



The Renaissance Society of Sacramento
Spring 2021 Program
Schedule at a Glance
Learn. Connect. Share.

Cover photo by Cindy Suchanek

Welcome to The Sacramento Renaissance Society

Welcome to the Spring 2021 semester of the Renaissance Society of Sacramento. Thank you for joining us for our second semester on the virtual campus. Last Fall almost 1,600 loyal existing and new members took a leap of faith and wow they were rewarded! There were 125 Fall programs with over 13,000 enrollments in the expanded Monday through Friday online curriculum. Together we demonstrated that RS members are lifelong learners that can show Millennials a thing or two about being virtual students and adapting to change.

Our Program Committee has continued to innovate, improving Zoom training and delivery, and developing a range of new talks and seminar topics for this Spring semester. One of the pluses of the virtual classroom is we are no longer limited by classes one day per week, classroom space size and availability, commuting distance to the campus, or parking once you are at Sac State.

So, think about who you know, no matter where they live, and invite them to sample the Renaissance Society. Forward this Spring Catalog website link to your friends, family, and acquaintances. Share the RS website program recordings links of the 2020 Summer and Fall Speaker Series. Your friends are going to ask, "why didn't you tell me about this educational opportunity sooner?" At \$60 for a midyear membership, where else can you find such value for as many programs as you want to register in.

In June 2020, our Renaissance Society Board of Directors made a commitment to support Sac State President Robert S. Nelsen in his commitment to combat racism and bias on the Sac State campus with the following resolution: *"The Renaissance Society, a member of the Sacramento State University campus, embraces diversity, equity, and inclusion in all facets: ethnicity, gender, and political persuasion. We do this as we learn, connect, and share with each other and our community. We are committed to eradicating the disease of racism and bias in our community, and we will promote the kindness and compassion necessary to build inclusiveness and trust in our community."*

In keeping with this resolution, this Spring you will see curriculum focused on social justice topics related to better understanding our diverse community of neighbors and fellow citizens.

This paper copy **Spring 2021 Program Schedule at a Glance** is being sent to you as a courtesy. For a full set of programs, dates, times, seminar descriptions, and speaker bios, we urge you to peruse the E-Catalog on the Renaissance Society website (<https://www.csus.edu/college/social-sciences-interdisciplinary-studies/renaissance-society/>) under the **Spring 2021 Catalog of Programs**.

Welcome to our existing members as well as our new members who have joined or are thinking about joining the Renaissance Society for our year-round programs and services. I look forward to seeing you in the virtual classroom this Spring to learn, connect, and share.

Ken
Ken Cross
Board President
The Sacramento Renaissance Society

At-a-Glance Program Schedule

What follows is an at-a-glance schedule that sets forth all our remarkable Spring 2021 programs by day of the week so that you can manage your schedule. We offer four types of programs:

Seminars, Shared Interest Groups (SIGs), Forums, and Presentations.

Our **Seminars** are led by one or more Renaissance Society Members. Each is a series ranging from three to twelve weeks, focused on one subject. There are about fifty seminars in all.

We have also arranged sixteen **Shared Interest Groups (SIGs)** that include various activities and interests that center on what people enjoy doing together, such as photography, games, walking, reading, writing, eating, drinking, travel, etc. With an abundance of caution, and in compliance with Covid guidelines, some of these great groups may be grounded for all or part of the Spring Semester.

Our premier Members-Only program - **Forums** - will again feature a sparkling group of community speakers just as it has since our founding in 1986.

Our increasingly popular one-time **Presentations** feature a variety of topics by Renaissance and community speakers and total forty-four presentations - thirty-one *Talk, Talk, Talk* presentations and thirteen presentations in the *Tuesday Speakers* series.

This array of incredible educational opportunities allows you to take as many courses as you want - as long as they don't have a 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!

Allan Keown and Cindy Suchanek
Program Committee, Co-chairs

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Do You Still Need a Paper Schedule?

This printed version of the Renaissance Society (RS) Spring Catalog is limited to the program schedule, as was the case for the Fall 2020 semester. The details for each program are found in the Catalog of Programs, which is available on the RS website (<https://www.csus.edu/college/social-sciences-interdisciplinary-studies/renaissance-society/>). The digital flipbook catalog has won the acclaim of members and Sac State faculty. We ask you to consider whether you have a need for the printed schedule when you register for membership in Fall 2021. The reduction in printing costs frees up funds for other important RS projects and is environmentally friendly.

Shari Lowen
Renaissance Society
Office Manager

SPRING 2021 PROGRAM SCHEDULE AT A GLANCE

	MONDAY PROGRAMS AT A GLANCE				
	Time	Title	Leader Name	Start Date	✓
SEMINARS	Seminar Coordinators: Allan Keown and Cindy Suchanek				
	10 - 11:30 am	Big History-Iron Age Who are we? Where did we come from? Where might we be going?	Ranny Eckstrom, David Lewis	Feb 8	
	10 - 11:30 am	Happy Losers Seminar and Discussion for Emotional Overeaters	Mimi Dixon	Feb 8	
	10 - 11:30 am	Racial Healing: Conversations on Race	Stacie Walton, Gretchen Jung	Feb 8	
	12 - 1:00 pm	Learning and Listening	Laura Gaeta, Julia Ahlquist Tanner	Feb 8	
	12 - 1:00 pm	What's Behind the US Economy and Markets?	Sanjay Varshney	Feb 8	
	12 - 1:30 pm	Corporate Accountability: Restoring the Balance	Jim McRitchie	Feb 8	
	12 - 1:00 pm	Reading Poetry	Michael Storey	Feb 8	
	2 - 3:30 pm	Vegetable Gardening in Sacramento	Bonnie Gault-Blue	Feb 8	
	2 - 4:00 pm	Slavery: America's Original Sin and Its Continuing Aftermath	Allan Keown	Feb 8	
	2 - 4:30 pm	Roger Ebert's Great Movies	Gerry Camp	Feb 8	
SHARED INTEREST GROUPS	Shared Interest Groups Coordinators: Karen Martin and Chuck Wiseley				
	10 - 11:30 am	Plant Based Living - Session A	Twyla Teitzel	Feb 8	
	10 - 11:30 am	Plant Based Living - Session B	Twyla Teitzel	Mar 8	
	10 - 11:30 am	Plant Based Living - Session C	Twyla Teitzel	Apr 5	
PRESENTATIONS	Talk Talk Talk Presentations Coordinator: Maryellen Burns				
	7 - 8:30 pm	Back of the White House	Kimberley Graham	Feb 15	
	7 - 8:30 pm	Dining on the Rails	Marilyn Sommerdorf	Feb 23	
	7 - 8:30 pm	Food in Space in Fiction and Reality	Richard Foss	May 4	
	7 - 8:30 pm	Food on the Westward Trail	Richard Foss	Apr 20	
	7 - 8:30 pm	The Culinary Misadventures of Eleanor Roosevelt	Maryellen Burns	Mar 1	

	TUESDAY PROGRAMS AT A GLANCE				
	Time	Title	Leader Name	Start Date	✓
SEMINARS	<i>Seminar Coordinators: Allan Keown and Cindy Suchanek</i>				
	9:30 – 12 pm	Romantic? Comedies? Again?	Chip Zempel	Feb 9	
	10 – 11:00 am	Active Retirement Investing -Part One	Bill Bailey, Marsha Holland	Feb 9	
	10 – 11:00 am	Active Retirement Investing -Part Two	Bill Bailey, Marsha Holland	Mar 23	
	10 am – 12 pm	Gift of Klio, a study of History.	Ed Sherman	Mar 23	
	12 – 1:30 pm	Cracker Barrel	Anita Fante, Per Ostlund	Feb 9	
	12 – 1:30 pm	Heterodox Economics: Modern Money Theory	Mark Dempsey	Feb 9	
	12 – 1:30 pm	The Native American Experience: Racism, Prejudice, and Culture	Greg Beale	Feb 9	
	2 – 3:00 pm	Policing in the US	William Vizzard	Feb 9	
	2 – 3:30 pm	American Leadership From 1620 to 1965	Catherine Minicucci	Mar 23	
	2 – 3:30 pm	Wisdom Questions	Mimi Dixon	Feb 9	
	7 – 8:30 pm	Self-Portraiture	Julia Stagg	Mar 23	
	7 – 8:30 pm	The Economist	Wayne Luney	Feb 9	
SHARED INTEREST GROUPS	<i>Shared Interest Groups Coordinators: Karen Martin and Chuck Wiseley</i>				
	8:30-10:30 am	Inspired by Nature - Creating Nature Journals to Capture Sense of Place	Janice Kelley	Feb 9	
	9:30-11:00 am	Book Group: Third Tuesday	Marian Kile	Feb 9	
	10 – 12 pm	Digital Photography	Colleen Wong, Jane Steele	Feb 9	
	12 – 2:00 pm	Writers' Workshop II	Anita Adams, Lani Hahn	Feb 9	
	2 – 3:30 pm	Book Group: Discovering Your Neighbors Through the Written Word - Diversity Uncovered	Roberta Gleeson	Feb 9	
	4 – 7:00 pm	A Cook's Tour of Sacramento Continues to Meander	Dan Cross, Maryellen Burns	Feb 16	
PRESENTATIONS	6 – 8:00 pm	Alter Egos – Renaissance Society Actors and Storytellers	Maryellen Burns, Christie Braziel, and 20 more	Feb 9	
	<i>Talk Talk Talk Presentations Coordinator: Maryellen Burns</i>				
	7 – 8:30 pm	Renaissance Society Authors, Poets, and Writers Panel	Ivy Hendy, Elizabeth Nelson, and Others	Feb 16	
	7 – 8:30 pm	The Bakersfield Boys Club	Anne Vigo	Mar 9	
	7 – 8:30 pm	The Veil of The Great Storm King -- Story of the Donner Party	Christina Richter	Mar 23	
	7 – 8:30 pm	Under the Covers – Sacramento's Historic Bookstores	Scott Burns	Apr 13	

<i>Tuesday Speakers Series Presentations Coordinator: Jack Jennings</i>					
2 - 3:45 pm	The Fall of the Roman Empire	Ed Sherman	Feb 9		
2 - 3:45 pm	Commercial Aviation - The Future	Jerry Glasser	Feb 16		
2 - 3:45 pm	Reparation	Anne Rewell	Feb 23		
2 - 3:45 pm	Indus Valley Civilization	Ruth McElhinney	Mar 2		
2 - 3:45 pm	History, Culture and Conflict in the Sacramento/San Joaquin Delta	David Abelson	Mar 9		
2 - 3:45 pm	Women in Sports	Carolyn Martin	Mar 16		
2 - 3:45 pm	After the Inauguration: Washington 2021	Bob Benedetti	Mar 23		
2 - 3:45 pm	The Mound Builder Culture of North America	Lynette Blumhardt	Mar 30		
2 - 3:45 pm	The Middle East and the 2020 Election - Now What?	Norv Wellsfry	Apr 6		
2 - 3:45 pm	Are You Ready? Healthy Living: Planning Your End-of-Life Journey	Dolores Eitel	Apr 13		
2 - 3:45 pm	Women in the Civil War	Doug Bonetti	Apr 20		
2 - 3:45 pm	Asian Steppe to Europe with the Indo Europeans	Marty Keale	Apr 27		
2 - 3:45 pm	The World Health Organization, WHO - What It Is and What They Do, an Inside Look	Jack Jennings	May 4		

	WEDNESDAY PROGRAMS AT A GLANCE				
	Time	Title	Leader Name	Start Date	✓
	<i>Seminar Coordinators: Allan Keown and Cindy Suchanek</i>				
SEMINARS	10 - 11:00 am	Android Basics	Carol Limbaga, Victoria Star	Feb 10	
	10 - 11:30 am	iPad Basics	Carol Dabrowiak, Melissa Green, Tom Holt	Mar 24	
	10 - 11:30 am	iPhone basics for IOS 14	Tom Holt	Feb 10	
	10 - 12:00 pm	History and Practice of Songwriting	Al Zagofsky	Feb 10	
	12 - 1:30 pm	Enlightened Aging Academy	Renee Balcom, Dustin MacFarlane	Feb 10	
	12 - 1:30 pm	Popular Culture and Narrative Media Genres	Philip Lane, Michele Rickey-Pidd	Feb 10	
	12 - 1:30 pm	Donner Pass: Who Came, What They Did, Where They Went, and What They Left	William Sullivan	Feb 10	
	2 - 3:30 pm	James Joyce's Ulysses	Dan Rooney, Jean Cawood	Feb 10	
	2 - 4:00 pm	Delaying Death and Avoiding Disability	Don Forrester, Allan Keown	Feb 10	
	2 - 4:30 pm	Transitions: What will I do with the rest of my life?	Ken Cross	Feb 10	
	<i>Shared Interest Groups Coordinators: Karen Martin and Chuck Wiseley</i>				
SHARED INTEREST GROUPS	9:25 -10:55 am	Walkabouts	Lance Muller	Feb 10	
	2 - 3:00 pm	Bits and Pieces	Kathy Hart, Maryellen Burns	Feb 10	
PRESENTATIONS	<i>Talk Talk Talk Presentations Coordinator: Maryellen Burns</i>				
	2 - 3:30 pm	A New Archaeological Find in China	Chris Budwine	Apr 7	
	2 - 3:30 pm	Ancient Origins of the Mediterranean Diet	Ed Sherman	Mar 3	
	2 - 3:30 pm	Australian Convicts	Anne Rewell	Mar 10	
	7 - 8:30 pm	Edible Art in the 20th Century	Carolyn Tillie	Apr 14	
	7 - 8:30 pm	Food as an Art Form	Carolyn Tillie	Feb 17	
	7 - 8:30 pm	Food on the Page - Cookbooks, Menus, and American Culture	Maryellen Burns	Mar 24	
	7 - 8:30 pm	How Prohibition Changed America	Richard Foss	Feb 10	
	7 - 8:30 pm	Local Farmers Markets	Joany Titherington	Apr 28	
	7 - 8:30 pm	Oysters - The World's Oldest Superfood	Carolyn Tillie	Mar 10	
	7 - 8:30 pm	Sacramento - City of Immigrants	Kelsey Maher	Apr 21	
	7 - 8:30 pm	The Elizabethan Mind	Richard Foss	Mar 3	
	7 - 8:30 pm	The Food of Jazz	Maryellen Burns	Feb 24	
	7 - 8:30 pm	When Luxury Floated Through the Skies	Richard Foss	Apr 7	

	THURSDAY PROGRAMS AT A GLANCE				
	Time	Title	Leaders' Name	Start Date	✓
SEMINARS	<i>Seminar Coordinators: Allan Keown and Cindy Suchanek</i>				
	10 - 11:00 am	Romantic? Comedies? Again? Discussion Group	Chip Zempel	Feb 11	
	10 - 12:00 pm	Mankind's Greatest Engineering Achievements	Richard Dabrowiak	Feb 11	
	10 - 12:00 pm	Delving into Dementia: The science, the caring, the hope	Mynga Futrell	Feb 11	
	10 - 12:00 pm	iPhone Photography Experimental Studio (Pre-requisite needed)	Melissa Green	Feb 11	
	10 - 12:00 pm	Relationships: How to Build Strong, Healthy, Loving Relationships	Nanci Kuzins	Feb 11	
	12 - 1:30 pm	The Pandemic and the Economy	Duane Campbell	Feb 11	
	12 - 2:00 pm	Rebellion in America: The American Civil War	Douglas Bonetti	Feb 11	
	2 - 3:30 pm	Middle East 2 - Empire and Nationalism	Norv Wellsfry	Feb 11	
	2 - 4:00 pm	Climate Chaos and the Individual	Don Forrester	Feb 11	
SHARED INTEREST GROUPS	<i>Shared Interest Groups Coordinators: Karen Martin and Chuck Wiseley</i>				
	10 - 12:00 pm	Art on the Spot	Joy Gee	Mar 11	
	10 - 12:00 pm	Advanced Spanish conversation (language skill pre-requisite)	JoAnn Peter	Feb 11	
	1 - 3:00 pm	Games for Entertainment	Roberta Frieze	Feb 11	
	5 - 6:00 pm	Virtual Yoga	Twyla Teitzel	Mar 25	
PRESENTATIONS	<i>Talk Talk Talk Presentations Coordinator: Maryellen Burns</i>				
	2 - 3:30 pm	Rupert Murdoch, the early years	Anne Rewell	Feb 18	
	7 - 8:30 pm	Dunbar Beck: Renaissance Master of Poverty Ridge	Bruce Marwick	Feb 18	
	2 - 3:30 pm	Everything 1950's	Anne Rewell	Feb 11	
	7 - 8:30 pm	Printing in the Renaissance	Maryellen Burns	May 6	
	7 - 8:30 pm	Rosa Sonneschein - The American Jewess	Maryellen Burns	Mar 11	
	7 - 8:30 pm	Sargent Johnson: Sculpting Beauty on The West Coast during The Harlem Renaissance	Bruce Marwick	Apr 22	
	7 - 8:30 pm	The Golden Spike -- Roseville and Transcontinental Railroad	Christina Richter	Feb 25	
	7 - 8:30 pm	The Place Called Junction -- Early Roseville History	Christina Richter	Apr 29	

	FRIDAY PROGRAMS AT A GLANCE				
	Time	Title	Leaders' Names	Start Date	✓
	<i>Seminar Coordinators: Allan Keown and Cindy Suchanek</i>				
SEMINARS	10 - 11:30 am	American Diversity: Exploring Our Racial/Ethnic Mosaic	Darryl Omar Freeman	Feb 12	
	10 - 11:30 am	Making the Court Supreme	Ronald Tochtermann, Rosemary Kelley	Feb 12	
	10 - 11:30 am	Reassessing American Leadership	Harry Cohen	Feb 12	
	10 - 12:00 pm	Invisible Threads and Hidden Walls of Time	Gus Koehler	Feb 12	
	12 - 1:30 pm	Great American Trials and Constitutional law	Joel Primes	Feb 12	
	12 - 1:30 pm	Racism, Economic Giants Who Are Robber Barons, Poverty, and More from 1865-1890	Richard Pitcher	Feb 12	
	12 - 1:30 pm	Transitions Alumni : A continuation of Ken Cross' Transitions Class	Kathleen Ellertson, Catherine Kirwan, Matthew Legrand	Feb 12	
	12 - 1:30 pm	Celebrating Late Night Talk Shows - The Early Years	Mike Agron	Feb 12	
FORUMS	<i>Forums Coordinator: Tom Suchanek</i>				
	3 - 4:00 pm	Breaking Through Glass Ceilings In The California State Legislature!	Maeley Tom and Dr. Barbara O Connor	Feb12	
	3 - 4:00 pm	Mexican Culture in the Context of the Complex USA-Mexico Relationship	Dr. Juan Carlos Ruiz Guajardo	Feb 19	
	3 - 4:00 pm	What You Need To Know About Computer Crimes and Elder Fraud	Detective Matthew Deaux	Feb 26	
	3 - 4:00 pm	SPACE: The Last Frontier (We May Need It!)	Commander Tom Jones	Mar 05	
	3 - 4:00 pm	Confronting and Controlling Pandemics and Insurrections—Continuing Civil Rights Issues in the 2020's	Judge Brian Van Camp	Mar 12	
	3 - 4:00 pm	Theatre: Here Today, Gone Tomorrow? The State of Live Theater in the COVID Era and Beyond	Director Buck Busfield	Mar 19	
	3 - 4:00 pm	Domestic Sex-Trafficking of Minors	DeAnne Brining	Mar 26	
	3 - 4:00 pm	Understanding the "Unhoused" in Sacramento and California	Faye Wilson Kennedy	Apr 02	
	3 - 4:00 pm	A Tale of Three Spouses: Partners In Leadership	Julie Steinberg, Jody Nelsen, Markos Kounalakis and Beth Ruyak	Apr 09	
	3 - 4:00 pm	Accepting and Adapting to Your Disabilities	Heather Fargo	Apr 16	
	3 - 4:00 pm	Taking the Pulse of Sacramento's Business Scene in the Era of Covid	Adam Steinhauer	Apr 23	
	3 - 4:00 pm	Hot Topics at the High Court	Leslie Jacobs	Apr 30	
	3 - 4:00 pm	Healthy Aging in A Digital World	Heather Young and Tom Nesbitt	May 07	
PRESENTATIONS	<i>Talk Talk Talk Presentations Coordinator: Maryellen Burns</i>				
	10 - 11:30 am	Age-related hearing loss and hearing technology	Laura Gaeta, Julia Ahlquist Tanner	Apr 09	

NOTES:

(1) All Shared Interest Groups (SIGs) leaders planning face-to-face meetings in Spring 2021 must follow current state and county COVID-19 Health Guidelines and the policies of the Renaissance Society's COVID-19 Health Guidelines.

(2) Closed programs are not listed in this calendar and are not available for registration in the Renaissance Society Registration system.

(3) This paper copy is being sent to you as a courtesy. To see the detailed information about all the programs including program descriptions, leaders' names and their biographies, dates, and times, we urge you to peruse the E-catalog on The Renaissance Society home page at

<https://www.csus.edu/college/social-sciences-interdisciplinary-studies/renaissance-society/>

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