President's Corner
By John Walker

The Fall Semester has started and we are on our way to twelve weeks of learning new things. I hope you all get a great deal out of your classes and meet many of your fellow members!

Reminder once more that you will have a choice in June, 2017, to get a ‘hard’ copy of our Fall 2017 Catalog and Membership List or have them emailed to you as a file for your computer. Remember many of our members want to go paperless, but many want the actual hard copy. This is will be your choice!

Please note that the Forum committee is looking for two new members; the committee meets one time each month and invites speakers to present every Friday at the Forums. Please phone me if you are interested: 916 354-2839.

One last thing: please wear your name tags to Renaissance activities; not only so others remember your name but, as important, your emergency contact info should be on the back!

Again enjoy your classes this Fall.
Best to all, John.

New Member Orientation and Fall Rendezvous Was a Great Success

The Fall Rendezvous and New Member Orientation were held on Friday, August 26, and both proved to be very successful. In the morning, new members were treated to speakers representing all aspects of the Renaissance Society including the society’s vision and mission, various seminar options, volunteer opportunities and social activities, as well the Society’s role in the Sacramento State community.

The afternoon Rendezvous allowed members to mingle with seminar leaders and ask questions. Thanks to the RS’s new lap tops, members could log on to our web site and register for classes during the event.

New member sign-ups totaled 259 yielding an overall membership of 1,842.

Volunteer Openings

Editor’s Note: The Renaissance Society is strictly a volunteer organization. We are always looking for committee members, chair persons and temporary volunteers to help keep our organization working smoothly for all members. Current openings are below.

1. The Forum Committee is looking for two new members. See ‘President’s Corner’ (above) for more information.
2. The Nominating Committee is now recruiting members interested in becoming Members-At-Large for a two-year term commencing July 1, 2017. For more information see ‘Board of Directors Recruitment’ on Page 4.

FORUMS

Fridays at 3 pm, Del Norte Hall 1004 (except as noted)**

October 7—Kevin Smith-Fagan, General Manager, KVIE, Channel 6, ‘Fall Programming’. **Schedule Change**
October 14—Bill Elrick, Director of CA Fuel Cell Partnership, ‘Can California Develop Pollution-free Motor Vehicles?’
October 21—Joe Barr, Capital Public Radio’s Chief Content Officer, ‘Disruption is the New Normal’.
October 28—Basim Elkarra, Executive Director of Council on American Islamic Relations, ‘Current Issues Regarding American-Islamic Relations in Sacramento’. **This will be in Mariposa Hall 1000**
October 2016

Travel and Adventure
10:00 to 11:30 am, Library Room 1533
*Arrive early, seating is limited
Richard Peter, Seminar Leader

October 7: Travel and Reeducation in Viet Nam. Terry Moss will recount his travels as a tourist on two separate trips to Viet Nam. His itinerary included Dien Bien Phu. Terry will introduce Mr. Lee Vo, who rose to the rank of major in the Vietnamese Central Intelligence Agency. Mr. Vo will recount what he experienced in the country’s ‘reeducation’ process.

October 14: New York to Paris Auto Race. A popular 1965 movie, The Great Race, was a comedy that portrayed an auto race from New York to Paris. The movie was based on an actual grueling 1908 race that was no comedy. Details of the race are presented by Ann Carroll whose uncle was a mechanic and a driver in the race.

October 21: Peruvian Odyssey. Bob Branstrom will present photos, videos and music from his trip to Peru in June, 2015, including Lima, Cuzco and Machu Piccu. The primary focus, will be on an Amazon riverboat.

October 28: Four Faces of India. In November 2015, Theo Goodwin visited four cultural centers in four different regions of the country. Each location was a pilgrimage destination for different reasons. He will present four faces of India, each reflecting different cultural or religious life within Indian civilization:
- The camel fair in Pushkar, Rajasthan,
- The Taj Mahal, a Muslim shrine in Agra,
- The city pf Haridwar, a Hindu pilgrimage site on the Ganges River, and
- The Sikh Golden Temple in Amritsar.

Fall Leaders’ Workshop Held
On Friday, August 12th, about 70 leaders and co-leaders attended the all-day Fall Seminar Leaders’ Workshop on campus in the Student Union. The Seminar Committee offers the Workshop for new and returning leaders and co-leaders every Fall and Spring before the semesters begin.

At the Workshop, leaders had the opportunity to meet their fellow leaders, to share tips and information on what works and doesn’t in a class, and to get answers to questions they have. Seminar Committee members gave presentations on leader responsibilities and on the Rendezvous, and led a discussion on tips to ensure a successful seminar.

In addition, Workshop attendees got a preview of the new on-line seminar enrollment system. Tom Holt and Jeff Hendy of the Technology Team demonstrated the new system and answered the many questions on how the system works and how leaders’ tasks are changing. Because Renaissance members are now using the new system to enroll in seminars, most leaders no longer have to take sign-ups over the phone and through emails which is a major change for leaders. All in all, it was a full day but an enjoyable one with camaraderie, some good information and eats.

See our article ‘What is the Associates Program’ on page 7 for more information on learning to become a Leader.

Renaissance Society Partnership with Asian Community Center (ACC)
Wednesdays, 1:00 to 3:00 pm, ACC Admin. Building, 7334 Park City Avenue, Sacramento 95831

October 5, 2016 Vietnam’s Mekong Delta—Terry Moss (916-783-3895), terrym95678@yahoo.com and Lee Vo (916-798-8050), lyemvey@hotmail.com. Travel through Vietnam and the Mekong Delta courtesy of Terry’s slides from his trips there as well as Lee’s narration based upon his personal knowledge of his home country.

October 12, 2016 The Essential Steps to Creating a Healthy Kitchen—Anne Evans (916-489-4821), kaevans@surewest.net. Join Anne as she explains the basic principles and steps by which one creates a healthy kitchen. She has distilled the essence of her popular semester-long seminar into an intense 90-minute presentation.

October 19, 2016 California’s Leadership Role in Addressing Air Pollution (from the 1940’s to the present) -David Abelson (916) 446-6178, abelsonfamily@comcast.net. It is widely known that California had some of the most severe air pollution problems in the United States. What is far less known is the tremendous success and leadership California has provided in addressing this world-wide problem. The presentation will highlight many of the key discoveries and innovations California has pioneered, and will also examine the big air quality challenges still ahead.

5) October 26, 2016 The Blue Zones: Living Well to 100, Compressing Your Mortality, and thus Avoiding Alzheimer’s, Cancer, and Cardiovascular Disease— Allan Keown (916-501-8833), ahkeown@gmail.com and Jan Polin (916-646-6767), janpolin@att.net. Allan and Jan will discuss Dan Buettner’s nine lessons gleaned from his study of five areas of the world (blue zones) where a significant number of people live to be 100. These lessons show how to live in a way that counteracts the ravages of the various chronic inflammatory diseases that plague Western industrial countries.

**Renaissance Members: please remember to wear your badges when you attend these seminars.
October 2016

Documentaries
9:30 to 11:30 am
Folsom Hall Room #1050
Allan Keown and Wade Brynelson, Leaders

October 7  The Rise of ISIS (2014)  In this PBS Front-line documentary, filmmaker Martin Smith draws on in-depth interviews with Iraqi politicians and American policymakers and military leaders to explore and explain how the Islamic State of Iraq and Syria (ISIS) became a major force so quickly.  What does it mean for the U.S. to be back in Iraq, fighting a new war on terror, less than three years after American troops pulled out of the country?  This film delivers a look at how ISIS grew out of the disaffection of Iraqi Sunnis who were sidelined and targeted by Shia Prime Minister Nouri al-Maliki after the American withdrawal. It traces how they gained strength, how they are funded, how they operate, and how from Ramadi to Fallujah to Mosul ISIS swept across Iraq — drawing recruits from an estimated 80 countries.  60 mins.

October 14  The Big Short (2015)  In this feature film, which won a 2016 Golden Globe award for Best Motion Picture, three denizens in the world of high-finance predict the credit and housing bubble collapse of the mid-2000s and decide to take on the big banks for their greed and lack of foresight. Separate but parallel stories of the U.S. mortgage housing crisis of 2007 are told. In 2008, Wall Street guru Michael Burry realizes that a number of subprime home loans are in danger of defaulting. Burry bets against the housing market by throwing more than $1.0 billion of his investors’ money into credit default swaps. His actions attract the attention of banker Jared Vennett, hedge-fund specialist Mark Baum, and other opportunists. Together, these men make a fortune by taking full advantage of the impending economic collapse in America. 130 mins.

October 21  Spotlight (2015)  This Oscar-winning feature film tells the riveting true story of the Pulitzer Prize-winning Boston Globe investigation that would rock the city and cause a crisis in one of the world’s oldest and most trusted institutions.  When the newspaper’s tenacious “Spotlight” team of reporters delved into allegations of abuse in the Catholic Church, their year-long investigation uncovered a decades-long cover-up at the highest levels of Boston’s religious, legal, and government establishment — touching off a wave of revelation around the world. 2016 Oscar for Best Motion Picture as well as numerous national and international awards. 128 mins.

October 28  Cartel Land (2015)  In this film, Director Matthew Heineman gained unprecedented access to the riveting stories of two modern-day vigilante groups and their shared enemy – the murderous Mexican Knights Templar cartel. In the Mexican state of Michoacan, Dr. Jose Mireles, a small-town physician known as “El Doctor,” leads the Autodefensas, a citizen uprising against the violent Knights Templar drug cartel. Meanwhile, in Arizona’s Altar Valley, Tim “Nailer” Foley, an American veteran, heads a paramilitary group called Arizona Border Recon, whose goal is to stop Mexico’s drug wars from seeping across our border. Heineman embeds himself in the heart of darkness as Nailer, El Doctor, and the cartel all vie to bring their own brand of justice to a society where institutions have failed.” 2016 Oscar nomination finalist; Sundance awards in 2015 for Cinematography and Directing; many other national and international awards in 2015 and 2016. 100 mins.

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CSU-Sacramento Dept. of Psychology is looking for Renaissance Society members as interviewees!

Would you like to be interviewed by Sac State psychology students?

Our students want to learn about what the future may hold for them as far as aging, wisdom, relationships, and more.

They also want to know whether you have any ideas for programs for Renaissance Society members.

This is a class service-learning project, directed by Dr. Rachel A. August, Ph. D., Department of Psychology, CSU-Sacramento

If you’d like to participate, please contact Dr. August at raugust@csus.edu or 916-278-6814

Please provide your name, e-mail address, and contact number. We will contact you to set up an interview on campus, convenient to your schedule.
Documentary DVDs Now Available for Check-out in
Renaissance Society Office
Adams Bldg., Room 106
Sacramento, CA 95819-6074

Since 2011, Fall Documentary seminar participants have been contributing to the expense of purchasing and presenting the most current documentary films available. The same approach has been successful in the Burns seminars the past three years and in the Cosmos seminar.

These DVDs have been saved and now are indexed and located in two bankers’ boxes in the southwest corner of the Renaissance Society office. They may be checked out during regular office hours by any Renaissance Society member. For more information, please contact Allan Keown (ahkeown@gmail.com).

A full list of the DVDs is on our web-site at http://www.csus.edu/org/rensoc/.

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Board of Directors Recruitment

The Renaissance Society conducts ongoing recruitment of its membership for those interested in serving on the Board of Directors (BOD). A Nominating Committee, appointed by the BOD, is now recruiting members who are interested in becoming Members-At-Large on the BOD for a 2 year term starting July 1, 2017. The Nominating Committee recruits and selects a slate of candidates who are elected by the membership and installed at the annual meeting in May.

The Nominating Committee is seeking candidates who are relatively new members (1-5yrs) who are interested in learning more about the Renaissance Society, our relationship with CSUS, sharing new ideas and skills, becoming involved in the governance and being a liaison with the membership to bring ideas and suggestions for improvement for our rapidly growing and changing organization.

If you are interested in this opportunity to “Make Renaissance Greater” as a BOD Member-At-Large, complete the Member-At-Large Application that can be found on the Website and send it to any member of the committee listed below:

Chairperson—Dolores Eitel (doloressurvived@gmail.com) (916) 952-9269

Members: Warren Bonta (wbbontaasbglobal.net) (916) 718-7568. Peter Kosar (peter357@sbcglobal.net) (916) 972-7664. Theresa Hammond (terry357@sbcglobal.net) 972-7664.

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Mini-seminar Schedule
10:00—11:30 am, Library 1522
Jeanne Campanelli, Coordinator

September 30 – Where The Railroad Money Went—Paul Helman. The California Associates, more commonly known as the Big 4, earned a huge fortune for themselves and their heirs in the construction and operation of the Central Pacific and Southern Pacific Railroads. Learn how those fortunes were amassed and then used during their lifetimes and after for furthering personal and family estates and businesses, the creation of well known institutions and philanthropic purposes.

October 7—Travel, Fraud and Crime Prevention for Seniors—Niel Nielsen. **Schedule Change**

October 14—What’s Happening to our Food—David Bruin and Jessica Wohlander. When you think of California, what images first pop into mind? Ocean, beaches, mountains, healthy living...all of this exists here, but California is also the third-largest producer of oil and gas in the nation, with all the public health impacts and pollution that come with the fossil fuel industry. A short documentary, Dear Governor Brown, that examines history and impacts of this industry in California, will be shown with discussion to follow.

October 21—Aerospace Museum—Chris O’Conner & Col. Wiswell. Veteran Docents from the Aerospace Museum will offer a fact filled presentation regarding the museum’s on-going commitment to the national Science, Technology, Engineering and Math (STEM) education initiative. Mr. O’Connor and Col. Wiswell will provide an enlightening presentation depicting how the museum’s collection of once state-of-the-art jet fighters and aerospace artifacts provide a physical and visual record of the evolution of advancing aerospace technology. Following the STEM presentation, Col Wiswell will offer a presentation that will allow him to call upon his extensive experience as a pilot, and program manager, to describe the capabilities of USAF’s fearsome A-10 Thunderbolt II (affectionately referred to as the “Wart Hog”).

October 28—Gifted Adults? Yes, you! - Darlene Saunders. Many of us here in Renaissance Society are gifted adults. Come find out about the characteristics and stages of giftedness through life. Giftedness is not something that is outgrown. Discovering your giftedness might just explain a lot of your sensitivities, intensities, in-depth thinking and being out of sync. Giftedness is not achievement but our physiology.
Whether writing a book or riding a bicycle, Ivy Hendy is a whirlwind of activity. She began life in Southern California, then moved to the Bay Area. While attending the University of Santa Clara law school, Ivy met and married her late husband, a UC Berkeley literature professor. For many years, she served as editor and typist for his scholarly publications. The couple moved to Jakarta, Indonesia in 1983-84 when he received a Fulbright scholarship. Because of the precarious military and political situation, she describes that time as “the year of living dangerously.” One day when she was shopping in a Jakarta department store, a bomb exploded. Though the bomb took many lives, Ivy was lucky to escape injury.

Eventually the couple retired to Dallas, Texas, which she says “not too surprisingly brought many changes for people who for years had lived in Berkeley.” After her husband’s death from cancer, Ivy returned to California, locating in Placerville in order to be closer to her only son who lived in Pollock Pines. She joined a senior activities organization, where members quickly put Ivy in charge of their bicycle group. It was during a ride near Lake Tahoe that she met Jeff Hendy, an active member of the Renaissance Society. Ivy feels “very lucky that our 12-year relationship has thrived, despite the fact that we were both over 60 when we married.”

A long-time art enthusiast, Ivy had served as a docent at the San Francisco Museum of Modern Art. So training as a docent for the Crocker Art Museum was a natural fit for her. She was inspired to write and publish a self-help guide for would-be and new docents titled “Docent Details.” It is available on Amazon and Kindle.

Life threw a difficult challenge three years ago when Ivy’s son died of a sudden heart attack. She credits the significance of friendships and the bond with her husband Jeff as helping her through this sad time.

Among the many Renaissance activities Ivy has participated include serving as a co-leader for an "Ethical Reasoning" seminar, facilitating an “Ethics in Everyday Life” seminar, and lending her expertise to the Seminar Committee.

Travel is high on the list of favorite activities for Ivy and Jeff. A journey to the Dordogne region in southwest France, where many pre-historic paintings have been discovered, has inspired Ivy to write another book on the subject of Cro Magnon people and their art. Ivy’s only lament is finding the time for all of the things she would still like to achieve.

### Member Profile

By Judy A. Lewis

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**Dining Together**

Our first Dining Together will be held at Lemon Grass on October 12th at 5:30. Separate checks will be offered and will include tax and tip. If you would like to attend, please call Fran Stroud, 929-2543 or Noel Hinde, 482-6724 or e-mail noel at noelg@hinde.net by Monday, October 10th. Preference will be given to those who have signed up for the group.

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**Come Join Us!**

'First Friday' Happy Hour

At 4:15 p.m. after the Forum
Round Table Pizza in the Student Union

The Membership Committee invites you to a 'no-host' get-together on the first Friday of each month, after the Forum

Enjoy no-host beverages, snacks and conversation with our expanding new and returning members and students.
Clinical Pearls
By Dolores J. Eitel, BSN, MA, NYc Family Nurse Practitioner

EYE HEALTH: FLOUTERS

Have you experienced seeing black or grey specks, threads, cobwebs, flash of light in your field of vision? Look directly at them and they dart away? These are called “floaters.” Floaters can be seen especially when looking at a bright background such as a daytime sky. Floaters can be present, but do not interfere with the field of vision.

In older adults floaters are due to age related changes in the vitreous, the jelly-like fluid in the eye. These changes, called nitrous degeneration, result in posterior vitreous detachment (PTD). With age the vitreous changes from a gel to a watery liquid which causes shrinkage and separation from the retina. Organic debris such as dead cells and or strands of fiber clump together in the vitreous causing a shadow of floaters on the retina. The retina sends signals via the optic nerve to the brain. Floaters are then what you see in your field of vision. Episodes of observation of floaters come and go and can last days, weeks, or months. While annoying, they are generally harmless and do not require treatment. When they occur, moving the eye from side to side or up and down creating a current in the fluid may move the floater from the direct line of sight.

Risk factors include: age >50, cataract surgery, diabetes, near sightedness, eye trauma, infection or inflammation. If you develop floaters, be examined promptly by an ophthalmologist or an optometrist.

Usually the vitreous makes a clean break from the retina. On rare occasions the vitreous will adhere tightly. The tug of separation may then cause a tear in the retina, and a hole in which the fluid seeps out of the vitreous causing the retina to detach. Retinal detachment is preceded by any or many of these symptoms: a sudden burst of new floaters, persistent flashes of light, loss of side vision, a veil or dark curtain moving up or down or across the eye, eye pain, decrease in vision. Retinal tear and retinal detachment are emergent conditions that can lead to permanent loss of vision. If these symptoms appear, a retinal ophthalmologist should be immediately consulted.

Older adults should have a comprehensive eye exam performed by an ophthalmologist every 1-3 yrs according to their individual risk factors, medical treatments chronic illnesses and optic health care needs.

Registration fee (General $130; Student/Retiree $90) includes CEU/CEHs, breakfast, lunch and Resource Fair.

Additional information and online registration at SacMHAC.TPCP.org

On Memoriam

Jeanne Ashley, a Renaissance Society member since 2012 passed away on July 14, 2016. She was 87.

Esther Branthaver, who paid an important role as one the founders of Renaissance Society, passed away on July 30, 2016. She was a member since February, 1987. She was 94.

Ele Meux, Renaissance member since 1995, passed away August 1, 2016. Ele served on the Renaissance Board and led many seminars, including the popular Jazz seminar.

Bill Mahan, a member from 2009 to 2015, passed away on August 18, 2016 at the age of 85. He led one seminar, History of the Crime Novel.
What is the Associates Program?
Inquiring Minds Want to Know

11:15 am—12:45 pm, Alpine 148
Doris Keller, Coordinator

The Associates Program, held on Fridays, is led by Marian Kile, Marty Keale, and Doris Keller. We call it a ‘noon’ seminar because we invite people into the seminar to eat their lunch while they learn, but the seminar is listed in the catalog as a ‘morning class’ due to its start time. The scheduled time also allows the Associates to attend a Friday afternoon seminar.

The class is designed to help people who want to lead a seminar but are unsure of the details and where to go for help. Things you will learn include:

- Background history of the Renaissance Society.
- A clear description of the structure of the Renaissance Society.
- A walk through of the steps to becoming a leader by using our 29-page Leader’s Handbook.
- How to develop all the different types of seminars.
- Feedback for a 5-minute introductory speech provided in the program.
- Help in picking a topic and how to turn it into a seminar.
- Current seminar leaders who will provide more tips for developing and presenting a seminar.
- Assurance you have contact with current and past seminar leaders to observe.
- Hands-on familiarity with the electronics in the CSUS classrooms.
- Training on developing a slideshow (PowerPoint and Keystone).
- Your own personal, experienced mentor throughout the year as needed.
- Answers to any questions you may have.
- Help in writing a compelling and interesting description for the catalog.

So, when you see a member with the “Associate Leader” tag on their lanyard, you will know they are in the Associate Program!

A successful Renaissance Workshop for Seminar Leaders, was held on August 12, 2016. See our article ‘Fall Leaders’ Workshop Held’ on page 2 for more information. Pictures provided courtesy of Ivy Hendy.

2016 - 2017 FLU VACCINE AVAILABLE ON CAMPUS

An annual flu vaccine is the best way to reduce the chances that you will get seasonal Flu, be at risk for severe complications, and/or spread the disease to others.

The Renaissance Society, in collaboration with CSUS Student Health Service Pharmacy, the Department of Nursing and Rite Aid Pharmacy, is offering the Flu Vaccine to all members of the Renaissance Society on Friday, October 7 and Friday, November 4, 10am to 3pm. The location will be in the Student Union Building with the room TBD.

Most health insurance policies cover the cost of this vaccine. Rite Aid Pharmacy has negotiated a considerable reduced cash payment of $20.00 for those who do not have insurance coverage. Bring your insurance card or cash and proof of membership to receive the vaccine. Also bring your Vaccine Record, if you have one.

If you are under the age of 65 the CDC recommends you receive the trivalent vaccine Flurvirin intramuscular. If you are age 65 and over the CDC recommends you receive the quadrivalent vaccine Fluzone High Dose intramuscular. Both vaccines will be available. **Note: Wording has changed from our printed version. Consult with your Health Care Subscriber before taking this vaccine.

Contact Dolores Eitel for further information or questions @ doloresSurvived@gmail.com or 916 952-9269. Additionally there were will be educational materials available onsite.
As the Society moves to Constant Contact for messaging to members plus online sign-up for dues and parking fees, please make sure that your e-mail is set up to receive Renaissance Society messages. Some internet carriers are likely to reject messages without the Society’s e-mail address added to their ‘Contact List’.

All Renaissance Society e-mails come from: ren-soc-qaire@csus.edu.
Please add this to your contact list.

Once you receive our e-mails, we urge you to open and read the Society’s e-mails as there is a lot of good information in them. Friday forum announcements, room changes, special events, and other timely information are included in these e-mails.