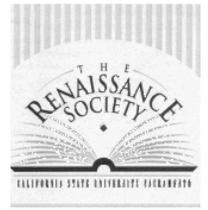




# The Renaissance Recorder

## Lifelong Learning

California State University, Sacramento



December 2018

Lifelong Learning for over 30 years

Issue 180

### President's Corner

By Doris Keller



Doris has taken some time off, but will continue her column in the new year.

She did leave the editor a few "reminder" notes regarding seminars.

- Don't forget the speakers we have at the care facilities, and the libraries. This semester we have Renaissance members speaking in the Franklin Library, the Arden-Dimick Library, and the Carmichael Library. Check your catalog for who is speaking, the topic and where it will be happening. Any changes to dates/places and speakers will be announced via Constant Comment and made available on our website at [www.csus.edu/org/rensoc](http://www.csus.edu/org/rensoc).
- If you have a topic, a suggestion for a speaker, and/or would like to be a Seminar Leader next semester or in the future, please let me know and we will make it work! My e-mail address is: [doriskeller727@gmail.com](mailto:doriskeller727@gmail.com).

Doris wishes everyone a joyful and happy holiday season, and will see you all in 2019.

### Board of Directors Recruitment

The Renaissance Society seeks members who are dedicated to the mission, values, and vision of the organization. To that goal, the Nominating Committee will be seeking applications for the following Board officers: **President, Vice President, Secretary, Treasurer/Controller**. Present officer terms expire June 30, 2019, newly elected officer terms begin July 1, 2019 and expire June 30, 2020 (1-year terms).

In addition, the Nominating Committee is seeking to fill positions for three **(3) Member-at-Large candidates**, who will work alongside the Board of Directors on various projects as assigned by the Board.

Applications will be made available online and need to be completed, typed, or legibly hand-written, emailed, mailed, or hand-delivered to the Renaissance Office **NO LATER than Tuesday, January 15, 2019.**

The Renaissance Office (physical location)  
Attn: Jan Summers, Chair  
Email: [summersj10@yahoo.com](mailto:summersj10@yahoo.com)  
7750 College Town Drive, Adams Building, Suite 106, Sacramento, California 95819.

Mailing address:  
California State University, Sacramento  
The Renaissance Society  
Attn: Jan Summers, Nominating Chair  
6000 J Street, MS 6074  
Sacramento, California 95819-6074

The **Nominating Committee** is comprised of the following individuals: **Mele Huffman, Joe Grant, Ginger Mack, Warren Bonta, Anita Adams, and Chairperson Jan Summers (916) 927-5570.**

NOTE: Each member of the Nominating Committee has been interviewed by President Doris Keller and is dedicated to seeking the best candidate for the position.

### FORUM

**\*\*There is no Forum on the last day of class, December 7. See Holiday Party Announcement and Reservation Form on Page 7 for a fun event to attend instead! *Get your reservation in to us before November 30, 2018.*\*\***

### Mini Seminars

10:00 to 11:35 am, Library 1522  
Ed Speegle, Seminar Leader

**December 7: Elleen Sunada, Professor Emerita of History.** Elleen will present a personal account and assessment of how the incarceration of Japanese Americans during World War II affected her family and the Sacramento Japanese American Community, exploring the human costs and perhaps serving as a warning.

**URGENT:** The *Renaissance Mini Seminar Committee* needs your assistance. If we want to have the choice to attend interesting, dynamic, Friday morning seminars in the Library weekly, then we have to increase our recruitment team! We need at least 2 new members, but 4 additional members would be ideal. Currently there are only 4 members.

The committee meets as needed usually 3-4 times a semester. Each member is expected to recruit or follow up on contacts with speakers to arrange dates for presentations, and provide information for such things as arranging parking passes, etc. The *Committee Chair* is responsible for providing and collecting information from members and keeping members informed as dates for speakers are filled, as well as recruit and schedule speakers.

*We would like people who are willing to join immediately* so they will be knowledgeable as to needs and requirements as we move into the Spring semester.

We work ahead, and speakers for the Spring Semester are already scheduled. Our committee would begin in February, 2019, to recruit speakers for the Fall, **and we need you!**

Please contact any of the current members: Ed Speegle: [edspeegle@comcast.net](mailto:edspeegle@comcast.net); Bonnie Penix: [bpenix@att.net](mailto:bpenix@att.net); Lynn Poole: [mlpoole41@gmail.com](mailto:mlpoole41@gmail.com); or Carol Goodman-Gane: [cagoodman@sbcglobal.net](mailto:cagoodman@sbcglobal.net).

### SAVE THE DATES

For Spring Semester

- \* **Tuesday, January 1, 2019**— New member registration is available online. Half-year membership is \$60, with parking permits \$20.
- \* **Monday, January 21, 2019**—Online Registration OPEN **NOTE:** Online registration will be required for all seminars, except those designated as drop-ins and those for which ‘contact leader for registration’ is indicated. ***You may also register for seminars at Rendezvous with assistance from some of our more ‘tech savvy’ members.***
- \* **Friday, January 25.** Introduction to Renaissance at 9:00-11:00 a.m. in the Hinde Auditorium (University Union) and Rendezvous at Noon-1:30 p.m. in Ballrooms I & II. Mark your calendars for the first big all-Renaissance day of the new year.
- \* **Friday, February 1.** First day of seminars.
- \* **Friday, February 15,** New Member Social, location TBA. No-host early dinner after classes at 4:30 pm. All members invited.

**\*\*\*NOTE TO ALL MEMBERS:** Unless you let the office know (verbally) that you absolutely do not want a printed copy of the *Spring 2019 Activities Catalog*, you will be mailed one. **The phone number for Renaissance Society Office is: 916.278.7834.**

### Travel & Adventure

10:00 to 11:35 am, Library 1533

Richard Fuller—916.409.9209, Terry Moss—916.783.3895, Tom Dole—916.442.2744

**December 7: Tom Blackburn - Fall Foliage in New England.** Many of us have talked about fall foliage tours in New England, but few have done what Tom Blackburn has done, journeying through some of the original 13 colonies, making a *Polychromatic Powerpoint Presentation* for us all to enjoy, with the maple trees and the other beautiful leaves, all the while wending his way through the lovely small towns of New England. Bring your own small bottle of Maple Syrup to sniff as you enjoy the photographs !

**Documentaries**

10:00 to 11:35 am, Library 3023  
 Allan Keown, Wade Brynelson, co-leaders

**December 7:** “Skid Row Marathon” (2017) (Hayes) When Los Angeles Superior Court Judge Craig Mitchell visited the Midnight Mission on Skid Row in LA, he decided to start a running club in the shelter. As he begins training a motley group of four homeless people to run marathons, lives begin to change. The runners rise from the streets of downtown LA to run marathons around the world, and their story emerges as one of hope, friendship, and dignity.

**December 14: (BONUS)** “Three Identical Strangers” (2018) (Wardle) In 1980 in New York, three young men who were all adopted, find out that they are triplets who were separated at birth. Then they discover why. The history of that discovery is filled with the brothers’ anguish and provides a profound setting for examining the ancient issue of the roles that both nature and nurture play in human character and personality. Join us for this extra bonus session and prepare to be deeply moved by this extraordinary documentary.



**DINING TOGETHER**

December’s *Dining Together* will meet at Café Vinoteca, 3535 Fair Oaks Blvd., at **5:30 PM on December 12, 2018** (<http://cafevinoteca.com/menus/>). Dining Together members who wish to attend should **RSVP** to: Roslyn Downing at [nannyroz@yahoo.com](mailto:nannyroz@yahoo.com) or 916-993-6756 no later than December 7, 2018. Separate checks will be provided. There is a large parking lot at the corner of Fair Oaks Blvd and San Lucas Way.

January’s get together will meet on **Wednesday, January 9, 2019, at 5:30 PM** at **Bella Bru**, located at 5038 Fair Oaks Blvd. at Arden Way in Carmichael (<http://www.bellabrucafe.com/location/carmichael/>). As we arrive, we will order and pay individually at the counter before sitting at our table. Parking is available in the shopping center. Please contact Barbara Hurley at [barbarahurley10@comcast.net](mailto:barbarahurley10@comcast.net) or 916-565-0370 no later than January 4, 2019, if you would like to join us.



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 Call (916) 278-2140

To pay by check, please pay to the order of:  
**The University Foundation at Sacramento State**  
**In the memo line, please reference x12460 Sacramento State, Attn: Development Office**  
 Sacramento Hall 169, MS 6030  
 6000 J Street  
 Sacramento, CA 95819

## Irene Stone Is Closing in on the Century Mark

By Judy A. Lewis



As she nears her 99<sup>th</sup> birthday, Irene Stone looks forward to celebrating her 100<sup>th</sup>. She was born in Elk Grove when it was a small farming community. Her father farmed in Wilton and her grandmother established a grocery store in Dillard in 1918. When her grandmother died in 1929, Irene's mother took over the business. By that time, the family had moved to Sacramento, so Irene commuted with her mother to Dillard, where she had the unique experience of attending a one-room schoolhouse. From there, she went on to Elk Grove High School, the only one in Elk Grove, with a total of 400 students. In 1935, she transferred to Sacramento High School.

After graduating from high school, Irene spent two years at Sacramento Junior College, on her way toward earning a degree in English and History from U.C. Berkeley. This was followed by a graduate degree in Library Science also from Berkeley.

When she married in 1942, Irene followed her husband to Tucson, Arizona and then to Kansas. He served as crew chief on B29 airplanes. When he was sent to India, Irene drove back to Sacramento with their baby. Their marriage eventually produced six sons and one daughter.

Her career in public policy information service began with the California State Library in 1968. She was responsible for the introduction of online database searches for the California executive and legislative branches. As a member of the Research Librarians Section of the National Conference of State Legislators, Irene was able to acquire important information from other state legislatures and also cooper-

ate with librarians from other states when specific information was needed. Irene remembers traveling to almost every state in the nation.

When Irene was 70, her husband developed Alzheimer's disease and she retired in order to care for him. He passed away in 1997.

In 1996, her extensive library experience resulted in an offer to return to State service as a retired annuitant in the California Research Bureau. She assisted in the publication of "Studies in the News," a weekly annotated current awareness tool for elected officials. It provided access to research reports and articles in publications that were considered important to legislators and staff members. In 2004, as part of a budget reduction during the administration of Governor Schwarzenegger, the funding for retired annuitants was eliminated, resulting in her second retirement.

In 1997, Irene joined a gym, where she participates in water aerobics, as well using a treadmill, stationary bike and other machines five days per week.

She is proud of her grandnephew, Spencer Stone, who was recognized for his heroism in subduing an armed terrorist on a Paris-bound train traveling from Amsterdam.

An avid reader, especially of historical non-fiction, Irene believes that the Renaissance Society "must be the most well-organized of all similar organizations."



## Clinical Pearls

### Herpes Zoster (HZ -Shingles) Update

By Dolores J. Eitel, BSN, MA,  
NYC Family Nurse Practitioner

Herpes Zoster (HZ), commonly known as shingles, is a viral infection that affects 90% of persons in their lifetime. One in three older adults, 1 in 2 over age 80 will develop HZ. One in five older adults will develop complications from the virus.

HZ is caused by the reactivation of the varicella virus (chicken pox) that lies dormant on the nerve cells near the spinal column when the immune system is compromised. The incidence increases with age as the immune system declines as part of the natural aging process. Ninety-eight percent of older adults have had chickenpox, the vaccine or exposure to chicken pox and house the virus without knowing it.

HZ usually starts with a dull or sharp stabbing pain along the band of the dermatomes of the nerve path, usually on the torso, chest, lower back, neck or face. An eruption of a red, painful itch sensitive to touch and a blistered rash appear along the band. The blisters scab, and heal. This process occurs in 7 to 10 days and lasts 2 to 4 weeks. HZ lesions are contagious through direct contact until the crusts form, and become airborne, and may cause chicken pox for susceptible persons, especially infants and pregnant women. The main complication from the virus is post herpetic neuralgia (PHN). PHN occurs in 1 in 5 persons and often results in life-long chronic pain.

Medical intervention should be sought at the onset of the rash. Early intervention increases comfort, rate of recovery time and prevention of complications. Treatment strategies may be implemented with an integrative plan of care. Medical interventions may include antiviral medication, numbing agents, antipressants and pain medication, in concert with holistic measures for pain relief and skin improvement such as acupuncture, meditation, application of topical lemon balm, aloe vera, capsaicin, mint tea, chamomile tea, and warm compresses.

The new HZ vaccine, Shingrix (recombinant) is the key to decreasing the risk of getting HZ and the risk of complications from the virus. Shingrix is a 2-dose vaccine taken 2-6 months apart. For prevention of HZ and related complications, the CDC recommends that all healthy immunocompetent adults age 50 and over, for whom it is not contraindicated, use Shingrix even if in the past they had HZ, or received Zostavax, zoster vaccine live (ZVL). If you have had

Zostavax in the recent past wait at least 6 weeks before getting Shingrix. Shingrix is 90% effective and lasts for five years. Effectiveness decreases with age.

HZ may occur more than once in a lifetime. Having chicken pox and/or HZ does not result in immunity. Shingrix is preferred over Zostavax which is a live Zoster vaccine and is less effective. Zostavax may still be used for healthy individuals age 60 if preferred or if there is an allergy to Shingrix.

The cost of the HZ vaccine is paid by Medicare Part D and Medicare Advantage Plans. It is not covered by Medicare Part B. Medicaid may or may not cover the cost. Most private insurance plans cover the cost. There may be a cost to you according to your individual plan such as deductibles and/or co-pays. GlaxoSmithKline offers financial assistance through their Reimbursement Support Center: phone number: 1-877-356-8368.

**Consult your primary care prescriber before taking the HZ (Shingles)vaccine and/or using holistic measures in your treatment plan.**

Resources: [www.cdc.gov/shingles](http://www.cdc.gov/shingles) [www.nih.gov](http://www.nih.gov)  
[www.fda.gov](http://www.fda.gov) [www.gsk.com](http://www.gsk.com)

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## Be a Volunteer!

*Wikipedia* defines the word “volunteering” in the following way. “**Volunteering** is generally considered an altruistic activity where an individual or group provides services for no financial or social gain to benefit another person, group or organization. **Volunteering is also renowned for skill development and is often intended to promote goodness or to improve human quality of life.** Volunteering may have positive benefits for the volunteer as well as for the person or community served.”

**The Renaissance Society is an all-volunteer group.** Throughout the year, *The Recorder as well as Constant Contact* provide information on several unique opportunities for members to join committees or (even) participate in governing. Please consider volunteering your time for a semester, or longer. The opportunities are endless!

## Attitude Adjustment, Seriously

By Susan Dlugach



Unlike most of my friends, I was not looking forward to retirement. Something about the word says to my ears: "old," tired, done.

Let's break it down.

"Re" - a prefix meaning to do again. "Tire" - it's awfully close to the notion of fatigue. Not energetic. Extremely worn out. It brought to mind my silver-haired grandfather, who was required to retire at age 65, officially becoming an old-timer and collecting Social Security. He began smoking again and died four years later.

Subconsciously, that's been a factor flavoring my attitude about entering this phase of the life cycle. Couple that with the blank slate of time ahead of me. In my profession, education, the option of sliding into a part-time position wasn't affordable, so it was all or nothing, retire or continue working full-time. Working half-time that first year would have helped me glide into full-time retirement the next year. However, I could not pay my bills on a half-time salary, so I needed to leave my position at school in order to collect my pension.

And sure enough, I found myself lost that first year. I no longer had the camaraderie of a people-driven profession, of working around folks I really enjoyed. I missed interacting with the kids, the daily cajoling, listening, guiding and planning new ways of approaching lessons. On the other hand, I did not miss the mountain high peaks of paperwork. Not one bit.

So I drifted through daytime television programs. Who's Kelly Ripa's guest today? What's cooking on "The Chew"? I've got to see how Chip and Joanna Gaines are going to fix up the next house. And endless Sodoku.

When I began tutoring part-time for a friend's private agency, my soul was massaged. Once again I was working with young people using skills I'd honed over the decades to help them with their academic needs. Once again I felt useful.

Yet still the better part of my week left me untethered to any semblance of organized time. There are

a number of us who need the external structure of job, school or other accountable expectations in order to guide our daily lives. I'm one of those. Without it, I get up in the morning savoring that endless 'cuppa java' while I read and wander mindlessly through the internet. Never mind the timers I've bought specifically to help me set limits. There was no one else to kick my butt into gear, reminding me to set limits today. I could always start tomorrow, right?

Then one summer morning I let my fingers walk over to Sacramento State University's Renaissance Society website that I had heard friends talk about for years. I found the cost, including parking, was pretty darn reasonable. But the real gem was the assortment of seminars offered, all led by volunteers. Immediately my eye fell on the writing and language seminars, then the music ones. There was plenty to capture my interest. The new dilemma would be which to choose.

I signed up right away, opening the gate to this newest chapter of my life, the one that for now I'll call "expansion and moving forward." For the first time I was able to grasp this post-career period as a gift of time to use engaging in activities I'd put off in the past for lack of time and energy while working full-time and raising children. Now I could play! I could take classes that had no final exams. I was out among peers again and making new connections. At last I understand why my newly retired friends commented that they didn't know how they ever found time to work!

**About the author:** Susan retired three years' ago with Elk Grove Unified School District and joined Renaissance two years ago. She's taken Kimberly Edwards' Memory and Memoir seminar three times.



### In Memoriam

**Bill Bonner** passed away October 6. He had been a member since 1999.

**Daniel Mahoney**, whose wife Rosalie is a member, passed away October 20, 2018.



# Renaissance Holiday Party

Friday, December 7, 2017

3:15 pm until 5:15 pm

**Note new location!**

***Columbus Hall 93***

5961 Newman Court

(across from front entrance of Sacramento State).

*\$25 per person includes food,  
two drink tickets (wine, beer, or soft drinks),  
white elephant raffle ticket, entertainment  
and plenty of parking.*

## RESERVATION FORM



Return Form and Check, by November 30, 2018 payable to:

***The Renaissance Society***  
**California State University**  
**6000 J Street—MS 6074**  
**Sacramento, CA 95819-6074**

**Member/Guest Names(s)**

---

**Amount Enclosed (\$25.00 per person)** \_\_\_\_\_

**For more information contact:**

**Maryellen Burns: *maryellen\_burns@mac.com* or 916-456-4930**

**Allan Keown: *ahkeown@gmail.com* or 916-501-8833**

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**DEADLINE** for next issue (February 2019 mailed  
mid-January) is *December 20, 2018*.

**Renaissance Society  
ADMINISTRATIVE OFFICE**

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**(916) 278-7834**  
**Office:** Adams Bldg. Room 106  
**Hours:** Monday-Thursday 9:30-noon  
Friday 10-1

**On-line Seminar Registration Begins on, Monday,  
*January 21, 2019***

**Rendezvous and Orientation will be held on  
Friday, *January 25, 2019* (in University Union)  
See Page 2 for details.**