



COURSE CATALOG FALL 2022

Registration Opens: September 7 • 9 a.m.

Fall Term: October 3 – November 11

PRESIDENT'S LETTER

Veritas Members,

Here we are once again, the start of another exciting Veritas “semester.” It continues to amaze me the way our presenters prepare and deliver such interesting courses session after session! I love to see the schedule and the unique names they come up with for their courses. It makes me want to sign up for most of them! I want to welcome our new Veritas presenter, Denise Davis, and would also like to welcome back our returning presenters.

This Fall, Veritas is offering Zoom, Hybrid, and In-person delivery models. We were also able to avoid having two courses in the same time slot, preventing you from having to flip a coin to make the difficult choice of which course to take. Thank you to the Curriculum committee, led by Judith Skretny, for soliciting course proposals from our pool of presenters, both returners and those who have expressed an interest in teaching for Veritas.

I can't thank our Production team enough for the hard work they put in each term. They strive to make sure our presenters can successfully present the materials which they work so hard to compile. They practice with the presenters to ensure you enjoy the presentations with as few glitches (hopefully none) as possible.

I would like to thank Abigail Walsh for her tireless work to make Veritas run as smoothly as it does. She organizes the “between the sessions” activities to give our members excellent opportunities to keep active. I hope you have noticed the change in her job title from “Interim Director” to “Director of Continuing Education.”

We all know how great Veritas is. There is plenty of room for new members to join and see what our members already know about this hidden gem. Let's try our best to recruit new folks to join us. Remember, they don't even have to live in Louisville to participate in our fantastic Zoom courses.

Looking forward to seeing you in class!

Dennis R. Wiseman
President, Veritas Society
dennis.sinnedagain@yahoo.com

Veritas Society Board of Directors

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Contact Information

Abigail Walsh
Veritas Liaison & Program Coordinator

502.272.8374 • veritas@bellarmine.edu
www.bellarmino.edu/ce/veritas

About Us

Who We Are

Since 1995, Veritas has offered the preeminent learning experience to people over 54 in the Louisville area. Our mission is to keep our minds active, open and growing, with the goals of:

- Understanding our history and cultural heritage
- Informing members about what is happening around us
- Recognizing changes in the world and finding our place in it

We are retired or semi-retired people: doctors, educators, homemakers, office workers, administrators, artists, laborers, and executives. We are governed by a Board of Directors elected by the membership.

What We Do

- We are an active, participatory group that devises and develops its own programs, enlisting the best of regional talent.
- We offer a six-week program each fall and spring, and a shortened three-week summer term in July.

Registration and Fees

Registration is ONLINE only. (See instructions on page 4.)

- Fall or Spring term membership fee – \$30
- Per course fee – \$25
- Summer term membership fee – \$10
- Summer per course fee – \$5

Membership Benefits

- Register for classes of interest. No prerequisites, tests, or grades
- Access to activities year-round including: lecture series, winter activities, virtual and in-person field trips, social events such as Holiday Lunch and Spring Celebration
- Free parking on campus
- Full use of Bellarmine library
- Access to Bellarmine's SuRF (Sport, Recreation and Fitness) Center
- 15% discount on select Continuing Education courses
- Bellarmine Veritas Student ID card
- Discounts at local community partners

Check out our Membership Handbook (emailed to all members or on the Veritas Website) for details about membership benefits.

Ways to Get Involved

- Teach a course or lead a discussion group
- Serve as a Production Team member
- Recruit new Veritas Presenters
- Help with mailings
- Welcome new members
- Join a committee

Find out HOW at www.bellarmino.edu/ce/veritas/getinvolved.

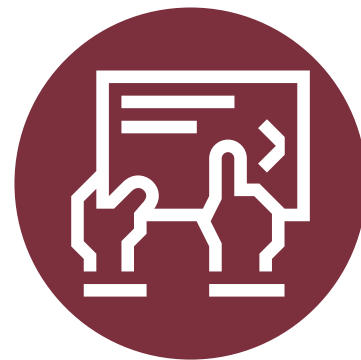
Veritas Scholarship Available

The Veritas Society recognizes that its members are in a unique time of their lives when medical expenses, being on a fixed income, caregiving for loved ones, or other unforeseen events can create a financial burden even for those who have planned well. The Veritas By-Laws state that “the Society strives to provide opportunities for intellectual growth, cultural enrichment, and lasting fellowship” for its members. Undue financial burden should not be an impediment to this goal.

The Veritas Society offers a limited number of scholarships to members each term. A scholarship covers the cost of the membership fee and one class fee. Scholarships are open to current and prospective members. Members may reapply each term, but are not guaranteed a scholarship each time.

To apply for a Veritas Scholarship, email veritas@bellarmine.edu and the application form will be sent to you. Applications are due before September 7.

Online Registration and Fees



STEPS TO REGISTER

Registration opens at 9:00 a.m. on Wednesday, September 7

1. **Go to www.bellarmino.edu/ce/veritas and click on “ENROLL NOW.”** If you have a Bellarmine Login, press One Login and enter the credentials you have received. If you do not have a Bellarmine Login, press “Continue as a guest.”
2. **Click on the “VERITAS” tab.**
 - You will automatically be charged the \$30 membership fee when you choose your courses. If you **do not** want to take courses, but want to maintain your membership, choose the 1st category – “Membership Only.”
 - Courses will be listed by category. Click on the category to find your course. Add the courses you want to your cart by clicking the “Add to Cart” that is **UNDER** the “seat count” for that course.
 - » **NOTE:** The six hybrid classes will have two options – in-person or Zoom. Please pay attention to select the option you prefer.
 - When you put a course in your cart, one of the remaining spots is reserved for you. (If you do not complete the payment process within 45 minutes, your registration will be automatically canceled.)
 - Before proceeding to “payment,” double-check that you’ve selected the courses/programs you actually want. You can look at the items in your shopping cart at any time by clicking “My Cart.”
 - If you logged in with your credentials, you will not be prompted to enter your personal information, as it is stored in the registration system. If you pressed “register as a guest,” you will be prompted to enter your personal information.
3. **Payment**
 - Click “My Cart” to proceed to the “payment” page. After reviewing your course selections, click the “Check out” button to be sent to the CashNet payment system to complete your purchase.
 - Payment can be made with e-Check (no fee, use account and routing numbers on your personal check) or VISA, MasterCard, Discover or American Express (2.75% non-refundable convenience fee). **If paying by credit card, please click the button to acknowledge the service charge.**
 - **Before submitting payment, look at the email address in the box. If it is not your “preferred” address, change it.**
 - You will receive a payment confirmation via email.
4. **To register another person, click on the name in the top right corner, then click “sign out.”** Enter the next person’s credentials.

Risk & Consent Form

You will notice when registration opens that a Risk & Consent form has been added to the registration process. The Veritas Office, in conjunction with Bellarmine, wants to be overly prepared to assist our members in case of an emergency. By filling out the form, we are better informed about who to call, what to be aware of, and how to respond, in preparation of any situations that may arise.

Daily Schedule at a Glance

MONDAY - ZOOM COURSES

Earth's Changing Climate • Wiseman • 10:30 – 11:45 a.m.

The World's Amazing Landmarks • Yates • 12:30 – 1:45 p.m.

The Celtic World: Civilization and Culture • Wiseman • 2:15 – 3:30 p.m.

Cases and Controversies • Williams • 4:00 – 5:15 p.m.

TUESDAY - HYBRID COURSES

Connecting Cosmology and Spirituality • MacDonald • 10:30 – 11:45 a.m.

Intro to Gerontology • Lesch & Hager • 12:15 – 1:30 p.m.

Golden Age of 20th Century Movie Comedies • Schmall • 12:30 – 1:45 p.m.

Don't Cry for me Jean Valjean Because I'm Wicked: Musicals • Marple • 2:15 – 3:30 p.m.

Art Nouveau • Meckler • 4:00 – 5:15 p.m.

WEDNESDAY - IN-PERSON COURSES

Art of Qigong • Carrington • 10:30 – 11:45 a.m.

Mindfulness for All Ages • Schaffer • 12:30 – 1:45 p.m.

Sapiens: A Brief History of Mankind • Schorin • 2:15 – 3:30 p.m.

The Practice of Journaling • Davis • 4:00 – 5:15 p.m.

THURSDAY - ZOOM COURSES

Themes of Tolerance in Montaigne's *Essays* • MacKay • 10:30 – 11:45 a.m.

Intro to Gerontology • Lesch & Hager • 12:15 – 1:30 p.m.

The Chautauqua Lectures from Summer 2022 • Cherry • 12:30 – 1:45 p.m.

Bill Russell and Other Basketball Greats • Tiell • 2:15 – 3:30 p.m.

The Americas' Geological Wonders • Spalding • 4:00 – 5:30 p.m.

FRIDAY - ZOOM COURSES

Friday Speaker Series • Various • 11:00 a.m. – 12:15 p.m.

Fridays at the Movies • Cherry • 1:30 – 3:30 p.m.

World Religions

Connecting Cosmology and Spirituality

The Universe Story and the Christian Story are powerful narratives that hold energy and give us a clearer understanding of how we are not just people on this planet; we are participants in its ongoing creation. Having an image that helps make that energy palpable is what author Judy Cannato refers to as a “field of compassion.”

By realizing the significant interconnections between science and spiritually, we have the capacity to be people of compassion, forgiveness and caring for all of creation. This is especially needed in our world that is deeply divided and dominated by misplaced power.

REQUIRED READING: *Field of Compassion, How the New Cosmology is Transforming Spiritual Life* by Judy Cannato

ASSIGNMENT FOR FIRST CLASS: Read preface to pg. 41

DISCUSSION LEADER: Barbara Pierce MacDonald, Veritas member since 2015, is a frequent Veritas presenter and a past member of the Veritas Board of Directors. Barbara’s main theme in her courses and writing is the awareness that we are spiritual beings having a human experience. Barbara encourages all faith traditions to join her class and believes that we learn from one another.

CATEGORY: World Religions

COURSE # CEVE 001-01 & ON1

FORMAT: HYBRID

MEETS: 6 Tuesdays / 10:30 – 11:45 a.m.

October 4 – November 8

**This is a hybrid course. See box on page 6 for details.*

Hybrid & all In-Person Classes

This fall we have a variety of class delivery options. Monday, Thursday, and Friday are all on Zoom. Tuesday classes are Hybrid. Wednesday classes are all in-person. Read the box below if you plan to participate in a hybrid or all in-person class.

- Hybrid classes have two options for enrollment: in-class or Zoom. Choose your option on the registration page.
- There will be two requirements for those enrolling in the **in-person** sessions this fall; both are efforts to keep people as safe as possible.
 - » Veritas will follow Bellarmine’s masking guidelines. These will be subject to change throughout the semester and will be communicated before classes.
 - » You must have received your COVID-19 vaccine and upload your vaccination card before classes begin. Upload link will be sent to you after registration. These requirements were established by the Veritas Board of Directors in August 2021 and remain in effect in conjunction with Bellarmine University’s policies.
- In-class students will also receive the Zoom link in case they need to attend virtually at some point in the term.

Literature

Sapiens: A Brief History of Mankind

Author Yuval Noah Harari recounts the history of our species in this provocative book that was a New York Times best seller (2015). We will delve deeply and critically examine his ideas and their relevance to our own world views. He considers how changes in cognition, agriculture, and science as well as culture and religion impact the species.

The class is all discussion. There are no lectures. Due to the length of this book, **the course will last for 9 weeks** and is designed for the intellectually curious.

REQUIRED READING: *Sapiens: A Brief History of Mankind* by Yuval Noah Harari (available in paperback).

ASSIGNMENT FOR FIRST CLASS: Chapters 1 and 2

DISCUSSION LEADER: Marilyn Schorin, Ph.D., is a Veritas Lifetime Member, a member of the Veritas Board of Directors, and frequent presenter. She has a PhD in nutritional biochemistry (Columbia University) and has been a Veritas member since 2007.

CATEGORY: Literature

COURSE # CEVE 002 – 01

FORMAT: IN-PERSON

MEETS: 9 Wednesdays / 2:15 – 3:30 p.m.

October 5 – December 14 (no class Nov. 2 or Nov. 23)

Themes of Tolerance in Montaigne's Essays

In 1580, while France was being torn apart by religious civil wars, Montaigne published two books of writings that he called "Essais." These were attempts to express his tentative thoughts, without being dogmatic or systematic, in a long discourse with the reader. As a political moderate in a violent and fanatical atmosphere, he challenged established assumptions of his time. He was outraged by what he saw as the results of human, and specifically European, arrogance. Within the limits of human reason he believed that open debate, allowing all points of view, is our best hope of solving problems. Seeing hope in the human capacity for empathy toward the suffering of others, he tried to show the public good of a society which could reject physical cruelty in a shared sense of humanity.

NOTE: This course will be a review and continuation of the 2019 course on Montaigne's *Essays*.

REQUIRED READING: *The Complete Essays of Montaigne*, translated by Donald Frame. Stanford U. All editions have the same pagination used for reading selections.

ASSIGNMENT FOR FIRST CLASS: Pages 2-5; 110-116; 150-159

PRESENTER: Carol MacKay, Ph.D. in French literature, is Associate Professor Emerita at the University of Southern Indiana and has presented six Veritas classes. Carol has been a Veritas member since 2014.

CATEGORY: Literature

COURSE # CEVE 002-ON1

FORMAT: ZOOM

MEETS: 6 Thursdays / 10:30 – 11:45 a.m.

October 6 – November 10

History

A Tour of Some of the World's Most Amazing Buildings, Structures, and Landmarks

No need to worry about passports or crowded airplanes for this tour! We will “travel” to locations on all seven continents to visit some of the most popular manmade structures. While I have been to most of these locales, there are others on my “bucket list” to see.

Each class will focus on specific categories, such as:

Museums - the British Museum (London), the Hermitage (St. Petersburg); **Holy Places** - the Hagia Sophia (Istanbul), the Temple Sagrada Familia (Barcelona); **Engineering Feats** - The Golden Gate Bridge, Mount Rushmore, the Hoover Dam; **Statues/ Towers/ Monuments** - Christ the Redeemer (Rio), the CN Tower (Toronto); **Castles/Palaces** - the Forbidden City (Beijing), Neuschwanstein Castle (Germany); **Entertainment Venues** - the Sydney Opera House, the Walt Disney Concert Hall (Los Angeles); and many more.

Perhaps you will get ideas for your own future travel plans from this armchair voyage around the world!

PRESENTER: Rocky L. Yates, B.A and M.A. in French and Education from Western Kentucky University, is a retired JCPS teacher. Rocky holds his Rank I from the University of Louisville. He has been a member of Veritas since 2011 and is a past class presenter.

CATEGORY: History

COURSE # CEVE 003-ON1

FORMAT: ZOOM

MEETS: 6 Mondays / 12:30 – 1:45 p.m.

October 3 – November 7

The Celtic World: Civilization & Culture

Trace Celtic culture back to the time of Roman and Greek civilizations when Celtic warriors roamed Europe, to the advanced culture of monasteries in Ireland, on to the Celts in Britain, Scotland, and Wales. Adapted from The Great Courses, Professor Jennifer Paxton, Ph.D., Clinical Assistant Professor of History at The Catholic University, will guide our discovery in the difference between Celtic culture and Irish culture as we explore more than the Irish music and dancing we are accustomed to knowing. The course dives into Irish writers and their impact upon the world (boasting four Nobel Prize winners), Celtic art styles, and beyond the fine arts, Irish pubs around the globe, from Hong Kong to Buenos Aires, as well as the celebration of one of the most popular party days, St. Patrick's Day, and the elaborate parades that are hosted in conjunction with the holiday. What has brought about this Irish “invasion” of the world?

FACILITATOR: Dennis Wiseman, M.Ed., University of Louisville, retired JCPS teacher, serves as President of the Veritas Board of Directors. He also serves on the Production/A-V team and is a Veritas Lifetime member. Dennis has been a Veritas member since 2013.

CATEGORY: History

COURSE # CEVE 003-ON2

FORMAT: ZOOM

MEETS: 6 Mondays / 2:15 – 3:30 PM

October 3 – November 7



History

Cases and Controversies: Race, the Law, and the Courts in our Lifetime

Examining cases that occurred and still may be occurring during our lifetimes (1940s – present), this course will focus on the victories and defeats of lesser known civil or social rights legal battles that did not garner much public attention. Using Richard Rothstein's excellent work, *The Color of Law: A Forgotten History of How Our Government Segregated America*, our class will work to identify what Mr. Rothstein identifies as “de jure” and/or “de facto” segregation inspired or implemented by our very own federal government. Further, we will critique issues stemming from segregation such as redlining, restrictive covenants in deeds, labor union issues, income disparities, housing and zoning, school districting, home valuations. This course will not be a forum for identity politics or Democrat vs Republican mutual bashing. It will be a study in history, some of which may still be evolving.

PRESENTER: Mike Williams, M.A., J.D., is a Veritas Lifetime member and frequent presenter.

CATEGORY: History

COURSE # CEVE 003-ON3

FORMAT: ZOOM

MEETS: 6 Mondays / 4 – 5:30 p.m.

October 3 – November 7

Art Nouveau: An International Art Movement of Brief Duration but Dazzling Effects*

Art Nouveau was a revolt against revivalism and historicism, an effort to create a new art for a new world. Embraced by most of Europe, it produced as many variations as artists and countries involved. The results in architecture and the decorative arts were an effort to break down the division between fine and applied arts.

PRESENTER: Lynn Meckler, M.A., is a retired art historian who taught undergraduate classes at the University of Louisville and Bellarmine University for over 20 years and has continued teaching through Bellarmine's Veritas Society.

CATEGORY: History

COURSE # CEVE 003-04 & ON4

FORMAT: HYBRID

MEETS: 6 Tuesdays / 4 – 5:15 p.m.

October 4 – November 15 (no class Oct.11)

**This is a hybrid course. See box on page 6 for details.*

The Americas' Geological Wonders

Derived from The Great Courses, this course provides views and discussion of the geological wonders not only of the United States, but also of Mexico, Central America, South America, and Canada and is wonderfully conducted by famous Professor Michael Wyssession of Washington University in St. Louis.

Starting with Kentuckians' familiar Mammoth Cave, ranging to the West's Bryce Canyon and the Grand Canyon, Yellowstone's geysers, to Arizona's meteor crater, to the Bay of Fundy's tides, to the Columbia Glacier, and on to Hawai'i's volcanoes, and then to the Amazon's “lungs” of Earth and to the Galapagos' Rift, it's a story of what makes the Americas' geology unusual in our world today. Bonuses show Mexico's Cave of Crystals and nearly unbelievable Iguazu Falls.

FACILITATOR: J. B. (Bud) Spalding, Ph.D., Professor Emeritus, Bellarmine University, is a Lifetime Veritas member and frequent presenter. Bud joined Veritas in 2001 and is the Secretary of the Veritas Board of Directors.

CATEGORY: History

COURSE # CEVE 003-ON5

FORMAT: ZOOM

MEETS: 6 Thursdays / 4 – 5:15 p.m.

October 6 – November 10

Entertainment

The Golden Age of 20th Century Movie Comedies: Part 1 (1930-1970)*

Explore the humor written and produced in eighteen of the thirty-six most popular comedy movies produced in the last 70 years of the 20th Century. Examining the works of the best comedy writers, directors, and actors, we will relive the biggest laughs and entertainment created in that age.

PRESENTER: Eric Schmall has spent a 48-year career in management and consulting. He taught in Indiana University's MBA program and developed and taught courses in Bellarmine University's nonprofit certification program. Eric has also been a lifelong movie/TV addict and fan of American comedy in general. Eric joined Veritas in 2018 and has been a frequent presenter ever since.

CATEGORY: Entertainment

COURSE # CEVE 004-01 & ON1

FORMAT: HYBRID

MEETS: 6 Tuesdays / 12:30 – 1:45 p.m.

October 4 – November 8

**This is a hybrid course. See box on page 6 for details.*

Don't Cry for Me Jean Valjean Because I'm Wicked: Musicals*

Andrew Lloyd Webber, Tim Rice, Boublil and Schönberg, and Stephen Schwartz. You may not know all their names, but you know their musicals. We will look at the hits and misses by these accomplished magic men of musical theater and the musicals they have written between 1965 and 2022.

Some questions we will answer during this class: Do I know how to love him? Can you feel that love tonight? Why God why? What is he waiting for?

PRESENTER: Mike Marple, B.A. and M.A., Western Kentucky University, is a lover of films, musicals, and anything on a stage. He is a Veritas Lifetime member, a frequent presenter, and has been a Veritas member since 2008.

CATEGORY: Entertainment

COURSE # CEVE 004-02 & ON2

FORMAT: HYBRID

MEETS: 6 Tuesdays / 2:15 – 3:30 p.m.

October 4 – November 8

**This is a hybrid course. See box on page 6 for details.*



Entertainment

Bill Russell, the Ultimate Winner & Other Basketball Greats

You thought Michael Jordan was the G.O.A.T? Well think again! Let me introduce the player who may actually be the Greatest of All Time, Bill Russell. Known as The Giant of the Game, Russell contributed to his teams in more ways than just scoring points. We will examine his career and life, using video footage, testimonials, and guest commentary to sharpen our perspective on his significant contributions.

We will also look at some of the other basketball players commonly viewed as the best players in NBA history to narrow down the list and establish the ultimate G.O.A.T, at least in one man's opinion. Kentucky's rich basketball history as "basketball country" will be explored, as well as the history behind the ABA and NBA.

PRESENTER: Robert "Bob" Tiell has a wealth of experience in the behavioral sciences field and has assisted many clients over the years on a variety of life and work transitions. Bob, who has also served as an adjunct professor, joined Veritas in 2020.

CATEGORY: Entertainment

COURSE # CEVE 004-ON3

FORMAT: ZOOM

MEETS: 6 Thursdays / 2:15 – 3:30 p.m.

October 6 – November 10

Friday Afternoons at the Movies

FRIDAY, OCTOBER 7: *THE AUTOBIOGRAPHY OF MISS JANE PITTMAN* (1974)

Cicely Tyson stars as a fictional 110-year-old former slave, and covers the American Experience from the Civil War to the Civil Rights Era. 110 minutes.

FRIDAY, OCTOBER 14: *IRON JAWED ANGELS* (2004)

A true story of activist Alice Paul, played by Hilary Swank, and the women's suffrage movement. 124 minutes.

FRIDAY, OCTOBER 21: *SUMMONED – FRANCES PERKINS AND THE GENERAL WELFARE* (2020)

A Story about the Great Depression, when FDR appoints Frances as US Secretary of Labor. 55 minutes.

FRIDAY, OCTOBER 28: *C.S. LEWIS THROUGH THE SHADOWLANDS* (2004): Shows the spiritual crisis of C.S. Lewis when his wife is stricken with cancer. 90 minutes.

FRIDAY, NOVEMBER 4: *THE QUEEN* (2006)

The story of Queen Elizabeth II, played by Helen Mirren, after Diana's death and her conflict with PM Tony Blair. 103 minutes.

FRIDAY, NOVEMBER 11: *A BEAUTIFUL DAY IN THE NEIGHBORHOOD* (2019): Tom Hanks stars as Mr. Fred Rogers. 109 minutes.

FACILITATOR: Sandra Cherry has taught over 30 courses for Veritas since 2008 and is a Betts Meehan Lifetime Member. She holds an M.A. and a Rank I in teaching from UK and a BA from the University of MD with majors in Theatre and Math.

CATEGORY: Entertainment

COURSE # CEVE 004-ON4

FORMAT: ZOOM

MEETS: 6 Fridays / 1:30 – 3:30 p.m.

October 7 – November 11

General Topics

Earth's Changing Climate

Looking at the science behind climate change, Professor Richard Wolfson Ph.D., the Benjamin F. Wissler Professor of Physics at Middlebury College, presents up-to-date research explaining the concepts, tools, data, and analysis that conclude that Earth is warming and that we humans are in great part responsible. Adapted from The Great Courses and designed for non-scientists, the lectures are divided to first increase our general understanding of climate, then shift to the future of climates and the human role in climate change.

PRESENTER: Dennis Wiseman, M.Ed., University of Louisville, retired JCPS teacher, serves as President of the Veritas Board of Directors. He also serves on the Production/A-V team and is a Veritas Lifetime member. Dennis has been a Veritas member since 2013.

CATEGORY: General Topics

COURSE # CEVE 007-ON1

FORMAT: IN-PERSON

MEETS: 6 Mondays / 10:30 – 11:45 a.m.

October 3 – November 7

The Art of Qigong

Qigong is an easy to learn system of energy enhancing movements that co-ordinates breathing and inner concentration. Together we will move slowly as we call the wild geese, scoop the water and release it into the clouds, do a back swinging monkey arm movement, paint the rainbow, row a boat, gaze at the moon, wave our cloud hands and many, many more stances. These movements can all be done gently and easily. They are repeated 3-12 times making it easy to follow on the first day of class. Yet they offer the movement of Qi, also called “life force energy” or “aliveness,” which promotes optimal health and wellbeing physically, mentally, emotionally, and spiritually. With practice these forms can benefit posture, balance, and flexibility of joints. Your health can be improved as you are having fun.

NOTE: It is recommended that you be able to stand for one hour. The first few minutes will be seated and then we will move into the flow of our Qigong. A chair can be kept close if there are balance issues. Loose clothing and comfortable shoes are required.

PRESENTER: Nancy Carrington is an active person growing older. After teaching Tai Chi for two years at Veritas and Lakeside Swim Club, she shifted her practice toward Qigong because it is more easily learned and more quickly enjoyed than Tai Chi, yet has similar benefits. She has training in various forms of Qigong including Shibashi 1 and Five Elements for Health along with certifications in other Tai Chi teachings. Nancy has been a Veritas member since 2016.

CATEGORY: General Topics

COURSE # CEVE 007-01

FORMAT: IN-PERSON

MEETS: 6 Wednesdays / 10:30 – 11:45 a.m.

October 5 – November 16 (no class November 9)

General Topics

Mindfulness for All Ages

During this course, the practice of mindfulness and meditation will be introduced. You will learn various breathing, mindfulness, and meditation techniques that will help you manage stress and make your life calmer and more peaceful. Mindfulness is about developing the ability to be fully attentive to all the moments of your life, reducing the amount of time you spend worrying about the future or fretting about the past. An important aspect of mindfulness is developing a non-judgmental, accepting, even curious, attitude about your moment-to-moment experience. The more you develop this attitude, the less you will feel overwhelmed by changes and challenges in your life. This class will enrich your physical, mental, and spiritual life.

REQUIRED READING: *The Mindful Twenty-Something* by Holly Rogers. Don't let the title fool you! If Dr. Rogers can help college students develop a mindfulness practice, she certainly has the knowledge to help our wise minds with beginning or refreshing our mindfulness/meditation practice. Previous Veritas students have been very pleased with the wisdom in this book.

ASSIGNMENT FOR FIRST CLASS: Read the Introduction and Parts 1 & 2.

PRESENTER: Cathy Schaffer has been a KORU Mindfulness Instructor and a certified Yoga Instructor for over 5 years. Last year she became a certified Holden QiGong Instructor and incorporates those breathing and movement practices into all of her classes. While employed at the University of Louisville on the Health Science Campus and as a retiree, she taught KORU Mindfulness and yoga to faculty, staff and students. Cathy has frequently presented this course for Veritas members.

CATEGORY: General Topics

COURSE # CEVE 007-02

FORMAT: IN-PERSON

MEETS: 6 Wednesdays / 12:30 – 1:45 p.m.

October 5 – November 9

The Practice of Journaling: A Means of Reflection, Discovery, and Ministry

Expected to journal throughout the course, participants will be encouraged to vary both style and content in their entries. Readings may include excerpts from published journals, and selections that discuss various approaches to journaling, writing, and the roles that both play in our private and public lives. In class, we will begin with a moment of silence, followed by a brief, impromptu journaling opportunity. Class members will be invited - but not expected - to share any writing they've produced. We will reflect upon the role journaling may play within our private sphere/spirituality, our relationships, and, possibly, our roles in our broader communities.

NOTE: Bring a journal, and of course a pen or pencil with you each week. If you don't own a journal, Denise's favorite is sold by Staples – Tru Red narrow-ruled editions in soft or hard cover.

REQUIRED READING: Assigned readings will be provided by the instructor either physically in class or through email.

PRESENTER: Denise Davis has spent her life teaching and studying. Denise taught theology at Assumption High School for over a decade. In addition to a Master's in English, she has earned a Master's in Theopoetics and Writing, a certificate in Spiritual Direction, and completed the two-year program offered by The Living School through the Center for Action and Contemplation in NM. She's also a certified tour guide for both Central Park Conservancy in NYC and Olmsted Park Conservancy in Louisville.

CATEGORY: General Topics

COURSE # CEVE 007-03

FORMAT: IN-PERSON

MEETS: 6 Wednesdays / 4 – 5:15 p.m.

October 5 – November 9

General Topics

The Chautauqua Lectures from Summer 2022

Founded in 1874, the Chautauqua Institution is a community in southwestern New York that comes alive each summer with a mix of lectures, fine and performing arts, interfaith worship, and recreational activities. Veritas Presenter Sandra Cherry visits Chautauqua each summer to become immersed in the arts, and enlightened by the continuing education aspects of a diverse community sharing diverse dialogues in a reasoned way. Sandra returns to Louisville refreshed and looks forward to sharing these great lectures with her Veritas family. For this Fall, she has chosen six lectures centered on the themes: “What Should be America’s Role in the World?” and “The Future of Human Rights.”

- **Fareed Zakaria**, CNN journalist: Problems in the World Today: How Did We Get Here? The Decline of American Power in the World
- **Kathryn E. Stoner**, Stanford professor: Russia Resurrected
- **George Packer**, novelist, playwright: Last Best Hope: Democratic Suicide
- **Nicole Austin-Hillery**, Human Rights Watch: Systemic Racism in the United States
- **Noah Feldman**, Harvard Law professor: Free Speech, Social Media, and the Future of Human Rights.
- **Layli Miller-Muro**, CEO, Tahirih Justice Center: Walking the Spiritual Path with Practical Feet: Operation Human Dignity

FACILITATOR: Sandra Cherry has taught over 30 courses for Veritas since 2008 and is a Betts Meehan Lifetime Member. She holds an M.A. and a Rank I in teaching from UK and a B.A. from the University of MD with majors in Theatre and Math.

CATEGORY: General Topics

COURSE # CEVE 007-ON2

FORMAT: ZOOM

MEETS: 6 Thursdays / 12:30 – 1:45 p.m.

October 6 – November 10

Friday Speaker Series

FRIDAY, OCTOBER 7

“What Seems to Lie Ahead, Shorter-term & Further Out”
– John Yarmuth, Congressman

FRIDAY, OCTOBER 14

“Fashioning Museum Installations Around the Country”
– Mike McCarthy, President, Solid Light Inc.

FRIDAY, OCTOBER 21

“How Bellarmine Students Take to Cross-Cultural Experiences” – Frank Hutchins, Professor of Sociology, Bellarmine University

FRIDAY, OCTOBER 28

“Catching Up on Green Space in West Louisville”
– Brooke Pardue, President/CEO, Parks Alliance of Louisville

FRIDAY, NOVEMBER 4

“How the Lincoln Foundation’s Rich History Impacts Louisville” – Marshall Bradley, President, Lincoln Foundation

FRIDAY, NOVEMBER 11

“Louisville’s New Downtown Glory” – Ashley Smith, Director of Development, Louisville Waterfront Park

ORGANIZERS: Bud Spalding and Jonathan Smith are the co-chairs of the Lunch & Learn committee, known during pandemic times as Friday Speaker Series. J. B. (Bud) Spalding, Ph.D., Professor Emeritus, Bellarmine University, is a Lifetime Veritas member and frequent presenter. Bud joined Veritas in 2001 and is the Secretary of the Veritas Board of Directors. Jonathan Smith, Emeritus Professor of English at Hanover College, is a member of the Veritas Board of Directors. Jonathan is a Veritas Society member, chair of the Veritas Voice newsletter, and a frequent leader of Veritas Discussion Groups.

CATEGORY: General Topics

COURSE # CEVE 007-ON4

FORMAT: ZOOM

MEETS: 6 Fridays / 11:00 am – 12:15 p.m.

October 7 – November 11

Gerontology

Intro to Gerontology

This course is designed to introduce the discipline and current concepts found in gerontology, the study of aging and older adults. The class will explore how society views older adults and aging, and the development of individuals' own attitudes, values, and expectations about growing to an advanced age. The course will present a multidisciplinary overview of key issues related to aging – and healthy aging – for the older adult population. Topics covered during the six-week course include physical changes, cognitive changes and mental health, diversity and aging, global health, economic considerations, ageism, elder maltreatment, and social engagement, and will be presented both from the consumer and health care provider perspectives. Veritas members will be joining this undergrad class for an intergenerational learning experience.

PRESENTER: Dennis Lesch, PT, GCS and Kathy Hager, DNP, APRN, FNP-BC, CDE will co-teach this course. Dennis Lesch is a professor in the Doctor of Physical Therapy Program in the School of Movement and Rehabilitation Sciences at Bellarmine. Kathy Hager is a professor in the Lansing School of Nursing & Clinical Sciences at Bellarmine.

CATEGORY: Gerontology

COURSE # CEVE 023-01

FORMAT: IN-PERSON

MEETS: 6 Tuesday & Thursdays / 12:15 – 1:30 p.m.

October 11 – November 17

PLEASE NOTE: This course starts one week late

