley.

Water in California: The Policies, the Politics, the Problems, and the Solutions

David Abelson
Fridays, Feb 11 to May 6 (12 weeks)
1 to 2:45 pm

Water is essential for all forms of life on this planet. The story of water in California is exceptionally colorful, complex, and controversial. This seminar will explore many topics related to water in the “Golden State,” including the following: (1) Where does water in California come from and where does it go? (2) What service(s) does water provide throughout the state, historically, and currently? (3) How is water captured, controlled, and regulated in California? (4) Why is water such a contentious and controversial issue in this state? (5) When and how (if ever) will California resolve its many conflicts over water?

RS member **David Abelson** will lead this 12-week seminar on *Water in California*. Mr. Abelson is a retired attorney who specialized in environmental law. He has taught a number of semester-long courses and given numerous presentations on a variety of topics since joining the Renaissance Society in 2012. David has a deep passion for life-long learning, and his seminars and presentations on *Water in California* have been well received by various audiences. So, if you have “water on the brain” this seminar is definitely for you!

What the Constitution Means to Her

Ron Tochterman
Co-leaders: Steve Felderstein,
Rosemary Kelley
Tuesdays, Feb 8 - Apr 12 (10 weeks)
10 to 11:30 am

This seminar we will read and discuss *Justice on the Brink: The Death of Ruth Bader Ginsburg, The Rise of Amy Coney Barrett*, and *Twelve Months That Transformed the Supreme Court* by retired New York Times reporter Linda Greenhouse. This book covers the Supreme Court’s 2020/21 term, in which a conservative supermajority cemented Donald Trump’s legacy on American jurisprudence.

Ron Tochterman was a Superior Court judge for thirty-two years, taught night law school for twenty years, and has led some fifteen Renaissance Society seminars.

Steve Felderstein is a retired attorney, has lectured extensively on legal subjects, and has co-led two Renaissance Society seminars.



Economics

Active Retirement Investing: Session 1

Bill Bailey
Co-leader: Marsha Holland
Tuesdays, Feb 8 to Mar 15 (6 weeks)
10 to 11:30 am

These seminars simplify your finances into three phases of investing: (1) The financial planning process; (2) new portfolio construction and monitoring your investment’s portfolio; and (3) estate reviews. Think of this process as reviewing the past, considering actions for now, and objectives for the future.

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

Active Retirement Investing: Session 2

Bill Bailey
Co-leader: Marsha Holland
Tuesdays, Mar 29 to May 3 (6 weeks)
10 to 11:30 am

These seminars simplify your finances into three phases of investing: (1) The financial planning process; (2) new portfolio construction and monitoring your investment’s portfolio; and (3) estate reviews. Think of this process as reviewing the past, considering actions for now, and objectives for the future. NOTE: Previous seminar attendance not required.

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



Heterodox Economics: Modern Money Theory

Mark Dempsey
Wednesdays, Feb 9 to Mar 16 (6 weeks)
10 to 11:30 am

Modern Money Theory (MMT) predicted the Great Recession; orthodox economists from right (Mankiw) to left (Krugman) did not. MMT offers some surprising remedies to current social problems, providing seldom-heard solutions for National “Debt.” So... it’s not about business as usual, 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.



How to Invest in This Market and Economy?

Sanjay Varshney
Mondays, Feb 7 to Mar 14 (6 weeks)
Noon to 1 pm

For those who have a basic understanding of how the economy and markets work, the question arises: How do you invest now to take advantage of and optimize your opportunities? What factors must one consider in these decisions? Given the complexities of the markets and the plethora of investment outlets, what is the most educated way to approach the asset allocation and strategy? Are there lessons from the past that may help navigate the future?

Dr. Sanjay Varshney, CFA, is Principal and Owner of Goldenstone Wealth Management. He is also Professor of Finance at Sacramento State, and Chief Economist and Publisher of the Sacramento Business Review - Regional Economic Forecast.

Health and Well-Being

Delaying Death and Avoiding Disability

Donald Forrester
Wednesdays, Feb 9 to Mar 16 (6 weeks)
10 to Noon

This seminar presents the best science on prevention, stabilization, and reversal of significant chronic conditions (diabetes, obesity, high blood pressure, dementia, and cancer) and disability (back pain and arthritis). Woven into the sessions will be useful concepts, including quality improvement, statistics, complex systems, genetics, and human learning. The goal of this seminar is to provide participants with information that they can use to improve their quality of life.

Don Forrester is a Family Medicine physician with 45 years of clinical experience. He worked for the Permanente Medical Group from 1978 to 2008 obtaining advanced training in Quality Improvement. He worked with Dr. John McDougall for 8 years and serves on the Board of NutritionFacts.org. He and Allan Keown are looking forward to teaching this seminar for the fourth time.

Relationships: How to Build Strong, Healthy, Loving Relationships

Nanci Kuzins
Co-leader: Anamaria Pasquiers
Thursdays, Feb 10 to May 5 (12 weeks)
1 to 3 pm

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

Nanci Kuzins is committed to helping people find their self-empowerment and voice so they may develop skills to enrich life for themselves and others through Compassionate Communication. She 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, spiritual counseling, is a social activist and an interfaith minister. She has led spiritual growth groups on Taoism, Kundalini Yoga, A Course in Miracles, and served as a prayer chaplain.

Transitions: What will I do with the rest of my life?

Ken Cross
Fridays, Feb 4 to May 6 (12 weeks)
9:30 to Noon
Folsom Hall (FH) 1050

Who am I? Why am I here? What's my life's purpose? How do I live in balance—mind, body, spirit, relationships, retirement, avocation, fun, and leisure? What does my heart tell me to do with my life? Whether retired or approaching retirement, help yourself design the "Next Chapter" of your life. Reconnect with your talents, skills, aptitudes, and abilities for your new life's path. Tap into your wisdom and experience to live a rich, fun, meaningful, and purposeful life. Share your gifts, making a difference by serving.

Ken Cross graduated from the U.S. Military Academy, West Point, NY in 1974 serving as a U.S. Army airborne ranger, armor officer. Next, Ken was a financial planner, manager, and corporate trainer serving career military service members. His final career was as the CEO of Habitat for Humanity of Greater Sacramento.

The Wait Class (About Weight)

Mimi Dixon
Mondays, Feb 7 to Mar 14 (6 weeks)
10 to 11:30 am

Designed for emotional overeaters with at least 25 pounds to lose (required), this seminar focuses on emotional, cognitive, and "peace" practices that can influence weight loss for those of us who have had a long struggle with this problem. Instead of overeating, wait; we will discuss what to do differently. We will have leader presentations and small-group discussions in a confidential and respectful environment. No diets; no medical information. After you enroll, the leader will contact you to answer any questions and to confirm your enrollment.

Mimi Dixon, MA (Counseling Psychology), has been an educator for 40 years, has taught this seminar for seven years at Renaissance, and is maintaining a 100-pound weight loss for 14 years. She also teaches *The Wisdom Questions* seminar.





The Wisdom Questions

Mimi Dixon
Tuesdays, Feb 8 to Apr 12 (10 weeks)
2 to 3:15 pm

An opportunity to contemplate a given “Wisdom Question” (like What does ‘love’ mean to you?) for a week and then share your answer, uninterrupted, for up to 10 minutes in a small, listening group in class. The seminar leader designed the questions for your positive reflection and as a way of now looking back at your long life from “the brink of everything,” as Parker Palmer describes it, and discovering what you have learned. Past participants have described feeling a new connection with each other and a profound respect for the wisdom each of us carries within.

Mimi Dixon, MA (Counseling Psychology), has been an educator for 40 years and has taught seminars at Renaissance for seven years. She is an author and also a new enthusiast of the treadmill. She also teaches *The Wait Class* (*About Weight*).

History

American Revolution: How America Went From 13 Colonies to Independence

Catherine Minicucci
Tuesdays, Feb 8 to Feb 23 (3 weeks)
2 to 3:30 pm

This is a three-part seminar on the American Revolution. The first class deals with the lead up to the Revolution when Americans began to protest British policies. The second class presents the war itself, from Lexington and Concord to Yorktown. The third class covers the immediate aftermath of the War up to the Constitutional Convention in 1787.

Cathy Minicucci has been a Renaissance Society seminar leader since 2019, specializing in American history. In retirement, Cathy has had the time to read and learn about historical periods of great interest, such as the Revolution. For this seminar, she traveled to Philadelphia to see key sites first hand. She received her BA from UCLA and her Master’s Degree from Harvard University. Her professional career was in education policy and program evaluation.

Ancient Egypt— From Pre-History to 30 CE

David Lewis
Tuesdays, Feb 8 to Apr 26 (12 weeks)
10 to Noon

What is an Egyptian Dynasty? Was Cleopatra really as beautiful as Elizabeth Taylor? What is the difference between a Pharaoh and a King? The answers to those questions and much more will be covered in this seminar. We will begin with plate tectonics (plate what?) then explore the Nile river (longest in the world) along which the Ancient Egyptian culture rose, thrived for 3,000 years and finally came to an end with the death of Cleopatra. Learn about a female Pharaoh that ruled Egypt of 21 years, what King Tut’s life was really like and much more. Come join us.

David Lewis is one of the many non-historian Renaissance Society seminar leaders. Until the spring of 2021, he had concentrated on his *Big History* presentations on *Mesopotamia*. However, after a talk on Egypt he was hooked. This will be his 2nd semester hosting *Ancient Egypt* and he can’t wait to go at it again.

The Dynamic, Dramatic, Sometimes Dirty Dozen of Early California

Richard Fuller
Fridays, Feb 11 to May 6 (12 weeks)
12:30 to 2:30 pm
Library (L)

From the *San Joaquin* and *San Francisco* to Mother Donner, from John Sutter thru John Bidwell to John Muir, from James Marshall to the Vigilantes, California characters have been amazing—fighting Mexico with almost no fighting, immigrants coming west before gold was discovered, hand-digging for gold for five years, and then using water cannons and dredges—then finding riches in the Central Valley’s dirt. Richard will tell you tales you can tell your friends, family, and lover.

Richard Fuller, a member of 12 years, has led 18 seminars; does extensive fieldwork, researches voluminously, dresses the part[s], plays the role[s], and only presents original material. Two favorite seminars were *Making of the Bible* and *Native Americana*.

Profiles in American Leadership

Catherine Minicucci
Thursdays, Mar 3 to Mar 17 (3 weeks)
Noon to 1 pm

This seminar will focus on American leaders at critical times in our history. Each class will cover two leaders. The first class will present information on Frederick Douglass and Thaddeus Stevens, important leaders during the Civil War period. The second session will cover Rep. John Lewis and Mrs. Fannie Lou Hamer who were courageous champions of civil rights and voting rights. The last class will focus on Lyndon Johnson, Everett Dirksen, the Civil Rights Act, and Voting Rights Act.

Cathy Adams Minicucci is a fourth generation Californian. She got her BA from UCLA and a master’s degree from Harvard. Her professional career was education policy and evaluation. She worked as an education policy staffer for the California legislature for 8 years. After that, she led *Minicucci Associates*, an evaluation consulting business that focused on programs for children and youth. Since 2012, Cathy has led seminars focused on American history and evolution of our democracy.

The United States Civil War— The War Without End

Doug Bonetti
Thursdays, Feb 3 to May 5
9:30 to Noon

We will explore many topics of the “Rebellion,” including its causes, advancements in technology, the life of the common soldier, and key leaders on both sides. The seminar will consist primarily of lectures and some short participant presentations. This is an update to the zoom class on the same topic last spring. In this class you will be able to touch history: every week, I bring in authentic weapons and memorabilia from my extensive collection. With guest speakers and a live band on our last day, we will have a fascinating time.

Douglas Bonetti’s passion is history—specifically Civil War history. He shares his extensive collection of weapons, letters, and accoutrements during his seminar. He speaks at schools throughout the region. 2022 marks his 8th year with Renaissance.



Nature, Science, and Technology

Android Basics

Carol Limbaga

Co-leader: Victoria Star

Fridays, Feb 11 to May 6 (12 weeks)

10 to 11 am

Douglass Hall (DH) 209

This seminar is an ANDROID Smartphone, one-on-one, hands-on, support class with your own cell phone. The seminar will cover basic usage, such as phone features, settings, calls, contacts, voicemail, email, message and text, delete, camera, apps, and play store.

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

Victoria Star is a very generous person - always wanting to help.

As Long as Space/Time Endures— A Buddhist Practice Journey

Gus Koehler

Fridays, Feb 11 to Feb 25 (3 weeks)

10 to Noon

Buddhism integrates concepts of space-time into a frame of reference that all human experience occurs in. We will use meditation to see how time-space instants emerge, use it to "see" through ritual, and directly experience awareness-emptiness. Ram Das saw these ways of knowing as similar to stations selected from a radio band. We will explore these stations and the band itself. As Longchenpa puts it: "Awakened mind is something marvelous and superb, primordially and spontaneously present."

Gus Koehler is a doctor of philosophy and political sociology from UC Davis. He provided public policy research for the legislature, the Governor, and their agencies for 27 years. His firm, Time Structures, researched time as a personal and organization experience for

10 years and received an NSF grant to do so. He has been a Vajrayana Buddhist for over 50 years. He taught Buddhism for 5 years as well as other college level courses at Folsom Prison.

Delving into Dementia: The Science, the Caring, the Hope

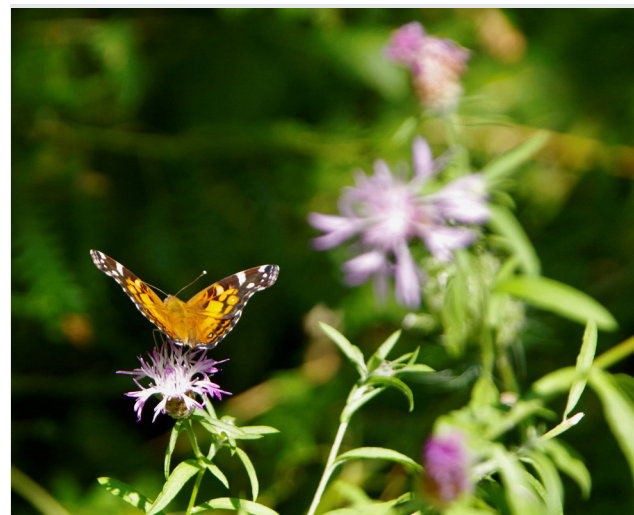
Mynga Futrell

Thursdays, Feb 10 to May 5 (12 weeks)

10 to Noon

To deliver its deep dive into unwelcome subject matter, this seminar blends a scholarly approach with real-life accounts of dementia caregiving complemented with stories that are grounded in the instructor's personal experience and abundantly illustrated with visuals. Authentic understanding of neurodegenerative declines requires candid probing, but humor helps lighten the study of these definitely downhill journeys! This program will build your savvy for handling dementia communication and conduct.

Mynga Futrell's professional career was interrupted in the 1990s by a "learn-from-scratch" dementia-care experience (parental: mother). Dementia hit again with her husband's 2010 Alzheimer's diagnosis. Having experienced two decades of Alzheimer's Association volunteer committee-work and topically associated educational presentations means Mynga has learned a lot about the realities of neurogenerative declines and caregiving that she can share with you.



Hearing and Listening

Laura Gaeta

Co-leader: Kirsten McWilliams

Thursdays, Feb 3 to Feb 17 (3 weeks)

Noon to 1 pm

Do you have hearing loss? Join us for an informational seminar on hearing loss, understanding your hearing test, tinnitus, hearing aids and cochlear implants, and communication strategies. Participants will work with graduate students on lip-reading and clear speech training.

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

Kirsten McWilliams, AuD, is an audiologist and owner at The Hearing Solution in Sacramento.

Introduction to iPhone Photography

Melissa Green

Wednesdays, Feb 16 to Mar 9 (4 weeks)

1 to 3 pm

This seminar is designed to introduce Camera and Photos apps to beginner iPhone users over four meetings: (1) Attend Zoom class to learn about Apple Camera features and Settings on Feb 16th; (2) Meet with iPhone Photography Coaches to explore the features of the Apple Camera app in a small-group in-person activity near your home on Feb 23rd; (3) Attend the Zoom session on Mar 2nd to explore the editing features of the Photos app; (4) Attend the Zoom session on Mar 9th to begin organizing and sharing your photography within apps like Mail and iMessage. The in-person meeting will be in four locations in the Sacramento area. Ten participants per location based on where you live. **IMPORTANT:** Rain will change our locations, but not the date! iPhone 5 to iPhone 13 models. Visit our [website](#) for more information.

Melissa Green joined the Renaissance Society in 2012 with an interest in digital photography and the Apple iPad and iPhone seminars. She is a retired instructional development coordinator from Sacramento City College where her work focused on training faculty and staff to use computers and teach online.

iPhone Photography Experimental Studio (Prerequisite required)

Melissa Green
Thursdays, Feb 10 to Mar 17 (6 weeks)
10 to Noon

This seminar, for intermediate or advanced photographers, includes participant demonstrations where we use iPhone apps to create digital artwork. Online demonstrations with shared albums serve as our learning and critique platforms. This semester we continue using apps for computer migration and reporting exposure metadata. Visit our public website for demonstration videos and recent artwork galleries at <https://rsiphonephotostudio.blogspot.com>. New photo studio artists should be at ease with iOS basics and expect to purchase \$25 in apps and prints.

Requirements: iPhone 8 and up, Pro models recommended; iOS 14 or 15, and AppleID. An iPad is helpful for editing images. **IMPORTANT:** This is NOT a beginner photography seminar. All enrollees will go to a WAITLIST and will be contacted by the instructor to check prerequisites. A computer is helpful to attend the Zoom meetings so you



can use your iPhone or iPad for demonstrated activities. **NOTE:** Zoom Meet & Greet on Feb 3rd at 10 am. Six meetings planned.

Melissa Green joined the Renaissance Society in 2012 with an interest in digital photography and the Apple iPad and iPhone seminars. She is a retired instructional development coordinator from Sacramento City College where her work focused on training faculty and staff to use computers and teach online.

World of Engineering

Richard Dabrowiak
Thursdays, Feb 10 to May 5 (12 weeks)
10 to Noon

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

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

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shared interest groups (SIGs)

Art of the Portrait—Session 1

Julia Stagg
Tuesdays, Feb 8 to Feb 22 (3 weeks)
7 to 8:30 pm

This three-week workshop focuses on the Art of the Portrait in 2D mixed media. Join us to create two portraits using found objects, photographs, and repurposed artwork, etc. Participants work on their art during the meeting. At each session, a brief presentation of possible ideas addressing the project is offered. Sharing is encouraged. Beginners are welcome. Art is uploaded to a website each week for viewing and discussion during the meeting—www.uncomic.com.

Julia Stagg is an artist who enjoys the conversation and passion of the arts whether by teaching, learning, or looking. Her art is mostly narrative; self-portraiture with a subtle bit of humor if possible. She joined the Renaissance Society in 2019.

Art of the Portrait—Session 2

Julia Stagg
Tuesdays, Mar 22 to Apr 5 (3 weeks)
7 to 8:30 pm

This three-week workshop focuses on the Art of the Portrait in 2D mixed media. Join us to create two portraits using found objects, photographs, and repurposed artwork, etc. Participants work on their art during the meeting. At each session, a brief presentation of possible ideas addressing the project is offered. Sharing is encouraged. Beginners are welcome. Art is uploaded to a website each week for viewing and discussion during the meeting—www.uncomic.com.

Julia Stagg is an artist who enjoys the conversation and passion of the arts whether by teaching, learning, or looking. Her art is mostly narrative; self-portraiture with a subtle bit of humor if possible. She joined the Renaissance Society in 2019.

Book Group: Great Books Discussion Group

Steven DeBry
Tuesdays, Feb 8 to May 3 (Once a month)
2 to 4 pm

This *Great Books* discussion group will meet on the *first Tuesday of the month*. We will initially discuss selections from the *Great Conversations 6* anthology. The Great Books anthologies include sections from a variety of renowned fiction and non-fiction works from the recent or distant past. The distinctive aspect of a Great Books discussion group is the reliance on the use of a "shared inquiry" method of discussion as much as the reliance on content of the readings in the anthologies. This method emphasizes a close examination of the text and on the citation of passages from the reading to support interpretive conclusions. Digressions on general topics are discouraged unless they enhance understanding of the selection.

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



Book Group: Tuesday Book Club

Marian Kile
Tuesdays, Feb 15 to Apr 19 (Yr.-round monthly)
9:30 to 11:30 am
The members of the group rotate selecting a book for everyone to read and discuss in an intelligent yet comfortable manner. We review a wide variety of fiction and non-fiction books that are available in the Sacramento Public library system.

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

Digital Photography

Colleen Wong
Co-leader: Jane Steele
Tuesdays, Feb 15 to Apr 26 (12 weeks)
10 to Noon

This course is aimed towards photographers who are interested in exploring and understanding the various modes and settings of their cameras. This session we will explore various techniques in photo shooting. The class alternates between classroom sessions and field trips. Field trips will provide an opportunity to practice what has been learned in class. As we get closer to the spring session, we will have a list of topics for class.

The *Digital Photography* class is presented by a committee of dedicated volunteers who have a passion for photography. **Colleen Wong** is the class facilitator. **Jane Steele** is the Administrator of the group.



Dining Together

Cheryl Nelson
Wednesdays, Feb 9 to May 11
(Yr.-round monthly)
5:30 to 7:30 pm

For years, Renaissance members enjoyed monthly evening social events. We are resuming in modified form complying with County Health regulations in place at the time of events. **IMPORTANT INFORMATION:** Please read— (1) Registration is required. For purposes of registration, everyone signing up will be enrolled in Wednesday sessions. (2) Members suggest restaurants for consideration. (3) Leaders make restaurant dinner reservations. (4) Diners choose one of two dates at selected restaurants—**either the 2nd Wednesday or 3rd Thursday.** (Two dates double participants possible within likely restrictions.) (5) Members RSVP to one date monthly. Preference is given to the first RSVPs. A Meet and Greet will be held Thursday, Jan 28, at 3 pm to explain the process.

Cheryl Nelson has been the Dining Together shared interest group facilitator for the 5 years pre-Covid.

Games for Entertainment

Roberta Frieze
Co-facilitator: Judy Keaton
Thursdays, Feb 10 to May 5 (Yr.-round weekly)
1 to 3 pm

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

Bobby Frieze has been in this group for 15 years with the group membership changing with new and maintaining members. Bobby maintains a list of changing meeting locations in members’ homes and contacts for the group.

Judy Keaton maintains and prepares the roster and has many games in her skill set and memory.

A Guided Tour of the Sacramento State University Arboretum—Sessions 1 to 6

(You will only be able to enroll in one session.)

Donna Eash
Co-facilitator: Michael Baad
See table below for the schedule of events

We will be taking a walking tour of the Sacramento State University Arboretum. This 3.5-acre site is home to more than 1,400 different trees, shrubs, and herbaceous perennials from throughout the temperate regions of the world. It is a constantly changing environment from daffodils in the spring, to a host of flowering plants in the summer, and striking autumnal color displays each fall. This introductory walk will acquaint you with a resource that is open 24/7, 12 months of the year. **IMPORTANT:** *Each walk is the same; signup for only one.*

Donna Eash has been a Renaissance Society member since 2012. She enjoys walking through the Sacramento State University Arboretum and would like to provide an Arboretum walking tour for Renaissance Society members.

Dr. Michael Baad is a Professor of Ecology and Systematics at Sacramento State University. He has also been the caretaker of the Arboretum. He has led A Guided Tour of the Arboretum for the Renaissance Society in the past.

Tours	Day	Date	Time
Session 1	Friday	Feb 11	11:30 to 12:30 pm
Session 2	Friday	Feb 25	11:30 to 12:30 pm
Session 3	Friday	Mar 11	11:30 to 12:30 pm
Session 4	Friday	Mar 25	11:30 to 12:30 pm
Session 5	Friday	Apr 8	11:30 to 12:30 pm
Session 6	Friday	Apr 22	11:30 to 12:30 pm

Le Cercle Français (Conversational French)

Debra da Costa
Wednesdays, Feb 9 to May 4 (12 weeks)
11 to 1 pm

This shared interest group 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. This group has traditionally met in person, but this semester it will be offered through Zoom. Registration is required. Seminar size is limited to 12 participants and a waiting list is maintained.

Debra da Costa retired from her marketing business and is resuming activities from her earlier profession in landscape architecture/urban design and from former interests such as art and French. In addition, Debra thrives on cycling, gardening, and yoga.



The Music of Your Life

Loretta Burdeaux
Thursdays, Feb 10 to Mar 17 (6 weeks)
Noon to 1:30 pm

The Music of Your Life program is a collaborative experience. Each week we will explore a different category from the world of music. Participants will be invited to bring a favorite song from that category by sharing an audio or video recording, or to sing and/or play it live if you like to perform. No pressure to share something each week, class members who just want to listen are welcome too. Weekly categories may include The Beatles, Country Music, Songs of the West, Show Tunes, and Lullabies.

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

Book Group: Partners in Crime

Lynda Cassady
Co-facilitator: Pat Stokes
Thursdays, Feb 24 to May 26
(Yr.-round monthly)
1:30 to 2:30 pm

This Shared Interest Group reads mysteries and once a month reviews a particular writer's novels. Recent authors were Atticus Locke, P.D. James, and Chelsea Cain. The group will have only a few openings for new members. Sign up early!

Lynda Cassady enjoys reading and discussing mystery novels. She helps lead the book group members in discussions on an author's style, character development, and story credibility. She promotes frank but considerate opinions.

Pat Stokes has been in this group for several years and continues to enjoy new mystery writers. She finds interesting writers that bring new life to writing a good story.

Qi Gong

Diana Loo
Mondays, Feb 2 to May 2 (12 weeks)
3 to 4 pm

Learn how to cultivate vital energy to assist with self-healing. Qi Gong (pronounced chee-gong)

is an ancient Chinese exercise and healing technique that involves meditation, controlled breathing, and movement exercises. Qi Gong is sometimes translated as "vital energy cultivation" or "mastery of your energy." This gentle movement class will help release tension both physically and mentally. Movement modifications will be provided for various physical challenges. The class will be done standing.

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

Social Dancing

Richard Kowaleski
Fridays, Feb 11 to May 6 (12 weeks)
Noon to 12:45 pm
Yosemite Hall (YSM) 183

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

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

Spanish Conversation, Advanced (Prerequisite required)

JoAnn Peter
Co-facilitator: Beatrice Hildebrand
Thursdays, Feb 10 to Apr 28 (12 weeks)
10 to Noon

This Shared Interest Group is for Spanish speakers at a high intermediate or advanced level. The emphasis is on conversation. The ability to use the imperfect and preterite tenses is necessary. In addition to conversation, we read and discuss literature selections or watch a video. Registration is required. **IMPORTANT INFORMATION:** TO ENSURE A PLACE IN THE COURSE PLEASE CONTACT THE LEADER BEFORE REGISTERING. A waiting list is maintained.

JoAnn Peter is a retired teacher who lived in Spain for 2 years. She taught high school Spanish, traveled, and studied in Mexico, Guatemala, Honduras, Peru, and Ecuador. She has led the Conversational Spanish Seminar for 11 years.

The Economist

Wayne Luney
Wednesdays, Feb 9 to May 4 (Yr.-round weekly)
7 to 8:30 pm

The Economist is arguably the best and most comprehensive weekly news magazine in the English language. It was founded in England in 1843 to advocate for the repeal of the Corn Laws. Today it is global in its coverage. Class members will be expected to read and be prepared to discuss selected articles appearing in the current issue. This class is likely to continue during holiday breaks and between semesters.

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

Walkabouts

Lance Muller
Wednesdays, Feb 1 to Apr 27 (12 weeks)
9:25 to 11:30 am

Each Wednesday morning, we walk at a different location chosen by our volunteer leaders. Announcements are at 9:25 AM, followed by stretches, and then by that week's Walkabout. You will have a choice of 2 miles with the Tortoises group, or 4 miles with the Hares group. Afterward, for those who wish to join in, there is a group lunch at a nearby restaurant. **IMPORTANT INFORMATION:** Register using the Renaissance Society online registration system for the class and also register online at our Walkabouts website to get special notifications about walkabouts—<https://renaissancewalkabouts.weebly.com/>—look on the Walkabouts Registration tab.

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

Writer's Workshop II (P)

Anita Adams
Co-facilitator: Lani Hahn
Tuesdays, Feb 8 to May 3 (Yr.-round weekly)
Noon to 2 pm

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

Anita Adams and her Co-facilitator, **Lani Hahn**, bring a variety of work experiences to this workshop—Anita as an advertising executive with The Sacramento Union Newspaper, and Lani as an ESL Instructor.

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Closed to New Participants
this Semester

Advanced Intermediate Spanish

Melody Flores
Fridays, Feb 11 to May 6 (Yr.-round weekly)
10 to 11:30 am
Mendocino Hall (MND) 3007

This Shared Interest Group provides a casual environment to support and develop existing intermediate level Spanish reading and speaking skills. This is a participation SIG and, for that reason, it is limited to 12. We currently have 12 participants, so there will not be any new participants or a waiting list.

Melody Flores has led an Advanced Intermediate Spanish group for several years. She studied Spanish at Shasta Junior College in Redding and the University of Guadalajara. She enjoys sharing her knowledge with her Renaissance group.

Book Group: Great Books Shared Interest Group

Jean Cawood
Co-facilitator: Dan Rooney
Thursdays, Feb 10 to May 12 (Yr.-round weekly)
2 to 4 pm

We use the Great Books Shared Inquiry method of discussion and the rules set forth by the Great Books Foundation. We will be discussing readings from the following books purchased from the Great Books Foundation: *The Civically Engaged Reader* (\$25); *Counterparts* (\$25); and *Immigrant Voices* (\$20). Members are expected to lead a discussion at least once a year.

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

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

Photography as Art

Roger Klemm
Co-leader: Mary Elliott-Klemm
Wednesdays, Jan 19 to Apr 6 (12 weeks)
10 to Noon

Using art concepts as a guide, this class develops an informed way of seeing. This is not a camera class. Note: This Seminar has been closed to new participants for many semesters. For the “wait list” please contact the leader directly—do not use the Renaissance registration system.

Roger Klemm is a Preservation Architect, trained in historic and modern architecture as well as in both classical and modern art and art history. He has been a commercial and published architectural photographer. This seminar will be the 18th he has taught for Renaissance Society.

Writers Group #1

Curtis Nelson
Co-facilitator: Marian Kile
Thursdays, Feb 3 to May 12 (Yr.-round weekly)
9:30 to 11:30 am

Members are encouraged to write on a variety of subjects in any style to include poetry, prose, essay, and more. The other members offer suggestions to help polish the presented pieces of literature. We offer a pleasant atmosphere for presenting your writing. At this time, the Shared Interest Group is full.

Curtis Nelson joined the Renaissance Society in 2017 and has enjoyed attending classes on various subjects. He joined *Writers Group #1* the same year and is presently serving as the leader. Curtis writes poetry and haiku.

Marian Kile has been writing personal stories for the last twelve years and has published three books for her family.

one-time presentations

community presentations



A Cook’s Tour Comes Home

Dan Cross
Co-leader: Maryellen Burns
Days vary, Feb 7 (Yr.-round—days, dates, and times vary)
6:30 to 8:30 pm

Join us for *A Cook’s Tour Comes Home*. New this go around? We’ll include not only eateries and drinkeries, but also venture out to music, theater, museum, and art venues. When guidelines, weather, and vaccines allow we’ll meet in person. We’re planning some virtual get togethers too as members hit the road and introduce us to the spaces and places around the region, country, or world they visit. All include an opportunity for us to explore new, historic, and iconic venues and get to know each other better. Days, dates, and times vary. Some costs are involved for food, drink, or entry. When there is room you can bring a guest, but friends are encouraged to join our virtual events and get to know us better. **IMPORTANT NOTE: We will contact you via email to schedule our first official virtual meeting for an introduction to the spring season.**

Dan Cross and **Maryellen Burns** have led A Cook’s Tour for several years. Dan is a seasoned traveler who knows how to find the hidden places most of us didn’t know existed. Maryellen is an historian and author/editor of books and articles on food, culture, and regional history.

Bits and Pieces—Watercolor Painting

Kathy Hart
See schedule of events below

Join **Kathy Hart** for one-hour, beginner-friendly, watercolor classes to learn how to create something beautiful while having fun. Each session is a separate program.

- 1) Register now using the Renaissance Society Online Registration System to get the Zoom detail and email confirmation that you are enrolled.
- 2) If you want email reminders including a link to the recording, you will also need to register for each session of interest separately on Eventbrite.
 - a. Details including supplies will be posted on Eventbrite.
- 3) These events will be open to the public to promote the Renaissance Society and give back to our community. Feel free to invite your friends!

Bits and Pieces— Watercolor Painting	Day	Date	Time
Click Valentine Florals to register on Eventbrite	Thursday	Feb 10	11 to Noon
Click Shamrock & Flower to register on Eventbrite	Thursday	Mar 17	11 to Noon
Click Watercolor Flowers to register on Eventbrite	Thursday	Apr 14	11 to Noon



Friendship Force Embraces Diversity

Kathy Hart
Monday, Mar 7
11to Noon

How do you communicate effectively with people from another culture? Friendship Force is an international organization focused on promoting understanding, cultural education, and citizen diplomacy through home-stay Journeys. We are in more than 45 countries and on six continents, with 15,000 active members. Our mission is to promote global understanding across the barriers that separate people. Friendship Force members use their unique perspectives, experiences, and talents to be welcoming, inclusive, and respectful to all individuals, no matter their culture or ethnicity. Learn how the Sacramento club is focused on broadening our perspectives when we travel, when we host other members, as well as when we explore locally.

- 1) Use the Renaissance Society Online Registration System to get the Zoom detail and email confirmation that you are enrolled from the Renaissance Society.
- 2) If you want email reminders including a link to the recording, you will also need to register for each session of interest separately on Eventbrite. [Click here to register on Eventbrite.](#)
 - a. Details including supplies will be posted on Eventbrite.
- 3) These events will be open to the public to promote the Renaissance Society and give back to our community. Feel free to invite your friends!
 - Several members of **Friendship Force of Sacramento** will share information about their many journeys and hosting experiences with the organization.

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monday big history series

Sessions 1 to 12

Ranny Eckstrom
Co-leader: David Lewis
Mondays, Feb 7 to Apr 25 (12 weeks)
10 to 11:30 am
See schedule of events below

Big History combines the interdisciplinary viewpoints of history, science, and the humanities to explore human existence in the context of the bigger picture. This series continues our investigations into concepts ranging from the Big Bang to the physical and cultural evolution of humans. It is a look at the big picture of humanity and narrower histories as examples of what was happening globally to our species.

We use a variety of formats including PowerPoint, professional videos, informed speakers, informal discussions, book reviews, and whatever fits. The goal is to widen our worldview of who we are and how we got here, and maybe even try to predict the future. Each session is a separate program, so you can enroll in individual sessions or all of them. Listed are examples of the topics we may cover in Spring 2022. Note that the schedule and topics may change. Class members will be informed about upcoming sessions as the semester progresses. Enjoy!

Ranny Eckstrom has co-led over 14 seminars since joining the Renaissance Society in 2009. And **David Lewis** has been instrumental in developing Big History at both Sun City Lincoln Hills and the Renaissance

MONDAY BIG HISTORY SERIES—SESSIONS 1 TO 12			
Session 1: The Evolution of Human Culture I	Bonnita Wirth	Feb 7	10 – 11:30 am
Session 2: The Evolution of Human Culture II	Joan Podesto	Feb 14	10 – 11:30 am
Session 3: War and Civilization: How War Contributes to Civilization	David Lewis	Feb 21	10 – 11:30 am
Session 4: Can a Study of History Predict the Future	Ed Sherman	Feb 28	10 – 11:30 am
Session 5: Money: A History	Jerry Steinman	Mar 7	10 – 11:30 am
Session 6: Ancient Cities	Marty Keale	Mar 14	10 – 11:30 am
Session 7: Gobekli Tepe: The World’s First Temple, 11,000 Years Ago	Ranny Eckstrom, David Lewis	Mar 21	10 – 11:30 am
Session 8: History’s Crystal Ball	Harriet Kaufman	Mar 28	10 – 11:30 am
Session 9: Textiles II	Kathryn Tobias	Apr 4	10 – 11:30 am
Session 10: Lost Cultures	Ruth McElhinney, Jan Johansen	Apr 11	10 – 11:30 am
Session 11: Currently Known Homo Species	Jan Johansen	Apr 18	10 – 11:30 am
Session 12: Extinctions	Ranny Eckstrom, Paul Graff, Elise Willmeth	Apr 25	10 – 11:30 am

tuesday speaker series

Evolution of the Second Amendment— The Right to Keep and Bear Arms

Florence Young and Eric McElwain
Tuesday, Feb 8
2 to 3:30 pm

Why do we have a Second Amendment? What did it mean when it was added to the Bill of Rights? What does it mean today, as it has been interpreted by the courts and the states? How have court and state decisions impacted weapon ownership use in the U.S.? In this presentation we will look at historical and recent examples to try to answer these questions as well as considering why the Second Amendment has become so contentious and controversial and the implications for the recent Kyle Rittenhouse case.

Florence Young has researched and presented on this subject and **Eric McElwain** is a retired attorney.



Preparing to Invest

David Bach
Tuesday, Feb 15
2 to 3:30 pm

Investment topics discussed include: an investment objective; the difference between an investment adviser and a financial planner; the difference between suitability, fiduciary and Regulation BI (Best Interest) and the people who follow them; an investment adviser's advantage over other financial organizations; and the impact of fees on a portfolio over time. Knowing these issues will help investors improve their investment performance and avoid scams. Learn what you would have liked to have known 30 years ago: It's not too late!

David Bach is CEO of The Bach Group, a consulting firm that teaches corporate employees how to better manage their investments. He has 46 years of investment experience, including 31 years at CalPERS. Mr. Bach is a board member of the California State University Investment Advisory Committee (CSUIAC).

China Flexes their Power

Jerry Glasser
Tuesday, Feb 22
2 to 3:30 pm

The new situation—Conflict with China has been escalating since our fall presentation with an increasing threat to Taiwan and space technology agreements with Russia. The Biden Administration policy has been *outreach with caution*. Is 2027 the deadline date for the Taiwan political standoff? Will it be a frigid winter for the Chinese population due to energy shortages?

Jerry Glasser is a retired SR-71 Blackbird cold war "spy Pilot" with a world view of our defense capacity and is a frequent aviation symposium and Renaissance Society speaker.

Storytelling through Song

Michael Hersher
Tuesday, Mar 1
2 to 3:30 pm

We will learn why storytelling combined with music is common to every culture and how the human brain is hard wired to tell stories through music. We will go from the science of brain function and evolution to ancient and modern examples of storytelling from different cultures and try to appreciate the musical cultures that class participants come from in real time.

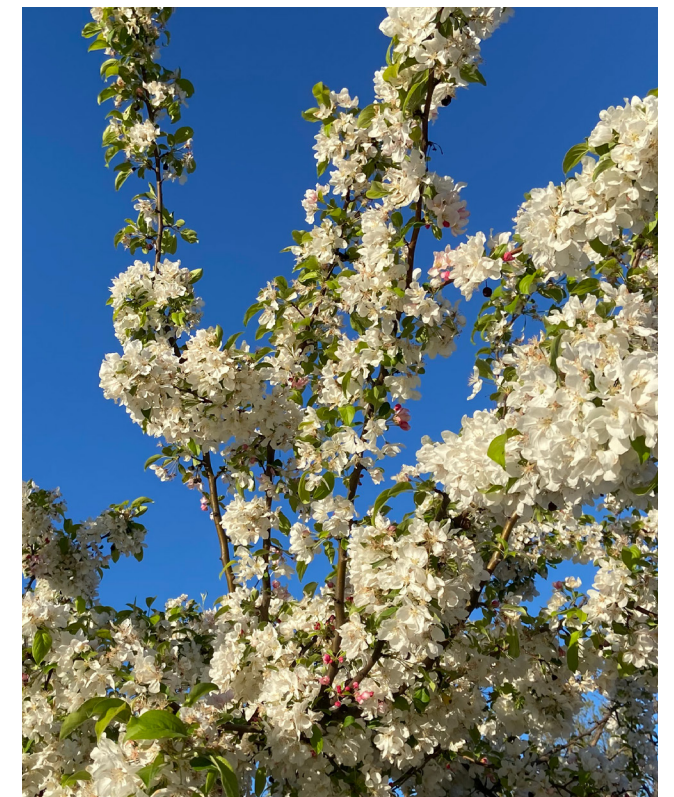
Michael Hersher is a retired lawyer and current musician. He loves to sing and tell stories to young and old and to get others to sing and appreciate their own cultural musical heritage. He previously taught an RS class on American Protest Songs.

Washington Commons Cohousing: Lessons in Creating Community

Anne Geraghty
Tuesday, Mar 8
2 to 3:30 pm

Washington Commons, a 35-unit cohousing community under construction in West Sacramento, evolved from a Renaissance Society seminar several years ago. Founding member Anne Geraghty will outline how the group is formed and how it uses collaborative decision-making to create a community that values both privacy and connection. Anne will talk about what led her to undertake this project and what others might consider as they explore cohousing for themselves.

Anne Geraghty's fascination with cohousing and interest in walkable communities led to the founding of Washington Commons. She formerly advocated for pedestrian safety as director of WALKSacramento, and for air quality in her work with the California Air Resources Board. Her urban planning degree is from the University of Pittsburgh.



The Leviathans of Lake Tahoe: The Biggest Fish Tale You've Probably Never Heard!

David Abelson
Tuesday, Mar 15
2 to 3:30 pm

California has some of the most unique ecosystems and life-forms on earth. One of these is the "Lahontan Cutthroat Trout," which evolved in a very limited watershed surrounding Lake Tahoe and a small portion of Nevada. These fish were once the largest native trout in North America. Their story is utterly amazing, tragic and yet somehow optimistic at the same time. The presentation familiarizes the audience with this totally unique strain of trout, it's tragic history, and it's miraculous, on-going recovery.

David Abelson is a retired attorney who specialized in environmental law. He has given numerous seminars and presentations on a variety of topics since joining the Renaissance Society in 2012. So, if you're interested in "the biggest fish tale you've probably never heard," this talk is for you!!!



Joseph Campbell's Heroic Journey

Gorgiana Alonzo
Tuesday, Mar 22
2 to 3:45 p30

An introductory look at the life and work of Joseph Campbell, whose seminal book, *The Hero with a Thousand Faces* (first published in 1949), explored the journey of the archetypal hero found throughout the world's myths. Campbell was influenced by some of the 20th century's greatest thinkers, such as Jung, James Joyce, and Krishnamurti. Campbell's comparative mythology influenced writers and film-makers alike, such as George Lucas and the *Star Wars* saga and George Miller and the *Mad Max* films.

Gorgiana Alonzo was a scientific editor for over 27 years at Lawrence Livermore National Laboratory and continues to edit reports with former colleagues on climate change topics. Gorgiana is a lifelong fan of Science Fiction, Film, and obscure English writers from the 14th century. In her spare time, she teaches yoga.

Part 1: Are You Ready? Healthy Living—Planning Your End of Life Journey

Dolores Eitel
Tuesday, Mar 29
2 to 3:30 pm

This presentation will discuss the of life choices available in California when planning for a peaceful death. These will include: Advanced Directive with Alzheimers Addendum, Right to Die, Right to Refuse Medical Treatment, Right to Try, Hospice Services, Palliative Care, DNR, POLST, VSED, and Medical Aid in Dying. We will also discuss how to ensure that your wishes will be implemented wherever your "home" is at your end of life.

Dolores Eitel is a Family Nurse Practitioner, a retired Hospital Administrator and University Professor with more than 60 years' experience in healthcare. She served as a consultant on the NJ Supreme Court on the first Right to Die Law in the USA, on Hospital Ethics Committees, and on "Death" Committees. Dolores has designed, implemented, and administrated inpatient and outpatient Hospice Services. She teaches Hospice Care and End of Life Choices to professional and non-professional healthcare students and the public.

Cuba Today

Professor Jorge Santana, Paul Bardwil
Tuesday, Apr 5
2 to 3:30 pm

We will look at the current reality of the relationship between Cuba and the United States, legal travel to Cuba and what is the reality of Cubans living in Cuba. Each American presidential change brings a new policy change between Cuba and the United States. Generally speaking the republicans make travel to Cuba more restrictive and difficult. The democrats usually open Cuba up more for Americans to travel there. Covid has brought new challenges to Cuba in many ways. Cuba has created their own vaccines and 92% of their population is vaccinated.

Professor Jorge Santana is a CSUS Spanish professor emeritus. He has organized and led over 50 travel study groups to Europe, South

America, Central America and Mexico as well as eight groups to Cuba. He has established important contacts with the Cuban people, artists, photographers, and writers. A number of participants returned with him a second time or signed up for some of his other tours.

Paul Bardwil is the owner and president of Global Educational Facilitation. Bardwil has been directing educational travel since 1995 to Mexico, Cuba, Spain, Guatemala and Italy. Bardwil is the only American working directly with the ministry of culture in Cuba. Bardwil has worked with Sac. State, Sonoma State, UC Berkley, UC Davis, university of Texas at Arlington, TWU, UNT to name a few. Bardwil also has had the pleasure of taking Jeannie Shultz, the widow of Charles Schulz, to Cuba and facilitated Snoopy being painted in a well-known mural art project in Havana, Cuba.

Part 2: Preparing for Life's Last Chapter: Medical Aid in Dying

Dolores Eitel
Tuesday, Apr 12
2 to 3:30 pm

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

Dolores Eitel is a Family Nurse Practitioner, a retired Hospital Administrator and University Professor with more than 60 years' experience in healthcare. She served as a consultant on the NJ Supreme Court on the first Right to Die Law in the USA, on Hospital Ethics Committees, and on "Death" Committees. Dolores has designed, implemented and administrated inpatient and outpatient Hospice Services. She teaches Hospice Care and End of Life Choices to professional and non-professional healthcare students and the public.

America's Founding Drug Dealers

Cullen Wilder
Tuesday, April 19
2 to 3:30 pm

In the early 1800s, Boston and many of our "First Families" became rich trading with China by bringing tea back to America on fast Clipper Ships. Like the East India Company, these traders learned the value of opium as a trade good to the Chinese. Most of these traders were British, but these 40-50 Americans established the family fortunes of the Roosevelts, Delano's, Forbes', Perkins', Russell's and others, who later invested in cotton, railroads, and timber, upon which this country was built.

Cullen Wilder is a water system engineer who became interested in the origins of a camphor chest he purchased at auction with the name Daniel Nicholson Spooner. This interest led him to research Spooner's history as a China Trader.

Kris Kristofferson—Songwriter and Renaissance Man

Jack Jennings
Tuesday, Apr 26
2 to 3:30 pm

You may know his songs—Me and Bobby McGee and Help Me Make It Through the Night. Sunday Morning Coming Down, but did you know he was a Rhodes Scholar, Phi Beta Kappa, Army Ranger, Helicopter Pilot, before he was a Nashville songwriter—performer and then a movie star—*A Star Is Born*, *Heaven's Gate*, and more. A General's son disowned for giving up his military career to become a Nashville songwriter. We'll listen to some songs and see a few movie clips from his amazing career.

Jack Jennings is a former book publisher and media producer beginning with *College Engineering and Computer books*, *The Anatomy Color*, and concluding with *Conversations with God* and *The Marijuana Growers Handbook*.

[CLICK HERE TO ENROLL
IN ANY PROGRAM](#)

forums

FORUMS are a special category of highly acclaimed and high-profile speakers addressing current topics or special interests 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 on an ongoing basis.

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

Feb. 11, 2022

Young Darwin and the Sea: The Making of an Evolutionist



As a Distinguished Professor of Evolution and Ecology and a marine biologist at UC Davis, **Dr. Rick Grosberg** received his Ph.D. from Yale University. He is the former President of both the Western Society of Naturalists and the

American Society of Naturalists and currently serves as a science advisor to several state and federal agencies, including the Smithsonian Institution. He is an elected Fellow of the California Academy of Sciences, and in 2010 was awarded the UC Davis Prize for Scholarly Achievement and Teaching. He has diverse research interests, including DNA to genes, unicellular to multicellular organisms, to the history of ideas, and the impacts of climate change. Dr. Grosberg will share little known facts about Charles Darwin's notoriously complicated and misunderstood relationship with the sea, including the fact that after being unimaginably seasick for his five long years on the Beagle, Darwin never got on a ship again.

Feb. 18, 2022:

Role and Importance of Football/Athletics in College Life at CSUS



As the first in his family to attend college, **Dr. Robert Nelsen** served in various faculty and administrative roles before being named president of the University of Texas-Pan American, then signed on as Sac State's President in July 2015. He enjoys reading and watching Westerns if he ever finds a moment of leisure. He is a sports enthusiast who loves to support the University's athlete students and encourages all students to



become lifelong learners and critical thinkers. He is especially excited about our football head coach **Troy Taylor**. Taylor is a local boy who attended Cordova High School in Rancho Cordova, led his team to a 14-0 record and was named northern California player of the year. As quarterback at Cal, he was the team MVP 1987-89 and was drafted by the Jets. He began his coaching career in 1994 and signed on as Sac State Hornet's head coach in 2018, clinching 9-4 and 9-2 records in 2019 and 2021 respectively. **"STINGERS UP!"**

Feb. 25, 2022:

Landmark Battles for Fair Housing 1948-1968



Chris Lango's career as a producer in Sacramento has spanned three decades, including daily sports broadcasts on KCRA-TV, special series and feature programs. Since 2010, Chris has done video production

and volunteer work at the Center for Sacramento History, producing and narrating a variety of projects. He recently conducted much of the archival research for the HBO docuseries *I'll Be Gone in the Dark*, examining the Golden State Killer / East Area Rapist case. February is Black History Month and Chris' presentation examines the landmark legal battles in the 20-year fight for fair housing in Sacramento from 1948-1968, prohibiting discrimination based on race, religion, national origin or sex. These early civil rights cases impacted the nation and were argued by Nathaniel Colley, the first African American attorney in Sacramento to open up a law practice. Chris' archival journey will largely be told through Nathaniel Colley's voice.

Mar. 4, 2022:

The Brave and Magnificent Women Behind the Men of Sacramento's Early Motorcycle Craze



As president of the California Writers Club of Sacramento, **Kimberly Reed Edwards** believes in the power of communities telling their own stories. She has 40+ years of writing experience on topics such as lifestyle and travel. In 1913, the merger of the Sacramento Motorcycle Club with the Capital City Wheelmen catapulted Sacramento into becoming one of the biggest motorcycle hubs in the state. In her new 2021 book *Sacramento Motorcycling:*

A Capital City Tradition, Kim chronicles these formative years of cycling and brings to life the exciting early days of the "Greatest Sport in the World" in California's capital. She spent two years researching the history and culture of our local motorcycle craze and collected 400+ photos from 1910-60, many of which she will share with our Renaissance Forum audience.

Mar. 11, 2022

Redistricting 2020



The redistricting process plays a critical role in the distribution of political power and has become a flashpoint for growing conflicts between the major parties in the US. Now that the 2020 census data has

been officially released, states will soon unveil new congressional and legislative maps. However, a lack of meaningful safeguards and single-party control of the process once again threaten to produce districts shaped by gerrymandering, which carves up communities based only on the partisan inclinations of each household. The public has an important role to play in pushing back against the practice, but it's important to understand that recognizing unfair maps means considering more than just the shapes of their districts. **Stan Forbes**, who is one of the original 14 members of the California Citizens Redistricting Commission and served as its Chair, will provide us with personal insights into the process and how it will affect our future elections.



Mar. 18, 2022

The Real John Sutter and His World
1834-1846



Steve Beck is a retired Director of the Sacramento Historical Society and was the Historian, Archivist and Educational Programming Director at Sutter's Fort and the California State Indian Museum from 1998 to 2018.

He undoubtedly knows more than anyone else alive about John Sutter and the history of the Fort. Using dozens of rare photographs and maps, he will grace us with tales of John Sutter who, in 1839, introduced and established western civilization in the Sacramento Valley of Mexican California. As a Swiss-German adventurer, Sutter was part of all the events and people that influenced California from 1839 through the birth of Sacramento City, including the Indians already living in the region.



CLICK HERE TO ENROLL
IN ANY PROGRAM

Mar. 25, 2022

La Gente: Struggles for Empowerment
and Community Self-Determination in
Sacramento



Assistant Professor **Lorena Márquez** teaches Chicana/o/x history courses in the Department of Chicana/o Studies at UC Davis. She is currently the Director of the Sacramento Chicana/o Movement Oral

History Project, which has documented 98 oral interviews with local area movement activists. She will be discussing her new book *La Gente: Struggles for Empowerment and Community Self-Determination in Sacramento* which traces the rise of the Chicana/o movement in Sacramento and the role of everyday people in galvanizing a collective to seek lasting and transformative change during the 1960s and 1970s Civil Rights era. In their efforts to be self-determined, *La Gente* contested multiple forms of oppression at school, at work sites, and in their communities.

Apr. 1, 2022



Exonerating the
Wrongfully Convicted

Jamie Lau, clinical professor of law at Duke Law School, is the supervising attorney for the Duke Law Wrongful Convictions Clinic and faculty adviser to the school's

Innocence Project. He earned his JD, cum laude, from Duke Law School and has a BA in Economics, with distinction, from the University of California, Berkeley. Professor Lau is the 2021 recipient of the North Carolina Advocates for Justice Kellie Crabtree Award for his successful exoneration of a wrongly-convicted client. He will address the difficulties exonerees face as their new freedom begins as well as the systemic flaws leading to wrongful convictions.

Apr. 8, 2022

Determining Senior-Living and Home-
Care Options



Cassie Sakahara and **Lynn Humphries** will explore the variety of senior living and in-home care options, covering the differences in cost and levels of care. They will discuss how vital it is to protect yourself when you or a loved one are searching for care or are faced with a crisis and needing to find care immediately. Cassie grew up in a small town in Minnesota. Watching her grandmother suffer from Alzheimer's Disease and seeing the pain and struggles her family experienced when locating care, she realized this is how she could help others. Sacramento native Lynn Humphries was also moved to become an Assisted Living Consultant when she observed several family members deciding to give up their homes and move into senior living facilities. Their presentation will address how to avoid pitfalls in determining the best senior care.



Apr. 15, 2022

Drought, Delta, and Groundwater
Depletion: Making Sense of
California Water



David Sandino served as Chief Counsel for the California Department of Water Resources under an appointment by Governor Arnold Schwarzenegger and currently serves as senior staff counsel. He received a Fulbright Fellowship to teach in Russia, where he taught international environmental law at the Moscow State Academy. David's academic career has centered on teaching natural resource courses at several academic institutions. His presentation will provide an overview of California's hydrology, water

infrastructure, and regulatory framework, and discuss how California manages its water supply during dry years. California has developed water infrastructure and a complex regulatory system to distribute water resources around the state, permitting water originating in Northern California to be delivered to the Bay Area, the San Joaquin Valley, and Southern California. In dry years, the resiliency of this system is tested, which can result in water shortages, environmental harm, and legal conflicts.

Apr. 22, 2022

MYSTERY FORUM SPEAKER.....



We can't tell you who this is QUITE yet...
You'll just have to wait and see....
DON'T MISS IT IF YOU CAN!

Apr. 29, 2022

The New UC Davis Tschannen Eye
Institute: 2022



Professor and Chair of the Department of Ophthalmology and Vision Services at the UC Davis School of Medicine, **Dr. Mark Mannis** is an internationally renowned physician and medical director of the Sierra Donor Services in Sacramento. He specializes in all forms of corneal transplantation and ocular surface surgery. Dr. Mannis will introduce us to the new 67,000 square foot Ernest E. Tschannen Eye Institute which broke ground in June 2020 and is expected to be completed in 2022 on the UCD Sacramento campus. This impressive institute will include cutting-edge patient care, inspired educational programs for tomorrow's health care leaders, and a pioneering research environment that will generate new discoveries in medicine, science and health care such as developing cures for blinding eye diseases.

Diversity, Inclusion, and Social Justice

Seminars

American Chattel Slavery and Its Aftermath – Part II

Allan Keown, Mondays, Feb 7 to May 6, 10 to Noon

Identity and Diversity in Contemporary Art

Beverly Gabrielle, Fridays, Feb 11 to Mar 14, 10 to 11:30 am

The Assault on Our Democracy: What Is to Be Undone?

Duane Campbell, Thursdays, Feb 10 to May 5, Noon to 1:30 pm

The Banality of Evil: Racism, Prejudice, and Fascism: The Original Sins

Greg Beale, Thursdays, Feb 10 to May 5, 2 to 3:30 pm

Race Conversations

Stacie Walton, Mondays, Feb 7 to May 2, 9 to 11:00 am

Recognizing and Reducing Implicit Bias: A Daily Practice

Stacie L Walton, Wednesdays, Feb 9 to Mar 2, 10 to Noon

What the Constitution Means to Her

Ron Tochtermann, Tuesdays, Feb 8 to Apr 12, 10 to 11:30 am

Profiles in American Leadership

Catherine Minicucci, Thursdays, Mar 3 to Mar 17, Noon to 1:00 pm

Presentations

Friendship Force Embraces Diversity

Kathy Hart, Monday, Mar 7, 11 to Noon

Forums

Landmark Battles for Fair Housing 1948-1968

Chris Lango, Friday, Feb 25, 3 to 4 pm

La Gente: Struggles for Empowerment and Community Self-Determination in Sacramento

Lorena V. Márquez, Friday, Mar 25, 3 to 4 pm

learn.connect.share.

who we are

The Renaissance Society community offers:

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

Our Programs

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

Our Appreciation for One Another

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

Our Commitment to our Community

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



how to join if you are not already a member

Our Renaissance Society Membership fees are \$60 for a Mid-year membership and \$100 for an Annual membership. Our [Mid-year Membership Registration Portal](#) opens on Tuesday, January 4, 2022. The Program Enrollment Portal opens on Monday, January 17, 2022. Our programs begin on Monday, February 7, 2022, though we may have a sprinkling of events the week before to tease your appetite.

Two simple registration options:

- 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.
- By mail, with a paper application and check made out to the Renaissance Society.
 - Print the form on the next page and mail to: Renaissance Society, California State University, Sacramento, 6000 J Street, Mail Stop (MS) 6074, Sacramento, CA 95819-6074.



membership application spring 2022

Please complete one form for each member

Please Print

first name	last	date
street address	city	zip
phone	email	
emergency contact name		phone
membership fee		\$60
donation for Renaissance Society General programs**		\$
TOTAL		\$

Note: there will be no refunds

** do you want your donation to be anonymous? ☐yes ☐no

Mail check payable to: Renaissance Society
 California State University, Sacramento
 6000 J Street—Mail Stop 6074
 Sacramento, CA 95819-6074

Important: please answer the following questions since this will determine how you recieve Renaissance Society publications:

- Renaissance Society publications are available online. Limited print copies are made but it is expensive to reproduce and mail them. Please indicate if you will accept an online copy of each publication.

a) I will read the At-a-Glance Program Schedule online	Yes_____	No_____
b) I will read the Renaissance Recorder online	Yes_____	No_____
c) I will read the Membership Directory online	Yes_____	No_____
- Do you want your name, email and phone listed in the Membership Directory?

Yes_____	No_____
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 Signature and Date

rendezvous and orientation

If you are either a prospective, new, or renewing member of the Renaissance Society, please attend this semi-annual event to learn more about our current programs and services. Rendezvous and Orientation will be held on Friday, January 21, 2022 from 10 to 11:30 am for the Spring semester.



Program Agenda

Rendezvous Moderated Panel—Receive an overview of the numerous changes and transformations of the Renaissance Society programs and services for the Spring 2022 session.

Orientation—Learn how the hybrid classrooms will operate and how you can participate.

Question and Answer Session—Panel members are available to respond to questions regarding what to expect during Spring 2022.

Volunteer Opportunities—Learn from Sac State organizations seeking volunteers to support students and the campus. These include Sac State Gerontology and Physical Therapy Departments and the UC Davis Department of Preventative Medicine.

Enroll—[click here](#)

Zoom Invitation—After you have successfully enrolled in the Rendezvous and Orientation program, you will receive an email with the Rendezvous and Orientation Zoom invitation link. This event is via Zoom only.

Survey—Please respond to the Constant Contact survey that is emailed to you following the event.

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

your online learning world

Just a few years ago, our Renaissance Society environment was all about learning in-person at Sac State or in nearby community venues. Our world changed suddenly and although we hope to meet again face-to-face, we realize that learning with Zoom online will not go away and is a better option for many of our members. Here are some common questions for new Zoom users.

What equipment do I need to participate in a Zoom class?

For the best experience, you'll need a web camera, a microphone and speakers, and an internet connection. All of this may already be a part of your computer.

How do I join my Zoom classroom?

After you register for a class, you will receive a confirmation email with the Zoom Meeting link. In addition, you may also receive an email from your instructor with the Zoom link. A few minutes before the scheduled time for your session, click the link and you will automatically be connected to the meeting over the internet. If this is the first time you are using Zoom, you will be prompted to install the application on your computer, tablet, or smartphone. Just follow the prompts—you only need to install the application once.

What do I do once I'm in the meeting?

There are three areas you'll want to control in a meeting. The tools for these are in different locations depending on your device (computer, tablet, or smartphone).

- 1. Audio** (Look for the microphone)—If you see a red line through the microphone, that means no one can hear you talking—you are muted. Click Unmute and now everyone can hear you. Each time you click, your microphone switches between being on and off.
- 2. Video** (Look for the camera)—If you see a red line through the camera, no one in the meeting can see you, instead they just see your name or your Profile picture. Click Start Video and now everyone in the meeting can see you. Each time you click, you switch between Start Video and Stop Video.
- 3. View**—(Look for the word or icon)—When you are in Gallery view, you see small video images of other participants in the meeting; when you are in Speaker view you see a large video image of whomever is talking. You decide what view you prefer.

Refer to the individual handouts on the Renaissance Society Online Learning Resources page under Basic Training Guides>Getting Started for more information. If you need additional help, send an email to rensocit@gmail.com.

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

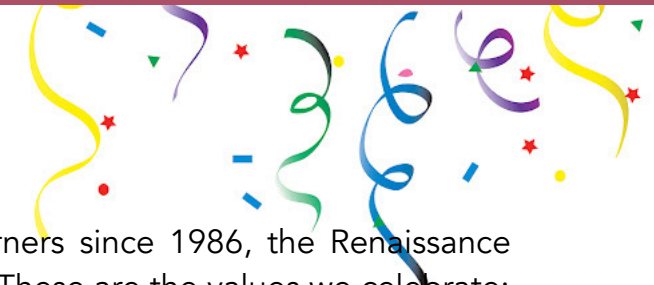


2021-22 Renaissance Society

Board of Directors, Committee Chairs, CSUS Liaison, and Staff

Officers/Executive Committee			
offices	names	phone	email
President	Ken Cross	916-995-8288	kencross@kencrossconsulting.com
Vice President	Deborah Seiler	916-704-5735	deborah.seiler2@gmail.com
Controller	Norv Wellsfry	916-718-6920	nlwellsfry@comcast.net
Secretary	Bob Benedetti	209-603-6281	rbenedetti@pacific.edu
Past President	David Abelson	916-446-6178	abelsonfamily@comcast.net
Members-at-Large	Christie Braziel	916-486-0826	christie_braziel@hotmail.com
	Laurye Brownfield	916-599-2677	lauryebrownfield@gmail.com
	Michele Finerty	916-730-5506	mfinerty3782@gmail.com
	Darryl Omar Freeman	916-284-6866	darrylofreeman@gmail.com
	Pam OBrien	916-662-7156	obriendesign@comcast.net
	Chuck Wiseley	916-205-8857	chuck@wiseley.org





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 all of Sac State students, faculty, administrators, and staff with the utmost respect.
- **Service:** We are dedicated to serving each other, Sac State community, and the greater Sacramento region to the best of our ability.

Committee Chairs			
committee name	chair(s)	phone	email
Communications and Marketing	Deborah Seiler	916-704-5735	deborah.seiler2@gmail.com
Finance & Admin.	Norv Wellsfry	916-718-6920	nlwellsfry@comcast.net
Forums	Tom Suchanek	916-812-7025	thsuchanek@ucdavis.edu
	Michele Finerty	916-730-5506	mfinerty3782@gmail.com
Gerontology Liaison	Susan Brackenhoff	217-254-5037	susan.brackenhoff@gmail.com
Historian	Vacant		
Long-Range Planning	Ken Cross	916-995-8288	kencross@kencrossconsulting.com
Membership, Diversity and Community Engagement	Darryl Omar Freeman	916-284-6866	darrylofreeman@gmail.com
	Debbie Martinez	916-802-6530	Debralyn78@pacbell.net
Nominating	Vacant		
Programs	Pam O'Brien	916-662-7156	obriendesign@comcast.net
	Cindy Suchanek	916-812-7211	csuchanek3@gmail.com
Recorder	Liz Deuso	916-640-5638	eliza.deuso21@gmail.com
	Lorraine Murphy	916-835-8210	Ltara626@gmail.com
Resource Development	Nancy Findeisen	916-391-5046	nancy.findeisen@gmail.com
Rules	Bob Benedetti	209-603-6281	rbenedetti@pacific.edu
Scholarships	Laurye Brownfield	916-599-2677	lauryebrownfield@gmail.com
Technology	Jeff Hendy	916-337-9852	edhjeff@gmail.com
	Sarah Ryan-Roberts	916-216-3535	sarahrr@me.com
University Services	Vacant		
Website	Jennifer Kerr	916-837-9023	kerr.jennifer.m@gmail.com

CSUS Liaison			
CSUS Liaison	Dianne Hyson	916-278-6504	dhyson@csus.edu

Staff			
Office Manager	Shari Lowen	916-758-5133	shari.lowen@csus.edu
Senior Clerk	Lorene Sarne	916-661-6981	lorene.sarne@csus.edu
Office Assistant	Amber Korb	916-758-5133	amber.korb@csus.edu

renaissance society 2020-2021 annual report

Our new annual report is available by hitting the link below. The report features descriptions of all our programs and activities. We urge you to spend time with it, returning members as well as new recruits. Enjoy!! You can find the most recent RS Annual Report on our website. Use the following steps:

- 1. Click [Renaissance Society website](#)
- 2. Scroll down the page and click on Our Board & Governance; A new page will open
- 3. Click on Documents; A new page will open
- 4. Click on 2020-2021 Annual Report; The PDF document will open

join our team of leaders, facilitators, and presenters

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, facilitators, and presenters describe teaching deepens their own knowledge of the subject matter. Participants also bring their own expertise and life experiences to the classroom creating opportunities for lively class discussions. Traditionally, Renaissance leaders, facilitators, and presenters have come from the membership. However, we also actively seek presenters and speakers from the community who have knowledge of a wide variety of subject matter, sensitivity to different learning styles, and an ability to clearly communicate concepts.

What You Can Offer

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

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

How to Submit a Proposal

Send an email to lorene.sarne@csus.edu or call 916-661-6981 for more information. The Program Committee reviews course proposals and provides instructor support and training.

be a zoom tech host volunteer

The Renaissance Society is comprised of many volunteers that make our organization work. With the advent of our transition to online learning, a new category of volunteers was needed. We call these volunteers “Tech Hosts” and their job is to support seminar leaders, Shared Interest Group (SIG) facilitators, and presenters in managing the technical aspects of a Zoom meeting. Over the last three semesters, over 50 Tech Hosts have helped make our online programs a success.

If you are comfortable with basic Zoom tools, and want to help, contact Marian Kile or Sarah Ryan-Roberts. We will get you in touch with those who need your help and, in the meantime, provide you with the following support.

- **Training**—Each semester new Tech Hosts, as well as any returning ones that want a refresher, are provided with three training classes to learn the latest Zoom features.
- **Tech Host User Support (THUS) Group**—This group provides a safe place for Tech Hosts to practice, bring up issues and support each other with problem-solving ideas.
- **Knowledge base**—also known as ZIKES (Zoom Information Knowledge Education Systems) is a repository of the THUS group’s findings.

In addition, you can view previous training recordings and handouts on the [Renaissance Society Online Learning Resources](#) page under Basic Training and Guides. Scroll down the page for even more resources including the Knowledge Base.



Laurye Brownfield (center), facilitator of the THUS group. and some members

your donations make a difference

Giving is not just about making a donation. It is about "making a difference."

—Cathy Calvin, former President, UN Foundation

6 Ways Your Donations Can Make a Difference

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

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

3. Gifts to the **ASI Food Pantry*** provide food and personal supplies to hungry and food insecure Sac State students.... and eliminate in need.

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

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

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

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

5. If you want your donation to go to **RS Member Scholarships** for those who cannot afford full membership dues, indicate Member Scholarship on the Gift Form and in the notes section of your check.
6. Give the **Gift of Learning**. Share the joy of lifelong learning with someone special to you by giving them a membership in the Renaissance Society. Just fill in the regular Membership Application Form, pay the dues, and your honoree will enjoy the benefits of Renaissance Society membership for an entire year.



gift form

Please Print

first name	last	date
street address	city	zip
phone	email	
Renaissance Scholarship Fund* (Payable to: University Foundation at Sacramento State – note, RS Scholarship)		\$
Renaissance Special Programs Fund* (Payable to: University Foundation Sacramento State – note, RS Special Programs)		\$
ASI Food Pantry* (Payable to: ASI Food Pantry)		\$
Renaissance Society Operations Fund (Payable to: Renaissance Society – note, RS Operations Fund)		\$
Member Scholarships for those with demonstrated need (Payable to: Renaissance Society – note, Member Scholarship)		\$
Give the Gift of Learning (Payable to: Renaissance Society – note, Gift Membership)		\$
Total Gift		\$

Note: *These donations are tax deductible.

I wish my gift to remain anonymous. ____yes ____no

This gift is: ____ in honor of, or ____ in memory of _____

Please send notification of my tribute to _____

Address City State Zip

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

volunteer to work with sac state students and our community

Our vibrant volunteer culture springs from a sense of belonging and shared commitment, expressed in members’ involvement in every aspect of the Renaissance Society’s operations and programming.

We offer a variety of activities for every interest, ability, or availability. Members contribute to our outstanding success as the premier place for lifelong learning in the Sacramento region. Options listed below are just the beginning!

- Teaching or facilitating a program
- Serving on one of our committees
- Coordinating a social or community event
- Raising funds
- Working in the office
- Serving on the board
- Financial operations
- Curriculum development
- Strategic planning
- Membership, diversity, and cultural engagement
- Communications and social media



Why volunteer?

- *For the connections:* Volunteering links you up with people who share your interests, goals, and passions.
- *For the fun:* We take a “people first” approach to connecting volunteers to opportunities. Do what you love; love what you do.
- *For the satisfaction:* Renaissance Society thrives when everyone gets involved. When you pitch in, you get more than you give.

Gerontology

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

- Assignment to a Gerontology student for four or five on- or off-campus meetings during the semester.
- Getting to know your student and participating in social, physical, and mental acuity assessments during the meetings.
- Assisting students who have experience with seniors in skilled nursing, but also want to experience a senior who is aging well.
- Helping a student earn three college credits in a required class.
- Attending a reception for Mentors hosted by students at semester’s end.

Some volunteers are asked to speak in Gerontology classes.

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

If you are interested in volunteering as an Elder Mentor, watch for Constant Contact emails with opportunities or sign up at the Rendezvous and Orientation.

Our Ambassador Program

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

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

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

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

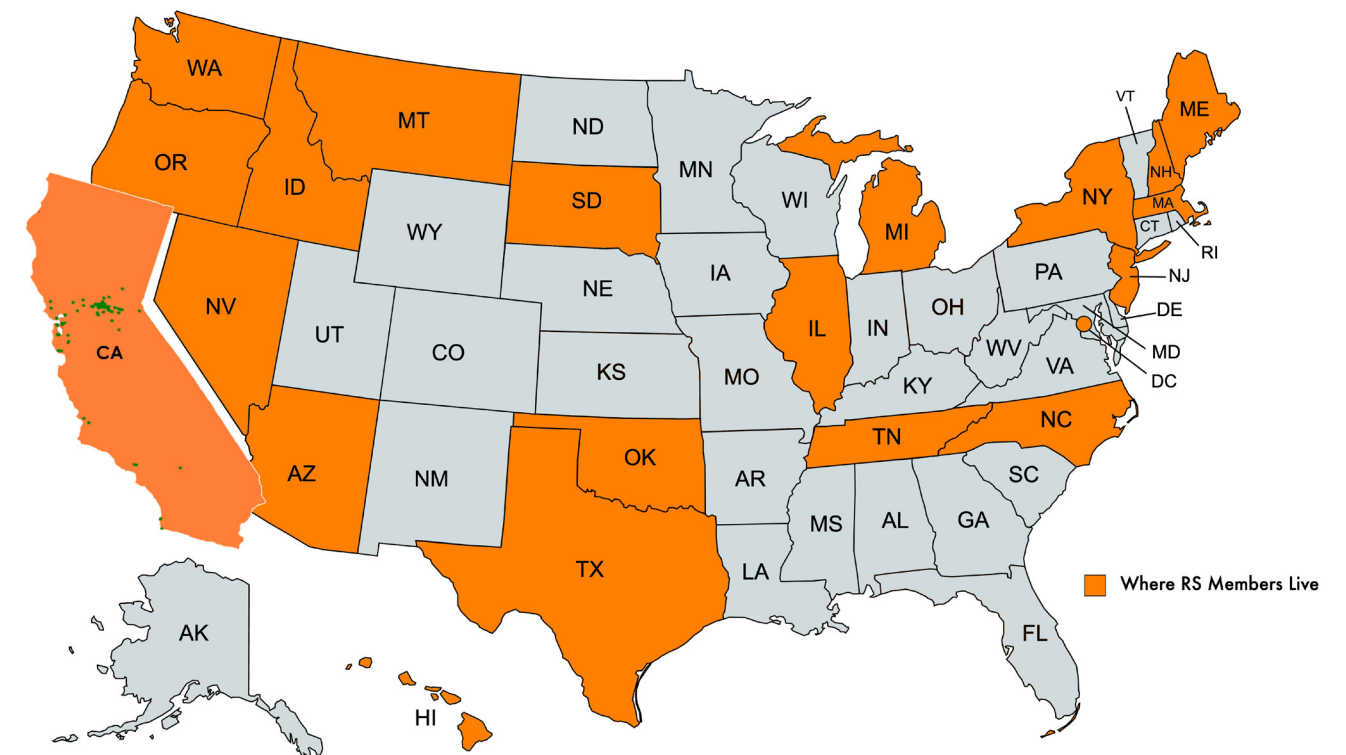
volunteer for a committee

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!

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membership map

Reach out to your friends and associates to share this Renaissance Society lifelong learning opportunity. Surveys show that most of our new members hear about RS from a friend. The RS Board of Directors is asking each member, new or renewing, to reach out to their family and friends to share the RS story and our catalog. This is one of the best gifts that you can give someone you value—lifelong learning, connecting, service, and fun.



fall 2021 directory

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Ed Sherman	Ruth McElhinney & Jan Johansen	Jerry Steinman
Paul Graff & Elise Willmeth	Marty Keale	

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Dolores Eitel	Jerry Glasser	Prof. Jorge Santana & Paul Bardwil
Michael Hersher	Cullen Wilder	Anne Geraghty
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Jamie Lau	Chris Lango	Cassie Sakahara & Lynn Humphries
Kimberly Reed Edwards	David Sandino	Stan Forbes
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