



# CEC at RB

A Fitness Center for the Mind

November ~ December 2009

Continuing Education Center at Rancho Bernardo  
Post Office Box 28099, San Diego, CA 92198-0099 ~ Phone (858) 487-0464  
www.cecrb.org

## CEC Holiday Party

Wednesday, December 9, 2009  
3:00 to 5:00 PM

Eastview RB Community Center  
17520 Drayton Hall Way

It's that time of year and the Board and Staff of CEC want to thank each of our loyal members for their support and wish them a festive season.

As usual we will have snacks and drinks and holiday entertainment. All CEC members may expect an invitation in the mail.

There is no cost, but please call (858) 487-0464 to reserve.

## From the President . . .

Some Thoughts on Education.

On my bookshelves I have a heavy old book, The International Dictionary of Thoughts, published 40 years ago. Here are a few gems on education worth sharing:



- I have learned silence from the talkative, toleration from the intolerant and kindness from the unkind; yet strange, I am ungrateful to these teachers. Kahlil Gibran
- Seeing much, suffering much and studying much are the three pillars of learning. Benjamin Disraeli
- Education is the cheap defense of nations. Edmund Burke
- When you educate a man you educate an individual; when you educate a woman you educate a family. Robert Morrison MacIver (This will stir a controversy!)
- A little learning is a dangerous thing!  
Drink deep, or taste not the Pierian spring;  
There shallow draughts intoxicate the brain,  
And drinking largely sobers us again.  
Alexander Pope

The joy of learning something new has inspired writers and poets through the ages. Current medical research gives a new dimension to this in showing its critical importance to preventing or postponing senile dementia. Let's learn something new!!

## Meet our Instructors . . .



### Peter Gach

A native of Indiana, Dr. Gach studied piano at Indiana University, University of Arizona, the Warsaw Academy of Music and is currently Artist-in-Residence at Palomar College. Dr. Gach will present a new CD, "Fresh Piano" lecture-recital for CEC on November 11 at 1:30 p.m., (Class #125, see page 2). Please register in advance to assure seating. Space is limited.

### ONE PERFORMANCE ONLY!

Itzhak Perlman ~ Sunday, January 24, 2010  
Joshua Bell ~ Friday, February 19, 2010  
See inserts for details

*Phyllis Healy*

There are no lectures in December.  
Happy Holidays!

## November Lectures—All are at the Remington Club, Phase II

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### “Hattie Elizabeth Turner, her account of Gettysburg” In Character

#121 Tuesday, Nov. 3 ~ 10:00 a.m. to noon



Revisit the past with us as we explore the courage of the American people through the eyes of Ms. Hattie Elizabeth Turner. The year is 1899 and Hattie Elizabeth, who witnessed the Battle of Gettysburg, recounts her experiences in the aftermath of this 1863 battle. Gettysburg, a small hamlet with a population of 2400, was the site of the most horrific battle of the Civil War, leaving 50,000 dead and wounded soldiers. Come hear Ms. Hattie’s story as we celebrate the strength, fortitude and character of the American patriot.

**Instructor:** Annette Hubbell has an undergraduate degree in Business Administration from SDSU and an MBA from CSUSM.

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### Reconciling Atheism with Judaism

A dialogue with Toby Dorfman and Cy Chadley

#122 Wednesday, Nov. 4 ~ 1:30 p.m. to 3:30 p.m.



CEC-RB Board Member Cy Chadley will discuss with Toby Dorfman her seemingly paradoxical position on religion, starting with her background and education as a rabbi and her apostasy to atheism. The dialogue will roam over Jewish history from Biblical times to the present, and will touch on the idea that Jews are ‘God’s chosen people’ and have a right to the ‘Promised Land’ of present-day Palestine. The dialogue will include discussion of anti-Semitism, Humanism, and biblical and modern sexuality.

**Instructors:** Cy Chadley was born and raised in London where he graduated from the University College London, majoring in Economics. His career with an international British construction company took him all over the world. This work brought him to San Diego in 1981 where he retired in 1991. Cy became an American citizen in 1993 and has been an active participant in the CEC for many years, serving also on the Academic Affairs Committee.

Toby Dorfman is a secular, humanistic, agnostic, atheistic, Bible-loving American Jew, and a retired Leader of the Humanist Jewish Congregation of San Diego. She has been honored by the Louis Rose Society for the Preservation of Jewish History of San Diego and is a regular contributor to the CEC-RB programs.

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### Previewing the Season to Come ~ The San Diego Opera Company

#123 Thursday, Nov. 5 ~ 1:30 p.m. to 3:30 p.m.



Dr. Nicolas Reveles is the Director of Education and Outreach for the San Diego Opera Company. As the voice of San Diego Opera on radio KPBS FM 89.5, Dr. Reveles brings historical and musical facts to the listening audience. His lecture for CEC will review the San Diego Opera Company’s seasonal offerings for 2010.

**Instructor:** Dr. Nicolas Reveles, Director of Education and Outreach, San Diego Opera, San Diego Museum of Art.

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### Do we need religion to establish human values?

A dialogue with Dr. Pat Boni and Cy Chadley

#124 Tuesday, Nov. 10 ~ 10:00 a.m. to noon



CEC-RB Board Member, Cy Chadley will discuss with Dr. Pat Boni her wide ranging career in education and her views on the need for religion to establish human values. Dr. Boni is also an active participant with a Jewish/Palestinian dialogue group in San Diego in furthering the cause of rapprochement in Palestine, and in the cause of global interreligious dialogue generally. The discussion will recognize Dr. Boni’s position as a leading member of Progressive Grandmothers for Political Action and include her views on President Barack Obama.

**Instructor:** Pat Boni, Ph.D., Senior Lecturer in the Department of Religious Studies, SDSU, former Director of Religious Studies at the California Institute for Human Science, and teacher of Ethics and Chinese Philosophy at the Pacific College of Oriental Medicine, and Humanities at the Marine Corps Recruit Depot and other military bases.

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### Premier Performance ~ “Fresh Piano”

#125 Wednesday, Nov. 11 ~ 1:30 p.m. to 3:30 p.m.



Peter Gach has been a member of the music faculty at Palomar College for 24 years and functions as both a teacher and an artist in the Performing Arts Department. During that time he has performed several hundred concerts and touched the hearts of many people. His performing repertoire over the years has spanned a wide gamut of musical styles and activities. He plays the “classics” - Bach, Beethoven, Brahms, Schubert, Schumann, Chopin and Liszt, as well as contemporary works.

**Instructor:** Dr. Peter Gach (see page 1)

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(Continued on Page 3)

## November Lectures—All are at the Remington Club, Phase II

### The Native American Contribution to American Constitutional Law

#126 Thursday, Nov. 12 ~ 1:30 to 3:30 p.m.



America's original inhabitants were treated, under the law, as foreigners and non-citizens, swept aside or assimilated at best, subjected to genocide at worst. The saga of European-Indian relations in North America is one of great tragedy, but also an inspiring story of incredible courage, perseverance and sheer survival in the face of daunting odds.

**Instructor:** Professor Bryan Wildenthal obtained his B.A. from Stanford University and his J.D. from Stanford Law School, where he was a senior editor on the Stanford Law Review. He has published a textbook on Native American sovereignty, numerous articles in leading law reviews on topics including constitutional law, American Indian law and sexual orientation law. His writing currently focuses on the history of the Fourteenth Amendment and the enforcement of the Bill of Rights against state and local governments. He currently teaches Constitutional Law, American Indian Law and Federal Courts & Jurisdiction at Thomas Jefferson School of Law in San Diego.

### Confucianism and Its Abiding Wisdom

#127 Tuesday, Nov. 17 ~ 10:00 a.m. to noon



Growing awareness of China as a world power and economic giant sometimes overlooks one of its greatest legacies -- Confucianism. This class will focus on the teachings of Confucius and the cues for a wise humanity that he found in the "Path of the Ancients". Beginning with an illustrated lec-

ture and then discussing selected texts attributed to Master Kung, we will explore the ways that these teachings continue to evoke deep responses to questions about life's meaning.

**Instructor:** Dr. Irving Alan Sparks, Professor Emeritus of Religious Studies, San Diego State University; Visiting Professor of Theology & Religious Studies, University of San Diego.

### Sleep, Beauty Rest ~ How Age Impacts Sleep

#128 Wednesday, Nov. 18 ~ 1:30 p.m. to 3:30 p.m.



With aging, sleep, as with other physiological processes, undergoes increasingly noticeable changes. Dr. Ayalon's talk will cover basics of normal sleep and will review age-related physiological changes that may affect sleep and place older adults at higher risk for sleep disturbances.

**Instructor:** Dr. Liat Ayalon is a faculty member of the Department of Psychiatry at the University of California San Diego (UCSD). Her current interests include cognitive performance and brain function in obstructive sleep apnea syndrome. She studies brain activation using functional magnetic resonance imaging (fMRI) procedures and is particularly interested in the association between aging and sleep disorders.

### Mexican Drug Cartels & Immigration Issues

#129 Thursday Nov. 19 ~ 1:30 p.m. to 3:30 p.m.



Mr. Rodriguez will discuss the drug cartel and immigration issues that are creating the security and justice reforms on both sides of the border. He will identify the problems and compare the U.S. perception of the issues with the facts that are on hand.

**Instructor:** Octavio Rodriguez, Visiting Fellow. A native of Aguascalientes, Mexico, Octavio Rodriguez is the University of San Diego's Trans-Border Institute's 2009 Visiting Fellow. Octavio graduated from the Law School of Universidad Panamericana (UP) and completed postgraduate studies in Mexican Civil Law Procedure at UP, and Human Rights at Universidad de Castilla-La Mancha in Spain.

**Please register for classes by mail or in our office.**

**Fill in class numbers on the registration form inserted in this newsletter.**

**If you are unable to pre-register, please come to class at least 15 minutes early to avoid a delay and bring the exact amount of cash or a check.**

#### **Course Fees:**

**CEC Members \$5 Per Session.**

**Nonmembers \$7 Per Session.**

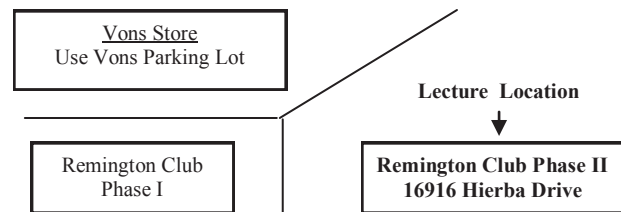
**Remington Club Residents - No Fee.**

**Parking in the circle in front of the Remington Club II is limited and reserved for the Remington resident's guests and family members.**

**If you wish to have a drink during CEC events, please bring a bottle of water. Thank you.**

**The CEC CD Foundation Fund has been set up to secure the future of the CEC-RB**

**Map to the Remington Club.** Call (858) 487-0464 for directions.



# Partial Listing of Upcoming Lectures & Escorted Trips in 2010

<u>Month</u>	<u>Title</u>	<u>Instructor</u>
January	Tax Planning	Roberta Robinson, Esq.
January	Continued Study of Israel	Toby Dorfman
January	Memory Loss-Prevention and Treatment	Gilbert J. Ho, MD
January	Guide for Successful Long-Term Home Care	John R. Whiteman
January	Leonardo da Vinci	Eugene Marseglia
January	Machiavelli	Bruno Leone
January	Musical Program	Miho Gary and Pegasus
February	Van Gogh	Charlotte Gragg
February	Mark Twain	Dennis Clausen

**Tuesday lectures: 10:00 a.m. to 12:00 noon ~ Wednesday and Thursday lectures: 1:30 p.m. to 3:30 p.m.**

Sunday, Jan. 24	Itzhak Perlman ~ <b>ONE PERFORMANCE ONLY</b> ~ Reservations close January 4, 2010
Friday, Feb. 19	Joshua Bell ~ <b>ONE PERFORMANCE ONLY</b> ~ Reservations close January 22, 2010
March, 2010	Rancho Santa Fe Walking Tour featuring Lillian Rice architecture and includes lunch at The Inn
April, 2010	Coronado Flower Show in Spreckels Park ~ Largest flower show held under tents in the West
April 25, 2010	La Traviata at the San Diego Civic Theater

Please call (858) 487-0464 if you need information.

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**Mark Your Calendar!**  
**Dec. 9 ~ CEC Holiday Party (See page 1)**

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at Rancho Bernardo  
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San Diego, CA 92198-0099  
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