



BELLARMINE UNIVERSITY

School of Continuing and Professional Studies

Fall 2021

Enrichment Courses

ANOTHER EVENING WITH ROY: TURNING POINTS IN U.S. FOREIGN POLICY

Join Roy for his 20th year of “Evening with Roy” in the Bellarmine Continuing Education Program. This Fall we will take a look at the turning point in U.S. Foreign Policy. Longer description to come.

INSTRUCTOR: Roy M. Martin, MBA, MA, is a foreign policy consultant who is in his 20th year of teaching Bellarmine University Continuing Education courses.

CEHM 100 / 5 Tuesdays / Sept. 21 – Oct. 26 (no class Oct. 12) / 7 – 9 p.m. / \$129

Option 1: Classroom seats will be available for students who would like to attend in-person on Bellarmine's campus.

Option 2: Class will be livestreamed via Zoom. Students watching online will still be able to interact with instructor and classmates.

AS SIMPLE AS BREATHING: THOMAS MERTON ON PRAYER

Thomas Merton said prayer should be as simple as breathing. Join us in discovering how Merton encouraged us to live in relationship with God by living a life of engaged prayer. Topics include prayer as awareness, as self-understanding, as belonging, and as acceptance. Discover how different forms of prayer invite us into a deeper relationship with the Sacred. No prior knowledge of Thomas Merton's writings is required to attend this class.

Suggested Reading: *Thoughts in Solitude, Contemplative Prayer*

INSTRUCTOR: Vanessa F. Hurst is a contemplative coach who was the executive director of The Merton Institute for Contemplative Living. She is the church administrator for All Peoples Unitarian Universalist church. Vanessa has been a contemplative for over 25 years. She is author of four books.

CEHM 110 / 4 Tuesdays / October 5 - 26 / 6:30 - 8:00 p.m. / \$69

Option 1: Classroom seats will be available for students who would like to attend in-person on Bellarmine's campus.

Option 2: Class will be livestreamed via Zoom. Students watching online will still be able to interact with instructor and classmates.

THE WINES OF BORDEAUX, RHONE, & BURGUNDY

Learn about the French wines of Bordeaux, Rhone, and Burgundy while tasting the wines from each of the regions. Participants must be at least 21 years old. This course is held at the Cuvee Wine Table, 3598 Springhurst Blvd.

INSTRUCTOR: Scott Harper is a Master Sommelier and Certified Wine Educator. He works as Corporate Wine and Beverage Director for the Bristol Bar and Grille Inc. and Cuvee Wine Table.

CELE 100 (01) / 3 Tuesdays / October 5 - 19 / 6:30 – 8:30 p.m. / \$99, plus \$40 materials fee

CELE 100 (02) / 3 Wednesdays / October 6 - 20 / 6:30 – 8:30 p.m. / \$99, plus \$40 materials fee

PROTECTING YOUR ONLINE SECURITY AND PRIVACY

Protecting your On-Line Personal Security and Privacy is more important than ever. Millions of user IDs and passwords are stolen every year. Identity theft is rampant. And who hasn't had their credit card compromised at least once or multiple times? Fortunately, there are simple and easy techniques to make it very difficult for the "bad guys" to damage your personal security and security. Learn essential steps that will help protect you regardless of which digital devices you use, such as:

- Why everything you thought you knew about passwords is wrong
- Why library and hotel Wi-Fi are your worst enemy
- How everything you do on-line is tracked and how to easily stop it
- Why two step authentication and encryption are your best friend and how to easily use them
- Why you absolutely need two email addresses
- Why you should never click on links in emails you receive
- And many more.

INSTRUCTOR: Tom Cross, BA (Chemical Engineering), MBA, is a technology geek who has taught 25+ sessions on online security and attended 50+ seminars by Apple consultants. He has experience with iPhone, iPad, and Mac devices and with Dell/IBM personal computers.

CESP 200 (01) / Wednesday, Oct. 13 & Thursday, Oct. 14 / 1:30 – 3 pm / in-person on Bellarmine Campus / \$59

CESP 200 (02) / Monday, Oct. 18 & Tuesday, Oct. 19 / 10:30 - noon / virtual on Zoom / \$59

GOING PAPERLESS

We are all flooded with paper we need to save - tax returns, year-end financial statements, utility statements, insurance documents, credit card statements, real estate documents, birth certificates, etc. Saving these items electronically is the best option because we can have redundant storage, searchable file names, and encrypted secure storage. In this course, you'll learn about simple devices and techniques so you can get control of the paperwork flood and be confident the documents are easily found and secure.

INSTRUCTOR: Tom Cross, BA (Chemical Engineering), MBA, is a technology geek who has taught 25+ sessions on online security and attended 50+ seminars by Apple consultants. He has experience with iPhone, iPad, and Mac devices and with Dell/IBM personal computers.

CESP 270 / Thursday, October 21 / 1:30 – 3 pm / \$29

***This class will be held virtually on Zoom**

“ZOOM” AWAY

Zoom has become a frequent way of communicating in personal and business situations. Yet most don't realize they can look and sound more professional with the click of a few buttons. In a 90-minute session, students will learn simple devices to use, how to set up a green screen, using virtual backgrounds, how to use all the buttons on the Zoom screen, and proper Zoom etiquette. By the end of the session, you will know how to look, how to sound, and how to be your very best in Zoom sessions

INSTRUCTOR: Tom Cross, BA (Chemical Engineering), MBA, is a technology geek who has taught 25+ sessions on online security and attended 50+ seminars by Apple consultants. He has experience with iPhone, iPad, and Mac devices and with Dell/IBM personal computers.

CESP 270 / Tuesday, October 12 / 1:30 – 3 pm / \$29

***This class will be held virtually on Zoom**

MUSIC PREP PROGRAM

The Bellarmine University Music and Theater Department Preparatory Division is a non-credit program which provides community outreach and continuing education programs in Music and Theater Arts for all ages and levels. We offer lessons at 3 levels: Beginner (30 min lesson), Intermediate (45 min lesson), and Advanced (60 minute lesson) in 6 or 12 week increments. Lessons are available for the following: Piano, Guitar, Voice, Drums, Jazz Piano, Violin, Accordion, and Acting. To register and learn more, visit <https://www.buprepmusicandtheater.com/>.