



The Renaissance  
Society of Sacramento  
**fall.catalog.2024**

# welcome



## Welcome to our Fall 2024 Renaissance Society Semester!

As we celebrate the 38th year of our Renaissance Society, we are proud of our growth and accomplishments from four seminars and one Forum in 1986 to the just-ended academic year with 72 seminars, 108 single presentations, 55 Shared Interest Groups, 12 Community Presentations, and 25 Forums.

We also celebrate that our membership dues will remain unchanged for the seventh year despite cost-of-living increases. In 1986, membership dues were \$35 for four seminars. Today, membership dues remain at \$100—with no increase since 2018—for the abundant programming we currently enjoy.

To avoid future increases, however, it is essential to increase our membership. We ended 2023-2024 with 1,784 members, including over 70 honorary members, and we need to increase this number to over 1,900 to meet expenses. If you are able, we would also appreciate an extra donation when you register. All our revenue comes from membership dues and these “Give Something Extra” donations.

Please tell your friends and co-workers about this amazing organization and its many benefits for adults. Remember, we are interested in recruiting adults in their 40s, 50s, 60s, and beyond!

And speaking of welcome, it is our goal to foster an environment of belonging and inclusivity for all members, including members of our region’s diverse communities. Do you know someone who doesn’t share your same ethnic background? Be sure to extend a warm invitation and encourage them to join.

We especially look forward to diversifying not only our membership but also our program leaders and program content. This semester, we are launching a new “Friday Diversity Series” to highlight the history and culture of the many wonderful communities in the region. We will also strive to offer exciting social events, opportunities to interact with Sac State students and ongoing philanthropy. Since 1993, we have given over \$290,000 in scholarships for 128 students, and last year we contributed nearly \$40,000 to the ASI Food Pantry, winning the Golden Plate Award for the third consecutive year for donating the most to the Thanksgiving Food Basket Drive.

Let’s keep up the great work and, most of all, enjoy our time as Renaissance members!

Ask yourself how you can reach out to help us sustain this 37-year-old momentum by recruiting people who may not look like you.

Ask yourself how you can contribute to our philanthropic efforts or join one of our many committees and working groups to help us continue the vital work of our volunteer society.

Ask yourself how you can help us not only survive but also thrive as we move into an exciting future.

**Deborah Seiler**, Board President

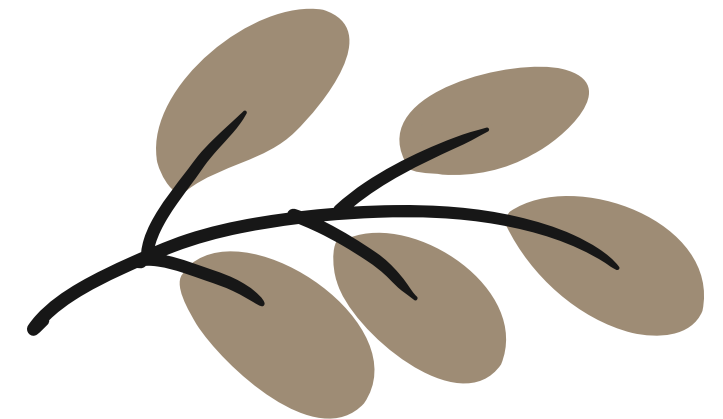
# the program committee covenant

*“We were not born critical of existing society. There was a moment in our lives (or a month, or a year) when certain facts appeared before us, startled us, and then caused us to question beliefs that were strongly fixed in our consciousness.... This would seem to lead to a simple conclusion: that we all have an enormous responsibility to bring to the attention of others information they do not have, which has the potential of causing them to rethink long-held ideas.”*

— Howard Zinn, 2005

The Renaissance Society Program Committee and staff work diligently to provide the Renaissance membership with a variety of program options in our sustaining efforts to support our members’ aspirations to expand their understanding of the nuances of the changing world around us that affect how we navigate life in this contemporary society. I hope you enjoy the program offerings for the Fall as we develop an exciting Spring 2025 offering featuring a special celebration series highlighting the 250th Anniversary of the American Revolutionary War for Independence.

**Darryl Omar Freeman**, Program Committee Chair



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# calendar of events

## IMPORTANT DATES FOR FALL 2024 SEMESTER

<b>AUGUST 12</b> Fall 2024 Program Enrollment Starts	<b>NOVEMBER 15</b> Spring Membership Registration Starts
<b>AUGUST 16</b> Orientation and Open House	<b>NOVEMBER 28 AND 29</b> Thanksgiving Holiday—Campus Closed
<b>SEPTEMBER 2</b> Labor Day—Campus Closed	<b>DECEMBER 6</b> Fall 2024 Renaissance Society Programs End
<b>SEPTEMBER 3</b> Fall 2024 Programs Begin	<b>DECEMBER 23 – JANUARY 1</b> Holiday/Winter Break—Campus Closed
<b>NOVEMBER 11</b> Veterans Day—Campus Closed	

## IMPORTANT DATES FOR SPRING 2025 SEMESTER

<b>AUGUST 23, 2024</b> Request for Spring 2025 Applications to Teach	<b>JANUARY 21</b> Spring 2025 Program Enrollment Starts
<b>SEPTEMBER 30, 2024</b> Request for Spring 2025 Catalog Photos	<b>JANUARY 31</b> Orientation and Open House
<b>NOVEMBER 1, 2024</b> Deadline to Submit Spring 2025 Applications to Teach	<b>FEBRUARY 3</b> Spring 2025 Programs Begin
<b>NOVEMBER 11, 2024</b> Deadline to Submit Photos for Spring 2025 Catalog Photos	<b>FEBRUARY 17</b> Presidents' Day—Campus Closed
<b>JANUARY 13, 2025</b> Spring 2025 Catalog Posted to RS Website	<b>MARCH 31</b> Cesar Chavez Day—Campus Closed
<b>JANUARY 20</b> Martin Luther King Jr Day—Campus Closed	<b>MARCH 31 – APRIL 4</b> Spring Break—Campus Closed
	<b>MAY 9</b> Spring 2025 RS Programs End—Annual Meeting

## our various learning programs

We are lucky to be living in a technology-friendly era and will continue to use these tools to deliver our programs, either in-person or 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. 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"> <li>Series of classes initiated and led by fellow RS Members</li> <li>Wide-ranging subject areas: arts, entertainment, literature, history, social justice, science, technology, contemporary thought, etc.</li> <li>Weekly courses generally meet for 3 to 12 weeks / semester... starting either in the morning or afternoon</li> <li>Currently meeting via Zoom or in-person off-campus (M-Th) or in-person on-campus (F)</li> </ul>	<ul style="list-style-type: none"> <li>Groups initiated and facilitated by fellow RS Members sharing common interests and ideas</li> <li>Activities typically include writing, art, literature, games, foreign language, food, health, and travel</li> <li>Meeting times and frequency set by the SIG facilitator and group</li> <li>Usually meet off campus, in a variety of settings or on Zoom</li> </ul>	<ul style="list-style-type: none"> <li>Single, one-time presentations given by RS Members or community-at-large speakers</li> <li>Wide-ranging, varied topics</li> <li>Typically, last 1 to 1.5 hours</li> <li>Partnering with local groups such as ACC, Sac Archaeological Society, Big History</li> <li>Currently meeting via Zoom or in-person off-campus (M, Tu, W) or in-person on-campus (F)</li> </ul>	<ul style="list-style-type: none"> <li>Highly acclaimed speakers, community leaders, and recognized topic experts</li> <li>Addressing diverse issues of critical concern and intense interest</li> <li>Fridays—3-4 pm (no schedule conflicts with any other programs)</li> <li>Presentations with interactive Q &amp; A</li> <li>Currently meeting on campus in hybrid mode</li> </ul>

## at-a-glance program schedule

This At-a-Glance organizes programs by day of week, time of day, and type of program. Use the Abbreviation Key below to identify each program's delivery format and recording status.

**D** = Diversity program; **Z** = Zoom-only; **IP** = In-person only; **H** = Hybrid (IP + Z) program; **IP-R** = In-person (live) and recorded; **NR** = Program not recorded; **OE** = Overlapping enrollment; **SE** = Selective enrollment; **WI** = Walk-in program—enrollment helps us notify you of changes, seats available first-come/first-served

### Program Definitions

**Seminars**—led by one or more members, generally range from 3-12 weeks, and focus on one subject.

**Shared Interest Groups (SIGs)**—facilitated by members, offer activities centered on what people enjoy doing together. These groups usually meet off campus or on Zoom.

**One-Time Presentations**—feature a variety of single presentations by member and guest speakers.

- Community Speakers and Monday Big History Series enrollments are open to non-members. Bring your family and friends.
- Tuesday Speaker Series, Wednesday Science Series, and Friday Morning and Afternoon On-Campus Speakers Series require Renaissance Society membership.

**Forums**—Friday's premier speaker program held at 3pm and features prominent community leaders who address newsworthy issues.

### Program Identifiers and Delivery Formats

**Diversity (D)** programs address in detail or in part, issues encompassing various aspects of culture, race, ethnicity, religion, gender, age, ability, sexual orientation, or social economics, to foster mutual understanding, which is essential for creating inclusive environments where all individuals feel valued and respected.

**In-person and Recorded (IP-R)** programs are offered live in-person but not live on Zoom. They are recorded for future viewing.

**Overlapping Enrollment (OE)** programs allow members to enroll in Monday – Thursday, Friday Morning and Afternoon On-campus Series, and Forums programs, even if they overlap in time.

**Selective Enrollment (SE)** programs are Friday in-person and hybrid Seminar and SIG groupings that are offered on the same dates and times. Members can enroll in only one of the programs in each of these groupings. All other programs allow for overlapping enrollment.

**Walk-in (WI)** programs allow you to enroll in advance, which allows us to notify you of last-minute program changes. However, available seats are first-come/first served.

See Abbreviation Key for Delivery Formats

Link to a **Page No.** for the course description

## MONDAY PROGRAMS AT A GLANCE

	Time	Title	Leader Name	Dates	Pg#
<b>Seminars</b>					
<b>D/Z/NR/OE</b>	10am–12pm	Are You Eating Healthy? Let's Find Out	Gopal Kapur	Sep 9-Sep 23	<a href="#">16</a>
<b>D/Z/NR/OE</b>	1–2:30 pm	American Songwriting: From the British Invasion (1754) to the British Invasion (1964)	Al Zagofsky	Sep 9-Dec 2	<a href="#">16</a>
<b>D/Z/NR/OE</b>	1–3:30pm	Greatest Shakespeare Movies	Gerald Camp	Sep 9-Dec 2	<a href="#">17</a>
<b>Shared Interest Groups</b>					
<b>IP/NR/OE</b>	10:30am–12:30pm	Friends of The New Yorker Magazine (Year-round weekly)	Judy Day David Bowles	Sep 9-Dec 2	<a href="#">33</a>
<b>D/Z/R/OE</b>	3–4pm	Qi Gong	David Mitchell	Sep 9-Dec 2	<a href="#">33</a>
<b>One-Time Presentations—Community Speakers Series</b>					
<b>IP/WI/NR/OE</b>	10am–12:30pm	Cohousing 101: Community and Washington Commons	Maryellen Burns Anne Geraghty	Oct 14	<a href="#">42</a>
<b>One-Time Presentations—Monday Big History Series</b>					
<b>Z/R/OE</b>	10–11:30am	Monday Big History Series—Innovations and Innovators	Ranny Eckstrom Dave Lewis	Sep 9-Dec 9	<a href="#">44</a>



See Abbreviation Key for Delivery Formats

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## TUESDAY PROGRAMS AT A GLANCE

	Time	Title	Leader Name	Dates	Pg#
<b>Seminars</b>					
<b>D/Z/R/OE</b>	9:30–11:30am	How to Read the Constitution	Ron Tochterman William Vizzard	Sep 3-Nov 5	<a href="#">18</a>
<b>Z/R/OE</b>	10–11:30am	Let's Have Some Fun on Our e-bikes As We Save the Planet	Anne Geraghty	Sep17-Oct 8	<a href="#">18</a>
<b>Z/R/OE</b>	1–3:30pm	Film Noir and Neo-Noir	Chip Zempel	Sep 3-Dec 3	<a href="#">17</a>
<b>Shared Interest Groups</b>					
<b>Z/NR/OE</b>	10–11:30am	First Tuesday Book Club (Year-round monthly)	Gwen Bedient	Sep 3-Dec 3	<a href="#">34</a>
<b>IP/NR/OE</b>	10–12pm	Digital Photography (Arden-Dimick Library)	Jay McKeeman	Sep 10-Nov 19	<a href="#">34</a>
<b>D/IP/NR/OE</b>	12–2pm	Writers Workshop (Year-round weekly)	Anita Adams Ruth Rezos	Sep 3-Dec 3	<a href="#">35</a>
<b>One-Time Presentations—Tuesday Speakers Series</b>					
<b>D/Z/R/OE</b>	2–3:30pm	Fantastical History of the Swastika	Gopal Kapur	Sep 3	<a href="#">44</a>
<b>Z/R/OE</b>	2–3:30pm	Nutritional Approach to Reversing Diabetes	Linda Middlesworth	Sep 10	<a href="#">45</a>
<b>Z/R/OE</b>	2–3:30pm	Artificial Intelligence (AI) and the Fall Elections: Part 2	Duane Campbell	Sep 17	<a href="#">45</a>
<b>Z/R/OE</b>	2–3:30pm	Prelude to Rebellion	Kevin Collins	Sep 24	<a href="#">45</a>
<b>Z/R/OE</b>	2–3:30pm	The Race to Food Production Sustainability	Jim Porterfield	Oct 1	<a href="#">46</a>
<b>Z/R/OE</b>	2–3:30pm	Delaying Death and Avoiding Disability	Donald Forrester	Oct 8	<a href="#">46</a>

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## WEDNESDAY PROGRAMS AT A GLANCE

	Time	Title	Leader Name	Dates	Pg#
<b>Seminars</b>					
Z/R/OE	10–11am	Enjoying Wine: From the Vineyard to the Glass	Lester Bennett	Sep 11-Sep 25	<a href="#">19</a>
D/Z/NR/OE	10am–12pm	The Enigma of Brilliance	Gopal Kapur	Oct 9-Oct 23	<a href="#">19</a>
Z/R/OE	12–2pm	Climate Chaos and the Individual	Donald Forrester	Oct 30-Dec 3	<a href="#">18</a>
<b>Shared Interest Groups</b>					
IP/NR/OE	9:25am–12:30pm	The Walkabouts (Year-round weekly)	To Be Announced	Sep 4-Dec 4	<a href="#">36</a>
IP/NR/OE	10am–12pm	Le Cercle Français (Year-round weekly) (Campus Commons)	Ruth Scodel Ana Facio	Sep 4-Dec 4	<a href="#">35</a>
D/Z/NR/OE	10am–12pm	One Hundred Years of Solitude: A Classic for our Times	Louise DiMattio	Sep 4-Dec 4	<a href="#">36</a>
IP/NR/OE	5:30–7:30pm	Dining Together (Year-round monthly) (Second Wednesdays)	Cheryl Nelson	Sep 11-Dec 4	<a href="#">35</a>
<b>One-Time Presentations—Community Speakers Series</b>					
Z/WI/NR/OE	10–11:30am	A Brief Survey of Sacramento Live Music Venues	Dave Harzoff Laurie Brownfield	Nov 13	<a href="#">42</a>
D/H/WI/R/OE	6–8pm	Alter Egos—The Women of Poverty Ridge	Maryellen Burns	Sep 4-Dec 4	<a href="#">43</a>
D/IP/WI/NR/OE	Varies	A Cook's Tour of Sacramento (Year-round days, dates, times vary)	Maryellen Burns Dan Cross Marge Tarbell	Sep 4-Dec 4	<a href="#">43</a>
<b>One-Time Presentations—Wednesday Science Series</b>					
Z/R/OE	10–11:30am	Plastics Are Everywhere: The Good, Bad, and Ugly	David Lewis	Sep 4-Oct 9	<a href="#">47</a>



See Abbreviation Key for Delivery Formats

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## THURSDAY PROGRAMS AT A GLANCE

	Time	Title	Leader Name	Dates	Pg#
<b>Seminars</b>					
D/Z/R/OE	10–11:30am	The Arts of the Sacramento-San Joaquin River Delta	Robert Benedetti	Sep 5-Dec 5	<a href="#">20</a>
Z/R/OE	10–11:30am	The "Benign Coverup" of the Assassination of JFK	James Hodges	Sep 5-Oct 10	<a href="#">20</a>
D/Z/R/OE	10–11:30am	Hearing Health: Personal and Community (Washington Commons)	Anne Geraghty Barbara Scott	Sep 5-Oct 10	<a href="#">21</a>
D/Z/NR/OE	10–11:50am	Voting and the Democratic Challenge	Duane Campbell Carl Pinkston	Sep 5-Dec 5	<a href="#">22</a>
Z/NR/OE	1–3pm	Relationships—Build Strong, Healthy, and Loving Ones	Nanci Kuzins Anamaria Pasquiers	Sep 5-Dec 5	<a href="#">21</a>
<b>Shared Interest Groups</b>					
D/IP/NR/OE	10am–12pm	El Círculo—Advanced Spanish Conversation (Campus Commons) (Year-round weekly)	Susan Dlugach Béatrice Hildebrand	Sep 5-Dec 5	<a href="#">37</a>
IP/NR/OE	1–2:30pm	Beginning Photography (ACC)	Anita Kermes Susan Wheeler	Sep 12-Nov 14	<a href="#">37</a>
IP/NR/OE	1–3pm	Games for Entertainment (Year-round weekly)	Roberta Frieze Judy Keaton	Sep 5-Dec 5	<a href="#">38</a>
IP/NR/OE	1:30–2:30pm	Partners in Crime (Monthly) (McClatchy Library)	Lynda Cassady Pat Stokes	Sep 5-Nov 14	<a href="#">39</a>
Z/NR/OE	2–4pm	Promises and Threats of Artificial Intelligence (AI) (First Thursday of the Month)	Melissa Green	Sep 5-Dec 5	<a href="#">39</a>
Z/NR/OE	3:30–5pm	The Music of Your Life	Loretta Burdeaux Lester Bennett	Sep 5-Dec 5	<a href="#">38</a>
Z/NR/OE	7–8:30pm	The Economist (Year-round weekly)	Wayne Luney	Sep 5-Dec 5	<a href="#">37</a>
<b>One-Time Presentations—Community Speakers Series</b>					
H/WI/R/OE	10:30am–12pm	Morning Coffee (Year-round monthly)	Maryellen Burns	Sep 5 - Dec 5	<a href="#">43</a>

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## FRIDAY PROGRAMS AT A GLANCE

	Time	Title	Leader Name	Dates	Pg#
<b>Seminars</b>					
IP/WI/NR/SE	10-10:45am	Android Basics	Carol Limbaga	Sep 6-Dec 6	<a href="#">23</a>
IP-R/WI/SE	10-11:30am	Combat PTSD: Warriors' Journey Home	Catherine Lieb	Oct 11-Oct 25	<a href="#">24</a>
D/IP/WI/NR/SE	10-11:30am	Great American Trials and Constitutional Law	Joel Primes William Vizzard	Sep 6-Dec 6	<a href="#">28</a>
H/WI/R/SE	10-11:30am	Lead Up to the Revolution	Catherine Minicucci	Oct 4-Oct 18	<a href="#">28</a>
D/IP/NR/SE	10-11:30am	Mind-Body Skills for Healthy Living	Jon Siiteri	Sep 13-Oct 18	<a href="#">30</a>
D/IP/WI/NR/SE	10-11:30am	Multicultural Aging in Contemporary American Society	Darryl O Freeman	Sep 6-Dec 6	<a href="#">30</a>
IP/NR/SE	10-11:30am	Reading Poetry	Michael Storey	Oct 18-Dec 6	<a href="#">31</a>
D/H/R/SE	10-11:30am	The Road to the Presidency 2024	Greg Beale	Sep 6-Dec 6	<a href="#">32</a>
D/H/WI/R/SE	10-11:45am	Echoes of the Journey: Celebrating the Musical Connections Between Travel, Adventure, and Romance	Mike Agron	Sep 6-Dec 6	<a href="#">26</a>
IP/WI/NR/SE	10-11:45am	Give Jane A Chance	PJ Jones Gretchen Jung	Sep 6-Oct 11	<a href="#">27</a>
IP/NR/SE	11am-12pm	The Joy of Chess	Ivy Hendy	Sep 6-Nov 22	<a href="#">28</a>
IP/WI/NR/SE	11am-12:30pm	Cracker Barrel (Year-round weekly)	Christine Lewis Tom Fante	Sep 6-Dec 6	<a href="#">25</a>
H/R/SE	12-2:30pm	Life's Purpose: Finding Joy and Happiness in the Next Chapter of Life!	Ken Cross	Oct 18-Dec 6	<a href="#">29</a>
D/IP/NR/WI/SE	12-2:45pm	Cinematic Classics/Media: Themes and Variations	Alan Miller	Sep 6-Dec 6	<a href="#">23</a>
D/IP/NR/SE	12-2:45pm	Classical Music	Robert Seyfried Leo Eylar	Sep 6-Dec 6	<a href="#">24</a>
IP-R/WI/SE	1-2:30pm	Active Retirement Investing	Nashoba Bailey Bill Bailey	Sep 6-Nov 22	<a href="#">22</a>

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## FRIDAY PROGRAMS AT A GLANCE (CONT.)

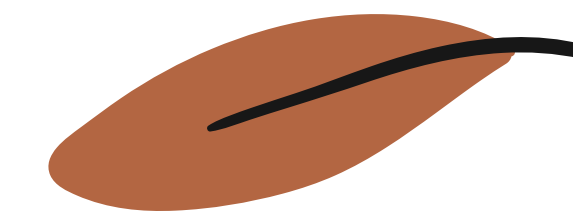
	Time	Title	Leader Name	Dates	Pg#
<b>Seminars</b>					
D/IP-R/WI/SE	1-2:30pm	The Folk Music Revival in America: 1950-1970	Michael Hersher	Sep 6-Oct 18	<a href="#">27</a>
IP/NR/SE	1-2:30pm	Meeting Each Other through Sharing Life Stories	Karen Gierlach	Oct 25-Dec 6	<a href="#">29</a>
IP/WI/NR/SE	1-2:45pm	Bob Dylan: <i>The Man; Music; Masks; and Myths</i>	David Abelson	Sep 6-Dec 6	<a href="#">23</a>
IP/WI/NR/SE	1-2:45pm	Critical Thinking	Richard Kowaleski	Sep 6-Dec 6	<a href="#">25</a>
IP/NR/SE	1-2:45pm	English History from the Tudors to the Stuarts	Jeff Hendy	Sep 6-Nov 22	<a href="#">26</a>
D/IP-R/SE	1-2:45pm	The Middle East: The Impact of Religion and Empire	Norv Wellsfry	Sep 6-Dec 6	<a href="#">30</a>
IP-R/WI/SE	1-2:45pm	Real Rock 'n' Roll	Bob Lang	Sep 6-Dec 6	<a href="#">31</a>
D/H/WI/R/SE	1-2:45pm	Truth, Trust, and Tech – Artificial Intelligence (AI) and the 2024 Election	Dale Good	Oct 18-Nov 22	<a href="#">32</a>
<b>Shared Interest Groups</b>					
IP/WI/NR/SE	9:30-11:30am	Knitting with Friends	Barbara Kletzman	Sep 6-Dec 6	<a href="#">40</a>
D/IP/NR/SE	10-11:30am	Travel and Adventure	Frederick Chapman	Sep 6-Dec 6	<a href="#">41</a>
IP/WI/NR/SE	12-12:45pm	Social Dancing	Richard Kowaleski	Sep 6-Dec 6	<a href="#">41</a>
IP/WI/NR/SE	12-1:30pm	The Fall Political Campaigns	Allan Keown	Sep 6-Nov 15	<a href="#">40</a>
D/IP/WI/NR/SE	12-2:30pm	Watercolor Studio Lab	Colleen Wong Steve Wittmann	Sep 6-Dec 6	<a href="#">41</a>
IP/WI/NR/SE	1:30-2:45pm	English Country Dance	Ruth Scodel	Sep 13-Dec 6	<a href="#">40</a>
<b>One-Time Presentations—Friday MORNING On-campus Series</b>					
D/H/R/WI/OE	10-11:30am	History of Tea	Anne Rewell	Sep 6	<a href="#">48</a>
H/R WI/OE	10-11:30am	Artificial Intelligence (AI) and the Fall Elections: Part 1	Chuck Wiseley	Sep 13	<a href="#">48</a>
D/H/R/WI/OE	10-11:30am	The Codex Argenteus or the Gothic Bible	Marjorie Wade	Sep 20	<a href="#">48</a>
H/R WI/OE	10-11:30am	Forlorn Hope: An American West Tale of Survival	Bob Crowley	Sep 27	<a href="#">48</a>

See Abbreviation Key for Delivery Formats

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### FRIDAY PROGRAMS AT A GLANCE (CONT.)

	Time	Title	Leader Name	Dates	Pg#
<b>One-Time Presentations—Friday MORNING On-campus Series (cont.)</b>					
D/H/R/WI/OE	10–11:30am	Women on the Front Line	Barrie Burr	Oct 4	<a href="#">49</a>
D/H/R/WI/OE	10–11:30am	Return to Gold Mountain	Phil Sexton	Oct 11	<a href="#">49</a>
H/R WI/OE	10–11:30am	Surviving Cancer Videos/Dr. Neal Barnard/Food Demo	Linda Middlesworth	Oct 18	<a href="#">50</a>
H/R WI/OE	10–11:30am	The Life and Paintings of John James Audubon	Theo Goodwin	Oct 25	<a href="#">50</a>
H/NR/WI/OE	10–11:30am	Investment Issues (Not Recorded)	David Bach	Nov 1	<a href="#">50</a>
D/H/R/WI/OE	10–11:30am	Florence Price	Leo Eylar	Nov 8	<a href="#">51</a>
D/H/R/WI/OE	10–11:30am	Haiku Poetry of Sorrow Written in Detention Camps	Theo Goodwin	Nov 15	<a href="#">51</a>
D/H/R/WI/OE	10–11:30am	Hidden Defects in FBI and State Gun Safety Records	Dale Good	Nov 22	<a href="#">51</a>
H/R WI/OE	9:30–11:30am	Guides to the Orchestra	Leo Eylar	Dec 6	<a href="#">52</a>
<b>One-Time Presentations—Friday AFTERNOON On-campus Series</b>					
D/H/R/WI/OE	1–2:30pm	The Culture of Cuba	Paul Bardwil	Sep 6	<a href="#">52</a>
D/H/R/WI/OE	1–2:30pm	The Development and Destruction of Sacramento Japantown	Priscilla Ouchida	Sep 13	<a href="#">52</a>
H/R WI/OE	1–2:30pm	The Possibility of a United Ireland	Michael Storey	Sep 20	<a href="#">53</a>
H/R WI/OE	1–2:30pm	Forlorn Hope: An American West Tale of Survival	Bob Crowley	Sep 27	<a href="#">53</a>
D/H/R/WI/OE	1–2:30pm	Keys to a Successful Art Career	Brenda Boles	Oct 4	<a href="#">53</a>
D/H/R WI/OE	1–2:30pm	The Spire, Minaret, Shikhara—Exploring the Universalities of the Axis, Circle, Square, and Crossing	Mrea Csorba	Oct 11	<a href="#">54</a>
H/R WI/OE	1–2:30pm	Call Kurtis: Behind the Curtain	Kurtis Ming	Oct 18	<a href="#">54</a>
D/H/R/WI/OE	1–2:30pm	When We Were Colored	Ginger Rutland	Oct 25	<a href="#">54</a>
D/H/R/WI/OE	1–2:30pm	Why Diversity, Equity, and Inclusion (DEI) Has Become an Issue	Michael Hersher	Nov 1	<a href="#">54</a>
H/R WI/OE	1–2:30pm	The Blue Zone Life Style Health to 100	Suzanna Nye	Nov 8	<a href="#">55</a>
H/R WI/OE	1–2:30pm	All About Native Plants	Mary Jane Sutliff Christina Lewis	Nov 15	<a href="#">55</a>



See Abbreviation Key for Delivery Formats

Link to a **Page No.** for the course description

### FRIDAY PROGRAMS AT A GLANCE (CONT.)

	Time	Title	Leader Name	Dates	Pg#
<b>One-Time Presentations—Friday AFTERNOON On-campus Series (cont.)</b>					
D/H/R/WI/OE	1–2:30pm	An Unlikely Hero—Mitsuye Endo	Priscilla Ouchida	Nov 22	<a href="#">55</a>
D/H/R/WI/OE	1–2:30pm	California Reparations to Japanese Americans	Priscilla Ouchida	Dec 6	<a href="#">55</a>
<b>Forums</b>					
D/H/R/WI/OE	3–4pm	To Be Announced		Sep 6	<a href="#">56</a>
D/H/R/WI/OE	3–4pm	The Newspaper Axis: Six Press Barons Who Enabled Hitler	Kathryn Olmstead	Sep 13	<a href="#">56</a>
D/H/R/WI/OE	3–4pm	Reparations to African Americans in California—History	Mark Brown Chris Lodgson	Sep 20	<a href="#">56</a>
H/R WI/OE	3–4pm	Stem Cell and Gene Therapies: What's Real and What Isn't	Jan Nolta	Sep 27	<a href="#">57</a>
H/R WI/OE	3–4pm	CapRadio Forensic Exam and Station Update	Chris Bruno	Oct 4	<a href="#">57</a>
H/R WI/OE	3–4pm	The Future of Public Media in the Digital Age	Michael Sanford	Oct 11	<a href="#">57</a>
H/R WI/OE	3–4pm	California's November Ballot Measures	Steven Maviglio Rob Stutzman	Oct 18	<a href="#">57</a>
H/R WI/OE	3–4pm	Discovering the Nature of California's Biodiversity	Dena Spatz	Oct 25	<a href="#">58</a>
H/R WI/OE	3–4pm	Reconnection of Consumers to the Land and People Who Produce Their Foods	Karen Ross	Nov 1	<a href="#">58</a>
H/R WI/OE	3–4pm	The Possible Negative Impact When a City No Longer Has a Local Newspaper	Colleen McCain Nelson	Nov 8	<a href="#">58</a>
D/H/R/WI/OE	3–4pm	Sacramento's Civil Rights History	Chris Lango	Nov 15	<a href="#">59</a>
H/R WI/OE	3–4pm	What Have America's Voters Done, and Why?—Psychology, Perceptions, and Informational Asymmetries	Kim Nalder	Nov 22	<a href="#">59</a>
H/R WI/OE	3–4pm	Fall Semester 2024, A Retrospective	Deborah Seiler	Dec 6	<a href="#">59</a>



# programs

## seminars

### MONDAY TO THURSDAY SEMINARS

#### American Songwriting: From the British Invasion (1754) to the British Invasion (1964) (D/Z/NR/OE)

Al Zagofsky  
Mondays, Sep 9 to Dec 2 (13 weeks)  
1 to 2:30 pm

American Songwriting will cover songwriting from the British Invasion (1750s) to the British Invasion (1960s). We will look at and listen to the evolution of American songs from different cultures, time periods, and songwriters. We will also learn the tricks of songwriting. It is best if you have a basic knowledge of an instrument and are familiar with chords.

**Al Zagofsky** has been a songwriter for five years since taking Mike Hersher's Protest Song class. He taught Renaissance Society classes in songwriting, journalism, and movement awareness. Currently a member of Yosemite Songwriters Retreat, he leads a sing-a-long group at the YMCA and publishes the online magazine California Update, <https://caupdate.com/>

**CLICK HERE TO ENROLL  
IN ANY PROGRAM  
Starting on August 12th**



#### Are You Eating Healthy? Let's Find Out (D/Z/NR/OE)

Gopal Kapur  
Mondays, Sep 9 to Sep 23 (3 weeks)  
10 to 12 pm

According to the American Heart Association, nearly half of American adults have some form of cardiovascular and chronic disease. There is a proliferation of commercial diets, promising miracles. Medical research shows that these diets have a success rate of a mere 5%. Then the question is, "What works?" The simple answer is "Consistent good nutrition." If you are ready to grow into a healthy version of yourself, FamilyGreenSurvival offers a robust approach to efficient and healthy nutrition. It is suggested that students complete the EatSHARP personal nutrition assessment prior to the first class session: <https://eatsharp.org?group=SacRen>. Individuals can stay anonymous.

**Gopal Kapur** consults, writes, and educates on management excellence. He has authored three college-level textbooks and lectured at Harvard University, the Brookings Institution, UC Berkeley, and UC Davis. The President of India awarded him the Distinguished Achievement Award. He founded FamilyGreenSurvival, Inc., a 501c3 nonprofit with the mission to provide nutrition education and EndLocalHunger. His nutrition-related columns have been featured in national and regional press and television.

#### Greatest Shakespeare Movies (D/Z/NR/OE)

Gerald Camp  
Mondays, Sep 9 to Dec 2 (12 weeks)  
1 to 3:30 pm

Why is the most popular playwright in 2024 William Shakespeare, who lived over 400 years ago? It is, of course, because his stories still entertain us and teach us who we are. Movie makers recognized his appeal from the start, and the greatest directors and stars have given us his greatest works. This semester we'll see why, though outnumbered 25 to 1, King Henry V defeated the French at the Battle of Agincourt. We'll see what many (including me) believe is the greatest Shakespeare movie, Orson Welles' *Chimes at Midnight*. We'll enjoy a recent Oscar nominee, Denzel Washington, as *Macbeth*. We'll view Kenneth Branagh's *Henry V*, and his great comedy *Much Ado About Nothing*. We will see one complete Shakespeare-based movie each Monday, usually with time to discuss it. **Notes:** (1) Join Gerry for a Meet and Greet on Monday, Aug 26th from 1 -2:30pm on Zoom. (2) There will be no class on Monday, October 28th.

**Gerald Camp** has spent his adult life as an educator. Beginning as a high school English teacher, he became a teacher of future teachers and later a language arts curriculum specialist for the Department of Defense Dependents Schools in Europe. He loves Shakespeare, Dickens, and great movies.

#### Film Noir and Neo-Noir (Z/R/OE)

Chip Zempel  
Tuesdays, Sep 3 to Dec 3 (14 weeks)  
1 to 3:30 pm

Nine years I been tryin' to run a respectable joint at Renaissance. Nine years. And these two walk in—a cheap suit full of wisecracks and a platinum dame who might be as dangerous as she looks. I knew I was in trouble. How was I gonna convince these mugs that Noir didn't begin and end with Bogie and Bacall? That Noir had German roots, traveled the world learning French, Spanish, and Japanese, and is alive and kickin' today, in living color? I had my work cut out for me... You'll sign up for this class if ya know what's good for ya.

**Chip Zempel** is a world-renowned scholar and film historian. (Just kidding—he loves to watch movies and talk about them.) He is in his ninth year leading film appreciation seminars with the Renaissance Society, and they still haven't kicked him out. His eclectic tastes are reflected in the topics his seminars have covered: romcoms, samurai films and westerns, time travel, documentaries, classic horror films, sci-fi, coming-of-age movies, animation, magical realism, dance, and more!

#### ABBREVIATION KEY

- D** Diversity program
- Z** Zoom-only
- IP** In-person only
- H** Hybrid (IP + Z) program
- IP-R** In-person (live) and recorded
- NR** Program not recorded
- OE** Overlapping enrollment
- SE** Selective enrollment
- WI** Walk-in program—enrollment helps us notify you of changes, seats available first-come/first-served



### How to Read the Constitution (D/Z/R/OE)

Ron Tochterman  
William Vizzard  
Tuesdays, Sep 3 to Nov 5 (10 weeks)  
9:30 to 11:30 am

In *McCulloch v. Maryland* (1891), Chief Justice John Marshall insisted "We must never forget that it is a Constitution that we are expounding." In other words, interpreting the Constitution calls for methods different from the ones used to interpret ordinary laws. Nowadays, Marshall's dictum is universally accepted. What's still up for debate is...Different how? We suggest you read: (a) The US Constitution (it was intended to be comprehensible to non-lawyers); (b) Reading the Constitution, Justice Stephen Breyer's new book advocating a method called Pragmatism; (c) A Matter of Interpretation, the late Justice Antonin Scalia's book advocating Textualism/Originalism. Or you may want to read none of the above, just follow the news and our lectures. We'll discuss all the above and the cases on the Supreme Court's Fall 2024 Docket.

**Ron Tochterman** was a Judge of the Superior Court in Sacramento for 32 years. For 20 of those years, he taught law school courses in Constitutional law, Evidence, and Criminal Procedure. Since his retirement in 2011, he has taught more than 20 Renaissance Society courses.

**Dr. William Vizzard** is Professor Emeritus from Sac State, where he chaired the Criminal Justice Division. Prior to spending 20 years in the academy, he spent 29 years working in local and federal law enforcement.

### Let's Have Some Fun On Our E-bikes As We Save the Planet (Z/R/OE)

Anne Geraghty  
Tuesdays, Sep 17 to Oct 8 (4 weeks)  
10 to 11:30 am

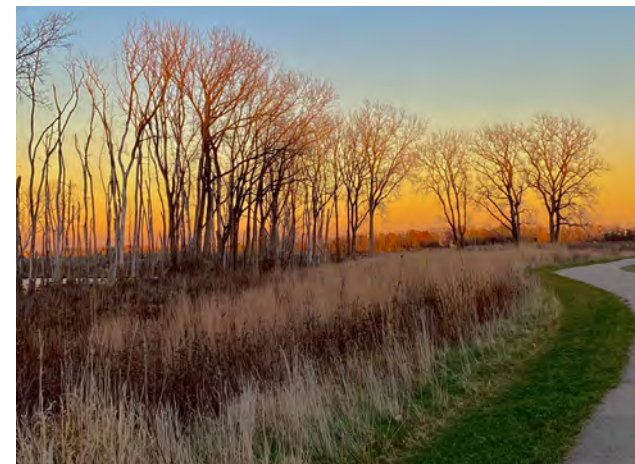
With SABA's executive director, Deb Banks, and her great e-bike team, led by Rob Youngren, we will learn the ins and outs of selecting, owning and biking on electric bikes (e-bikes). We'll learn the difference between the various classes (I, II, III), the rules of the road related to e-bikes, the various battery and motor types, and at our final session, we'll try out some of the e-bikes at an in-person demonstration site. In addition to learning about e-bike technology, we'll learn about what is being done to make our roadways and bike paths safe for all users (including us older folks) and why this is so important as we work to reduce climate change emissions. We'll also learn how we can help accelerate this effort. Note: The first three sessions will be on Zoom and the fourth session will be in-person at an e-bike demonstration site to be announced.

**Anne Geraghty's** realization that e-bikes could increase bicycling, particularly for older individuals (herself included), was transforming. Anne formerly advocated for pedestrian safety as founder of WALKSacramento, and for air quality for the California Air Resources Board. A founding member of Washington Commons Cohousing in West Sacramento, she has a Master's in Urban and Regional Planning from the University of Pittsburgh and is a member of the Board of SABA (Sacramento Area Bicycle Advocates).

### Climate Chaos and the Individual (Z/R/OE)

Don Forrester  
Wednesdays, Oct 30 to Dec 4 (6 weeks)  
12 to 2 pm

These six, two-hour sessions will briefly overview the science of climate and then focus on the various options for individuals to help reduce their impact on our environment. We will explore options for individual action in the home and working with advocacy groups, es-



pecially in the Sacramento Area. We will have guest speakers. Each session will consist of a one-half hour presentation followed by a Q & A period. Don is looking forward to giving this course for the fourth time and encourages previous enrollees to attend as the course improves with "age" and the climate warms. Don believes that we all need to prepare for the greatest challenge our species has ever faced!

**Don Forrester** is a retired Family Medicine physician. His undergraduate degree is in Chemical Engineering. He completed his residency in Sacramento. He currently volunteers on boards and gives presentations to lay and professional audiences. Don has taught at the Renaissance Society since 2019 and has also been involved with the local chapter of Extinction Rebellion. He welcomes any opportunity to speak to groups about our Climate Crisis.

### The Enigma of Brilliance (D/Z/NR/OE)

Gopal Kapur  
Wednesdays, Oct 9 to Oct 23 (3 weeks)  
10 am to 12 pm

This class will look at three of the most brilliant minds in recent world history: Henry Ford, Frank Lloyd Wright, and Steve Jobs. There is scant disagreement that these men changed not only millions of lives in their time but also future lives in small ways and large. We'll take a close look at what shaped them to become brilliant innovators, strategists, and ultimately, superb salesmen while failing significantly and tragically as a husband, father, colleague, bigot, and in Ford's case, an extreme antisemite.

**Gopal Kapur** consults, writes, and educates on management excellence. He has authored three college-level textbooks and lectured at Harvard University, the Brookings Institution, UC Berkeley, and UC Davis. The President of India awarded him the Distinguished Achievement Award. He founded FamilyGreenSurvival, Inc., a 501c3 nonprofit with the mission to provide nutrition education and EndLocalHunger. His nutrition-related columns have been featured in national and regional press and television.

### Enjoying Wine: From the Vineyard to the Glass (Z/R/OE)

Lester Bennett  
Wednesdays, Sep 11 to Oct 16 (6 weeks)  
10 to 11 am

This course discusses grape varieties and their distribution, the considerations of viticulture, harvest, and wine-making. It also covers wine storage, and sparkling and dessert wines. The course finishes with a discussion of the criteria for evaluating wine and the basics of pairing it with food.

**Lester Bennett** has a Master's degree in Enology from Fresno State University and was a commercial winemaker for five years. He initially was a high school biology teacher and also a technical trainer in the software industry. Although he no longer makes wine, he enjoys sharing his knowledge with others and helping them learn how the appreciation of wine can enrich one's life.





### The Arts of the Sacramento-San Joaquin River Delta (D/Z/R/OE)

Robert Benedetti

Thursdays, Sep 5 to Dec 5 (13 weeks)  
10 to 11:30 am

This seminar offers a feast for the eyes and ears. It will survey artistic work reflecting artists' experience of the Sacramento-San Joaquin Delta. The seminar will draw examples from 1800 to the present, including baskets, architecture, poetry, fiction, music, painting, and photography. In addition to graphic representations of artifacts, interviews with artists and those knowledgeable about them will be featured. Readings and viewings will be optional though encouraged.

**Robert Benedetti** is an emeritus professor of political science at the University of the Pacific, where he was a dean and director of the Jacoby Center for Public Service and Civic Leadership. He chaired two state humanities councils: California and Florida. He was appointed a visiting scholar at the Center for California Studies, Sac State, and has been Secretary of the Renaissance Society. He teaches seminars on *American politics and the Delta*. He has published *Imagining of the Sacramento-San Joaquin River Delta*.

### The "Benign Coverup" of the Assassination of JFK (Z/R/OE)

Jim Hodges

Thursdays, Sep 5 to Oct 10 (6 weeks)  
10 to 11:30 am

Both the FBI and CIA admit they worked to cover up facts surrounding the death of JFK. But they say it was a "benign" coverup intended to reach "the 'Best Truth:' Lee Harvey Oswald acted alone in killing JFK. In 1988, retired FBI agent, James Hosty, who interrogated Oswald in Dallas, told a documentary crew: "I feel, based on what I know now, there was what I would call a 'benign' cover-up. They [the LBJ administration and the Warren Commission] were concerned about Oswald's connections to the Soviet Union and to Castro. And they were fearful that if the American public were to find this out, they would become so incensed that it could have possibly led to an atomic war." David Robarge, official historian for the CIA, wrote in 2005: [Director of Central Intelligence] "McCone did have a place in a 'benign cover-up,'"... "by dispelling unfounded rumors that could lead to destructive international conflict"... "focusing [instead] on what the Agency believed at the time was the "best truth." We'll examine what was covered up and ask if it was benign.

**Jim Hodges** is self-employed representing clients in the administrative law proceedings of the California Public Utilities Commission on energy issues.

#### ABBREVIATION KEY

<b>D</b>	Diversity program
<b>Z</b>	Zoom-only
<b>IP</b>	In-person only
<b>H</b>	Hybrid (IP + Z) program
<b>IP-R</b>	In-person (live) and recorded
<b>NR</b>	Program not recorded
<b>OE</b>	Overlapping enrollment
<b>SE</b>	Selective enrollment
<b>WI</b>	Walk-in program—enrollment helps us notify you of changes, seats available first-come/first-served

### Hearing Health: Personal and Community (D/Z/R/OE)

Anne Geraghty

Barbara Scott

Thursdays, Sep 5 to Oct 10 (6 weeks)  
10 to 11:30 am

Washington Commons

Technology can help individuals hear more clearly one-on-one and in small groups. Some technologies also assist in noisy environments. We will review personal hearing assistive devices and technologies that provide communication access in public spaces. We will explore communication access rights (yes, we with hearing loss are disabled and have ADA rights), and there is technology, such as copper hearing loops, that can make a huge difference. We will also discuss personal responsibility, speaking up to gain communication access, and the shame or embarrassment people can feel about their hearing loss. Come learn the law, the psychology, and the technology for creating an optimum hearing environment. **Note:** Program is primarily on Zoom with one or two sessions in hybrid mode.

**Anne Geraghty's** fascination with acoustics and hearing accessibility began with the loss of hearing in one ear due to an acoustic neuroma in her early 40s followed years later by hearing loss in the remaining ear due to chemotherapy. Anne is a founding member of Washington Commons Cohousing in West Sacramento and worked to have a hearing loop installed in the Commons' meeting room. She is also a member of the Hearing Loss Association of America (HLAA).

**Barbara Scott** is a member of Washington Commons and is excited about moving to West Sacramento. She has worked as a professional musician, software engineer, and elementary school teacher and began wearing hearing aids as a third-grade teacher. She watched her dad become isolated because of painful hearing aids he would not wear. She views her choice to live in community as a great alternative. She looks forward to being in her first Renaissance Society class and learning more about hearing health.

### Relationships—Build Strong, Healthy, and Loving Ones (Z/NR/OE)

Nanci Kuzins

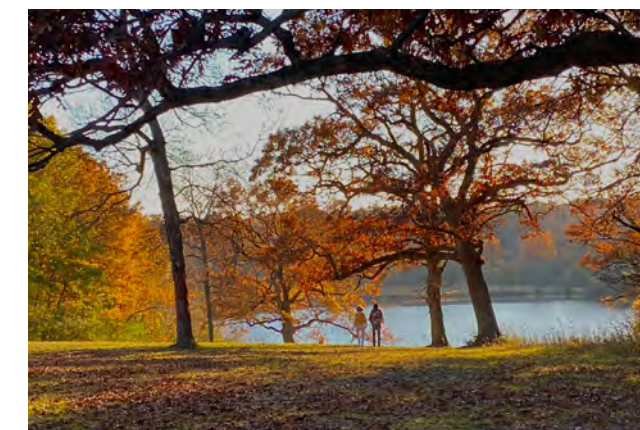
Anamaria Pasquiers

Thursdays, Sep 5 to Dec 5 (13 weeks)  
1 to 3 pm

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; and other resources. This new language of life can reduce stress, decrease anxiety, clear up misunderstandings, and heal old conflicts. Learn how to interrupt when necessary, release resentment when you hear NO, and 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 their lives and those of others through Compassionate Communication. She co-founded Community Skill Exchange Sacramento, a time bank where 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. She consults on self-healing methods and spiritual counseling. As a social activist and an interfaith minister, Anamaria has served as a prayer chaplain and has led spiritual growth groups on Taoism, Kundalini Yoga, and *A Course in Miracles*.



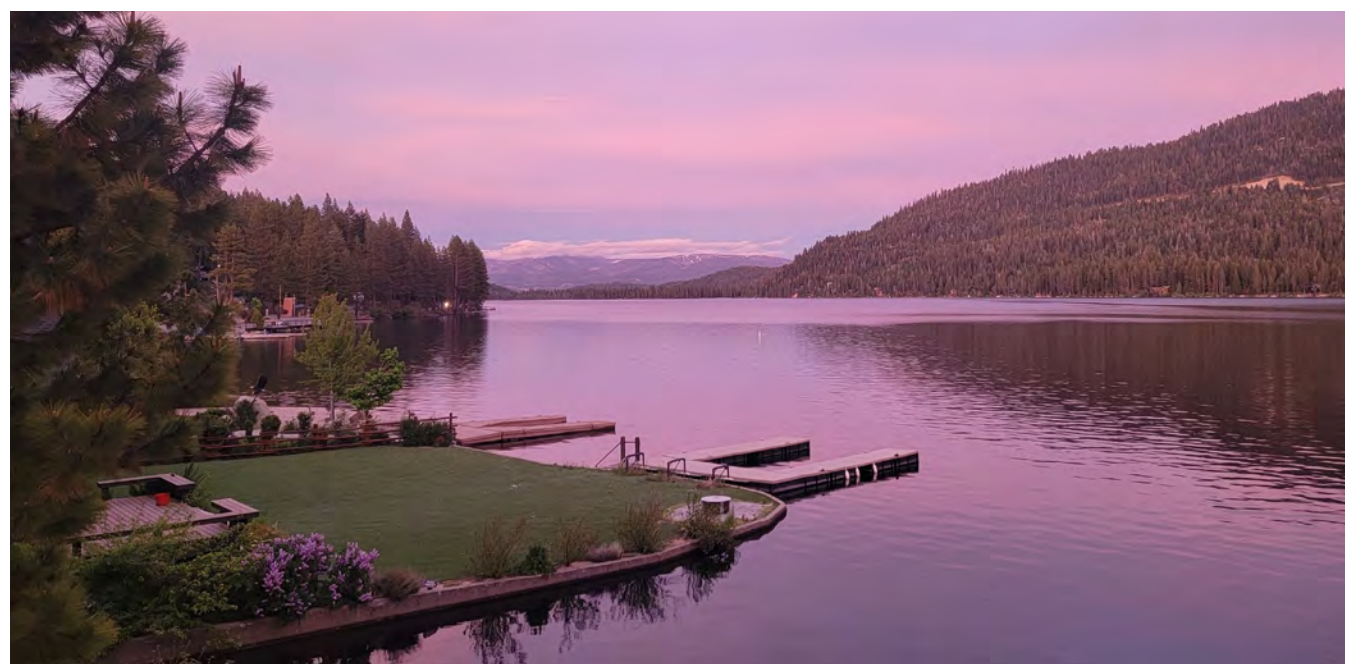
## Voting and the Democratic Challenge (D/Z/NR/OE)

Duane Campbell  
Carl Pinkston  
Thursdays, Sep 5 to Dec 5 (13 weeks)  
10 to 11:30 am

Our political system, democracy, is under assault. We face the danger of a right-wing racist and authoritarian movement seizing state power, producing the loss of what remains of US democracy. The November elections provide critical choices. This course includes an analysis of the political and economic forces dominating our society and the alternatives available. We will analyze electoral options, including the MAGA Republican effort. Prior participants are welcome. Uses breakout rooms for discussion.

**Duane Campbell** is a retired Bilingual/Multicultural Education and Peace Studies professor from Sac State. He has taught this seminar and other seminars in the Renaissance Society for 10 years. He is the author of *Choosing Democracy: A Practical Guide to Multicultural Education*.

**Carl Pinkston** Operation Director of Black Parallel School Board (Sacramento) and former member of the Institute for Social and Economic Studies. He has been an instructor for Renaissance Society seminars for six years.



## FRIDAY SEMINARS

### Active Retirement Investing (IP-R/WI/SE)

Nashoba Bailey  
Bill Bailey  
Fridays, Sep 6 to Nov 22 (12 weeks)  
1 to 2:30 pm  
Classroom: Douglass Hall (DH) 209

Financial Planning and Investing can be a challenging, confusing process. Join us as we teach you our simple Three-Phase process that we use to evaluate, invest, and protect our clients' nest egg. This in-depth workshop will focus on the ins and outs of building an efficient investment portfolio. We will also cover a multitude of relevant topics including, but not limited to, adequate insurance coverages, estate-planning must-dos, and evaluating the need for professional help.

**Nashoba Bailey** is an Investment Adviser with Wealth Strategies Retirement Asset Management. He is a Chartered Financial Consultant with over 8 years of experience in the business and well over a decade's worth of education in the field, having learned about investing from a very young age in his father's office. He specializes in efficient portfolio construction and understanding the behavioral

motivators of clients to better serve them in their financial journey.

**Bill Bailey** has proudly served as a Financial Adviser to the Sacramento area for over 40 years. He holds a Master of Science in Financial Services, has authored several books, and enjoys teaching and sharing his knowledge through the Renaissance Society and other local workshops. Bill's years in the business have seen him through all kinds of market conditions, life events, and learning opportunities. As a result, he brings a wealth of experience, empathy, and compassion to his work.

### Android Basics (IP/WI/NR/SE)

Carol Limbaga  
Fridays, Sep 6 to Dec 6 (13 weeks)  
10 to 10:45 am  
Classroom: Douglass Hall (DH) 110

Enroll through the Renaissance Society's online registration or email [climbaga@comcast.net](mailto:climbaga@comcast.net). This is a Friday on-campus and Sunday email seminar for busy, traveling, etc. folks). *Android Basics* is a one-on-one, hands-on support class with your cellphone. Basic usage is covered: phone features, settings, make and receive calls, contact information, voicemail, message/text, delete, email, camera, apps in your phone and new from the Google Play Store. Always request *your* basic questions.

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.



## Bob Dylan: The Man; Music; Masks; and Myths (IP/WI/NR/SE)

David Abelson  
Fridays, Sep 6 to Dec 6 (13 weeks)  
1 to 2:45 pm  
Classroom: Kadema Hall (KDM) 45

Bob Dylan has influenced modern culture for over 60 years. As a singer/songwriter, he has received numerous awards and honors, including the Nobel Prize in Literature, the Recording Academy's Lifetime Achievement Award, and the Presidential Medal of Honor. Despite his life-long fame, many aspects of Dylan's creative genius remain shrouded in mystery. This seminar will examine his entire career, including his earliest influences, constantly changing musical styles, and ever-shifting public persona. Weekly presentations will include music, films, books, and photos that capture the life of a truly gifted artist—Bob Dylan.

Since joining the Renaissance Society in 2012, **David Abelson** has taught several semester-long courses, including five seminars on *Water in California*, four seminars on *Bob Dylan* and, most recently, two seminars on *The Beatles*. He served on the Renaissance Society's Board of Directors for seven years, holding several offices, including President and Vice President. David has a deep passion for lifelong learning, and his seminars have been well-received.

## Cinematic Classics/Media: Themes and Variations (D/IP-R/WI/SE)

Alan Miller  
Fridays, Sep 6 to Dec 6 (13 weeks)  
12 to 2:30 pm  
Classroom: Tahoe Hall (TAH) 1003

Classic films from the 1940s to 2017 focused on media including gifted directors and actors like Orson Welles' *Citizen Kane*; starring Welles and Joseph Cotton. Howard Hawks' *His Girl Friday*; with Cary Grant and Rosalind Russell; Robert Redford and Dustin Hoffman in *All the President's Men*; screenplay by William Goldman; *Absence of Malice* starring Paul Newman and Sally Field; *A Face in the Crowd* featuring

Andy Griffith and Patricia Neal. Perceptive class discussions enhance the course's popularity.

**Alan Miller** has written opinion pieces for newspapers and national magazines since 1972. He has taught college courses at Sac State and American River College and lectured at UC Davis and UCSD. He has featured films in his courses, and this is his fourth straight *Cinematic Classics* course for the Renaissance Society, including previous students who requested more.

### Classical Music (D/IP/NR/SE)

Robert Seyfried

Leo Eylar

Fridays, Sep 6 to Dec 6 (13 weeks)

12 to 2:45 pm

Classroom: Capistrano Hall (CPS) 327

For the Fall Semester, Leo and Bob will share the semester equally. Bob's sessions will concentrate on individual music works ranging from the Baroque through the Age of Enlightenment and Romantic Periods into the Early 20th Century. As before, Maestro Leo will "navigate us through uncharted waters" and will continue to both fascinate and delight us with his unique brand of professional intrigue and enlightenment. The sessions will be comprised of lecture, musical compositions, and live performances. Each semester we give two \$1,000 grants to gifted music students from the \$40 collected from the leaders and attendees.

**Robert Seyfried** is a native of Sacramento, went to UC Berkeley, served in the Navy, and spent many years in San Francisco. Retired to Granite Bay and has belonged to the Renaissance Society for about 20 years, he began the *Travel and Adventure Seminar* and the *Classical Music Seminar*.

**Leo Eylar's** full bio would be a "magnum Opus'," but it suffices to say that Leo is a true professional musician (violinist), Conductor of the California Youth Symphony, and retired Professor (Emeritus) of Music at Sac State. He has partnered with the Renaissance Society's *Classical Music Seminar* with Bob Seyfried since 2015.

### Combat PTSD: Warriors' Journey Home (IP-R/WI/SE)

Catherine Lieb

Fridays, Oct 11 to Oct 25 (3 weeks)

10 to 11:30 am

Classroom: Calaveras Hall (CLV) 145

When US troops returned home from Vietnam, they were shamed, spat upon, and ignored, except when they had trouble transitioning into civilian life. Today, people automatically say, "Thank you for your service," often without understanding what it's like to go to war or knowing what they are thanking veterans for. This three-week seminar will use case studies and discussion to increase understanding between those who serve and the 99% of Amer-

icans who don't. Topics include ancient warriors' experience of grief, rage, and shame, PTSD (post-traumatic stress disorder), trauma-focused psychotherapy, trauma and neuroscience, resilience, recovery, finding meaning, and the impact of calling the emotional wounds of war a mental disorder.

In 2008, when the US wars in Iraq and Afghanistan were still raging, **Catherine Lieb**, LCSW (licensed clinical social worker), left her private practice in Sacramento to take a psychotherapist job in a Veterans Affairs (VA) mental health clinic where she had the honor to work with veterans in a two-year combat trauma group therapy program. After leaving the VA, she continued to work with veterans in private practice until she retired in 2019. She is currently writing a book about her VA experience.

### Cracker Barrel (IP/WI/NR/SE)

Christine Lewis

Tom Fante

Fridays, Sep 6 to Dec 6 (13 weeks)

11 am to 12:30 pm

Classroom: Alpine Hall (ALP) 218

*Cracker Barrel* is a year-round weekly discussion group that emphasizes dialogue on current political, social, economic, and cultural issues. Participation in class discussion is not required but encouraged. Prerequisites include tolerance and patience for the values and beliefs expressed by others. Participants may treat the class as drop-in, but registration is needed.

**Christine Lewis** has been a Renaissance Society member for many years. Before retiring, she worked in state and municipal governments, news reporting, and health and welfare organizations. She also co-owned a small software company.

**Tom Fante** has been coming to *Cracker Barrel* for nearly 20 years. He was a history major in college and served in the US military during the Vietnam War. He and his wife Anita came to Sacramento in 1976. Tom worked for the State Library as a librarian and was in charge of the California Section. Later, he worked as a Program Emergency Manager for the State Of-

fice of Emergency Services. He retired from the state in 2005.

### Critical Thinking (IP/WI/NR/SE)

Richard Kowaleski

Fridays, Sep 6 to Dec 6 (13 weeks)

1 to 2:45 pm

Classroom: Yosemite Hall (YSM) 135

Hone your ability to make better decisions! This is a very popular seminar, so register early. Topics include decision-making regarding what to buy, who or what to vote for, how to invest for and in retirement, and how to improve relationships. A favorite seminar for more than 15 years!

**Richard Kowaleski** has led the *Critical Thinking Seminar* for more than 15 years! He previously taught engineering and mathematics at the United States Air Force Academy and Sac State.



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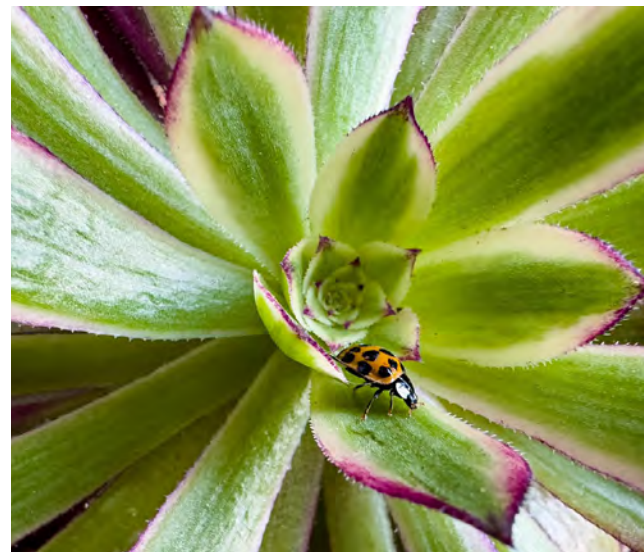


### Echoes of the Journey: Celebrating the Musical Connections Between Travel, Adventure, and Romance (D/H/WI/R/SE)

Michael Agron  
Fridays, Sep 6 to Dec 6 (13 weeks)  
10 to 11:45 am  
Classroom: Folsom Hall (FLS) 1063

Join us for a 13-week musical odyssey that not only celebrates the profound ability of music to whisk us away on global adventures without leaving our seats, but also delves into the rich history of various modes of transportation such as planes, trains, boats, automobiles, and more. Explore timeless classics with over 200 tracks and videos spanning the Great American Songbook (including Broadway, Film, Jazz, and Standards), Rock, Folk, Country, Soul (including R&B and Motown), and Hip Hop. From literal travels to metaphorical journeys, this series promises to inspire, educate, and entertain, leaving you with lasting tunes of travel, adventure, and romance. Each session offers a dual exploration: uncovering the stories behind these tracks and providing an historical overview of how our fascination and love of travel is so closely connected with music.

**Michael Agron**, Music Aficionado, returns for his 14th seminar series. He grew up in LA, the heart of the recording and entertainment industry. He loved music so much he wanted to become a recording engineer. Fate had different plans, and he ended up with a successful career in hi-tech and as an entrepreneur. He has been fortunate enough to fulfill his musical and entertainment passions by offering his unique popular seminars to the Renaissance Society and to numerous national OLLI lifelong organizations.



### English History from the Tudors to the Stuarts (IP/NR/SE)

Jeff Hendy  
Fridays, Sep 6 to Nov 22 (12 weeks)  
1 to 2:45 pm  
Classroom: Benicia Hall (BNC) 1025

This class will cover the two and a half centuries from 1485 to 1714. This was a time of the transformation of England from a minor European state to the richest country in the world. This period encompasses the reigns of many kings and queens, including Henry VIII and his six wives, Elizabeth I, the invasion of the Spanish Armada, James I and the King James Bible, and the rule of Oliver Cromwell. We'll look at the break with the Roman Catholic church and the transition to the Church of England. We'll see the beginnings of the British Empire, the founding of Virginia, and the change from England to Great Britain as Wales and Scotland are amalgamated. We end with the accession of King George I and the beginning of his long-lasting dynasty.

**Jeff Hendy** retired after forty years in the computer chip business, working in England, the US, France, and Japan, where he was also CEO of several companies. Jeff has been a Renaissance Society member since 2013 and was a board member for eight years. He has given many Renaissance Society seminars, mostly about English history - that might be because Jeff was born and educated in England.



### The Folk Music Revival in America: 1950-1970 (D/IP-R/WI/SE)

Michael Hersher  
Fridays, Sep 6 to Oct 18 (6 weeks)  
1 to 2:30 pm  
Classroom: Mariposa Hall (MRP) 1001

As always, Michael's class will be part music history and part singing in class. He will talk about the musicologists who dug up and revived American folksongs, the early performers, and the venues that made folk music popular. Michael will present iconic songs and singers from the 50s and 60s who you will love to remember and sing along with. He will try to provide the words and sometimes play and sing one himself. There may be a word or two about the blacklist and folk music as a movement. **Note:** No class on 10/11/2024.

**Michael Hersher** is a retired lawyer and current musician. He has taught several classes for the Renaissance Society on the history of protest music in America and on the history of laws related to civil rights and the Supreme Court. He is a lifelong folksinger who loves leading communal singing in schools, elder gatherings, religious settings, and sometimes on the street.

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### Give Jane A Chance (IP/WI/NR/SE)

PJ Jones  
Gretchen Jung  
Fridays, Sep 6 to Oct 11 (6 weeks)  
10 to 11:45 am  
Classroom: Tahoe Hall (TAH) 1004

So, please give Jane a chance through book and film. We will be reading *Mansfield Park*, which is not one of her most popular novels but grows on you. Never read Jane Austen? Give this one a try. Four semesters ago, we started by exploring *Sense and Sensibility* on the page and screen, then we moved to *Persuasion*, then visited *Emma*, and last semester we read *Pride and Prejudice*. With each class, we also explored two films with each title. Let's continue to enjoy a fun, interactive class, knowing that all of us together make a better expert than any one of us alone. There are definitely those who love Fanny Price and those who think she is a wimp. Read with us, discuss this book, and watch the films then cast your vote in the Fanny Price Debate.

**PJ Jones** earned a BA in History from Sac State. For over 11 years has been a member of the Jane Austen Society National Association (JASNA) and the Greater Sacramento JASNA as well as being a member of the Austentacious Book Group. She began reading Jane Austen in 2013 and hasn't stopped. PJ reads lots of fan fiction books based on Austen's plots, ranging from magic and dragons to the retelling of Austen's familiar storylines. She loved the class *Fun With Jane* following that with three more classes.

**Gretchen Jung** (MS, MA) was an adjunct faculty member at Sac State teaching Multicultural Perspectives in American Film, is excited to turn her attention to the work of Jane Austen. She admits *Persuasion* is her favorite Austen novel. However, for her, this class is all about the films. This will be the fourth class as a co-leader.

### Great American Trials and Constitutional Law (D/IP/WI/NR/SE)

Joel Primes  
William Vizzard  
Fridays, Sep 6 to Dec 6 (13 weeks)  
10 to 11:30 am  
Classroom: Tschannen Science Complex (TSC) 1002

This Program involves Civil and Criminal Law and U.S. Supreme Court Decisions. This class will include two mock trials performed by students.

**Joel Primes** taught the *Great American Trials* and the *U.S. Constitution* for approximately 15 years. He has practiced law for over 50 years, 37 years in the California Attorney General's Office, primarily handling cases for the Department Of Consumer Affairs. He was appointed temporarily as Sacramento Superior Court Judge for approximately eight years. He is a mediator for the Third District Court of Appeal. Now retired, Joel lives with his beautiful wife from London and Finn, his cocker spaniel.

**Dr. William Vizzard** is Emeritus Professor and former Chair of the Division of Criminal Justice at CSUS. Prior to his teaching career, he spent 29 years in law enforcement and criminal investigation at both the local and federal levels. He has been a co-leader of the Great American Trials class for approximately 10 years, working closely with Joel Primes.

### The Joy of Chess (IP/NR/SE)

Ivy Hendy  
Fridays, Sep 6 to Nov 22 (12 weeks)  
11 am to 12 pm  
Classroom: Sequoia Hall (SQU) 443

If you've never played chess before or haven't played chess in a long time and have always wanted to return to the chess board, this seminar could be for you. Contemplative yet social, chess is especially good for the older adult as it engages the brain and strengthens reasoning and retention. This in-class seminar will have some explanatory videos. From the beginning of the class, you will begin to play with others who have signed up. Bring your own chess set

and board if you have one. This will allow for the greatest number of people to play each week. The more you play, the better you'll get! This noncompetitive class will explore the joy of chess. Join us if you are curious and wish to investigate new options!

Renaissance Society member **Ivy Hendy** served on the board and has given many, many classes in philosophy and art history. She has always nurtured a love and enthusiasm for the game of chess. Playing the game of chess with others for the joy of the game, without concern for winning, has its rewards. But it has also kept Ivy on the level of "beginner's mind." As group leader, Ivy hopes to impart the feeling of contentment and fulfillment that chess has brought her as well as the reminder of patience.

### Lead Up To the Revolution (H/WI/R/SE)

Catherine Minicucci  
Fridays, Oct 4 to Oct 18 (3 weeks)  
10 to 11:30 am  
Classroom: Eureka Hall (EUR) 104

1774 was an uneasy year in the British North American colonies. Americans had successfully resisted new taxes in the Stamp Act and the Townshend duties, but the tax on tea remained. Parliament passed the Intolerable Acts to punish Boston and Massachusetts for the Boston Tea Party. Newspapers' editors and writers of pamphlets made arguments for and against British rule. Colonial assemblies, coffeehouses, and private gatherings featured heated discussion about Parliamentary representation for the colonies, solidarity with Boston, and colonial



anxiety about losing the rights of English citizens. This three-part class will cover the unrest and arguments in Massachusetts, Pennsylvania, and Virginia in 1774.

**Catherine Minicucci** graduated from UCLA with a BA in Anthropology and received a Master's degree from Harvard. She served as education policy staff for the California Senate and Assembly. For 30 years, she led Minicucci Associates, an evaluation consulting firm focused on programs for children and youth. Cathy has led seminars on *Turning Points in American History*, *Profiles in American Leadership*, *The Great Famine*, and *Irish Immigration to America* and the *American Revolution*.

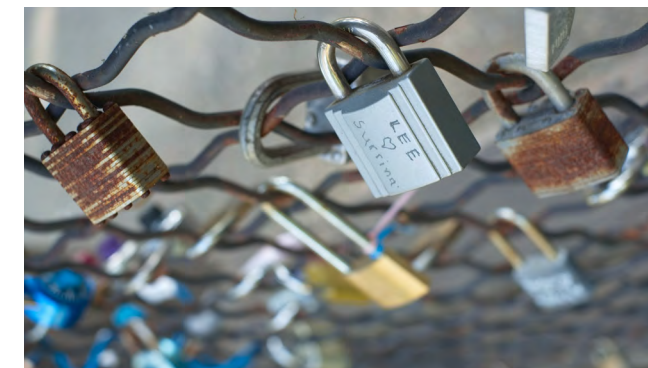
### Life's Purpose: Finding Joy and Happiness in the Next Chapter of Life! (H/R/SE)

Ken Cross  
Fridays, Oct 18 to Dec 6 (6 weeks)  
12 to 2:30 pm  
Classroom: Amador Hall (AMD) 153

What brings you joy and happiness? Awaken your curiosity and reinvent yourself for exciting new adventures to keep life interesting and meaningful in the next chapter of your life. Reconnect with your passions, talents, and opportunities to serve on your life's purpose journey. Remember the high points of life when you felt energized, in the "flow," and time stood still. Find what reignites this flame and activates your zest for life. What have you always dreamed of doing, being, and seeing? Tap into your personal wisdom and experience to live a rich, fun, meaningful, and purposeful life. Using film, books, exercises, discussion, expert speakers, and introspection, start envisioning and living this new life's chapter! **Note:** There will be a Meet and Greet on Zoom on Friday, Oct 18 from 12 to 2:30 pm. Program starts Oct 25.

**Ken Cross** graduated from the U.S. Military Academy at West Point in 1974 serving as an airborne ranger U.S. Army armor officer. He was a financial planner for military service members & later Habitat for Humanity of Greater Sacramento CEO. In midlife he found a passion for

discovering his life's purpose. Ken and his family took a one-year sabbatical visiting 42 states to find their vocations. For three decades Ken has facilitated *Life's Purpose* workshops helping others find their life callings.



### Meeting Each Other through Sharing Life Stories (IP/NR/SE)

Karen Gierlach  
Fridays, Oct 25 to Dec 6 (6 weeks)  
1 to 2:30 pm  
Classroom: Douglass Hall (DH) 111

By the time we become members of Renaissance Society, we have all lived long and interesting lives. In this workshop, we will revisit parts of the biographies we have lived so far and listen with interest to those of others in small groups of two or three. By revisiting our past we can discover new appreciation and understanding for what we have experienced and received, making it possible to meet future life experiences with openness and acceptance. We will use artistic and imaginative exercises to deepen our theme and will practice listening attentively, without judgment, while observing confidentiality with each other. Past students have appreciated meeting each other in a meaningful way.

**Karen Gierlach** graduated from London University, and early in life moved to this country. After raising a family, she taught German in several Waldorf schools. Since retiring, she has led biography and social art workshops for groups here and overseas. She greatly enjoys creating a welcoming space where people can meet and share memories drawn from their rich and eventful lives.

### The Middle East: The Impact of Religion and Empire (D/IP-R/SE)

Norv Wellsfry  
Fridays, Sep 6 to Dec 6 (13 weeks)  
1 to 2:45 pm  
Classroom: Amador Hall (AMD) 150

Today's Middle East has emerged from a complex mix of religion and empire, fueled recently by oil. This seminar will explore the historical roots that have created the complication that is the modern Middle East. Major elements will include the foundation and expansion of Islam, the Crusades, Arabic empires, the impact of European empires, and the roles played by the currency of oil. Includes presentations, videos, and participant contributions on relevant topics and people.

**Norv Wellsfry** has a Bachelor's degree from the University of Wisconsin, Madison, an MBA from Old Dominion University, an Ed.D from Virginia Tech, and did post-graduate work in Accounting and Finance that led to his completion of the CPA examinations. He had a 46-year career that included service as an administrator and professor at multiple community colleges in Virginia and California and work and leadership with multiple higher education organizations both within California and nationally.



### Mind-Body Skills for Healthy Living (D/IP/NR/SE)

Jon Siiteri  
Fridays, Sep 13 to Oct 18 (6 weeks)  
10 to 11:30 am  
Classroom: Brighton Hall (BRH) 214

The impact of chronic stress underlies many chronic diseases, such as heart disease, diabetes, kidney disease, and some forms of cancer. Research-proven mind-body (mindfulness) skills, combined with appropriate medical treatment, can help reduce underlying stress and lead to healthier living. In this presentation, you will learn about the physiology of stress and research-proven skills that help reduce it. Examples are breath awareness, body relaxation, guided imagery, and movement.

**Jon Siiteri**, PhD, Physician Assistant (Retired) has twenty-five years of clinical experience as a Physician Assistant. He is a certified facilitator of mind-body medicine and has presented workshops in stress-reduction methods for over 20 years. Jon has given presentations to community members, health professional students, and licensed medical professionals about the role chronic stress has in the origin and progression of chronic disease. Stress reduction skills are proven to be effective.

### Multicultural Aging in Contemporary American Society (D/IP/WI/NR/SE)

Darryl O Freeman  
Fridays, Sep 6 to Dec 6 (13 weeks)  
10 to 11:30 am  
Classroom: Mendocino Hall (MND) 4008

This seminar examines how aging members of different race/ethnic groups navigate life in America. The seminar will focus on aspects of aging, such as identity formation depending on one's race or ethnicity and society's changing perspective and behavior regarding aging. Additionally, the seminar will explore how public policy and government actions impact public thinking and individual behavior as we age. Short TED talk segments by Aging professionals will contribute to the seminar discussions.



**Darryl O Freeman** recently retired as an Adjunct Professor at Sac State. He has a Master's degree in Political Science from Sac State, another Master's degree in Ethnic Studies from San Francisco State, and PhD Studies at Washington State University, Pullman. Before his tenure at Sac State, he worked in various government positions in the state of California. He has taught a Cross-Cultural Aging Course for the Department of Gerontology for several years.

### Real Rock 'n' Roll (IP-R/WI/SE)

Bob Lang  
Fridays, Sep 6 to Dec 6 (13 weeks)  
1 to 2:45 pm  
Classroom: Mendocino Hall (MND) 1003

*Real Rock 'n' Roll* explores the influences, roots, and development of traditional rock 'n' roll music leading up to the heyday of the 50s and early-60s up to the British Invasion. Genres include early R&B, rockabilly, doo-wop, plus the popular teen idols, crazy dance crazes, one-hit wonders, British groups, and more—all with updated music and several new video examples. Elvis, Little Richard, Chuck Berry, Ray Charles, Dion and the Belmonts, the Beatles, plus Bob's Bonus Tracks!

**Bob Lang** has provided music appreciation classes for the Renaissance Society for the last dozen years with both a jazz class and a rock 'n' roll class. This fall he'll be leading *Real Rock 'n' Roll*. Lang spent his early career in radio and television, taught community college media classes, was an equipment trainer, and retired from the California Department of Corrections. He has written three books and is a singer/guitarist with the classic rock horn band On Air.

### Reading Poetry (IP/NR/SE)

Michael Storey  
Fridays, Oct 18 to Dec 6 (7 weeks)  
10 to 11:30 am  
Classroom: Eureka Hall (EUR) 413C

Class members will read, discuss and analyze various kinds of poems—sonnets, odes, elegies, dramatic monologues, free verse, and other forms—by a variety of poets, including Shakespeare, Donne, Burns, Keats, Browning, Dickinson, Yeats, Eliot, Frost, and others. The class will be conducted in a discussion format, allowing members to express their interpretations of the poems. The text will be announced at registration time.

**Michael Storey** has been a member of the Renaissance Society since 2013 and has taught courses in *Irish History, Politics and Culture; Irish Literature; and Poetry*. He is a retired English professor, having taught for 45 years at Notre Dame of Maryland University in Baltimore, MD, specializing in Irish literature. Among his literary interests are poetry, short fiction, and literary theory.

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### The Road to the Presidency 2024 (D/H/R/SE)

Greg Beale  
Fridays, Sep 6 to Dec 6 (13 weeks)  
10 to 11:30 am  
Classroom: Alpine Hall (ALP) 156

Today's political situation could become dire indeed. Greg is a student of politics and human relationships. As a teacher, Greg is very aware of getting too political, although this topic is political anyway. Greg will not take sides but will discuss what got the country here: He is not afraid of controversy...as long as it is backed up by facts....We will NOT try to get you to vote for one candidate or the other...we will provide background for the parties' programs as they try to win the Presidency.

**Greg Beale** is a Stanford grad, with a Masters from Sac State. Greg has taught several seminars for the Renaissance Society.



### Truth, Trust, and Tech—Artificial Intelligence (AI) and the 2024 Election (D/H/WI/R/SE)

Dale Good  
Fridays, Oct 18 to Nov 22 (6 weeks)  
1 to 2:45 pm  
Classroom: Mendocino Hall (MND) 3009

How do we understand the meaning of truth within our sociopolitical order? How do we define it, and how does it affect us? How does truth or lack thereof affect trust in our institutions? What is the role of technology in truth and trust? How did the internet and social media, with their algorithms, affect truth and trust? What does artificial intelligence (AI) and quantum computing (and their combination!) portend for the future, especially with our underlying economic philosophy that values corporate profit without regard to consequences? And what about AI and bad actors, foreign and domestic, and the 2024 election are we seeing? Class format is lecture, audio/video clips, and open discussion.

**Dale Good's** varied career includes: Serving as a Navy officer, touring countries on both coasts of Africa and throughout the Caribbean; after graduate school (PhD program in judicial process), an executive for the Minnesota court system and adjunct faculty evenings at a Minnesota state university teaching constitutional law; and, most recently, an executive for the California court system. He has had a lifelong interest in history, political theory, and philosophy and is committed to lifelong learning.



## shared interest groups (SIGs)

### MONDAY TO THURSDAY SIGS

#### Friends of the New Yorker (IP/NR/OE)

Judy Day  
David Bowles  
Mondays, Sep 9 to Dec 2 (Year-round weekly)  
10:30 am to 12:30 pm  
KOH Library, The Center at 2300

This discussion group is for those who enjoy reading the New Yorker magazine. Participants read each week's issue in advance of the meeting. We meet for intellectual discussion, but are also a social group—we discuss the articles, enjoy each other's company, and have a good time. We meet every Monday, all year long, in the KOH Library, inside The Center at 2300, located at 2300 Sierra Blvd, Sacramento. Group members pay an annual membership fee of \$18 to the Library to use the facility; we can also check out books.

**Judy Day** is a California native who grew up in the Bay Area. She graduated from UC Berkeley with a BA in Social Sciences and an MA in Public Policy. She retired in 2005 from the State Department of Finance, where she was a budget and program analyst. Her current interests include reading and politics.

**David Bowles** recently retired after a 35-year career with Verizon. His focus was executive training, from frontline supervisors to the vice president level. He has led over 75 different classes on a wide variety of topics. He enjoys live music, reading, gardening, and riding his motorcycle.

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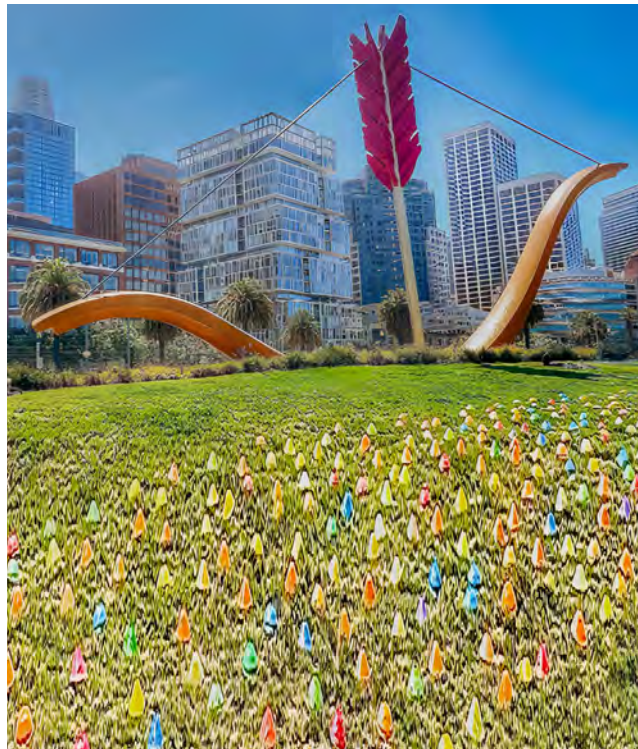


#### Qi Gong (D/Z/R/OE)

David Mitchell  
Mondays, Sep 9 to Dec 2 (13 weeks)  
3 to 4 pm

Qi Gong is an ancient Chinese healing art and practice that combines slow breathing with gentle movement and stretching. It is an excellent way to stay healthy as we age.

**David Mitchell** has been teaching Qi Gong in the Sacramento area since 2013. A retired airline pilot and Air Force pilot, David discovered Qi Gong through a life-threatening illness in 2011. He received his teacher certification from Lee Holden, a noted Qi Gong master, in June 2013. David is passionate about helping people learn this beautiful ancient Chinese healing art of slow breathing combined with gentle movement.



### Digital Photography (IP/NR/OE)

Jay McKeeman

Tuesdays, Sep 10 to Nov 19 (11 weeks)

10 am to 12 pm

Arden-Dimick Library

The Digital Photography class is for honing Renaissance Society members' skill in the digital photography workspace. This includes the use of camera, capturing variety in photos, and practice in post-shot photo enhancement software. Basic photography experience is preferred; a separate class is being offered for beginners. Equipment ranges from smart phones to SLR equipment. Video photography is not covered. Classes alternate between in-class instruction at the Arden-Dimick Library, 891 Watt Ave, Sacramento and field trips. Field trips are held every other Tuesday at various locations and usually start at 10 am, but times vary due to location/shooting variables, i.e. night sessions, etc. Field trips are optional and personal transportation is required. A \$5/student fee is required to cover class expenses. **Note:** Location for in-class session on November 5th only will be at the Nepenthe Clubhouse, Campus Commons, 1131 Commons Drive, Sacramento.

**Jay McKeeman** has lived entirely in Northern California. He was born and raised in San Francisco and had his initial education there. He attended CSU Chico (BA) and USC (MA in Public Administration). He has been involved in local government, land use planning, government advocacy, and trade association administration during his professional career. He has a lifelong fascination with photography.

### First Tuesday Book Club (Z/NR/OE)

Gwen Bedient

Tuesdays, Sep 3 to Dec 3 (Year-round monthly)

10 to 11:30 am

The members of the group rotate selecting a book for everyone to read and discuss. We review a wide variety of both fiction and non-fiction books that are available in the Sacramento Public Library system. Members engage in intelligent yet comfortable discussions about the writing topic and author.

A native of Nebraska, **Gwen Bedient**, spent eleven years in the U.S. Foreign Service before retiring in Spring 2021. She and her husband settled in Carmichael for retirement to be close to family in the Bay area. Gwen has been a part of many book clubs over the years both in Nebraska and overseas and wanted to be part of one here. Some of her other interests include gardening and travel.

### ABBREVIATION KEY

<b>D</b>	Diversity program
<b>Z</b>	Zoom-only
<b>IP</b>	In-person only
<b>H</b>	Hybrid (IP + Z) program
<b>IP-R</b>	In-person (live) and recorded
<b>NR</b>	Program not recorded
<b>OE</b>	Overlapping enrollment
<b>SE</b>	Selective enrollment
<b>WI</b>	Walk-in program—enrollment helps us notify you of changes, seats available first-come/first-served

### Writers Workshop (D/IP/NR/OE)

Anita Adams

Ruth Rezos

Tuesdays, Sep 3 to Dec 3 (Year-round weekly)

12 to 2 pm

We encourage our students to follow their writing style whether it be in the form of poetry, plays, novels, or genealogy. We rotate meeting in members homes. We have a maximum of ten students; we keep a waiting list.

**Anita Duncan Adams** has been a member of the Renaissance Society since Spring Semester, 2012. She has served on the Nominating Committee twice, and has mentored Gerontology 101 students for ten years. She has co-led the Writers Workshop since 2019 with Lani Hahn. Writing is her passion.

**Ruth Rezos** joined the Renaissance Society in 2019. She joined the writers' group in 2022. She has a B.A. degree in English from UC Davis. Ruth loves writing and volunteering at an after-school writing program for third to sixth grade kids.



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### Dining Together (IP/NR/OE)

Cheryl Nelson

Second Wednesdays, Sep 11 to Dec 11 (Year-round monthly)

5:30 pm to 7:30 pm

Dining Together is an opportunity to socialize with fellow Renaissance Society members in an informal, evening setting. Currently, we meet year-round on the second Wednesday of the month. Members volunteer to arrange dinners at local restaurants. We try to choose reasonably priced, interesting restaurants, hopefully including different cultures. Locations and details are posted in the Recorder each month for the following month. It is necessary to RSVP for each dinner in order to attend. If attendees to a particular dinner must be limited, preference will be given to members of Dining Together and first-RSVPed-first-served rules will apply. On-line registration is required for membership.

**Cheryl Nelson** has coordinated Dining Together with the assistance of volunteer dinner hosts for over 7 years.

### Le Cercle Français (IP/NR/OE)

Ruth Scodel

Ana Facio

Wednesdays, Sep 4 to Dec 4 (Year-round weekly)

10 am to 12 pm

Campus Commons Clubhouse

This program is for French speakers at an intermediate level who want to practice listening and speaking skills, requiring a working acquaintance with the language through previous study or from living in a French-speaking country. Members read and discuss texts, listen to and discuss French podcasts, and speak about everyday matters and topics of common interest in French. **Note:** This SIG meets at the Campus Commons Clubhouse, 650 Commons Dr., Sacramento (not ADA compliant!). It is upstairs and there is no elevator.

**Ruth Scodel** was a professor of Greek and Latin at the University of Michigan for 40 years and she has considerable administrative experience. Her main function in the group is select-

ing and distributing podcasts and reading for the discussion.

**Ana Facio** joined Renaissance Society in 2016. She was a co-leader of the Great Decisions seminar for 2 years and is currently a co-leader of Le Cercle Français. Ana loves the French language and French films, and has visited France several times.

### One Hundred Years of Solitude: A Classic for our Times (D/Z/NR/OE)

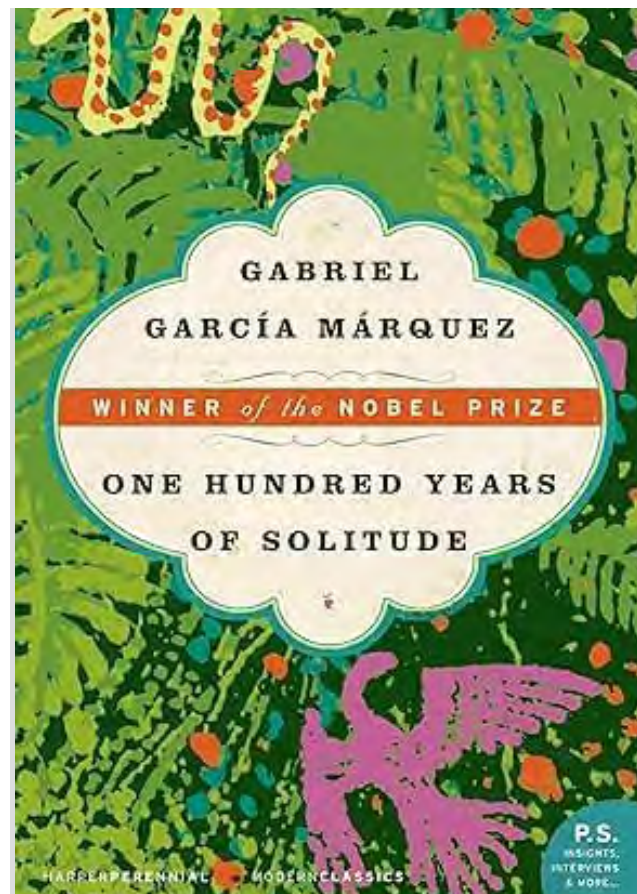
Louise DiMattio

Wednesdays, Sep 4 to Dec 4 (14 weeks)

10 am to 12 pm

One Hundred Years of Solitude by 1982 Nobel Prize winner and Colombian author Gabriel Garcia Marquez is widely considered one of the hallmarks of twentieth-century fiction. Blending the everyday and the miraculous, the historical and the fabulous, psychological realism and surreal flights of fancy, this novel has influenced nearly every important novelist around the world. Although this novel is not difficult to read, it does require some analysis of character and plot. Reading it with a group is by far the easiest and most enjoyable way to approach this great work. **Note:** We will meet every week throughout the semester and read approximately 40 pages per week. We will discuss these pages carefully, using the Great Books Shared Inquiry Method.

**Louise DiMattio** has been a Great Books leader for more than forty years. She greatly enjoys talking about books with like-minded readers. A retired labor and delivery nurse, Louise lives in San Francisco and is currently the President of the San Francisco Great Books Council. She firmly believes that discourse about great ideas is one of the most important ways to confront and solve our most pressing problems. Louise has led several Renaissance Society seminars featuring the works of Charles Dickens.



### The Walkabouts (IP/NR/OE)

To Be Announced

Wednesdays, Sep 4 to Dec 4 (14 Weeks)

9:25 to 11 am

Each Wednesday morning, we walk at a different location chosen by our volunteer leaders. Stretches are at 9:25am, followed by announcements, and then that week's *Walkabout*. You will have a choice of two miles with the Tortoises group, or four miles with the Hares group. Afterwards, for those who wish to join us, there is a group lunch at a nearby restaurant. Each week walkers will receive information for the following Wednesday walk. **Note: To participate in this program and receive the Wednesday walk information, you need to use the button below to enroll.**

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### Beginning Photography (IP/NR/OE)

Anita Kermes

Susan Wheeler

Thursdays, Sep 12 to Nov 14 (10 weeks)

1 to 2:30 pm

ACC Senior Services

Learn how to use your camera to take your best pictures. Do you love taking photos but would like to make sure that they really capture the moment? Do you have a camera (smart phone or Single Lens Reflex) and aren't sure how to use all the functions and features? The Beginning Photography class can help you improve your technique and give you a chance to try out new photo and camera-related tools. Course members will have time to try out what they just learned and share with others in the class.

**Notes:** (1) Video Photography is not covered. (2) A liability waiver is required for all participants. (3) This class will be held at the ACC Senior Services (formerly known as the Asian Community Center) is located at 7334 Park City Dr., Sacramento, 95831

**Anita Kermes** enjoys capturing memorable moments and different perspectives through her photography. Recently retired, she enjoys walking the neighborhood, cycling the American River Trail, and learning more about digital photography.

**Susan Wheeler** loves taking photos and learning. She teaches entrepreneurship classes part-time at American River College. She recently retired from SMUD where she managed programs that helped people learn about, prepare for, and obtain careers in energy and STEM.



### The Economist (Z/NR/OE)

Wayne Luney

Thursdays, Sep 5 to Dec 5 (13 weeks)

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.

**Wayne Luney** graduated from UC Berkeley with a degree in Economics. He has facilitated the SIG on The Economist since the Fall 2019 semester. During his career at Caltrans, he worked on regional traffic and motor vehicle emissions modeling.

### El Círculo—Advanced Spanish Conversation (D/IP/NR/OE)

Susan Dlugach

Béatrice Hildebrand

Thursdays, Sep 5 to Dec 5 (Year-round weekly)

10 am to 12 pm

Campus Commons Clubhouse

Each class session begins by going around the circle for each participant to briefly talk about a topic of their choice, which is usually followed by questions, and leads to friendly chatting. The second half of class is for reading and discussion of literature by Spanish/Latin American authors and/or non-fiction pieces from Spanish language media. Mini grammar lessons may also be incorporated. The class provides an opportunity to gain more ease in speaking Spanish informally while also recognizing regional differences in the language. **Note:** The class will be held at the Campus Commons Clubhouse, 650 Commons Dr, Sacramento.

**Susan Dlugach** is a retired English teacher and a long-time student of Spanish. She has traveled to various Latin American countries and Spain and looks forward to many more such adventures. The diversity of languages, dialects, customs, and cultures has always fascinated her.

**Béatrice Hildebrand** has traveled extensively in Spain, Mexico, Argentina and Chile. She has a minor in Spanish from Sac State. A native of Belgium, she is fluent in French and also speaks Italian.

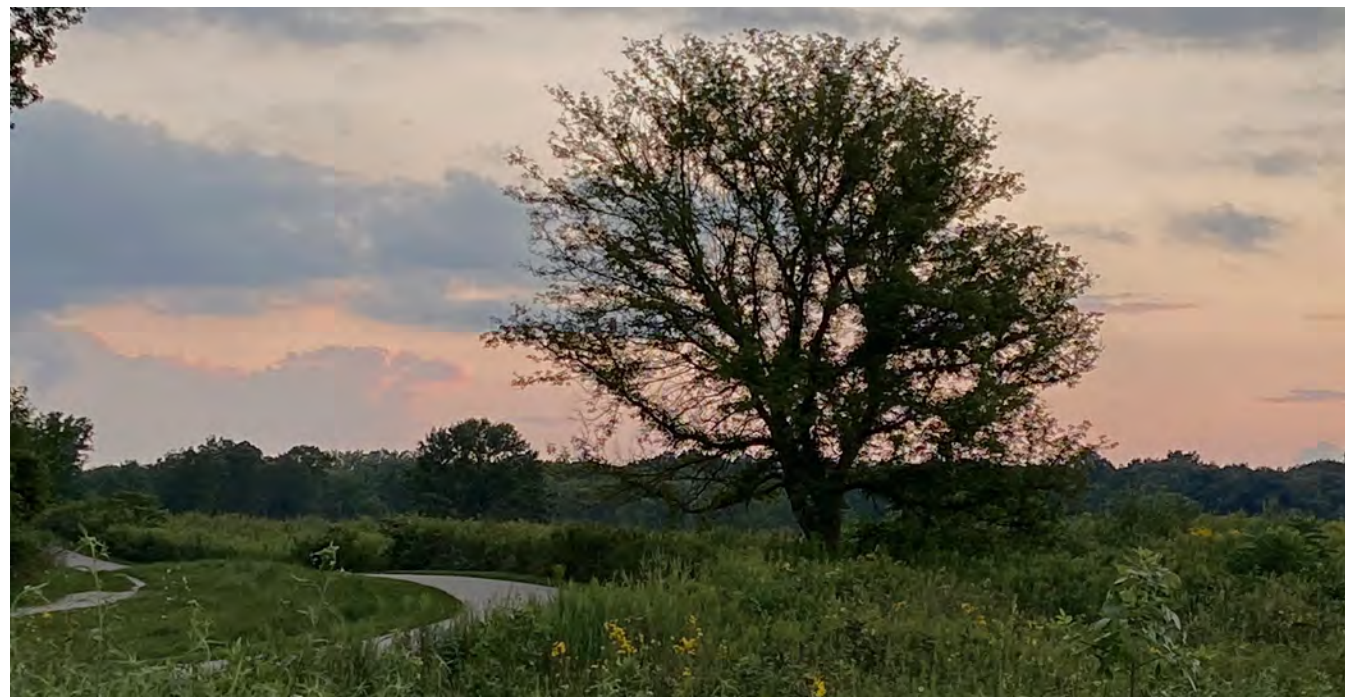
### Games for Entertainment (IP/NR/OE)

Roberta Frieze  
Judy Keaton  
Thursdays, Sep 5 to Dec 5 (Year-round weekly)  
1 to 3 pm

Card games, word games, dominoes, 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.

A member of the Renaissance Society for more than 12 years, **Roberta Frieze** previously worked in the dental profession. She is an active gardener, reader, and investor.

**Judy Keaton** has been a member of the Renaissance Society for more than 11 years and well experienced in the topic being presented.



### The Music of Your Life (Z/NR/OE)

Loretta Burdeaux  
Lester Bennett  
Thursdays, Sep 5 to Dec 5 (13 weeks)  
3:30 to 5 pm

*The Music of Your Life* is a SIG for exploring a wide variety of music and connecting with others. Join us on Zoom each week to listen to old favorites and new music too, as group members take turns sharing song picks and the stories behind their selections. A sampling of some recent topics include: Motown/Soul, Folk, Country, Classical, and Singer-Songwriters, along with individual artists selected by the group each semester. Live performances of your song pick are welcome too, if you like to sing and/or play an instrument. Send in the YouTube link for your selection each week and we'll do all the screen sharing for you. New friendships and lots of good music await!

**Loretta Burdeaux** is a retired educator who enjoys water aerobics, Tai Chi, playing the ukulele, singing with Threshold Choir, and taking Renaissance classes.

**Lester Bennett**, a winemaker and retired educator, has a strong interest in the history of Pop and Rock and Roll, but listens to and loves other genres as well.



### Partners in Crime (IP/NR/OE)

Lynda Cassady  
Pat Stokes  
Thursdays, Sep 5 to Dec 5 (Year-round monthly)  
1:30 to 2:30 pm  
McClatchy Library

The members of the book club rotate selecting an author and members read any of the author's books. Some past authors were Attica Locke, Iona Wishaw, Lisa Jewell, and Henning Mankell. Each member presents their personal opinion of the author's novel. **Note:** This book club meets once a month at the mid-town McClatchy Library, 2112 22nd St, Sacramento.

**Lynda Cassady** has led this mystery book club for several years. She read mysteries beginning with Nancy Drew and has not stopped.

**Pat Stokes** enjoys mysteries and is an expert in discovering new authors that are not mainstream USA.

### Promises and Threats of Artificial Intelligence (AI) (Z/NR/OE)

Melissa Green  
Thursdays, Sep 5 to Dec 5 (Once a month) 1st  
Thursday of the month  
2 to 4 pm

Part book club and part coffee klatch, members will share their perspectives on artificial intelligence (AI) through demonstration, discussion, and suggestions on this constantly evolving technology. Our website <https://rsthoughtsonai.blogspot.com> includes links to reading, viewing, and listening references, and a form where you can share your interests, which will help shape our future discussions. We will showcase and delve into the creative applications, scientific advancements, business implications, and election considerations of AI. **Note:** Join us for a Meet and Greet from 2 – 4 pm on Aug. 29. We will meet on Sep 5, Oct 3, Nov 7, and Dec 5.

**Melissa Green** joined the Renaissance Society in 2012 with an interest in digital photography and co-taught the Apple iPad and iPhone seminars. She is a retired instructional development coordinator from Sacramento City College where her focus was coaching faculty and staff to use computers and teach online. Melissa says "The AI tsunami is here - grab your life vest! Daily news feeds report on artificial intelligence, all you need to know to participate in this discussion.

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## FRIDAY SIGS

### English Country Dance (IP/WI/NR/SE)

Ruth Scodel  
Fridays, Sep 13 to Dec 6 (12 weeks)  
1:30 to 2:45 pm  
Classroom: Shasta Hall (SHS) 132

*English Country Dance* has a repertory of figures that are varied and recombined. Dances are typically prompted by a caller. You have a partner but also dance with others. The musical style is based on Renaissance and Baroque dance music, but musicians can be influenced by jazz, American folk music, or other styles. It is not physically demanding (if you can walk you can dance), but requires attention to the music, the caller, and the other dancers. If you've seen movies based on Jane Austen's novels, you've seen *English Country Dance*.

**Ruth Scodel** was a professor of Greek and Latin at the University of Michigan for 35 years and has practiced English and Scottish Country Dance for about the same length of time. She has attended many dance workshops and dance camps, and is a member of the board of Sacramento Country Dance Society.

### The Fall Political Campaigns (IP/WI/NR/SE)

Allan Keown  
Fridays, Sep 6 to Nov 15 (11 weeks)  
12 to 1:30 pm  
Classroom: Mendocino Hall (MND) 1026

This SIG will give those Renaissance Society members who are working in the Fall political campaigns a weekly opportunity to share stories and information relevant thereto. Humor and camaraderie preferred; respect for all views mandatory.

**Allan Keown** has been a Renaissance Society member since 2010 and has led a number of seminars since then.



### Knitting With Friends (IP/WI/NR/SE)

Barbara Kletzman  
Fridays, Sep 6 to Dec 6 (13 weeks)  
9:30 to 11:30 am  
Classroom: Academic Information Resource Center (ARC) 1009

Bring your knitting or crocheting and spend two hours on your craft while chatting with fiber friends. We have knitters at all levels of experience. There are no instructions but there is always help from one another. Join us and meet some new friends.

**Barbara Kletzman** joined Renaissance Society in 1999 and has led several knitting groups as well as led *Ted Talks* for four semesters. She also co-led *Museums Around the World* for two semesters. She started knitting at 12 years old. In 2005 she started a 10-year project, recruiting volunteers to knit baby blankets for those in need. Since then, she has dropped off around 30 blankets monthly at local hospitals.

### Social Dancing (IP/WI/NR/SE)

Richard Kowaleski  
Fridays, Sep 6 to Dec 6 (13 weeks)  
12 to 12:45 pm  
Classroom: Shasta Hall (SHS) 132

Learn or improve your skills in the most popular social dances, including swing, Latin, country, line, and more—you choose the mix! For beginners and experienced dancers alike. No partner required. Please bring smooth-soled shoes with good heel support.

**Richard Kowaleski** has been offering this dance class for more than 15 years! He teaches social dancing throughout the greater Sacramento area and is a dance host at local dances.

### Travel and Adventure (D/IP/NR/SE)

Frederick Chapman  
Fridays, Sep 6 to Dec 6 (13 weeks)  
10 to 11:30 am  
Classroom: Library (LIB) 3021

There has been a *Travel and Adventure* class since 1999. Guest speakers are generally class members who share their experiences traveling the US and countries around the world. Slide shows and videos are a great part of each class, with a question and discussion period after each presentation. While participation is a must in presentations and discussions, there is no requirement for individual students to give presentations. Everyone who loves to travel will find the class very entertaining and informative.

**Frederick Chapman** has been a Renaissance Society member since 2009 and has hosted or co-hosted three different Renaissance classes. He is a frequent traveler in the US, Europe, and other areas of the world, including mountaineering expeditions to the Andes and Himalayas, and completed a three and one-half world cruise in 2019.

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### Watercolor Studio Lab (D/IP/WI/NR/SE)

Colleen Wong  
Steve Wittmann  
Fridays, Sep 6 to Dec 6 (13 weeks)  
12 to 2:30 pm  
Classroom: Kadema Hall (KDM) 268

Looking for a new hobby or looking at your paint brushes and watercolor paints that have not been touched for a long period of time? Then you are the right candidate for the *Watercolor Studio Lab* class. This class is an in-person course devoted to experienced and non-experienced watercolor painters. Course members will determine their own subject material and style of execution while sharing their knowledge and experience with each other. No formal instruction is planned—just enrichment to the creative artistic environment. Reference to artistic resources (videos, books, other instructions, etc) may be shared by course members.

**Colleen Wong** was a co-leader of the *Digital Photography* program for the last six years until 2022 and has been a co-leader of the *Watercolor* class for the last four sessions. Ms. Wong believes Renaissance Society sessions should meet all class participants' artistic interests. She does not consider herself a painter, but loves to explore this media

**Steve Wittmann** has been painting, mostly in water-based mediums for the past 15 years, four of them as a Renaissance Society leader. Most recently, Steve has organized bi-weekly open meet-ups for interested watercolor artists in a local park.



# one-time presentations

## community speakers series

### Cohousing 101: Community and Washington Commons (IP/WI/NR/OE)

Anne Geraghty  
Monday, Oct 14  
10 am to 12:30 pm  
Location To Be Announced

Washington Commons, the first cohousing community in West Sacramento at 330 G Street, will welcome Renaissance Society members to their new community for a tour and a presentation outlining the key components of cohousing: independence, privacy, collaboration, self-governance and community. The tour will include some of the private homes (condominium flats). The location and design focuses on sustainability including being within walking and bicycling distance of many nearby destinations in West Sacramento and just across the river in Sacramento. Come find out what cohousing is all about. **Note:** Light refreshments will be served.

**Anne Geraghty** has had a longtime interest in cohousing since learning about it from a colleague who was part of the creation of Muir Commons Cohousing in Davis. A Renaissance Society seminar in 2012 led to the formation of the cohousing exploration group, Renaissance Village Homes. That group transformed into the group that brought about the creation of Washington Commons. Anne is a founding member.

### A Brief Survey of Sacramento Live Music Venues (Z/WI/NR/OE)

Dave Harzoff  
Laurie Brownfield  
Wednesday, Nov 13  
10 to 11:30 am

The Sacramento area has a number of live music venues to enjoy, from intimate to large. Several venues will be profiled, and a list of many venue locations, programming, and digital links will be provided. Several musical genres will be included, with some recorded examples presented. Time will be provided for attendees to ask questions and to suggest their own favorite locations to add to the list.

**Dave Harzoff** is a retired land use planner, economic developer, surveying technician, and open space manager. He has been an avid life-long music fan.

**Laurie Brownfield** is a Sac State Business Administration graduate, former California State Project Manager, and an engaged Renaissance Member. One of her favorite activities is going to hear live music.



### Alter Egos—The Women of Poverty Ridge (D/H/WI/R/OE)

Maryellen Burns  
Wednesday, Sep 4 to Dec 4 (13 weeks)  
6 to 8 pm  
Location to Be Announced

This fall we'll finally perform our reader's theater production of *The Women of Poverty Ridge* at the California Stage, 25th and R Sts.. Exact date in late October to be determined. It will share the stories of club woman Rebecca Coolot, Secretary of State March Fong Eu, activist Rose King, artist Birdie Boyles, author Joan Didion, newspaper publisher Eleanor McClatchy and other women of note including black restaurant owner Addie Jackson and social worker Sally Taketa. We invite you to participate as a reader/interpreter, script editor, program and costume designer, prop master, marketing/promotion (social media, Facebook, Instagram), and other Tech support. We'll also participate in other programs in partnership with the Sacramento History Museum and the Sacramento River Delta Historical Society throughout the year.

**Maryellen Burns** has conducted research on her neighborhood of Poverty Ridge since she moved there in 1982. She has facilitated other neighborhood history programs around the country including *If This House Could Talk*, *Five Blocks Square*, *My Backyard History*, and *The Street Where I Live*. She also facilitates program on oral, neighborhood and regional history.

### A Cook's Tour of Sacramento (IP/WI/NR/OE)

Maryellen Burns  
Dan Cross  
Marge Tarbell  
Wednesdays, Sep 4 (Year-round weekly, time varies)  
Location To Be Announced

*A Cook's Tour of Sacramento* is now a year-round adventure. We host monthly brunches, lunches, coffees, happy hours, game days, and occasional dinners in diverse places around the

region. We also venture out to music, theater, museum and art venues when the urge grabs us. Days and times vary, but generally something is happening every week. Attend those that interest you. Some costs involved for food, drink, or entry. Feel free to invite a guest or two.

**Maryellen Burns** is a historian and author/editor and publisher of books and articles on food, culture, and regional history. Dan Cross is a curious traveler who ferrets out new and old places for us to enjoy. Marge Tarbell is a seasoned organizer who knows how to create community and connection.

### Morning Coffee (H/WI/R/OE)

Maryellen Burns  
Thursdays, Sep 5 (Year-round monthly)  
10:30 am to 12 pm  
ACC Senior Services

Engage in conversations about what is happening in the world of food, arts, and culture throughout the Sacramento Valley. *Morning Coffee* is held on September 5 (*Morning Coffee Anthology*) and December 5 (*Jews' Love Affair with the Chinese*) at ACC Senior Services, 7334 Park City Dr, Sacramento, and virtually on Zoom, Facebook Live, and YouTube. New this year: October 17 and November 21 meet-ups will be held in a local coffee house from 10:30 to noon, and may include a hands-on activity or game. A newsletter will yield specifics each month. This is a community presentation, open to the community, so invite your friends. **Note:** ACC Senior Services (formerly known as Asian Community Center) is located at 7334 Park City Dr., Sacramento, 95831

**Maryellen Burns** has been hosting *Morning Coffee* for some years. She is the creator of programs in historic preservation, industrial archaeology, art, design, and community and food history projects for museums, libraries and educational institutions. Each month she is joined by guest speakers.

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## monday big history series

### Big History—Innovations & Innovators (Z/R/OE)

Ranny Eckstrom  
David Lewis  
Mondays, Sep 9 to Dec 2 (12 weeks)  
10 to 11:30 am

*Big History* is the interdisciplinary view of history, science, and the humanities that explores human existence. In Fall 2024, we will delve into the fascinating theme of innovators who propelled civilization forward with their technological advancements. From the control of fire, preservation of food, navigation, printing press, and development of an understanding of evolution, each contribution has left an indelible mark on human progress. Exploring

the ingenuity of these individuals and cultures not only broadens our understanding of history, but also highlights the immense impact of innovation in shaping the world we inhabit today. Big History presentations are open to the public and are recorded, so that you can choose those you wish to attend.

**Ranny Eckstrom** has co-led over 20 seminars since joining the Renaissance Society in 2009. She is a retired Civil Engineer with a passion for the Big Picture—how did we humans get here?

**David Lewis** has been instrumental in developing *Big History* at both Sun City Lincoln Hills and the Renaissance Society. He has co-led multiple seminars.

## tuesday speakers series

### Fantastical History of the Swastika (D/Z/R/OE)

Gopal Kapur  
Tuesday, Sep 3  
2 to 3:30 pm

Around 12,000 years ago, a human in Mezin, Ukraine, carved a distinctive design onto a Mammoth ivory. This is the oldest known Swastika, and it was held in esteemed symbolism by the ancient Druids, Celts, Teutonic Knights, and Nordic tribes. Swastika (in Sanskrit, meaning well-being) has been a revered symbol in India for about 6,000 years. Native American tribes used the Swastika profusely. We will explore the fantastical journey taken by this organic design and its ignoble use in Germany.

**Gopal Kapur** consults, writes, and educates on management excellence. He has authored three college-level textbooks and lectured at Harvard University, the Brookings Institution, UC Berkeley, and UC Davis. The President of India awarded him the Distinguished Achievement Award. He founded FamilyGreenSurvival, Inc., a 501c3 nonprofit with the mission to provide nutrition education and EndLocal-Hunger™. His nutrition-related columns have been featured in national and regional press and television.

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### Nutritional Approach to Reversing Diabetes (Z/R/OE)

Linda Middlesworth  
Tuesday, Sep 10  
2 to 3:30 pm

Linda Middlesworth, a Food for Life Cooking Instructor, will begin with a short PowerPoint presentation on her personal journey to reverse diabetes. This will be followed by a video by Dr. Neal Barnard, Physicians for Responsible Medicine, showing the science behind how we can reverse diabetes through our diet. Linda will answer questions and present a food demonstration video with three diabetes-friendly recipes.

**Linda Middlesworth** is a Food for Life Nutrition and Cooking Instructor for Physicians Committee for Responsible Medicine (PCRM), founded by Dr. Neal Barnard. She teaches Cancer Survival courses as well as Diabetes Reversal. She has been plant exclusive for 36 years and reversed her cancer and pre-diabetes. She is a Certified Personal trainer, Athletics and Fitness Association of America (AFFA), and teaches aerobics at In-Shape Family Fitness. She is a health coach, Veganmentor.com, certified in The Starch Solution by Dr. John McDougall and ePlant Nutrition by T. Colin Campbell at Cornell University.

### Artificial Intelligence (AI) and the Fall Elections: Part 2 (Z/R/OE)

Duane Campbell  
Tuesday, Sep 17  
2 to 3:30 pm

A video-enhanced presentation on the problems of Artificial Intelligence in influencing dialogue and the elections. Videos include Nobel Prize Winner Maria Ressa, Yale Professor Timothy Snyder, and more. The presentation includes how we can influence the elections in the Sacramento region. Participant dialogue will be promoted through breakout rooms. **Note:** Part 1 is on Friday, September 13, from 10 to 11:30 am in Tahoe Hall (TAH) 1007.

**Dr. Duane Campbell** is an emeritus Professor of Education at Sac State and the founding chair of the Department of Bilingual/Multicultural Education. He taught Multicultural Education and Peace and Conflict Resolution Studies courses from 1969 to 2008. After retiring, he facilitated seminars in the Renaissance Society, including *The Authoritarian Challenge to Our Democracy*. He is active in unions and social justice work with several organizations.

### Prelude to Rebellion (Z/R/OE)

Kevin Collins  
Tuesday, Sep 24  
2 to 3:30 pm

The local militias in the 13 American colonies took several steps to prepare themselves for conflict with the military forces of King George III's government. By the Fall of 1774, the British government's policies and the American colonial reaction to those policies had created a tinderbox environment that was waiting for a spark to ignite it.

**Kevin Collins** has a lifelong interest in the American colonial experience and has spent 30 years participating in the Colonial America Living History community. He is a current member of the Lexington Minute Men and the King's Own 4th Regiment of Foot. Although he recently moved to Lincoln, CA, to escape the New England winters, he is looking forward



to participating in events commemorating the 250th anniversary of the start of the American experiment.

### The Race to Food Production Sustainability (Z/R/OE)

Jim Porterfield  
 Tuesday, Oct 1  
 2 to 3:30 pm

This presentation will cover the key points of agriculture's multifaceted role in environmental sustainability and personal health. On the environmental side, agriculture impacts such as land use, deforestation, habitat loss, pollution, and climate change will be covered along with what is being done to minimize these impacts. On the health side, the impact of current agriculture production practices will be covered, along with what is being done to produce more sustainable, healthy food.

For the past nine years, **Jim Porterfield** has been researching the role of agriculture and its profound impact on the environment and the personal health of people worldwide. Jim has publicly spoken on this subject matter multiple times in Renaissance Society classes and at various local civic organizations such as the Lions Club, Sons In Retirement, and the Rotary Club, among others.

### Delaying Death and Avoiding Disability (Z/R/OE)

Donald Forrester  
 Tuesday, Oct 8  
 2 to 3:30 pm

This 1.5-hour presentation is an overview of the six-week Renaissance Society class taught six times to almost 500 participants. It provides a brief review of the material covered in the 2024 spring semester's six-week course by the same title. The talk focuses mainly on what actions participants can take to improve their health and avoid disability. We plan to cover common metabolic, arterial, and neurologic conditions, autoimmune disorders, cancer, and functional fitness. The formal presentation will be followed by a question-and-answer session.

**Dr. Donald Forrester** is a retired Family Medicine physician with 45 years of clinical experience. He received his undergraduate degree in Chemical Engineering from Lehigh University, and completed his residency in Sacramento. He worked for the Permanente Medical Group in Sacramento from 1978 to 2008. Since "retiring," he learned how to prevent chronic conditions and avoid disability. He is a Fellow with the American College of Physician Executives and has taught classes for the Renaissance Society since 2019.

#### ABBREVIATION KEY

- D** Diversity program
- Z** Zoom-only
- IP** In-person only
- H** Hybrid (IP + Z) program
- IP-R** In-person (live) and recorded
- NR** Program not recorded
- OE** Overlapping enrollment
- SE** Selective enrollment
- WI** Walk-in program—enrollment helps us notify you of changes, seats available first-come/first-served

## wednesday science series



### Plastics Are Everywhere: The Good, Bad, and Ugly (Z/R/OE)

David Lewis  
 Wednesdays, Sep 4 to Oct 9 (6 weeks)  
 10 to 11:30 am

A general description of plastic is a material that becomes moldable and shapeable when pressed or heated. The ancients used common materials like horns, shellac, and natural rubber to make balls, combs, and decorations. In the 19th century, celluloid was developed to mimic ivory. Plastics accelerated in the 20th century with Bakelite, the first mass-produced, molded

hard plastic. Plastics exploded with the invention of polyethylene (PE) and PVC. [PVC was first invented in the late-1800s and PE in the mid-1900s.] Today, our lives are full of plastics from the moment we wake up—alarm clocks, cell phones, toothbrushes, milk cartons, etc. Currently, over 600 million tons of plastics are produced every year. Where do plastics go after use? How about a dump truck of plastic into the ocean every minute! What about micro- and nano-plastics? How much do you have in your body now? We will cover history, explore how we reached where we are now, and conclude with the serious plastics problems we face in the very near future.

**David Lewis** retired after 35 years in Silicon Valley making computer chips. He then moved to Sun City Lincoln Hills, where he taught DNA classes for the Genealogy Club. Next he joined Ranny Eckstrom and the Big History Club, where he is currently the Co-Leader and Tech Host. This is his third year with the Renaissance Society and his second semester as the Wednesday Science Series Coordinator, Presenter, and Tech Host. Contact him at [stuff619@gmail.com](mailto:stuff619@gmail.com) or call (916) 626-2795.





# friday morning on-campus series

All Friday Morning On-campus Series programs will be held in **Tahoe Hall (TAH) 1007** and are walk-in programs. Although enrollment allows us to inform you of any changes, available seats are first-come/first-served.

## History of Tea (D/H/R/WI/OE)

Anne Rewell  
Friday, Sep 6  
10 am to 11:30 am

After water, tea is the most consumed beverage in the world. It's a drink with jam and bread, sipped by characters in Jane Austen novels, and required drinking on Downton Abby. From its beginnings in China to every country on our planet, we will explore how it is cultivated, prepared, and enjoyed.

Originally from Australia and a long-term Sacramento resident, **Anne Rewell** wore many hats during her working career. With an accounting background, Anne worked for the County of Sacramento, one of the Big 8 accounting firms, and managed a rice farming and drying operation. Anne's Renaissance Society presentations vary greatly, and History of Tea is no different.

## Artificial Intelligence (AI) and the Fall Elections: Part 1 (H/R/WI/OE)

Chuck Wiseley  
Friday, Sep 13  
10 to 11:30 am

We expect Artificial Intelligence (AI) interference in the 2024 election. Bills that aim to safeguard elections from fake AI have been proposed in the Senate. States have enacted labeling of AI content. Bills prohibit AI deep-fakes of candidates used to fundraise or influence elections. Foreign actors are expected to use AI to influence the election. The Director of National Intelligence says Russia is a threat to elections using media influences to erode trust and exacerbate divisions in the US.

**Chuck Wiseley** is a retired Sociologist and a member of the Artificial Intelligence Special Interest Group and will present with other members of the group as available.

## The Codex Argenteus or the Gothic Bible (D/H/R/WI/OE)

Marjorie Wade  
Friday, Sep 20  
10 to 11:30 am

*The Codex Argenteus* is a sixth-century illuminated manuscript copied from the fourth-century Gothic Bible. It is the only extensive document in an East Germanic language. Produced at the Ostrogothic court of Theoderic the Great, it is a special and impressive book written in gold and silver ink on vellum stained a regal purple. Looted from the Imperial treasury of the Holy Roman Emperor during the Thirty Years' War, the manuscript was taken to Sweden, where it is visited by 100,000 visitors per year.

Emeritus Professor **Marjorie Wade** taught courses in medieval literature, history, and culture in the Department of World Languages at Sac State until her retirement in Fall 2020. Her interest in the Gothic language and *Codex Argenteus* grew out of a graduate course required for her PhD at the University of Michigan in Ann Arbor.



## Forlorn Hope: An American West Tale of Survival (H/R/WI/OE)

Bob Crowley  
Friday, Sep 27  
10 to 11:30 am

*The Forlorn Hope* were 15 members of the Donner Party who set off on snowshoes to try and reach Sutter's Fort, 100 miles away, in the depths of a Sierra winter. Their mission: alert the world there were families stranded, freezing, and starving to death. Their journey and subsequent story of survival, grit, and determination is one of the most compelling American tales yet lost in the shadows of history—until now.

**Bob Crowley** is an ultra-distance runner and historian with expertise in American Western history and epic adventure tales. He co-founded History Expeditions, combining athletics with history to uncover tales and trails hidden in the shadows of time. Bob is a technology entrepreneur and investor, co-founder of The Mustang Group, a Boston-based private equity firm. Prior, he co-founded, was CEO and/or management member of numerous media, telecommunications, and software companies.

## Women on the Front Line (D/H/R/WI/OE)

Barrie Burr  
Friday, Oct 4  
10 am to 11:30 am

State restrictions on women's reproductive health and how it impacts their lives. Personal stories of women who were denied care or had to go to another state, putting their health and lives at risk. Barrie's personal experience running an abortion clinic that experienced death threats and break-ins.

**Barrie Burr** has 24 years of experience as an administrator in a family planning clinic in Palatine, Illinois, and an abortion clinic in Elgin, Illinois, while also doing medical assisting and phlebotomy for our patients.

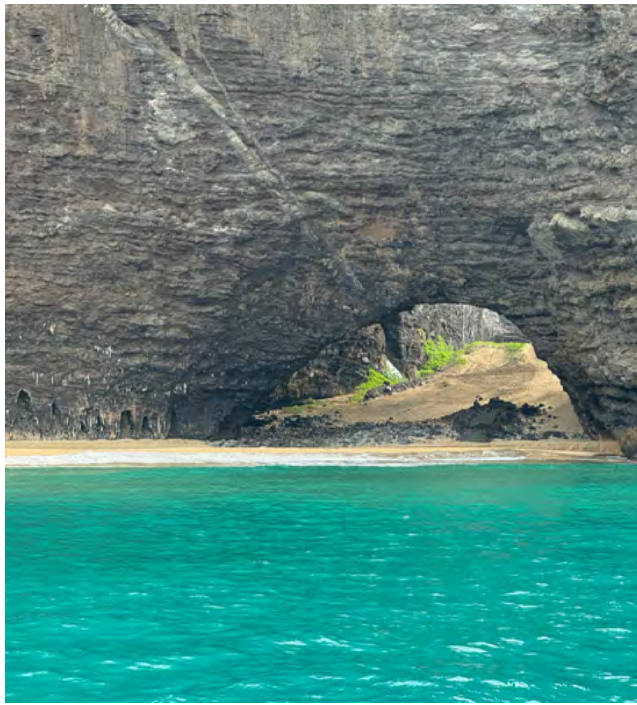
## Return to Gold Mountain (D/H/R/WI/OE)

Phil Sexton  
Friday, Oct 11  
10 to 11:30 am

Chinese people had a major role in California's development, most notably in building the transcontinental railroad, but also in mining, timber, quarries, medicine, agriculture, hospitality, and other work despite open prejudice. In recent years, researchers and historians have begun to reclaim some of this forgotten history. Currently, national and local efforts are underway to make this history part of our mainstream, including the creation of a National Historic Landmark at Donner Pass.

**Phil Sexton** is a railroad historian currently studying the lives and roles of Chinese railroad workers who built the transcontinental railroad over the Sierra in the 1860s. He consults with the 1882 Foundation on a pending nomination to designate Chinese Railroad Workers' Camps at Donner Pass as a National Historic Landmark. He has been on staff at the California State Railroad Museum and has consulted with UC Davis and Stanford University concerning railroad history.





### Surviving Cancer Videos/Dr. Neal Barnard/Food Demo (H/R/WI/OE)

Linda Middlesworth  
Friday, Oct 18  
10 to 11:30 am

Linda Middlesworth, a Food for Life Cooking Instructor, will show a video from Dr. Neal Barnard and give a food demo. Learn which foods promote cancer and which foods help you stop cancer, and why. Linda will provide delicious, plant-exclusive online recipes. She will answer questions and tell her story of how she reversed her own cancer.

**Linda Middlesworth** is a Food for Life Nutrition and Cooking Instructor for Physicians Committee for Responsible Medicine (PCRM), founded by Dr. Neal Barnard. She teaches Cancer Survival courses as well as Diabetes Reversal. She has been plant exclusive for 36 years and reversed her cancer and pre-diabetes. She is a Certified Personal trainer, Athletics and Fitness Association of America (AFAA), and teaches aerobics at In-Shape Family Fitness. She is a health coach, Veganmentor.com, certified in The Starch Solution by Dr. John McDougall and ePlant Nutrition by T.Colin Campbell at Cornell University.

### The Life and Paintings of John James Audubon (D/H/R/WI/OE)

Theo Goodwin  
Friday, Oct 25  
10 to 11:30 am

Explore the life story and paintings of John James Audubon (1785-1851), America's first great painter of birds. Born on a slave plantation and raised in France, he spent his early adulthood as a farmer on a plantation in Pennsylvania where he owned slaves. He studied the habits and habitat of wild birds, became a woodsman, and taught himself how to paint. He printed and sold the first encyclopedia of Birds of America. How do we view his accomplishments and flaws today? Join a lively discussion.

**Theo Goodwin** is a retired attorney who loves studying and teaching about the history of painting, music and environmental issues. He recently taught the Renaissance Society course entitled *Creative Paris in 1890*. In 2023, he co-taught the course *The Wild World of Pablo Picasso*.

### Investment Issues (H/NR/WI/OE)

David Bach  
Fridays, Nov 1  
10 to 11:30 am

Issues discussed include investment bubbles, fees, performance, required minimum distributions, converting IRAs to Roth IRAs, and a stock valuation model. **Note:** This presentation will not be recorded.

**David Bach** is a principal of Bach Financial Literacy Consulting, a consulting firm that helps corporate employees better manage their retirement plans. He has been in the investment business for 49 years, with 31 years as an investment officer at the California Public Employees' Retirement System (CalPERS), where he performed stock and bond analyses and was a portfolio manager for a \$500 million portfolio. He also serves on the California State University Investment Advisory Committee (CSUIAC).

### Florence Price (D/H/R/WI/OE)

Leo Eylar  
Friday, Nov 8  
10 to 11:30 am

There has been nothing less than a "Renaissance" in the appreciation and study of the beautiful and moving music of Florence Price (1887-1953), the African-American composer who once stated: "I have two handicaps—those of sex and race." This prolific composer completed over 300 works in a career spanning over 40 years. Her music, which can move easily from jazz and popular style to more traditionally European-based style, has been performed worldwide after the discovery in 2009 of a large number of her manuscripts in an abandoned, dilapidated house on the outskirts of St. Anne, Illinois, which Price had used as a summer home. We will delve deep into the music of this wonderful composer and look at the influences, her contemporaries, her life, and her posthumous reputation.

**Leo Eylar** is in his 34th season as Conductor and Music Director of the California Youth Symphony (CYS). Under his leadership, the orchestra has gained global acclaim, touring four continents. A student of Otmar Suitner in Vienna and a Master's graduate from the San Francisco Conservatory, Eylar is renowned for his conducting with CYS and internationally. He is Professor Emeritus at Sac State and a Pulitzer-nominated composer with works performed worldwide.

### Haiku Poetry of Sorrow Written in Detention Camps (D/H/R/WI/OE)

Theo Goodwin  
Friday, Nov 15  
10 to 11:30 am

Over 110,000 Japanese Americans, primarily from California, were arrested and imprisoned in detention camps like Manzanar, far from their homes and communities. Learn how these Americans lived in prisons as families and individuals. They expressed emotions of sorrow, defeat, isolation, and beauty by writing

traditional Japanese poetry called Haiku. Learn how they used this unique literary form as we read many Japanese-style poems written in America's prison camps from 1941-45.

**Theo Goodwin** is a retired attorney who loves studying and teaching about haiku poetry, and the history of painting and music. He recently taught the Renaissance Society course entitled *Creative Paris in 1890*. In 2023, he co-taught the course *The Wild World of Pablo Picasso*.

### Hidden Defects in FBI and State Gun Safety Records (D/H/R/WI/OE)

Dale Good  
Friday, Nov 22  
10 to 11:30 am

State and local police, courts, prosecutors, etc., collect records for their own operations and provide them to the FBI for national systems. Some are used in the National Instant Check System (NICS), which supports background checks before a person can purchase a gun. What are the issues with these records affecting gun safety? Are there issues that can cause racial disparities in the justice system? Dale will describe his observations serving in state court systems and a public safety agency.

**Dale Good's** varied career includes: Serving as a Navy officer, touring countries on both coasts of Africa and throughout the Caribbean; after graduate school (PhD program in judicial process), an executive for the Minnesota court system and adjunct faculty evenings at a Minnesota state university teaching constitutional law; and, most recently, an executive for the California court system. He has had a lifelong interest in history, political theory, and philosophy and is committed to lifelong learning.

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### Guides to the Orchestra (H/R/WI/OE)

Leo Eylar  
Friday, Dec 6  
9:30 to 11:30 am

Traditionally, there have been two works for orchestra that serve as "guides" to the instruments, and they have been classics for generations of both young people and non-musicians: Prokofiev's *Peter and the Wolf* and Benjamin Britten's *Young Person's Guide to the Orchestra*. However, the 21st century has seen the addition of two marvelous new additions: Nathaniel Stookey's *The Composer is Dead* (2009) and Mason Bates' *Philharmonia Fantastique* (2021). In this fast-moving lecture, I will compare and contrast the approach of all four

composers, with stunning video adaptations, world-class symphonic performances from the BBC Proms, and side-splitting acting antics (not by me!) that will be sure to mesmerize and entertain you, as well as explaining how many of the instruments of the orchestra actually work!

**Leo Eylar** is in his 34th season as Conductor and Music Director of the California Youth Symphony (CYS). Under his leadership, the orchestra has gained global acclaim, touring four continents. A student of Otmar Suitner in Vienna and a Master's graduate from the San Francisco Conservatory, Eylar is renowned for his conducting with CYS and internationally. He is Professor Emeritus at Sac State and a Pulitzer-nominated composer with works performed worldwide.

## friday afternoon on-campus series

All Friday Afternoon On-campus Series programs will be held in **Mendocino Hall (MND) 3013** and are walk-in programs. Although enrollment allows us to inform you of any changes, available seats are first-come/first-served.

### The Culture of Cuba (D/H/R/WI/OE)

Paul Bardwil  
Friday, Sep 6  
1 to 2:30 pm

We will discuss legal travel to Cuba and diversity. The population of Cuba is 37% percent African origin. Through dance, religion and athletics the African population has made a significant impact on the Cuban culture.

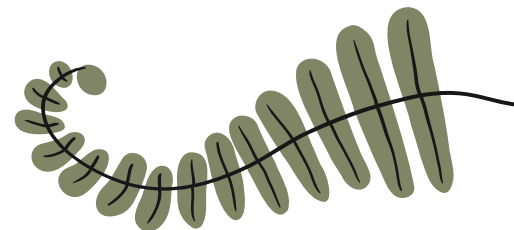
**Paul Bardwil** is a graduate of SMU where he gained degrees in business and political science. He had a successful real estate career before moving to Sacramento to study law where he practiced criminal and transaction law. As an internationalist Bardwil has lived in Mexico, Cuba and Spain leading trade missions and creating international study programs for universities, hospitals and numerous other special interest groups. Bardwil has successfully worked with the Cuban ministry of culture.

### The Development and Destruction of Sacramento Japantown (D/H/R/WI/OE)

Priscilla Ouchida  
Friday, Sep 13  
1 to 2:30 pm

Under the guise of redevelopment, Sacramento's segregated communities of people of color—Japanese, Chinese, Black, Latino—were systemically destroyed.

**Priscilla Ouchida** is the former Executive Director of the Japanese American Citizens League. She is responsible for the first successful Japanese American reparations legislation in the country.



### The Possibility of a United Ireland (H/R/WI/OE)

Michael Storey  
Friday, Sep 20  
1 to 2:30 pm

Ireland is partitioned into The Republic of Ireland, an independent nation, and Northern Ireland, a member of the United Kingdom. Ever since partition in 1921, Irish nationalists have attempted, often by violence, to unify the Republic with Northern Ireland, only to be rebuffed by Unionists who are determined to maintain separation. The lecture will explore how Brexit, changing demographics in Northern Ireland, and other factors may lead to unification.

**Michael Storey** is a long-time member of the Renaissance Society where he has taught a course in *Irish History, Politics and Culture*, as well as a course in Irish fiction and poetry. He is a retired English professor, having taught for 45 years and specializing in Irish literature.

### Forlorn Hope: An American West Tale of Survival (H/R/WI/OE)

Bob Crowley  
Friday, Sep 27  
1 to 2:30 pm

*The Forlorn Hope* were 15 members of the Donner Party who set off on snowshoes to try and reach Sutter's Fort, 100 miles away, in the depth of a Sierra winter. Their mission: alert the world there were families stranded, freezing and starving to death. Their journey and subsequent story of survival, grit and determination is one of the most compelling American tales yet lost in the shadows of history—until now.

**Bob Crowley** is an ultra-distance runner and historian with an expertise in American Western history and epic adventure tales. He co-founded History Expeditions, combining athletics with history to uncover tales and trails hidden in the shadows of time. Bob is a technology entrepreneur and investor, co-founder of The Mustang Group, a Boston-based private equity firm. Prior, he co-founded, was CEO and/or management member of numerous media, telecommunications and software companies.



### The Keys to a Successful Art Career (D/H/R/WI/OE)

Brenda Boles  
Friday, Oct 4  
1 to 2:30 pm

How I started as an artist: My first steps; my mission statement; what I paint and mediums; sample of my work; where I taught. You too can have a successful career!

Over 25 years, **Brenda Boles** enjoyed a successful career as a professional artist of abstracts, landscapes, and spiritual art. She was known for her beautiful use of color, and people often stated they could recognize and feel her passion and spirit even if it was a landscape or an abstract. She admits a large part of her success was from her background in sales, marketing, and promotions. Unlike most artists, she was not afraid of promoting herself. Her art graces homes and businesses alike.



### **The Spire, Minaret, Shikhara—Exploring the Universalities of the Axis, Circle, Square, and Crossing (D/H/R/WI/OE)**

Mrea Csorba  
Friday, Oct 11  
1 to 2:30 pm

We will explore the intersection of linear and geometric principles as they apply to the diverse expression of religious structures and the age old theme of placing humans in a conceptual relationship with a greater spirit.

**Mrea Csorba** grew up in an arts-engaged family. As an undergraduate, a distribution requirement lead her to art history—an accident that happily culminated in a PhD in Art and Architectural History at the University of Pittsburgh. For 28 years she taught the Western canon along with her area specialities in Asian Art. Outside teaching included a course on Asian Architecture in Carnegie Mellon University's School of Architecture.

### **Call Kurtis: Behind the Curtain (H/R/WI/OE)**

Kurtis Ming  
Friday, Oct 18  
1 to 2:30 pm

Kurtis Ming will describe the work done by "Call Kurtis," the program he produces. He works with his team to help viewers receive goods and services they have paid for. Can't reach a company with your complaint? Try Call Kurtis. Kurtis has been resolving viewers complaints

since 2006. He is a wealth of knowledge that he will share concerning what he does, what he does not do, and what to watch out for.

**Kurtis Ming** is a news reporter at CBS/KOVR and the producer of "Call Kurtis," a viewer advocacy program on CBS/KOVR Channel 13. Kurtis is an investigative reporter who has returned millions of dollars to viewers. He is a 42-time regional Emmy Award nominee and 11-time winner. His work has also been honored by the National Press Club and the Radio and Television News Directors Association with a California Journalism Award.

### **When We Were Colored (D/H/R/WI/OE)**

Ginger Rutland  
Friday, Oct 25  
1 to 2:30 pm

What is it like to be the first black family in an all-white neighborhood, or what is it like to be the only black child in your third grade class? What do you do when your husband is not served entering a restaurant with his white colleagues? How do you respond when your daughter calls you an Uncle Tom? Ginger Rutland has adapted her mother's memoir to the stage, soon to debut in Sacramento.

Playwright **Ginger Rutland** is a retired journalist for KCRA, the NBC affiliate in Sacramento, and later was The Capitol Reporter for KRON, the NBC affiliate in San Francisco, where she earned an Emmy for her documentary, Showdown at Diablo. She also spent 25 years on the Editorial Board of the Sacramento Bee.

### **Why Diversity, Equity, and Inclusion Has Become an Issue (D/H/R/WI/OE)**

Michael Hersher  
Friday, Nov 1  
1 to 2:30 pm

We will look at the separate concepts of Diversity, Equity, and Inclusion (DEI), and explore how those ideas have been understood and effectuated throughout American history. We will see how American attitudes and laws about social justice and equal civil rights have

changed since 1960 to allow DEI to grow as an educational, social, and business policy. We will look at the negative reaction by conservatives to the growth of DEI and its use as a political wedge issue.

**Michael Hersher** is a retired lawyer, a former law professor, and a lifelong civil rights advocate. He has taught several courses on the history of the U.S. Constitution and the Supreme Court for the Renaissance Society. He has also taught classes on protest songs from many movements for social and economic justice.

### **The Blue Zone Life Style Health to 100 (H/R/WI/OE)**

Suzanna Nye  
Friday, Nov 8  
1 to 2:30 pm

Attendees will discover the magic combination of super healthy food selections, physical movements, and fellowship activities that people living in "blue zones" of the world have successfully implemented for literally thousands of years to live to 100! Learn what you can do now, each day, to maximize your health and well-being. Suzanna will also share tips and strategies to help attendees "start where they are" and gradually transition toward their own personalized "blue zone" lifestyle.

**Suzanna Nye** MS, RDN, FADA, FAND, has over 30 years of experience as a Registered Dietitian Nutritionist working for the State of California in public health programs as well as in hospitals as a Clinical Dietitian. Ms. Nye is the Past President of the California Academy of Nutrition and Dietetics as well as a lifetime Fellow of the American Dietetic Association and American Academy of Nutrition and Dietetics. She has dedicated her career to promoting access to healthy food for all Californians.

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### **All About Native Plants (H/R/WI/OE)**

Mary Jane Sutliff  
Christina Lewis  
Friday, Nov 15  
1 to 2:30 pm

Mary Jane Sutliff will be presenting with Christina Lewis, Founder and Director of the Sacramento Native Plant Nursery and Garden. They will present information on why to choose native plants, where to get them, and how they help to enhance biodiversity in your yard. They will also introduce resources you can use to improve your landscape.

**Mary Jane Sutliff** is a Sacramento County Master Gardener and an attorney.

### **An Unlikely Hero—Mitsuye Endo (D/H/R/WI/OE)**

Priscilla Ouchida  
Friday, Nov 22  
1 to 2:30 pm

The history behind the only successful case challenging the imprisonment of Japanese Americans.

Priscilla Ouchida is the former Director of The Japanese American Citizens League. She is responsible for the first successful Japanese American reparation legislation in this country.

### **California Reparations to Japanese Americans (D/H/R/WI/OE)**

Priscilla Ouchida  
Friday, Dec 6  
1 pm to 2:30 pm

The history of reparations to Japanese Americans for their imprisonment and loss of property after World War II and how this may relate to pending legislation for reparations to African Americans in California.

**Priscilla Ouchida** is the former Executive Director of the Japanese American Citizens League. She is responsible for the first successful Japanese Americans reparations legislation in the country.

# forums

Forums are a special category of highly acclaimed and high-profile speakers addressing current topics of special interest 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 and our society on an ongoing basis.

All Forums occur on Friday afternoons from 3 to 4 pm when few other Renaissance seminars, SIGs, or presentations are offered. And all Forums are walk-in programs. Although enrolling in advance allows us to inform you of any changes, available seats are first-come/first-served. Speakers encourage the audience to ask probing questions about their topics.

Forums speakers for Fall 2024 will give in-person presentations in **Mendocino Hall 1005**. In addition, the new hybrid technology will enable these presentations to be simulcast via Zoom and viewable in real-time from home.

Note: To access any of the previous Forums that are on our YouTube Channel, go to: <https://www.youtube.com/@therenaissancesociety-foru8188/featured>

## September 6

To Be Announced

## September 13

**Kathryn Olmstead: The Newspaper Axis: Six Press Barons Who Enabled Hitler (D/H/R/WI/OE)**



As World War II approached, the six most powerful media moguls in America and Britain tried to pressure their countries to ignore the fascist threat. Her presentation will demonstrate how the media titans worked in concert to influence public opinion. Professor Olmstead received a BA with honors and distinction at Stanford University, and a PhD in History at UC Davis.

## September 20

**Mark Brown, Chris Lodgson: Reparations to African Americans in California — History (D/H/R/WI/OE)**



Dr. Brown is a professor of political science at Sac State. Christopher Lodgson is a contributing writer for the Elk Grove Tribune. Dr. Brown teaches courses on the politics of identity and the history of political thought. He and Mr. Lodgson will consider the California Reparations Task Force. Originally from New York City, Mr. Lodgson has lived on both coasts for over 13 years, having organized and advocated independently with local community-based organizations. He is also an advocate for Sacramento Black-Owned Businesses.



## September 27

**Jan Nolta: Stem Cell and Gene Therapies—What's Real and What Isn't (H/R/WI/OE)**



Professor Nolta is the Director of the Stem Cell Program and Gene Therapy Center. The public hears about Stem Cells and Gene Therapy, but Director Nolta will address what is the real potential for these new technologies. Dr. Nolta is also the Scientific Director of the Good Manufacturing Practices (GMC) Facility.

## October 4

**Chris Bruno: CapRadio Forensic Exam and Station Update (H/WI/R/OE)**



This presentation will take a deeper dive into the CapRadio forensic examination that was commissioned by Sacramento State to determine the origins and causes of the station's operational and financial problems that came to light in the fall of last year. You will also get a chance learn more about CapRadio's progress since then and hear about some exciting listener updates. d communications at Sac State for 32

years.

## October 11

**Michael Sanford: The Future of Public Media in the Digital Age (H/R/WI/OE)**



Mr. Sanford is the Associate General Manager — Production, PBS KVIE. The media landscape is undergoing profound and rapid change. Data shows that in 2023, consumers were getting their news via streaming services through live television. How does public media continue to compete in a marketplace of unlimited choices? He has spent 40 years in television news and production. His reporting took him to Europe, as well as places such as Vietnam, Thailand, and Malaysia, to name a few. Sanford received his BA in Journalism and Rhetoric at UC Berkeley.

## October 18

**Steven Maviglio, Rob Stutzman: California's November Ballot Measures (H/R/WI/OE)**



California voters will decide the fate of nearly a dozen ballot measures in the November election. Who's funding them? What are their implications for public policy? Two Sacramento-based political experts, Democrat, Steven Maviglio of Forza Communications and Republican, Rob Stutzman of Stutzman Public Affairs, have both worked on multiple initiative campaigns over the past two decades, and they will offer insights on the upcoming initiatives. Learn about what's hidden in the fine print, the budget implications, and who has endorsed each initiative to help you make an informed decision when your ballot arrives.

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## October 25

### Dena Spatz: Discovering the Nature of California's Biodiversity (H/R/WI/OE)



Dr. Spatz is the Biodiversity Coordinator at the California Department of Fish and Wildlife. This role was created on September 7, 2018, when Governor Jerry Brown issued an historic executive order to protect California's biodiversity. Dena received her PhD in Ecology and Evolutionary Biology from UC Santa Cruz. She applied science to inform conservation decision-making and restoration best-practices, particularly with seabirds in coastal environments.



## November 1

### Karen Ross: Reconnection of Consumers to the Land and People who Produce their Foods (H/R/WI/OE)



Secretary Ross, of the California Department of Food and Agriculture (CDFA), will cover issues facing agriculture, including California's wine. Her presentation will focus on the core functions of protecting and promoting California agriculture. She has initiated programs to provide greater opportunities for farmers and ranchers to engage in sustainable environmental practices through water conservation, energy efficiency, and ecosystem services. She has worked to provide greater access to farm-fresh foods at school cafeterias through CDFA's Farm to Fork Program.

## November 8

### Colleen McCain Nelson: The Possible Negative Impact When a City No Longer Has a Local Newspaper (H/R/WI/OE)



Ms. Nelson is the Executive Editor of The Sacramento Bee and the California regional editor for McClatchy. She was previously the Kansas City Star's editorial page editor and a former White House correspondent for The Wall Street Journal. She is a University of Kansas alumna.

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## November 15

### Chris Lango: Sacramento's Civil Rights History (H/R/WI/OE)



Mr. Lango works as a consultant for the Nathaniel Colley Civil Rights Coalition. Since 2010, he has produced projects for the Center for Sacramento History. The first, *The Time is Now*, is an Emmy-nominated film spotlighting Nathaniel Colley, Sacramento's first private-practicing black attorney recognized as "Mr. Civil Rights of California." The second, *Replacing the Past*, examines Sacramento's redeveloping history. Lango produced a film about Sacramento's fight for fair housing—part of the Center's award-winning *Unlocking the Past* series. Recently he produced a film about Virna Canson, considered "The Mother of Civil Rights in the West."

## November 22

### Kim Nalder: What Have America's Voters Done, and Why?—Psychology, Perceptions, and Informational Asymmetries (H/R/WI/OE)



Ms. Nalder is a Professor of Political Science; Executive Director, CalSpeaks Opinion Research; and Director, Project for an Informed Electorate. She will consider the Ballot Measures presented by Representatives Steven Maviglio and Rob Stutzman.

## December 6

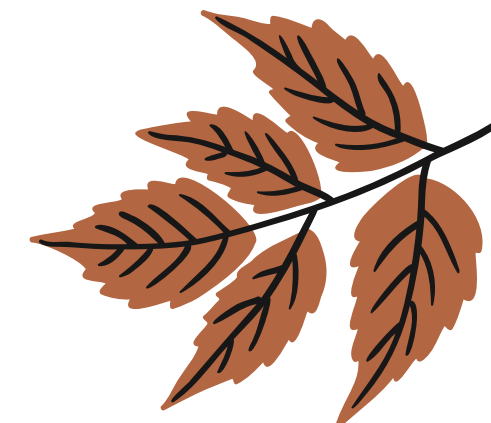
### Deborah Seiler: Fall Semester 2024, A Retrospective (H/WI/R/OE)



President Seiler will offer an overview of the Fall 2024 semester. In addition, she has invited Sac State President, J. Luke Wood, to speak about current campus initiatives, including the new Black Honors College. The event will be followed by a Holiday Dinner at Engrained Restaurant in the University Union.

### ABBREVIATION KEY

- D** Diversity program
- Z** Zoom-only
- IP** In-person only
- H** Hybrid (IP + Z) program
- IP-R** In-person (live) and recorded
- NR** Program not recorded
- OE** Overlapping enrollment
- SE** Selective enrollment
- WI** Walk-in program—enrollment helps us notify you of changes, seats available first-come/first-served



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Leaders & Co-Leaders, Coordinators, and Presenters

## Seminars

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## Presentations—Community Speaker Series

Coordinator: Maryellen Burns ([maryellen\\_burns@mac.com](mailto:maryellen_burns@mac.com))

### Speakers

Maryellen Burns	Laurie Brownfield
Anne Geraghty	Dan Cross
Dave Harzoff	Marge Tarbell

## Presentations—Monday Big History Speakers Series

Coordinators: Ranny Eckstrom ([ranny44@yahoo.com](mailto:ranny44@yahoo.com)) and David Lewis ([stuff619@gmail.com](mailto:stuff619@gmail.com))

## Presentations—Tuesday Speakers Series

Coordinator: Phil Sexton ([pesexton@gmail.com](mailto:pesexton@gmail.com))

### Speakers

Gopal Kapur	Kevin Collins
Linda Middlesworth	Jim Porterfield
Duane Campbell	Donald (Don) Forrester

## Presentations—Wednesday Science Speakers Series

Coordinator: David Lewis ([stuff619@gmail.com](mailto:stuff619@gmail.com))

## Presentations—Friday Morning On-Campus Series

Coordinator: Dale Good ([dalewgood@gmail.com](mailto:dalewgood@gmail.com))

### Speakers

Anne Rewell	Barrie Burr	David Bach
Chuck Wiseley	Phil Sexton	Leo Eylar
Marjorie Wade	Linda Middlesworth	Dale Good
Bob Crowley	Theo Goodwin	

## Presentations—Friday Afternoon On-Campus Series

Coordinator: Jack Jennings ([jackjk@aol.com](mailto:jackjk@aol.com))

### Speakers

Paul Bardwill	Mrea Csorba	Suzanna Nye
Priscilla Ouchida	Kurtis Ming	Mary Jane Sutliff
Michael Storey	Ginger Rutland	Christina Lewis
Bob Crowley	Michael Hersher	

## Forums

Coordinator: Michele Finerty ([mfinerty3782@gmail.com](mailto:mfinerty3782@gmail.com))

### Speakers

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Mark Brown	Steven Maviglio	Chris Lango
Chris Lodgson	Rob Stutzman	Kim Nalder
Jan Nolta	Dena Spatz	Deborah Seiler
Chris Bruno	Karen Ross	

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## 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. Click on the Renaissance Society Logo below to hear our own President, Deborah Seiler, speak about the Renaissance Society in an interview with Chris Nichols on Capital Public Radio's Insight.
- Unlimited access to hundreds of engaging seminars, talks, discussions, workshops, presentations, documentaries, hands-on activities, and community forums offered five-days a week, on campus, off campus, and on Zoom.
- Exciting ways to connect with friends, old and new, through our Renaissance Society Facebook page; Twitter; the *Weekly Update*; and *The Recorder Newsletter*. In addition, we offer 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, leading or 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.



## how to join if you are a new or returning member

Our Renaissance Society Membership fees are \$100 for an Annual membership and \$60 for a Mid-year membership. Both memberships also include our free Summer Programs.

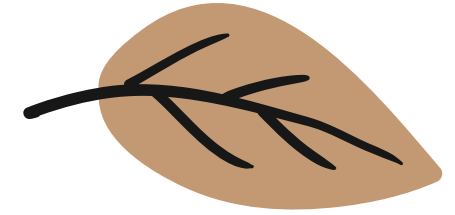
- Our Annual Membership Registration Portal opens on June 1, 2024.
- Our Mid-year Membership Registration Portal opens in November 15.
- Our Fall 2024 Catalog is posted on August 5, 2024.
- The Program Enrollment Portal opens on August 12, 2024
- Fall programs begin on September 3, 2024.

Two simple registration options:

1. **Preferred Method**—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.
2. By mail, with a paper application and check made out to the Renaissance Society.
  - Print the application form and mail to: Renaissance Society, California State University, Sacramento, 6000 J Street, Mail Stop (MS) 6074, Sacramento, CA 95819-6074 or you can drop it by our office at 350 University Ave. Suite 108. Office Hours: M-F 10-1. Masks are requested.
  - Click [here](#) to apply by mail.

# Renaissance Society Code of Conduct

Revision 2024



The Renaissance Society is dedicated to providing a welcoming and supportive environment for all people, regardless of background or identity. By participating in activities and events sponsored by the Renaissance Society, participants accept to abide our Code of Conduct and accept the procedures by which any Code of Conduct incidents are resolved. The Renaissance Society does not tolerate behavior that is disrespectful or that excludes, intimidates, or causes discomfort to others. We do not tolerate discrimination or harassment based on characteristics that include, but are not limited to, gender identity and expression, sexual orientation, disability, physical appearance, body size, citizenship, nationality, ethnic or social origin, pregnancy, familial status, veteran status, genetic information, religion or belief (or lack thereof), membership of a national minority, property, age, education, socio-economic status, technical choices, and experience level.

Everyone who participates in workshops, forums, and presentation activities is required to conform to this Code of Conduct. It applies to all spaces managed by or affiliated with the Renaissance Society. Program hosts/leaders are expected to assist with the enforcement of the Code of Conduct. By participating, participants and program leaders indicate their acceptance of the procedures by which the Renaissance Society resolves any Code of Conduct incidents,

## Standards of Conduct

All participants in our events and communications are expected to show respect and courtesy to others. All interactions should be professional regardless of platform: either online or in-person. In order to foster a positive and professional learning environment we encourage the following kinds of behaviors in all Renaissance Society events and platforms:

- Use welcoming and inclusive language and discussion.
- Be respectful of different viewpoints and experiences.
- Gracefully accept constructive criticism.
- Show courtesy and respect towards Renaissance Society members and guests!



## Unacceptable Conduct

Examples of unacceptable behavior by participants at any Renaissance Society Programs include:

- Engage in written or verbal comments, which have the effect of excluding people on the basis of membership of any specific group.
- Silence, prevent, or limit participation of members.
- Cause someone to fear for their safety such as by stalking, following, or intimidation.
- Violent threats or language directed against another person.
- The display of sexual or violent images.
- Nonconsensual or unwelcome physical contact.
- Sustained disruption of talks, events, or communications.
- Using insults, put downs, sexist, racist, homophobic, transphobic, disability discrimination, or exclusionary jokes.
- Excessive swearing.
- Continuing to initiate through actions or interaction (including photography or recording) someone after being asked to stop.
- Publication of public or private communication without consent.

## Consequences of Unacceptable Conduct

Purported violations should be reported to the Renaissance Society Program Committee Chair. If the Program Committee Chair determines that the violation cannot be resolved by verbal communication, the issue will be submitted to the Program Committee for further investigation and arbitration. Members are asked to stop any code of conduct violations as determined by the Program committee immediately. In serious circumstances where a resolution cannot be accomplished or violations continue, a member may be asked to leave the event or program. In the case of unresolved violation(s) by program leader(s), the Program Chair will report such violations to the full Renaissance Board, which may impose appropriate sanctions such as non-acceptance for the Renaissance Society Catalog of Programs and or denial of sanctioning by the Renaissance Society.

## orientation and open house

If you are either a prospective, new, or renewing member of the Renaissance Society, please attend this semiannual event to learn more about our current programs and services. Come meet and socialize with other members. The Fall Orientation and Open House will be held Friday, August 16, 2024, from 10 am to 12:30pm in the Ballrooms in the University Union.

### Orientation and Open House Program Agenda

**Orientation**—Come to this Live and Recorded event to hear what goals our President, Deborah Seiler, has in store for Renaissance. Following her presentation, Vice President and MDCE Co-chair Deanna Hanson, will share all the wonderful benefits of being a Renaissance member. Tech Committee Chair, Sarah Ryan-Roberts will demystify getting connected to Renaissance through Zoom and more. Program Chair, Darryl Freeman will highlight the exciting offerings coming this fall. Whether you are a new or returning member, you are bound to learn something new.

**Question and Answer Session**—Renaissance Leaders respond to your questions regarding what to expect during the upcoming semester.

**Open House**—Meet our Sac State and Community Partners. Some seek volunteers to work with students, to usher plays and dance recitals, or to join a committee. Others offer ways to extend your commitment to good health or how to meet others who live in Sacramento and around the world. Talk with some of our program leaders to learn more about the Seminars, SIGS or Presentations they plan to offer.

**Renaissance Café**—There will be a place to take a break with a delicious cookie and beverage while you catch up with friends new and old.

**Tours**—Take a brief guided tour of the Sac State campus.

**Badges**—New members may pick up their membership badges. Renewing members must email the office to request a replacement badge. Include your name and emergency contact information.

**Survey**—Please respond to the survey emailed to you following the event. It helps us improve.

**Questions**—Call/email the Renaissance Society Office at 916-758-5133 or [renaissa@csus.edu](mailto:renaissa@csus.edu).

## sac state library services for members

### Considering paying for library access?

Purchase a library card if you want limited access to public research computers or to borrow physical materials from the library's general collection. You can borrow books, music CDs, and videos.

### What services are associated with a library card?

- 3-week loan period for library materials
- Materials auto-renew every 3 weeks, no need to call or visit the library
- Borrow up to 15 items at a time
- Access to public research computers (2 hours per day)
- Must be a current Renaissance Society member
- Library card expires June 30th of the current academic year

### What services are NOT associated with a library card?

- Holds and requests may not be placed on library materials
- Interlibrary loan
- Remote access to research databases
- Access to reserved study room spaces
- Circulating materials dedicated for student use only (e.g. laptops, calculators, etc.)

### How do I get a library card?

**Step 1:** Register with the Renaissance Society Office to become a Renaissance Society member, and pay the associated \$10.00 library card fee. You can pay by credit card or check. Please mail check to 6000 J St., Mail Stop 6074, Sac CA 95819-6074, or you can drop it by our office at 350 University Ave. Suite 108. Office Hours: Monday-Friday 10-1.

**Step 2:** Visit the University Library Service Desk (1st floor) to activate your library account and claim your library card.



## why badges?

*For those On-campus:* Prior to Covid and at the request of Sac State, Renaissance Society members wore badges to on-campus activities. The badges identify us as a group to the university and as individuals to each other. They also provide the all-important emergency contact information on the reverse side. Our membership forms for new and renewing registrants ask for this information. To order a badge, email your name and emergency contact person's name and phone number to [renaissa@csus.edu](mailto:renaissa@csus.edu).

*For Zoom attendees:* We ask that you identify yourselves in a such a way that the program leader can find you on the Program Enrollment List. Your emergency contact information appears on all program enrollment lists.



## parking permits

If you join or renew for the 2024-2025 academic year, you will be able to purchase a new \$40 parking permit. This parking permit is valid until June 30, 2025. If you do not purchase a parking permit, you will need to pay either \$4 for two hours or \$8 for the day when you are on campus. If you need additional help, you can contact University Transportation and Parking Services (UTAPS) at 916- 278-7275 or [parking@csus.edu](mailto:parking@csus.edu).

Sac State offers virtual parking permits (no placard in your windshield required). Instead, your car license number will be used and scanned by parking officials when you are on campus. You cannot pay for parking in the Renaissance Society registration system: You must pay through [University Transportation and Parking Services \(UTAPS\)](#).

### Online Option

You can find the parking permit information at the link above. Click on the Purchase Permit button and either click on Guest Login or Guest Signup. If you purchased a parking permit last year, use the Guest Login button and use your UTAPS email and password to log in and purchase a parking permit. Use the Guest Signup button if you do not already have an account. Be sure to select the \$40 option if you see multiple choices for permits. If your RS membership is current, but you do not see the RS Parking option, please contact UTAPS.

### In-person Option

Go to the UTAPS office next door to the Welcome Center just off State University Drive. The Welcome Center is well marked and there is free 30-minute parking while you pick up a parking permit using cash, check, or credit card. This permit allows you to park in ANY lot or structure on campus. And, if you have a handicap permit or placard, the parking permit plus your **handicapped placard** allows you to park in all the designated spaces. **Note:** You may park in lots marked Student or Employee. Do not park in Faculty or Student Residence lots.

Please view the [campus map](#) for directions. A [printable campus map](#) is also available. View the [Parking and Transportation Visitor Information page](#) for more parking information.

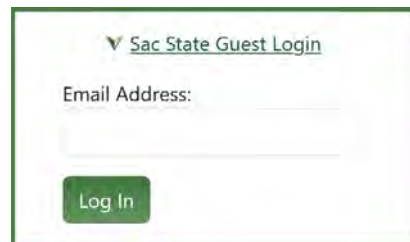
## wi-fi tips for on campus and at home

### Connecting to Sac State Wireless on Campus

When on campus you can connect to the free Sacramento State Guest wireless network. This will allow you to text, check your emails, or browse the internet before classes start or on breaks.

#### To connect to the guest wireless network, follow these steps.

1. Open the Settings app on your phone
2. On iPhone Click on the Wi-Fi tab and select SacLink Guest Network Access.
3. On Android phones click on Network & Internet then Internet
4. Your browser should automatically open and you should be prompted to enter an email address.



This should be your personal email address, not a Sac State one.

5. Click the Login button
6. Once completed, you should now have wireless access.

**Reminder**—Your wireless access must be renewed every 4 hours.

**\*\*Note**—If your browser does not automatically open, open your browser manually and enter this link, <https://wireless.webhost.csus.edu/> then enter your email address and proceed to Step 5.

### Getting a Stronger & More Secure Wi-Fi Signal at Home

If you use Wi-Fi to connect with your Renaissance Society Zoom meetings at home, you may enjoy these tips to improve the strength and security of your Wi-Fi signal:

**Router Location:** Place your router in a central location in your home, ideally off the floor on a shelf or desk. This helps the Wi-Fi signal reach all parts of your home with less interference from walls and furniture.

**Wi-Fi band:** Most home routers transmit on two Wi-Fi bands: 5 GHz and 2.4 GHz. The 5 GHz band offers faster speeds but shorter range, while the 2.4 GHz band offers better range but slower speed. Your device may choose the best band automatically, but if it doesn't, use the Wi-Fi signal bars to select the stronger choice.

**Router security:** Turn the router's power off and then back on again occasionally. This will improve its performance and eliminate some malware. Keep your router's software up to date. If the router's website is no longer providing software updates for your router, consider replacing it with a newer model.



## 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

### Reaching out to Renaissance Members

**Renaissance Website**  
([click here](#))

**Renaissance Membership Directory**  
(For members to reach each other and Board members)

**Weekly Update**  
(Our emails to you sent via Constant Contact, IF we have your email!)

**Our X Feed (Twitter)**  
([click here](#))

**Renaissance Café**  
([click here](#))

**Renaissance Catalog**  
([click here](#))

**The Recorder**  
(Our Newsletter sent via Constant Contact)

**Our community Facebook page**  
([click here](#))

**Renaissance Office**  
916-758-5133  
[renaissa@csus.edu](mailto:renaissa@csus.edu)



# 2023-24 Renaissance Society

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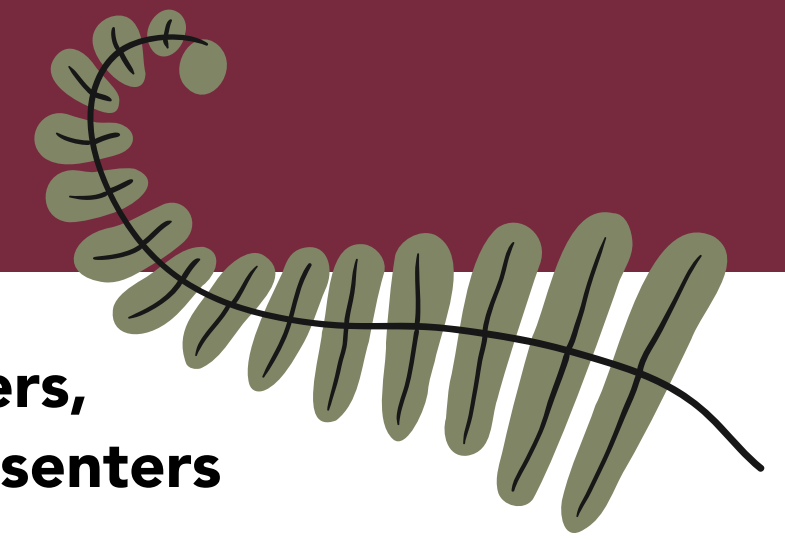
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## renaissance society 2022-2023 annual report

Our annual report is available by clicking [here](#). It features descriptions of our programs and activities. We urge you to spend time with it—returning members as well as new recruits. Enjoy!!

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

## join our team of leaders, coordinators, and presenters

### What You Can Offer

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

- Semester seminars that last two to thirteen weeks,
- Single presentations, and
- Various learning formats for Shared Interest Groups (SIGs): facilitated discussions of books, films, or ideas; informational lectures; presentations; hands-on instruction; and field trips.

*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, co-leaders, and presenters describe how 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, coordinators, and presenters have come from our 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.

### How to Submit a Proposal

Send an email to [lorene.sarne@csus.edu](mailto:lorene.sarne@csus.edu) or call 916-758-5133 for more information. The Program Committee reviews course proposals and provides instructor support and training. Make note of the date when you will receive the Program Application Form and the deadline for submission-see Calendar on [page 5](#).

# 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

## 4 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.

Donate online at the [Get Involved: Donate. Volunteer](#) page 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 the mailing instructions.

2. Gifts to the **ASI Food Pantry\*** provide food and personal supplies to Sac State students in need.

Donate online at <https://asi.csus.edu/asi-food-pantry>

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

3. 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.

4. 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 with your recipients details, pay the dues, note member gift in the notes section of the check, and your honoree will enjoy the benefits of Renaissance Society membership for an entire year. A gift certificate is available on request.



# gift form

name			
address			
city	state	zip	
email	phone		
<p>\$_____ Renaissance Scholarship Fund (Tax Deductible)                  (payable to University Foundation at Sacramento State—note, RS Scholarship)</p> <p>\$_____ Renaissance Society Operations Fund                  (payable to Renaissance Society—note, RS Operations Fund)</p> <p>\$_____ Total Gift</p> <ul style="list-style-type: none"> <li>• I wish my gift to remain anonymous. ____yes ____no</li> <li>• This gift is: in honor of _____                      in memory of _____</li> <li>• Please send notification of my tribute to _____</li> </ul>			
Address	City	State	Zip
<p>Mail checks to:      The Renaissance Society                  California State University, Sacramento                  6000 J Street—Mail Stop 6074                  Sacramento, CA 95819-6074</p>			

## consider volunteering to be a Zoom tech host

Success isn't magic. Successful online seminars, presentations, and special interest groups take presenter preparation and enthusiasm, an engaged audience and the critical element... **the person behind the curtain.** Think Wizard of Oz and let me pretend to be Toto, revealing that Tech Hosts for our online activities are critical to their success.

**Are you comfortable with Zoom** and attending Zoom meetings? Are you comfortable with computers, tablets, or smartphones? Have you avoided a house falling on your head? We need you to help our seminar leaders shine by enrolling in a class—then put on your Tech Host ruby slippers to start the meetings, monitor participant interactions and end the meetings.

We offer tech host training before each semester begins and in our monthly **Tech Host User Support** group meetings you will find coaches with helpful suggestions. Checkout past training videos and handouts on our Renaissance Society Online Learning Resources [page](#) to see the common Zoom features used in seminars. Don't just fall asleep in the poppy field, attend training and volunteer to help a program leader in need.

**Not ready for the full adventure yet?** Shadow the tech host in one of the seminars you attend and then step up as a backup tech host. You can help a seminar be a technicolor experience.

Contact Marian Kile [mariankile@yahoo.com](mailto:mariankile@yahoo.com) or Sarah Ryan-Roberts [sarahrr@me.com](mailto:sarahrr@me.com). We will put you in touch with presenters that need your help and answer any questions you may have.



## volunteer to work with sac state students and our community

Our vibrant volunteer culture thrives because our members want to connect beyond the classroom, not only with each other, but also with the students at Sac State and our community. We are a volunteer-led organization and there is always a place for members to get more involved. We offer a variety of opportunities to participate for every interest, ability, and availability. Just a few ideas:

- Teach, lead, coordinate, or facilitate a program
- Coordinate one of our social events
- Help in the Renaissance Society Office
- Serve on the Board or a Committee
- Get involved in Finance or Fundraising
- Write for our publications

Members that volunteer with the students at Sac State say they feel extremely rewarded and fulfilled by the experience. The students learn from us when we share our life experiences with them and we, in turn, learn how resilient, multi-faceted, and amazing the students are. It is an exceptional opportunity for Renaissance members. Below are some ways you can participate.

### Ushering

Renaissance Society is proud to offer members the opportunity to volunteer as an usher at a Sac State Department of Theatre and Dance performance--and to see the show for free!

The Theatre Department usually offers three to four productions a semester. Watch for sign-ups at the Open House on January 13th as well as in the Weekly Update.

Duties include scanning tickets, directing patrons to open seating and restrooms, and minding the doors. Free parking is available adjacent to the Shasta Hall Theaters

### Our Ambassador Program

The Ambassadors are a group of enthusiastic members who share their love of the Renaissance Society with others as part of our Speaker's Bureau.

**Our Goal:** To increase and diversify our membership while raising Renaissance Society visibility in the greater Sacramento Community.

We table at various community events bringing visual displays and printed material showcasing what the Renaissance Society is all about. We give presentations, both virtual and in person, about the Renaissance Society to promote partnerships and to recruit new members. We share personal testimonials of our Renaissance experience and invite others to join so they too can learn, teach, and volunteer. We are always looking for new

Ambassadors. Join us and we will train you! If you are interested, contact Deanna Hanson at [deannahanson@gmail.com](mailto:deannahanson@gmail.com).

### U Mentor

Connect with a student through the *Sac State U Mentor* program. This program, run by the office of Student Academic Success and Educational Equity Programs (SASEEP), promotes the following goals:

- Increase student retention,
- Increase the graduation rate, and
- Eliminate the Achievement Gap

*U Mentor* matches Renaissance Society members to a student seeking an experienced person to talk with about navigating the challenges of major, career goals, or work/life balance. You benefit by building a relationship with a student and a greater connection to Sac State. With this one-semester commitment, you gain the satisfaction of giving back, sharing your wisdom, and contributing to your mentee's success. No previous experience is necessary. To sign up: Watch for a link in the Weekly Update. Contact Deanna Hanson at [deannahanson@gmail.com](mailto:deannahanson@gmail.com) for more information.

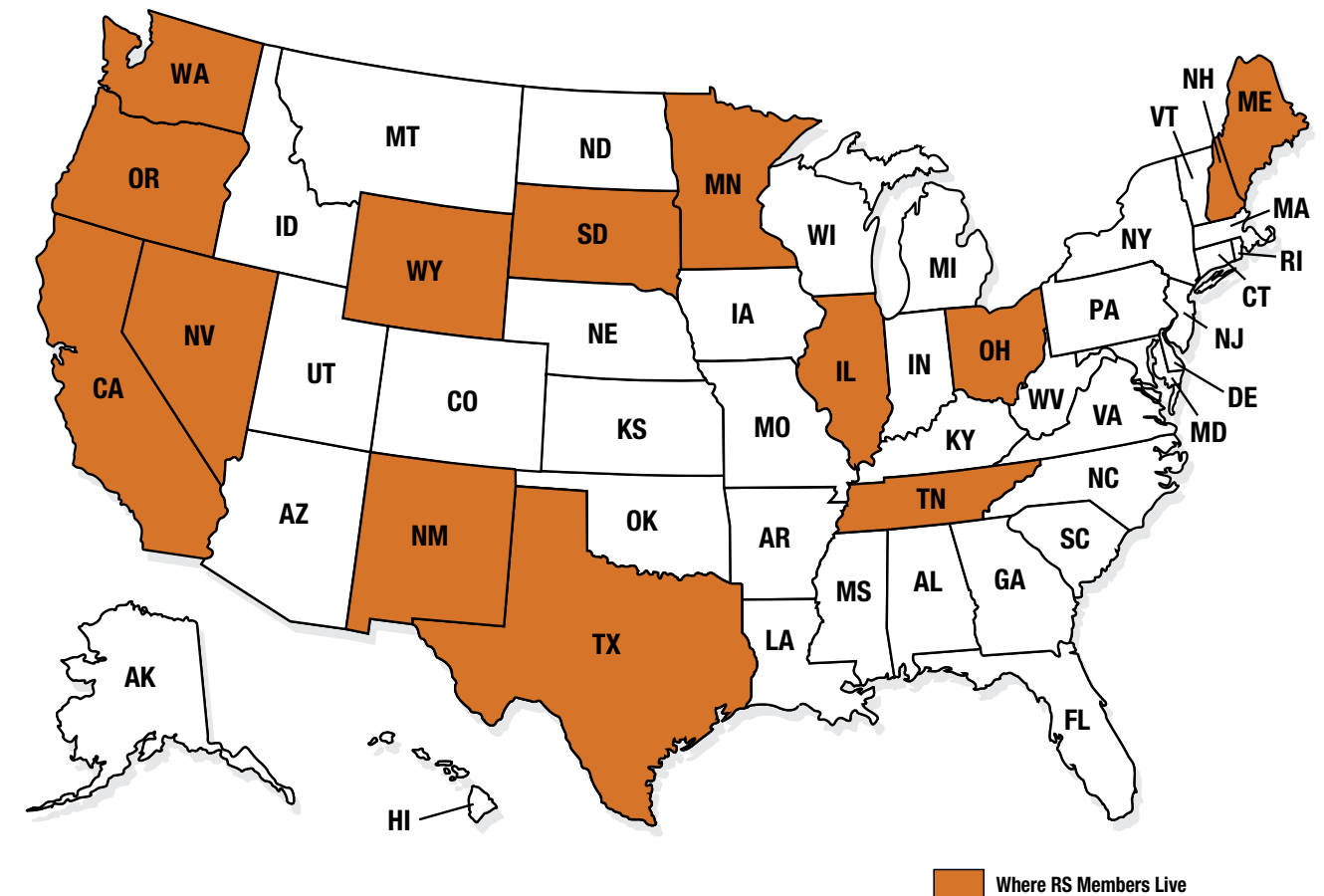
## volunteer for a committee

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! See pages [78-79](#) for contact information.



## membership map

A majority of our members live in the zip codes clustered around Sac State. However, as this map illustrates membership is not limited by geography. When we pivoted to Zoom and hybrid classes in 2020, we added many members from other parts of California and some from other states. Reach out to your friends and associates to share this Renaissance Society lifelong learning opportunity. Imagine being in a Zoom class with your old college roommate who lives in another state! Most of our new members hear about us from a friend. Think about your friends, family, and colleagues that could benefit from Renaissance Society. Now reach out to them by sharing our story and catalog. It's easy to do. Just use the 'share' icon in the flipbook toolbar. This is one of the best gifts you can give someone you value—lifelong learning, service opportunities, and fun.



# acknowledgments

# notes:

**Catalog Designer:** Vanessa Perez

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**Art and Photos: Selection Committee:** Barrie Burr, Laurene Fitzpatrick

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Please visit our website for our complete offerings