

# ELLA SPRING SESSION

May 1 to 19, 2017

Adults 50 and over

Life is for Learning



EDMONTON  
**lifelong  
learners**  
ASSOCIATION



UNIVERSITY OF ALBERTA  
FACULTY OF EXTENSION

## Course Timetable May 1 to May 19, 2017

### Early Morning Classes – 9:00 to 10:10 a.m.

EL10	Journey Through Science 2017	Torah Hunt (née Kachur)
EL11	Animal Agriculture and You	Frank Robinson
EL12	19 <sup>th</sup> Century Romantic Music	Michael Roeder
EL13	The Light We Cannot See: Medical Imaging	John Mercer
EL14	The Secret Lives of Our Homes	Joanna Yakula
EL15	The History of Western Fashion	Julia Petrov
EL16	Globalization and its Critics	Meenal Shrivastava
EL17	Art and Politics	Megan Bertagnolli
EL18	Explore and Experience a Lifetime of Wellness	Reg Nugent
EL19	Wu Style Tai Chi	Ken Chui

### Mid-Morning Classes – 10:25 to 11:35 a.m.

EL20	Global Health Update 2017	Anne Fanning
EL21	A Window Into a Culture: Introductory Cree	Dorothy Thunder
EL22	Alberta Archaeology: An Overview	Peter Kirchmeir
EL23	Mathematics for Non-Mathematicians	Len Bonifacio
EL24	Islam: Religion and Culture	Hassan Masoud
EL25	Money, Politics, Financial Crises and Financial Literacy	Robert Ascah
EL26	China: A Primer on a Global Power	Gordon Houlden
EL27	The Man Booker Prize	Jared McGeough
EL28	Mindfulness Meditation	Don Macdonald
EL29	Métis of the Canadian Northwest	Patricia McCormack

### All Morning Art Classes – 9:00 to 11:35 a.m.

EL30	Drawing and Watercolour for Intermediates.	Frances Alty-Arscott
EL31	Carving a Wood Spirit in Bark	Laurie Wilson-Larson
EL32	Biology, Chemistry, Physics and Acrylic Painting	R. Rogers and S. Williams-Chapelsky

### Early Afternoon Classes – 1:15 to 2:25 p.m.

EL40	Art We Love To Hate: Scandals, Scoundrels and...	Hoyne Santa-Balazs
EL41	Nature's Tipping Points: What are They...	Margaret-Ann Armour
EL42	Comparative Religion	Clair Woodbury
EL43	A Brief History of Choral Music	Evelyn Grieger
EL44	Sustainable Alternative Energy	Don MacDonald
EL45	A History of Organized Crime in North America	Greg Eklics
<del>EL46</del>	<del>History of Science from the Scientific Revolution to...</del>	<del>Grant Grams</del> <b>CANCELLED</b>
EL47	Speaking Volumes: A Course for Book Lovers	Laurie Greenwood
EL48	The Blank Page: Writing Adrift/Writing A Draft	Eunice Scarfe
EL49	Progressive Core Stability	Barb Turner
EL4E	Line Dancing!	Dwayne Tulik

### Mid-Afternoon Classes – 2:40 to 3:50 p.m.

EL50	Basic Digital Photography	Chris Stambaugh
EL51	Engineering Through History: An Appreciation	Bob Rose
EL52	Space 101: Introduction to Space	Shawna Pandya
EL53	Nutrition for Optimum Health	Laurie Drozdowsky
<del>EL54</del>	<del>Ageing in the Queer Community</del>	<del>Michelle Lavoie</del> <b>CANCELLED</b>
<del>EL55</del>	<del>Perspectives on Truth and Reconciliation</del>	<del>Tara Kappo</del> <b>CANCELLED</b>
EL56	Native Plants of Alberta	E. Beaubien with C. Dodd
EL57	The Evolution of Artificial Intelligence	Andy Gunn
EL58	Call and Response: Rock and Roll's First Dozen Years	D.T. Baker
EL59	Stretching the Body, Calming the Mind ...Gentle Yoga	Anita Sielecki

### All Afternoon Art Classes 1:15 to 3:50 p.m.

EL60	A Fresh Start With Watercolours	Frank Haddock
EL61	Beginners Sketching	Susanne Lamoureux

## ELLA SPRING SESSION INFORMATION

Room 2-936B, Enterprise Square, 10230 Jasper Avenue

Edmonton, Alberta T5J 4P6

Phone 780-492-5055

[www.my-ella.com](http://www.my-ella.com)

[exella@ualberta.ca](mailto:exella@ualberta.ca)

ELLA is a registered not-for-profit organization with charitable status run entirely by volunteers. We work in partnership with the University of Alberta, Faculty of Extension to offer an annual 3-week Spring Session of affordable, relevant, challenging and fun learning to promote mental and physical well being for adults age 50 and over, with no prerequisites, homework or exams. For more information about ELLA check out our website at [www.my-ella.com](http://www.my-ella.com)

### ELLA Office Hours

The ELLA office is closed on Statutory Holidays, during Spring Session and over the summer. Volunteers will continue to respond to e-mails, phone messages and mail.

January and February	Monday and Wednesday 10:00 a.m. to 2:00 p.m.
March 1 to 10	Monday, Wednesday and Friday: 10:00 a.m. to 2:00 p.m.
March 13	10:00 a.m. to 2:00 p.m.
March 14	12:00 noon to 2:00 p.m.
March 15 to 17	10:00 a.m. to 2:00 p.m.
March 20 to April 28	Monday, Wednesday and Friday, 10:00 a.m. to 2:00 p.m.
May 1 to 19	Closed during Spring Session
May 20 to October 1	Closed for the summer

### Registration

- To register, you must be a member of ELLA. The membership fee is \$20 annually. You can purchase your membership online at [www.my-ella.com](http://www.my-ella.com) , or by contacting the ELLA office.
- You may take 1 to 4 courses for the set fee of **\$250**.
- Each registrant may register in only one of the five half-day Art Courses (EL30, EL31, EL32, EL60 or EL61) and in only one of the four Fitness courses (EL19, EL49, EL4E or EL59) in order to allow access to as many students as possible.
- Online registration opens on **Tuesday, March 14 at 10:30 a.m.**
- **Monday, April 24 at 2 p.m.** is the deadline for registration and/or course changes.
- **Wednesday, April 26 at 2 p.m.** is the deadline for withdrawal to obtain a refund minus a \$75 U of A administration charge.
- All registrations are handled through Eventbrite®, and courses are filled in the order that registrations are completed on Eventbrite. Courses can fill quickly.

## Online Registration

All current ELLA members will receive an e-mail with an ACCESS LINK for registration by March 7, 2017. If you don't receive it, check your trash/spam folder or call the office. Memberships bought after March 7 will receive their Access Link within 7 days.

To register online, beginning **Tuesday, March 14 at 10:30 a.m.:**

1. In the e-mail *Click* on the ACCESS LINK on Eventbrite® select Register.
2. Type in the required personal and credit card information (Visa or MasterCard).
3. Select courses and complete the registration. Eventbrite® provides immediate feedback for full courses, and an alternate course can be selected. Confirmations: e-mail from Eventbrite®.

More details on the online registration process can be found on [www.my-ella.com](http://www.my-ella.com).

## Mail, Phone or Walk in Registration

ELLA volunteers will begin processing registrations on Eventbrite® starting on Tuesday, March 14 at 10:30 a.m. Registrations are processed on a first come first served basis. The earlier your forms are received, the better your chances for high demand courses.

- Complete both sides of the Spring Session Registration Form (included after page 3).
- Choose a method for submission to the ELLA office in Enterprise Square:
  1. Mail in both pages with a cheque (payable to the University of Alberta) OR credit card information.
  2. Walk into the ELLA office with both pages and a cheque (payable to the University of Alberta), credit card or cash.
  3. Phone in the information on both pages with your credit card information.
  4. E-mail registrations are not accepted.

Confirmation is provided after registration is confirmed. Course registrations that cannot be completed due to lack of course availability will be returned with original payment to the registrant.

## Location of Spring Session

Check-in, activities (with the exception of the wind-up reception), noon-hour presentations, and most courses are held in the Education Centre on the north side of 87 Ave. between 112 St. and 114 St. on the University of Alberta main campus in Edmonton.

Some courses are held in the Edmonton Clinic Health Academy (ECHA) on the s.w. corner of 87 Ave. and 114 St. east of the Jubilee Auditorium and in the Van Vliet Complex (VVC) on the n.w. corner of 87 Ave. and 114 St.

The May 18 wind-up reception is held at the Faculty Club.

## Transportation

- The Education Centre is easily accessible by LRT and bus – See <http://www.takeets.com> for routes and schedules.
- Bicycle racks are located near most doors.





ELLA, Room 2-936B Enterprise Square, 10230 Jasper Avenue  
Edmonton, AB, T5J 4P6 Tel: 780-492-5055 Email: [exella@ualberta.ca](mailto:exella@ualberta.ca) [www.my-ella.com](http://www.my-ella.com)

For Office Use Only: Membership ID Number	
Date / Time Received at ELLA Office	
_____, 2017 Time: _____ am/pm	Initial
ELLA Membership Verified:	

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1  
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## ELLA Spring Session for Adults 50+ Spring Session Registration Form: May 1 - 19, 2017

Name, Last: \_\_\_\_\_ First: \_\_\_\_\_ Preferred First: \_\_\_\_\_

Mailing Address \_\_\_\_\_

City \_\_\_\_\_ Province \_\_\_\_\_ Postal Code \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

**Indicate payment method:**

**Registration fee: \$250 CAD**

Cheque # \_\_\_\_\_ (payable to: **University of Alberta**)     Cash     VISA     MasterCard

**Privacy Statement:** The personal information requested on this form is collected under the authority of section 33 (c) of the *Alberta Freedom of Information and Privacy Act* for the purpose of registering students, contacting former students and tracking enrolment statistics. Questions concerning the collection, use or disposal of this information should be directed to: FOIP Officer, U of A Faculty of Extension, Enterprise Square, 10230 Jasper Avenue, Edmonton, AB T5J 4P6. Phone (780) 492-5047.

Card No. \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

Expiry date: \_\_\_\_ / \_\_\_\_ CVC number \_\_\_\_\_ (3 digit code -back of your credit card)

Name on Card: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

To register you must be a **current member of ELLA**. Fees are \$20 CAD annually. Refer to the Membership Form on ELLA's website.

**Registration:** Opens **Tuesday, March 14, 2017 at 10:30 a.m.** **Deadline:** Monday, April 24, 2017 at 2 p.m.

ALL registrations are completed on Eventbrite® on a first-come, first-serve basis. **Registration choices:**

- **Registration online (self-serve).** An Access Link is emailed to members with a valid ELLA/Eventbrite® email by March 7, 2017. Click on the Access Link to enter the Event page, then on "**Register**". Provide the required personal and credit card information, select courses and click **Save**. Confirmation is provided through an Eventbrite® email.
- **ELLA office registers for you. Registrations are accepted in-person, phoned-in, or by mail.** To approximate the online experience, registrations received by Monday, March 13<sup>th</sup> 2 p.m. are placed in a queue and processed on opening day. Confirmation: through member preferred communication. **NO emailed registrations accepted.**

**March 14<sup>th</sup> ELLA office closed** to the public and ELLA members **from 10:00 – NOON**. Registrations accepted upon course guide release to the deadline. See course guide for ELLA office hours.

- **Monday, April 24, 2:00 p.m.:** Deadline for Spring Session registration and/or course changes.
- **Wednesday, April 26, 2017 at 2:00 p.m.:** Deadline for Withdrawal. A \$75 administration charge will be deducted from the registration fee. This policy follows the guidelines of the University of Alberta Faculty of Extension.

**Fees:** ELLA provides the option of up to 4 courses for the set fee of **\$250 CAD** for the three-week Spring Session. The registrant (student) decides how many courses to participate in during the session, to a maximum of 4.

**Financial Assistance:** Bursaries of \$175 are available. Instructions are available in the course guide. The completed registration form is required by ELLA. **If you're applying for a bursary, please initial here:**

Bursary  
Initial

**Further information is available at [www.my-ella.com](http://www.my-ella.com)**

**For Office Use Only:** Payment/ Eventbrite Processor: \_\_\_\_\_ Date: \_\_\_\_\_, 2017

Registration starts **Tuesday, March 14<sup>th</sup> 10:30 a.m.** Deadline: Monday, April 24<sup>th</sup> 2:00 p.m.

**Phone:** \_\_\_\_\_ **Last Name:** \_\_\_\_\_ **First Name:** \_\_\_\_\_

Course options, processed at the ELLA office may have to be validated with you by an ELLA volunteer.

**Maximum of ONE art class and ONE fitness class is allowed per registrant.**

Please mark choices 1, 2 and/or 3 to avoid delay if first choice is not available.



Early Morning Classes – 9:00 to 10:10 am				ELLA	Early Afternoon Classes – 1:15 to 2:25 pm				ELLA
Journey Through Science-2017	EL10			ELLA	Art We Love To Hate...	EL40			ELLA
Animal Agriculture and You	EL11			ELLA	Nature's Tipping Points...	EL41			ELLA
19th Century Romantic Music	EL12			ELLA	Comparative Religion	EL42			ELLA
The Light...: Medical Imaging	EL13			ELLA	...History of Choral Music	EL43			ELLA
The Secret Lives of Our Homes	EL14			ELLA	Sustainable Alternative Energy	EL44			ELLA
The History of Western Fashion	EL15			ELLA	A History of Organized Crime...	EL45			ELLA
Globalization and its Critics	EL16			ELLA	A Course for Book Lovers	EL47			ELLA
Art and Politics	EL17			ELLA	The Blank Page: Writing ...	EL48			ELLA
Explore... Lifetime of Wellness	EL18			ELLA	Progressive Core Stability	EL49	*		F
Wu Style Tai Chi	EL19	*		F	Linedancing!	EL4E	*		F
Mid-Morning Classes – 10:25 to 11:35 am				ELLA	Mid-Afternoon Classes – 2:40 to 3:50 pm				ELLA
Global Health 2017	EL20			ELLA	Basic Digital Photography	EL50			ELLA
Window Into a Culture: Cree	EL21			ELLA	Engineering Through History...	EL51			ELLA
Alberta Archaeology...	EL22			ELLA	Space 101: Intro. to Space	EL52			ELLA
Math for Non-Mathematicians	EL23			ELLA	Nutrition for Optimum Health	EL53			ELLA
Islam: Religion and Culture	EL24			ELLA					
Money, Politics, Financial Cr...	EL25			ELLA	Native Plants of Alberta	EL56			ELLA
China: Primer on a Global P...	EL26			ELLA	The Evolution of Artificial Intelligence	EL57			ELLA
The Man Booker Prize	EL27			ELLA	...Rock and Roll's First... Years	EL58			ELLA
Mindfulness Meditation	EL28			ELLA	...Gentle Yoga	EL59	*		F
Métis of the Canadian NW	EL29			ELLA					
All Morning ART Classes 9:00 to 11:35 am *				ELLA	All Afternoon Art Classes 1:15 to 3:50 pm *				ELLA
Drawing and Watercolour... Int.	EL30	*		A	A Fresh Start With Watercolours	EL60	*		A
Carving a Wood Spirit in Bark	EL31	*		A	Beginners Sketching	EL61	*		A
Biology...and Acrylic Painting	EL32	*		A					

Note: Course names are abbreviated to 30 characters to fit on Name Tags. Full course names are found in the Course Guide.

**\* Students are limited to ONE half-day art (A), and ONE fitness (F) course.**

**Requests/Notes:**

**Please note:** Following the FOIP guidelines of the University of Alberta, please note that participating in ELLA courses is considered to be a public event. The taking, use or disclosure of photographs, videotapes or audiotapes recorded at public events or activities related to the university is not considered to be an unreasonable invasion of the personal privacy of the individuals photographed or recorded if the images simply indicate "attendance at" or "participation in" the event. ELLA states that there may be photographs taken and events may be recorded.

N.B. Protection of Privacy: Edmonton Lifelong Learners Association is committed to safeguarding the personal information entrusted to us. We manage your personal information in accordance with the policies and guidelines of the University of Alberta **Information and Privacy Office** (<http://www.ipu.ualberta.ca>) and Alberta's *Personal Information Protection Act*.

**For Office Use Only:** ELLA Membership #: \_\_\_\_\_ Eventbrite Processor: \_\_\_\_\_ Date: \_\_\_\_\_, 2017

## Parking

- University Parking Permits can be purchased online on a first come first served basis, from March 20 to April 13, 2017 for \$77. Individuals requiring accessible parking should purchase as early as possible and request Timms/Telus Car Park.
- Only **confirmed** registrants of ELLA Spring Session 2017 may apply for parking. Parking Services receives confirmation of registrant's enrolment about 48 hours after Eventbrite® confirmation. Please contact ELLA office if Parking Services online system does not accept your ELLA/Eventbrite® e-mail.

### To purchase a parking permit

1. Go to <http://www.asinfo.ualberta.ca/ParkingServices.aspx>. Click on the 'Online Services' tab. Continue to Manage Account → Guest Login → 'retrieve account information'.
2. Enter your ELLA/Eventbrite® e-mail then click Submit. A password set-up will be sent to the e-mail address you provided. Sign into the Guest Login using your ELLA/Eventbrite® e-mail and password.
3. Click on Permits → Get Permits and follow the directions to purchase. Visa, MasterCard and Amex are accepted as payment. Once your purchase has been processed, the permit will be mailed to the address provided.

## Financial Assistance

Bursaries of \$175 are available. Online registration is not available for bursary applicants. ELLA registration deadlines apply. Processing may take up to 3 weeks so apply early. Do not wait until the March 14 registration deadline. Complete 2 copies of the registration form.

1. Send one copy of the registration form (both pages), a letter stating your need and a cheque payable to the **University of Alberta** for \$75 (non-refundable administration fee) to:

ELLA BURSARY  
Office of the Dean, Faculty of Extension  
University of Alberta  
Enterprise Square, 10230 Jasper Ave  
Edmonton, AB T5J 4P6

Or drop off at the Extension Student Services Office at the Registration Desk on the main floor of Enterprise Square.

2. Send the **second** copy of the registration form (both pages) to the ELLA office in a separate envelope addressed to ELLA, indicating your application for a bursary, with an *Initial* in the box under **Financial Assistance**. You can drop off your completed form at the ELLA office. If the ELLA office is closed, you can also drop off your ELLA envelope at the Registration Desk on the main floor of Enterprise Square.
3. Both copies must be submitted before the application will proceed.

## Accommodations

St. Joseph's College has a women's and a men's residence next door to the Education Centre. Information on their Spring and Summer Residences is available at [www.stjosephscollege.ca](http://www.stjosephscollege.ca). ELLA does not arrange accommodations.

## Check-in on the First Day

Beginning at 8:00 a.m. on Monday, May 1, pick up your name tag and find out where your classes are at the **ELLA information table**. The ELLA information table is located in the hallway by the main-floor cafeteria of the Education Centre. It is the primary place for information.

## Food

Food can be purchased in the Education Centre cafeteria. You are welcome to bring your own food and use the tables across from the cafeteria, or eat and relax in the seating area across from N2-115 on the second floor.



## No Fragrances Please

Many students have sensitivities to fragrances. Please do not wear perfumes or other scented products.

## Photos

ELLA volunteers take photos during Spring Session for use in our slideshows, presentations, newsletters, website or course guide. If you do not want your photograph taken, please let the photographer know and/or move aside so that you are not in the photograph.

## Noon-Hour Presentations and Other Activities (pages 29-32)

In addition to courses, your Spring Session registration fee includes:

- noon-hour presentations (see pages 30-32)
- Student Art Show (see page 29)
- Interest Circles (see pages 29-30)

All ELLA members are invited to the All-Candidates Forum and ELLA Annual General Meeting (AGM).

The **wind-up reception** on Thursday, May 18 at 4:30 p.m. at the Faculty Club costs \$25.00. This is a stand-up reception with hors d'oeuvres and cash bar (see page 28).





## Early Morning Classes – 9:00 to 10:10 a.m.

### EL10 Journey Through Science 2017

Instructor: Torah Hunt (née Kachur)

Science is changing so fast that it seems almost impossible to keep up. This year's Journey through Science will explore the frontiers of scientific thought from the most recent advances in cancer research to the next space mission. We will cover the most promising, the most current, and the most incredible research being done that will change our world as we know it.



*Torah Hunt is a radio personality, professor, blogger, traveller, and general science geek. She is the CBC Radio National Science Columnist and creates videos for her website [www.scienceinseconds.com](http://www.scienceinseconds.com) as well as lectures at the University of Alberta. She completed her PhD from the University of Alberta and spent 7 years diligently studying worm gonads before teaching in all sorts of scientific fields.*

### EL11 Animal Agriculture and You

Instructor: Frank Robinson

This class will be a lecture and discussion-based experience dealing with issues facing animal agriculture in Alberta currently. The viewpoint of the material will be from that of a food consumer. Introductory topics will cover the changing demographics of farmer age, shrinking land bases and a growing global demand for protein. Technical material will only be presented when it is necessary to provide learners the tools to understand issues and form an opinion about them (animal form and function). Special topics to be discussed will include: genetic progress, animal welfare, niche market products, high-tech equipment and housing, back yard chickens, the use of steroid hormones in beef production, supply management, heritage breed conservation and much more. Students are encouraged to arrive at the class with questions they would like to learn the answered during the course.

*Frank Robinson has been a University of Alberta professor since 1986. He has researched reproductive efficiency of female broiler breeders and presented seminars on this topic nationally and internationally. He has taught poultry science and general animal agriculture, emphasizing inquiry-based learning. He was inducted into the Alberta Agriculture Hall of Fame in 2006, and is a 3M National Teaching Fellow.*

## **EL12 19<sup>th</sup> Century Romantic Music**

Instructor: Michael Roeder

Music of the 19th century fills our concert halls, stirs our imaginations, moves us to tears, and fills us with joy. Romantic composers developed highly individual styles to suit their needs, and some even specialized in their mode of expression. For example, Chopin's musical genius was tied to the piano; Verdi's to the dramatic world of opera. We will explore music by several giants of the 19th century: Schubert, Schumann, Chopin, Liszt, Berlioz, Brahms, Mendelssohn, Tchaikovsky, Verdi, and Wagner in a variety of genres including song, piano music, orchestral music, opera, chamber music and choral music as time permits.



*Dr. Michael Roeder has a passion and enthusiasm for both music and teaching. He taught the History of Western Classical Music and Jazz at the University of Alberta for over thirty years. He has been honored with several teaching awards, including a 3M Teaching Fellowship awarded to Canada's best University teachers. He continues to enjoy teaching for ELLA and gives lectures in various libraries in the community.*

## **EL13 The Light We Cannot See: The Art and Science of Medical Imaging**

Instructor: John Mercer

Almost everyone has benefited from medical imaging. It has become a powerful tool in medical diagnosis and in following the progression of disease. We are used to hearing about CAT scans, PET scans and MRI scans but few people understand the scientific bases for these procedures. This course will explore the science of medical imaging and the medical information that we can obtain for each of the techniques. The "science" of medical imaging will explore radioactive decay, X-rays, the response of the body to magnetic fields and radiofrequency radiation and much more, but all done in a user friendly and readily understandable manner. The "art" of medical imaging will explore how the physician uses this information to make medical decisions and personalize patient care.

The course does not require a science background and will be geared for the intellectually curious. The majority of lectures are presented by Dr. Mercer complemented by clinicians and imaging specialists.

*John Mercer is a Professor Emeritus from the University of Alberta with a background in pharmaceutical sciences and medical imaging. He taught courses in the Faculty of Pharmacy and Pharmaceutical Sciences and in Oncology in the Faculty of Medicine and had an active research program at the Cross Cancer Institute.*

## **EL14 The Secret Lives of our Homes**

Instructor: Johanne Yakula

Did you know that the concept of a married couple sleeping together wasn't common until the 20th century? Learn the fascinating history of the rooms in your home and the now-collectible objects they once contained. We will be 'visiting' all the rooms – from the parlour to the outhouse. Participants are invited to bring their own antique items for discussion.

*Johanne Yakula is a graduate of the Alberta College of Art and Design in Calgary, and is a member of the CPPAG. She has been involved with antiques for the past 22 years as owner of “From Times Past”, an antique and home decor store in Edmonton. Johanne's work as an interior decorator specializing in heritage homes and as an antique appraiser fuels her passionate interest in social history.*

## **EL15 The History of Western Fashion**

Instructor: Julia Petrov

This course provides an introduction to the historical development of dress from prehistoric times to the present day. Fashion has developed in relation to wider socio-cultural phenomena, and depends on art, trade, economics, war, and technology; it is the history of society through cloth. Students will learn how to identify clothing styles and periods through art and literature of various periods, as well as through surviving examples from more modern times.

*Dr. Julia Petrov is Curator of Western Canadian History at the Royal Alberta Museum and Adjunct Academic Staff in the Department of Human Ecology at the University of Alberta.*

## **EL16 Globalization and Its Critics**

Instructor: Meenal Shrivastava

This course aims to introduce students to the multi-layered concept of "Globalization", and inspire an appreciation of the ways in which this concept is contested. Globalization is used as a description and a process as well as an ideology. Therefore, the debate over the history, meanings, dimensions, and significance of globalization is complex and varied. Through a series of academic readings, accessible documentaries and interactive exercises, this course intends to engage students to evaluate critically the ways in which these processes pose opportunities and challenges for individuals, societies and the global community.

*Dr. Meenal Shrivastava completed her PhD in the School of International Studies at Jawaharlal Nehru University (JNU), New Delhi, India in 1998. She has taught extensively internationally and is now a professor and academic coordinator in Global studies and Political Economy at Athabasca University.*

## **EL17 Art and Politics**

Instructor: Megan Bertagnolli

Art and politics have long been bedfellows: Picasso's Guernica. "Degenerate" art, the looting of Europe during the Nazi regime; Pop Art during the Cold War; photography and Vietnam; installation art and AIDS; artists as activists. Moving beyond propaganda, gain an understanding of this history as it exists in the 20th century. This course explores the politics that make art, and the integral relationship between art and society.

*Megan Bertagnolli is the former Interpretive Programs Coordinator at the Art Gallery of Alberta and currently holds the position of Development Partnerships Liaison. Megan also teaches Art History at the post-secondary level and is the Vice President of the SNAP Board of Directors. She earned her MA in the History of Art, Design and Visual Culture from the University of Alberta in 2011.*

## **EL18 Explore and Experience a Lifetime of Wellness**

Instructor: Reg Nugent

Learn how to take responsibility for your own wellness intelligently within the context of the Healthy Aging Process. We will explore an evidence based holistic approach to the physical, social, psychological, environmental, and spiritual aspects of lifetime health.

Selected topics include:

- Psychosocial Health
- Stress Management
- Physical Activity for Fitness, Health, and Performance
- Personal Nutrition and Healthy Eating for Weight Management
- Personal Relationships and Communication
- Protection from Infectious Diseases
- Lowering Your Risk of Major Diseases
- Drug/Alcohol Use, Misuse, and Abuse
- Alternative and Complementary Health-Care
- Staying Safe: Preventing Injury, Violence, and Victimization
- Working Toward a Healthy Environment
- The Spirit of Health and Wellness.

Class time will include lecture, video, and discussion. Selected areas will have demonstrations, small group interaction, and breakout sessions. Students will be provided with a notes package before each lecture.

*Reg Nugent is a physical person who was driven to study both Western and Eastern methods of improving and healing the body through personal experience with injuries and pain. He has completed 13 years of University Education and 22 years of Eastern Healing training including an M.A. in Exercise Physiology and a BSc, Dip Acupuncture. He is a Registered Acupuncturist, a Yoga Teacher, and is a Health and Fitness Specialist (American College of Sports Medicine),*

## EL19 Wu Style Tai Chi

Instructor: Ken Chui

The simplified 30-form Wu Style Tai Chi maintains the tradition of Yeung Style Tai Chi. Elegant, graceful, circular movements allow students to relax while building harmony, coordination and balance in the body. Each class during the first two weeks will begin with 10 to 15 minutes of gentle warm-up exercises, and then continue on to teach new forms. The last week will be used to practice all 30 forms. By then, everybody should have a fundamental understanding of Tai Chi and be able to complete the entire routine independently. Students must be able to stand for 30 minutes.

Maximum class size: 30.



*Ken Chui is a certified instructor for Tai Chi and Qigong who has, taught for 10 years in Hong Kong before moving to Canada. Ken is also a registered and certified massage therapist in Hong Kong and Alberta. He believes proper posture leads to good health.*



## Mid-Morning Classes – 10:25 to 11:30 a.m.

### EL20 Global Health 2017

Instructor: Anne Fanning

Global Health is defined as health of the poor wherever they reside. The highest burden of disease is in low income countries where health care resources are limited. The factors which contribute to disparity are complex: economics, history, geography, and the presence or absence of peace.

Attempts by international organizations, aid agencies, and affected countries to address the

disparity have been disappointing. We will address the current status of health globally, regional variation, and health delivery systems in high and low income countries. We will examine factors of climate, food security, trade and international aid impact. The second week will deal with current challenges in infectious diseases, non-communicable diseases, childhood and maternal burden and mental health.

The third section will examine how to reach the Sustainable Development Goals by 2030: Economic Challenges, Human Rights, Ethics and Social Justice.

*Dr. Anne Fanning is a professor emeritus University of Alberta Faculty of Medicine and Dentistry. She has taught global health for 15 years. She has gathered a group of experts to address issues of disease burden, causes of health inequities, infectious, non-infectious, maternal, child and mental health and the impact of efforts to improve health for all.*



### EL21 A Window Into a Culture: Introductory Cree

Instructor: Dorothy Thunder

Learning the basics of an indigenous language is surely one of the most genuine ways to take a step towards reconciliation between Canadian indigenous and non-indigenous peoples. We will learn terms and verbs for everyday greetings and conversation, along with the notions of kinship and initial questions about life style. It will all be organized around Cree, the dominant indigenous language in the central and Northern regions of prairie Canada. This will be a general introduction to Plains Cree as spoken and written in Alberta and Saskatchewan. Grammar and vocabulary will be taught, along with practice in speaking and writing. Students will be able to comprehend simple sentences by the end of the course. No prior knowledge of Cree is required.

*Dorothy Thunder is from Little Pine First Nation, Saskatchewan and is an instructor at the Faculty of Native Studies at the University of Alberta. She completed her BA in Native Studies in June 2002 and MSc in Linguistics in December 2015. She co-authored the book, Beginning of Print Culture in Athabasca Country, in June 2011. In March 2011 she received the Graduate Studies Teaching Award for excellence in the performance of teaching.*

## EL22 Alberta Archaeology: An Overview

Instructor: Peter Kirchmeir

The course will highlight the history of Alberta archeological discoveries from the last Ice Age to the present with an emphasis on an overview of Prehistoric sites in Alberta from 1962 to today, from Walley's Beach to Bodo. Archeological concerns and theories that have changed over time from collecting of artifacts as a hobby to archeological assemblies to cultural management will be discussed during this course. Guest speakers will include Heritage and Culture personnel and others. The course will include hands-on experience identifying lithics and ceramics in the lab.

*Peter Kirchmeir has been an avocational archaeologist for 25 years prior to completing his MA in Anthropology [Archaeology]. His professional work has covered Plains, Historical, Boreal Forest and Mountain archaeology.*

## EL23 Math for Non-Mathematicians

Instructor: Len Bonifacio

This is a user-friendly refresher/introduction to the three Math topics selected by last year's Spring Session math students.

1. Trigonometry – triangle ratios and functions, with applications from determining heights of mountains to defining equations for all forms of waves.
2. Probability and Statistics – have gained new respect in the information age, laws of chance, permutations and combinations, normal and binomial distributions, applications from lottery tickets to global climate change.
3. Introduction to Calculus – the most applicable branch of math: the study of how things change in our world, development of the derivative with applications like the optimal size of a pop can, development of the integral with application to area under a curve and the volume of storage in an airplane wing.



Students require only a basic understanding of math to enjoy this course. A scientific calculator is not essential but is recommended for several of the lectures.

*Len has been a junior/senior high school math educator for 39 years. He has been a secondary math consultant for ECSD and an Alberta Education Grade 12 math examiner. Len was twice a finalist for an Alberta Excellence Teaching Award and was the 2000 MCATA Math Educator of the Year. Len is a contributing author to current textbooks used in western Canada. He is excited to be back for a third year.*

## **EL24 Islam: Religion and Culture**

Instructor: Hassan Masoud

This course is going to introduce Islam, both as a religion and as a culture, from scratch, without presupposing any background in religious studies. In the 15 sessions, the basic notions and fundamental principles of Islam are introduced and the historical and social context in which Islam emerged are analyzed, then the contemporary cultural, socio-political issues, both inside Muslim countries and within the international framework, are investigated. The attempt will be to provide the audience with the terminology, conceptual framework, Islamic and Western resources, and enough information to enable them to understand and have their own analysis and judgment concerning the debatable and challenging issues regarding Islam and Muslims which are significant nowadays.

*Dr. Hassan Masoud received his PhD in Philosophy from the University of Alberta in 2015 with a focus on logic and theory of knowledge, and now is teaching as a contract instructor at the University of Alberta. He also has a background in Arabic language and Islamic Studies, and taught Quranic Studies at the University of Alberta in Winter 2016.*

## **EL25 Money, Politics, Financial Crises and Financial Literacy**

Instructor: Robert Ascah

This course will examine several financial crises which have taken place over the past one hundred years. Financial crises reveal weaknesses and contradictions of financial, economic and political systems.

By exploring financial crises, this course provides a window into the financial, economic, and political structures of western democracies. Week 1 will explore the history of money, public and private debts, banking and the origins of modern finance capital. Week 2 will investigate periodic financial crises caused by the banking system, accumulation of public debt, and modern financial engineering. Case studies include the 1907 financial panic; 1929 Great Crash; Alberta's default in 1936; and the 2007-2009 financial crisis. Week 3 will focus on financial literacy which involves understanding basic accounting concepts. The instructor will encourage students to share their own views and experience in relation to money, banking, investments, and pensions.

*Dr. Robert Ascah holds degrees in Commerce and Public Administration from Carleton University and a PhD from the University of Alberta. He served in Alberta's public sector for 29 years, including ATB Financial and Institute for Public Economics. Ascah's dissertation Politics and Public Debt was published in 1999. He has launched [Albertarecessionwatch.com](http://Albertarecessionwatch.com), a website exploring Alberta's unfolding recession.*



## EL26 China: A Primer on a Global Power

Instructor: Gordon Houlden

When Canada recognized the People's Republic of China around 46 years ago, it had the largest number of absolute poor with minimal connection to the global community. Today China holds the 2nd largest economy on earth and is active on every continent. The course will focus on the post-1978 reform movement led by Chinese leader Deng Xiaoping propelling China to the forefront of economic growth in Asia. Individual classes will examine China's foreign policies, the People's Liberation Army, China's space program, human rights practices, and China's wave of foreign direct investment in Africa, Latin America, Asia and North America. The course will focus on Canada-China relations, including the prospect for a Canada-China Free Trade Agreement, trade and investment and the challenges and opportunities of the changing political relationship with Canada. Participants will gain a foundation of understanding of China that will help put context to media coverage of China in Canada.



*Professor Gordon Houlden is Director of the China Institute (CIUA) and Professor of Political Science at the University of Alberta. While in the Canadian Foreign Service he spent 22 years working on Chinese affairs for the Government of Canada. Under Prof. Houlden's leadership the CIUA focuses on contemporary China studies with an emphasis on Canada's trade, investment and energy linkages with the PRC.*

## EL27 The Man Booker Prize

Instructor: Jared McGeough

This course explores the history of one of the most prestigious literary awards in the world: the Man Booker Prize. The course will focus on some of the highlights of the Prize's near fifty year history, such as Salman Rushdie's *Midnight's Children*, Michael Ondaatje's *The English Patient*, Margaret Atwood's *The Blind Assassin*, and Yann Martel's *Life of Pi*, and 2016 winner Paul Beatty's *The Sellout*, to name just a few. We will not only discuss works that have won the Booker, but also the many controversies surrounding the award over the years. The course will also touch upon a number of broader debates, such as how literary prizes shape our culture's tastes, the criteria that go into judging literary "quality," and the always contentious relationship between the work of art, popularity, and commercial interests. Pre-reading is not required but a suggested reading list can be provided by the ELLA office on request.

*Dr. Jared McGeough received his PhD from the University of Western Ontario in 2011. He has previously taught 18th and 19th century literature at the University of Regina, Concordia (Montreal), and for ELLA in 2016. His research has appeared in several prominent academic journals. Recently, he has also served as a guest and co-editor for online journals Literature Compass and Romantic Circles.*

## EL28 Mindfulness Meditation

Instructor Don MacDonald

Most spiritual traditions include meditation practices to varying degrees. Buddhist Mindfulness Meditation is the focus of this course. The course format consists of lectures coupled with hands-on practice of various meditation exercises, followed by group discussion and reflective writing. Lecture topics include: meditative practices from various eastern and western religious traditions, Buddhist spiritual teachings and meditations, as well as recent scientific and



neuroscience findings related to meditation. More recently, Mindfulness Meditation is finding broad non-religious secular appeal in the west in education, psychology, senior care, and corporate wellness – all of these aspects are explored in this introductory course.

*Don Macdonald has a BSc (geology/religious studies) and a MSc degree, both from the University of Alberta. Don has been a practicing Buddhist for nearly 40 years and in 1995 he was ordained as a layperson Buddhist minister in the Japanese Jodo Shinshu tradition. Don has taught this course and others with ELLA before. Don currently lives in Sidney, B.C.*

## EL29 Métis of the Canadian Northwest

Instructor: Patricia McCormack

80% of Métis in Alberta live in the northern part of the province although Métis people have a history throughout the entire province and the wider Northwest. They developed as part of the fur trade and then faced different paths and ways of life in the plains, the parkland, and the north. The course will look at these differences and consider the roles of the so-called “Northwest Rebellion” (aka Riel’s War), the Alberta Half-Breed Commission of the 1930s, Alberta Metis political associations, and recent court rulings. This story is a fine tribute to Metis resilience.

*Dr. Pat McCormack is an anthropologist and ethno-historian, now retired from the Faculty of Native Studies. Her research has focused on Aboriginal peoples of Alberta.*

## All Morning Art Classes – 9:00 to 11:35 a.m.

### EL30 Drawing and Watercolour for Intermediates (not suitable for beginners)

Instructor: Frances Alty-Arscott

To be a successful painter, an artist needs to have a plan before beginning to paint. The first half of the workshop is designed for painters who would like a refresher course in drawing. This course emphasizes the basic skills methods and techniques involved in both drawing and planning a painting. The second half of the course will focus on using these sketches to complete finished paintings. Students will focus on the combination of these two key areas. The classes will involve lots of demonstration and discussion and will provide ample opportunity to create sketches for future paintings. **A good understanding of the watercolour medium is required for this course.**

Maximum Class size: 20

*Frances Alty-Arscott, BFA, is a well-known Alberta artist who resides in Edmonton. Her work can be found in many private and public collections in Canada and in the United States. Frances is represented in several galleries in Alberta. More of Frances' art can be seen on her web page at: [www.altyardscott.net](http://www.altyardscott.net)*

### EL31 Carving a Wood Spirit in Bark

Instructor: Laurie Wilson-Larson

Students will learn the skills necessary to create a Wood Spirit in cottonwood bark. Wood Spirits are realistic human faces that appear out of the bark as if they are an expression of the spirit of the tree from which the bark grew. Students will learn about different types of wood carving, how to use and care for their tools and learn basic cuts as they progress toward the creation of a Wood Spirit. As students create their piece they will learn to lay out the features of the face, how to carve facial features and how to finish their piece to create a lasting work of art. Maximum class size: 20

*Laurie Wilson-Larson is an award winning wood carver who has specialized in carving human faces. At Lee Valley Tools she has instructed individuals of all skill levels to carve Wood Spirits, facial features, caricatures, and how to carve faces in a golf ball. As a recreation therapist and as a member of the Northern Alberta Wood Carving Association she teaches carving to adults of all ages and abilities.*



## EL32 Biology, Chemistry, Physics and Acrylic Painting

Instructors: Rick Rogers and Samantha Williams-Chapelsky

In this course, you will first experiment with scientific principles and acrylic media; then you will apply what you have learned in the context of creating art. Classes will alternate day by day between experimentation and creation. The class will also alternate between instructors. Rick will lead you to experiment with acrylic paint. Expect to explore the biology behind our perception of colour and depth, and the physical and chemical properties of acrylic media. Samantha will guide you through projects that are designed to apply the discovered principles within the context of your own artistic vision. Create a faux encaustic painting, a convincing illusion of physical depth, and more. Students will be expected to bring their own mark making tools (see art supply list on-line). Other supplies will be provided in class subject to a \$40 supply fee. Supports will be covered by the supply cost, and acrylic paint and media will be provided, much of it courtesy of Golden Artist Acrylics. Maximum class size: 20

*Samantha Williams-Chapelsky is currently a visual art instructor who teaches painting and sculpting methods in all media. Numerous galleries and more than 55 exhibitions have featured her vibrant collections.*

*Rick Rogers's experience includes ownership of a commercial gallery, artistic experience in a wide variety of media, and workshop instruction. His work has been published by F+W in Acrylicworks 3: Celebrating Texture.*



## Early Afternoon Classes – 1:15 to 2:25 p.m.

### **EL40 The Art We Love to Hate: Scandals, Scoundrels and Travesties of Art Through History**

Instructor: Hoyne Santa-Balazs

In the blunt words of Julian Barnes, “Do not imagine that Art is something which is designed to give gentle uplift and self-confidence. Art is not a brassiere.” These words capture the essence of why the best art is often outrageous and the most effective because it evokes visceral responses. The course will examine some of history’s most contentious works, art controversies, and notorious scandals. It will cover the cultural and historical reasons that help us understand the inflamed responses certain types of art provoke by highlighting cases with the most outrageous personalities, iconoclasts, prima-donnas and trouble-makers that throng the pages of art history. This course is an image-based illustrated lecture series with some time allotted for discussion, if it is so desired by the participants.

*Hoyne Santa-Balazs teaches art history at the University of Alberta and at MacEwan University. She has taught a wide range of courses ranging from prehistory to the present. She has a BFA in Art and Design, and a Master’s degree in Art History. Her graduate work explored cultural property, war losses, illicit trade, and the way geopolitical events impact national and private art collections.*

### **EL41 Nature's Tipping Points: What Are They and How Will They Affect Us and Our Planet?**

Instructor: Margaret-Ann Armour

The phrase "environmental tipping point" is appearing in both the popular and scientific literature. In the autumn of 2015 there were articles in highly respected scientific journals identifying changes on our planet.

Among these are melting of sea ice and changes to ocean circulation patterns, abrupt shifts in vegetation, marine productivity, and the Amazon forest. In this course, we will look at what we know of the causes of these tipping points, and what effect they may be having or will have.

Are they indeed critical thresholds affecting the future of the system, or can nature mitigate their effects? We will examine each of the tipping points in turn using the latest information available. Specific topics will include melting of the Arctic, Greenland and Antarctic ice sheets, the warming of the oceans, El Nino becoming a permanent climate feature, dying back of the Amazon rain forest, reduction by 50% of the Boreal forests, greening of the Sahara, and chaotic Indian monsoons.



*Dr. Margaret-Ann Armour was educated at Edinburgh University (BSc, MSc), and the University of Alberta (PhD), where she joined the Chemistry Department in 1979 and since 2005 has been Associate Dean of Science, Diversity. Her research is management of hazardous chemical waste. She has encouraged women into the sciences and engineering and has received a number of awards including the Order of Canada.*

## **EL42 Comparative Religion**

Instructor: Clair Woodbury

As instant communications bring all areas of the world closer together, differences in religious perspective have become daily news. We have neighbours who are Muslim, Hindu, Buddhist and Sikh, as well as Chinese, Japanese and Jewish. We are already every flavour of Protestant, Roman Catholic and Orthodox Christianity. In this course we share something of the background of each of these faiths and then explore two questions. What are the gifts that each of these religious perspectives bring to humanity? What challenges do each of these face as the world becomes more integrated economically and culturally? We will be inviting a number of guests to share their faith and their perspective on these questions including representatives of Islam, Roman Catholicism, Judaism, Buddhism, traditional native beliefs, etc. The purpose is to appreciate the spiritual richness these perspectives bring to us individually and to our culture. There will be opportunities at each session for discussion and sharing.

*Dr. Clair Woodbury is a graduate engineer with a PhD in theology. An ordained minister in the United Church, experience as a church consultant has given him an appreciation of a broad range of spiritual perspectives. He currently teaches church history at St. Stephen's College and is the author or co-author of a number of books on religion and spirituality.*

## **EL43 A Brief History of Choral Music: Learn, Listen, and Sing**

Instructor: Evelyn Grieger

The history of choral music is long and vast, spanning over 1000 years, and encompassing the globe. In our time together, we will briefly explore the styles of the overarching historical periods of Western choral traditions (Medieval, Renaissance, Baroque, Classical, and Romantic periods); we will also continue in the Western tradition through the 20th and 21st Centuries, but additionally, consider the more global appeal that has become of great interest to our choral communities today. Participants will hear about various composers from across the ages, and listen to some of their familiar compositions, as well as be introduced to some lesser well-known works. Taking time to sing some of this music will be important for the participants to experience it firsthand. The course will follow a schedule of approximately 2 days per historical period, so it will be a quick tour, but one that will broaden the students' understanding and knowledge of this great body of music.

*Dr. Evelyn Grieger is a local choral musician. Her vast conducting experience includes post-secondary choirs, as well as a number of community and church choirs. Evelyn teaches undergraduate conducting at The King's University, is the Minister of Music at First Baptist Church, Edmonton. She also adjudicates, presents choral workshops and guest conducts in and around Edmonton.*

## EL44 Sustainable Alternative Energy

Instructor: Don MacDonald

It is clear that the world's energy system must move away from fossil fuels in coming decades or our children and grandchildren will face dire environmental and climate change impacts. How can this be accomplished in a short time frame, given that the fossil fuel system was built over the past 100 years? This course examines sustainable alternative energy development from an interdisciplinary approach. Topics include: the broad global, scientific, and socio-economic context of energy development as part of a complex human system; specific clean energy technologies and energy efficiency measures that are shaping the future; and challenges/opportunities to shift away from fossil fuels towards a more sustainable, low-carbon energy future. If you have a basic understanding of high school science and want to learn more about this important issue and help your family and community move away from fossil fuels, this course is for you.

*Don MacDonald has a BSc and MSc from the University of Alberta in earth sciences with a minor in religious studies. He has worked as a research geoscientist, an R&D manager, an environmental/climate change and energy policy advisor, and an educator at MacEwan University and the University of Alberta. As a practicing Buddhist for over 40 years, Don also teaches mindfulness meditation.*

## EL45 A History of Organized Crime in North America

Instructor: Greg Eklics

This course will examine and review the history of organized crime in North America. We will look at definitions, activities, geographic distributions, and societal reactions to organized crime using historic and contemporary examples. The Italian-American Mafia is the most well-known, usually due to its frequent representation in popular culture. But we will also discuss organized crime in Mexico and Canada, highlighting the similarities and differences as we chart their own histories to the present. With the aid of popular, social and news media, along with activities and class discussions, we will engage academic literature to deepen our understanding of organized crime, its many forms and its impact on communities and individuals.

*Greg Eklics is currently the advisor for the BA Criminology Program at the University of Alberta. He has a Master's degree in Sociology from the University of Windsor. His research areas include the sociology of punishment, remand and prisons.*

## ~~EL46 History of Science from The Scientific Revolution to the Present~~

Instructor: Grant Grams

This course examines the progress of science throughout the western world. We will examine the evolution of chemistry; the role of the scientific academies; the emergence of genetics and heredity; the crisis between science and religion; the discipline; medicine; biology and race; science and women.

**CANCELLED**

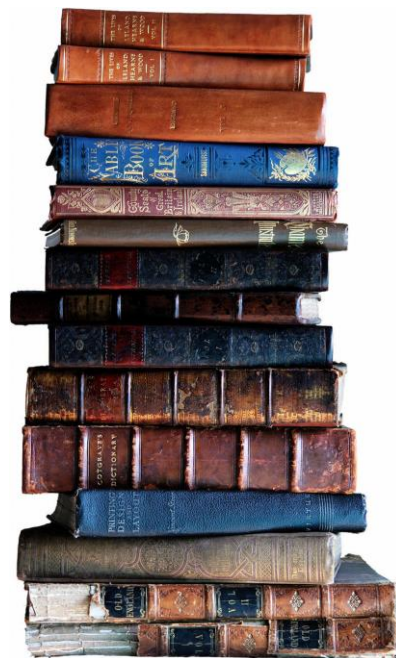
*Dr. Grant W. Grams has degrees from the University of Saskatchewan (BA 1989), Albert Ludwigs University, Freiburg, Germany (M. 1995), and Phillips University, Marburg, Germany (PhD 2000). Dr. Grams is currently on-line History Tutor at Athabasca University, Athabasca. He is also currently serving as Tutor Representative on the Board of Governors of Athabasca University.*

## EL47 Speaking Volumes: A Course for Book Lovers

Instructor: Laurie Greenwood

Explore the vast world of literature from the very first "book" to the popular graphic novels of today. Long-time Edmonton bookseller and reviewer Laurie Greenwood will share her passion for reading from the history of books to specific genres including classics, mysteries, speculative fiction, "faction", children's books, classics, award winners, etc. A new theme for each class will include an exciting power point presentation and a reading list of the books discussed and recommended. Laurie believes the love of books is fuelled by sharing them so don't be shy to join the conversation.

*Laurie Greenwood was born and raised in Edmonton and obtained her BA from the University of Alberta in 1978. She was co-owner of Greenwoods' Bookshoppe on Whyte Avenue for 20 years and then had her own store, Volume II, in the west end until 2008. Laurie has been a book columnist on CBC Radio for 30 years. She has volunteered for many literary boards and sat on the University of Alberta Senate for 6 years.*



## EL48 The Blank Page: Writing Adrift/Writing A Draft

Instructor: Eunice Scarfe

*The page waits, pretending to be blank. Margaret Atwood*

This class will lead you into the labyrinth of your own creativity through daily invitations to write a page of something new - in subject matter, style or structure. Innovative excerpts from published writers will provide both the teaching and the catalyst for each day's round of writing. In creative work, you first dive in. You write for yourself. However, if you want an audience, you then must study the strategies writers use in order to create the desired effect on a reader. Through our daily practice, you'll increase your confidence and competence in the act and art of writing. You'll design a draft for the text you've always wanted to write. This class is for generating new writing and for learning new skills; it's for both new and experienced writers; and it's for those who want to publish as well as for those who just want to experience a daily writing practice - for the health of it perhaps.

*Eunice Scarfe teaches her distinctive Blank Page writing workshops through Saga Seminars, across North America. In 1993, she proposed and taught for the first (of 20) Women's Summer Writing Weeks at the University of Alberta's Faculty of Extension. Her writing has been funded by Canada Council and Alberta Foundation for the Arts, and she is a past winner of the UBC Prism Prize for Short Fiction. She looks forward to meeting the writers of ELLA!*



## **EL49 Progressive Core Stability**

*Instructor: Barb Turner*

Are you suffering from back pain, fibromyalgia, arthritis, hip and knee replacements? Core strength improves balance and the ability to address chronic conditions and increases the ability to do the things you love. In this class you will learn the science behind core strength and how to apply it to your everyday activities. You will be shown how to individually track your improvement. Progressive exercises will include those for spinal stabilization, core strength, hip and knee function, balance and postural correction and more.



People that take this class must be able to get on and off the floor repeatedly in a class. There will be a short education session at the beginning of the class to create an understanding of the exercises covered that day in class.

*Barb Turner is certified with Canadian Society of Exercise Physiology and has 25+ years' experience including Alberta Fitness Leadership Certification with older adults, portable equipment, and group exercise. She has a University of Alberta degree and has worked in Injury Assessment, Injury Rehab and Exercise Prescription working for Alberta Health Services as a kinesiologist, and as a contractor with CLSA and University of Alberta for exercise instruction, Core stabilization specialist, PWR, and Obesity Management.*

## **EL4E Line Dancing!**

*Instructor: Dwayne Tulik*

Dancing strengthens muscles, improves balance and flexibility while remembering steps aids memory. So come and join us having fun kicking up your heels to lively music, while toning your muscles, stimulating your brain and strengthening your heart. In this class we will learn the basic steps to a variety of popular traditional and new line dances. Street shoes are not permitted in the gym. Bring clean indoor athletic shoes or dance shoes.

*Dwayne Tulik, Professional Dance Instructor, has been teaching and judging dance since 1982 throughout Alberta. He has been working with the City of Edmonton and various seniors' centers over the years teaching Country Western Dance. Dwayne's teaching skill and enthusiasm for dancing will have participants moving confidently across the dance floor in no time.*

## Mid-Afternoon Classes – 2:40 to 3:50 p.m.

### **EL50 Basic Digital Photography**

Instructor: Chris Stambaugh

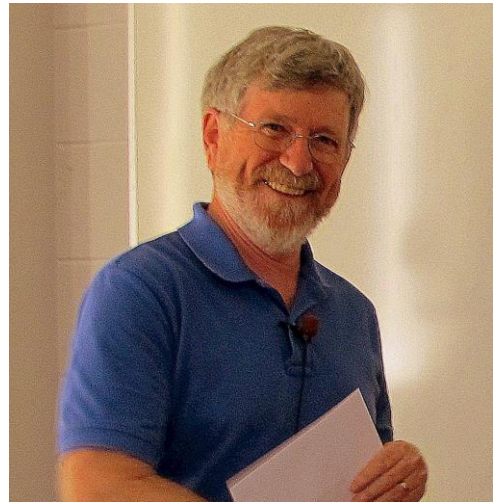
This course is aimed at novice or intermediate photography enthusiasts with DSLR, Mirrorless or advanced compact cameras. Students will gain a strong foundation in composition (Art Theory for Photographers) and an excellent understanding of how their camera works and how to get the most out of the features in their camera. The compositional elements of Color, Space, Line, and Tone are explored for artistic benefits. Students will also learn the technical aspects of proper exposure, white balance and much more.

*Chris Stambaugh has been a professional photographer since graduating from the NAIT photo program in 1989. He is a past president of the Professional Photographers of Canada and has earned the designation "Master Of Photographic Arts". He has lectured across Canada to many professional photo groups and currently teaches photography with NAIT, Edmonton Public Schools (METRO), and the Burwell School of Photography.*

### **EL51 Engineering Through History: An Appreciation**

Instructor: Robert Rose

For thousands of years, engineers have applied their knowledge of science and mathematics to benefit civilization. This course will provide non-technical students with a general understanding of the role of engineers in our world. From ancient eras to today, the course will follow the historical development of technology and its benefits to society. Specific engineers in history and their achievements will be discussed. The course will give a whirligig tour of the types of engineers (civil, mechanical, electrical, chemical, etc.), and their contributions. 21st century achievements such as biomedical, computer, and materials engineering will also be covered. When appropriate, specific Edmonton engineering accomplishments will be discussed. Topics such as Edmonton's first bridges, railways, street cars, telephones, water, and power systems will be revealed. This course is up-to-date with new information from the instructor's recent visits to historical sites and museums in Europe.



*Bob Rose is an electrical engineer and graduate of the University of Alberta. He worked 35 years in Alberta's electric power industry. In the last 15 years he gave over 200 volunteer science presentations in Edmonton schools. He has also been a speaker at over a dozen Alberta science teacher conferences. In 2009 he was awarded a fellowship by Engineers Canada for his lifetime contribution to the profession.*

## EL52 Space 101: An Introduction to Space

Instructor: Shawna Pandya

Space 101 introduces all things space through a fun, non-technical set of lectures covering everything from a brief history of spaceflight, to space exploration today, to future-looking concepts including terraformation and interstellar travel. The course will cover key space technologies and concepts such as life on the International Space Station, telecommunications, transportation, manned and unmanned exploration, space policy and law, space medicine and life sciences and planetary science. Additionally, the course will spend some time covering ‘big ideas’ such as Mars exploration, SETI: The Search for Extraterrestrial Life, interstellar travel and Project Breakthrough Starshot, space and citizen science, and black holes. Lectures will be delivered by the course coordinator and guest lecturers, both in-person and on Skype. The course content will be delivered at an early undergraduate science level in a way that is both entertaining and informative.

*Dr. Shawna Pandya is a physician and citizen-scientist astronaut with Projects PoSSUM (Polar Suborbital Science of the Upper Mesosphere) and PHEnOM (Physiology, Health and Environmental Observations in Microgravity), and aquanaut/prime crew with Project Poseidon. She holds a Masters in Space Studies from the International Space University and has interned at NASA and the European Astronaut Center.*

## EL53 Nutrition for Optimum Health

Instructor: Laurie Drozdowski

This course will explore the role of nutrition in health and wellness, as well as in the prevention of chronic disease. Other topics that will be covered include obesity, weight bias and the role that our environment plays when it comes to healthy eating. Registered dietitians will provide credible information and be available to answer questions related to current topics in the media including gluten-free diets, vegetarian diets, and low-carbohydrate diets.

*Laurie Drozdowski’s background is in nutrition research. She has an MSc in Nutrition and Metabolism and a PhD in Experimental Medicine (Gastroenterology). While she has identified herself as the instructor, guest lecturers, all with expertise in nutrition, will speak throughout the course. Each speaker will be either be a Registered Dietitian or have at least a Master’s degree in the field.*



**EL54 – Aging in the Queer Community: Unique Challenges and Creative Strategies**

Instructor: Michelle Lavoie

The goals of this course are to create a conversational space to begin to understand the unique set of issues that affect elders in Edmonton’s Queer Community, and to facilitate dialogue to generate ideas and strategies to support elders in the community. These goals will be accomplished through discussion and a series of guest lectures that will illuminate and contribute to the understanding of issues that face seniors, including benefits or discrimination in housing and long-term care, and an understanding of the importance of the rights of all seniors, and (2) examine the responsibility of the community to support the rights of all seniors.

**CANCELLED DUE TO INSUFFICIENT ENROLMENT**

*Michelle Lavoie is currently a Ph.D. student in Educational Policy Studies, Faculty of Education at the University of Alberta. She has been a post-secondary instructor and Queer Community advocate and builder for over twenty years. In her doctoral research, Michelle is exploring how inter-generational dialogue may build community and provide social support for queer youth.*

**EL55 – Perspectives on Truth and Reconciliation**

Instructor: Tara Kappo

In December 2015 the Truth and Reconciliation Commission of Canada (TRC) released its final report, marking an end to a five year mandate "to inform all Canadians about what happened in Indian Residential Schools (IRS)". The report included 94 Calls to Action signalling ongoing work is needed to address the legacy of the IRS and the work of the Commission and the Final Report. This course will contribute to an understanding of the evolution of Canada on perspectives on truth and reconciliation; an historical survey of contextualizing issues and movements (such as the Idle No More) that are critical to understanding and Indigenous peoples.

**CANCELLED**

*Tara Kappo is a nihiyaw’skwe from the Sturgeon Lake Cree Nation, Treaty 8 Territory (northwestern Alberta). She holds a BA in Native Studies and Certificate in Aboriginal Governance and Partnerships from the University of Alberta and is currently a MA (Native Studies) candidate anticipating convocation in 2017.*

## **EL56 Native Plants of Alberta**

Instructors: Elisabeth Beaubien with Carole Dodd

Do you enjoy wildflowers? Used for millennia to help mankind, wildflowers provide food and medicine, can tell us the best time to plant seeds and when to expect spring allergies! Our 'native' plants grew in Alberta long before the settlers arrived from Europe. Edmonton native plants are tough, adapted to a climate that most resembles the plains of Siberia. Join us for entertaining talks by plant experts on different types of plants and plant habitats including the boreal forest and mountains. This course provides an introduction to the plants in Alberta's flora, and the ways in which we track them from a scientific perspective. The course will include a visit to the University of Alberta plant collection in the Bio Sciences building and tips on volunteer opportunities in the plant world. Lectures will be given by Dr. Beaubien, Carole Dodd and exciting guest lecturers.

*Elisabeth Beaubien studied biology in Ottawa and then worked as a naturalist and environmental educator for various national parks. She did her MSc and PhD in plant phenology at the University of Alberta. Since 1987 she has coordinated Alberta PlantWatch, encouraging citizens to report on blooming and leafing times for native plants. For fun she likes to hike, botanize, and paddle.*

## **EL57 The Evolution of Artificial Intelligence**

Instructor: Andy Gunn

Humanity constantly searches for ways to provide more leisure time and generate wealth. This often occurs by taking routine tasks and processes and automating them. The resulting programmed and ultimately self-directed equipment and services, or Artificial Intelligence, will be investigated. The course will span from early devices to track astronomical events to robots. As with many new discoveries and technologies, people find a variety of ways to fit them into their lives. Focus will include health, communications, engineering, computing and the internet of things. We will consider the future of Artificial Intelligence, related issues and possibilities, and the likelihood of Artificial Intelligence achieving sentience.

*Andy Gunn, MPA (UVIC), PMP, has over 25 years of consulting experience in the area of information management and technology. The themes to his work life revolved around educational programming and developing new public services. Andy retired just over a year ago and teaches about Information Technology for NAIT and Local Government for the University of Alberta.*

## EL58 Call and Response: Rock and Roll's First Dozen Years

Instructor: D.T. Baker

In between "Rock Around the Clock" in 1955 and Sgt. Pepper in 1967, a new hybrid form took African American R&B and "hillbilly" music to create a genre that re-shaped culture in the modern world. This course explores the roots of how it happened and how it reflects everything from race relations to giving a voice to everyone and anyone. Timing was everything as the widespread availability of radio and the creation of the electric guitar brought rock and roll to everyone, across the ocean and back again, and saw a fledgling genre split into subgroups – all of which reflected the society in which it flourished.

*D.T. Baker is a leading musicologist and music historian. With nearly 40 years in the music business, Mr. Baker has worked in nearly every genre of music, and is currently program annotator and music information specialist for the Edmonton Symphony Orchestra and Winspear Centre. He has also been a radio broadcaster and writer, and was classical music writer for the Edmonton Journal from 1993-2002.*

## EL59 Gentle Yoga for Strength Relaxation and Health

Instructor: Anita Sielecki

The intention of this course is to offer a time to calm down, reconnect with the body and restore your energy. It is not necessary to have a flexible body in order to participate. The class should be suitable and beneficial to participants new to yoga and to more experienced practitioners willing to slow down and experiment with a more meditative approach.

The tools to be explored are:

- Simple breathing exercises to bring awareness, calm the mind and temporarily slow down the thinking process.
- Introductory yoga movements to free the joints, gently stretch the muscles, help develop more strength, balance and flexibility while facilitating the relaxation of the physical body.



The pace will be progressive and the participants will be encouraged to move within their capacity, noticing and respecting how the body feels in each moment. A few minutes of guided relaxation will close each session to give the mind an opportunity to settle down and refresh.

*Anita has practiced yoga since 1974 and Biochemistry research at the U of A since 1976. Certified as a yoga instructor in 1990, she taught for Campus Recreation since 1993. In 1996 she left her career in science, dedicating her time to the teaching of yoga, presiding over The Yoga Association of Alberta for 10 continuous years and organizing numerous yoga/meditation retreats throughout the province.*

## All Afternoon Art Classes – 1:15 to 3:50 p.m.

### **EL60 A Fresh Start With Watercolours (Beginner friendly)**

Instructor: Frank Haddock

Want to try an environmentally friendly paint? Try watercolours! Enjoy expert guidance and individual attention as you explore this exciting medium. Find out how to select paper, paints and brushes to create your paintings. See wonderful demonstrations that will help you learn the many techniques that artists use in their amazing paintings. Learn how to mix a wide range of colours from a limited palette and how to use innovative techniques such as wet-in-wet and drybrush to paint all sorts of images you never imagined you could paint. Your instructor will guide you through many projects step-by-step instructions as well as wonderful demonstrations. All this and more in what could be the best painting course you've ever experienced. Absolutely no experience in drawing or painting is necessary as the demonstrations and step-by-step instruction will make this a great introduction to painting with watercolours.

Maximum Class Size: 20

*Frank Haddock received a BFA at the University of Alberta. He has taught at Red Deer College, Grant MacEwan University and other cultural centres in Alberta. Frank exhibits art in Vancouver, Calgary and Edmonton. His work has been in Galleries West Magazine, Edmonton Women's Magazine, and Watercolor Artist Magazine.*

### **EL61 Beginners Sketching (Beginners only, please)**

Instructor: Susanne Lamoureux

Sketching is a process of discovery and appreciation that allows you to be present in the moment. While sketching you become sensitive to your surroundings and connect to this world in a new way. In this course, Susanne with her guidance and step by step approach, you will learn how to sketch and shade with permanent and water soluble ink, embellish your sketches with



watercolour, and be introduced to page layout and design and much more. By the end of this course you will have the confidence to sketch from life and photos and walk away with the knowledge on how to turn a blank boring page into a work of art created by your own hand.

Maximum class size: 20

*Susanne Lamoureux has a BA and BEd and has been nominated for an Excellence in Teaching Award. Over the past 10 years she has focused on art and has studied locally and in the US. She is a recipient of the Staedtler, Canada's National Drawing Contest. Most recently, one of Susanne's drawings was included in the 2014 publication Art Journey Portraits and Figures: The Best Contemporary Drawing in Graphite, Pastel or Colored Pencil. She is currently teaching at the Artra Art School.*

# Spring Session 2017 Activities

## Board Chair's Greetings and Concert

Monday May 1 at Noon in the Auditorium (Education N2-115)

Joyce Madsen, Chair of the ELLA Board of Directors will welcome Spring Session participants. Joyce's remarks will be followed by a musical presentation by the Strathcona String Quartet.

## Interest Circle "How To" Information Sessions

Tuesday, May 2 at 4 p.m. Location to be posted at the ELLA Information Table.

Tuesday, May 9 at 12:00 noon. Location to be posted at the ELLA Information Table.

Page 30 describes Interest Circles. Anyone wishing to start an Interest Circle can post the description, meeting time and location on the bulletin board at the ELLA Information Table.

## Board Information Session

Thursday, May 5, 4:00 p.m. (location TBD).

An information and Q and A session for those interested in serving on ELLA's Board of Directors.

## Volunteer Appreciation Luncheon

Tuesday, May 9, 11:45 a.m., 4<sup>th</sup> floor Student Lounge in Education North.

To thank members who volunteered for ELLA in the past year, volunteers will receive a free luncheon ticket when they check-in at the ELLA information table. The lunch is limited to ELLA volunteers.

## All-Candidates Forum

Thursday, May 12 (time and location TBD).

Meet the candidates for the ELLA Board of Directors.

## Annual General Meeting (AGM) and Introduction of New Board Volunteers

Thursday, May 18 at Noon in the Auditorium (Education N2-115)

This is your opportunity to find out about and participate in, the running of ELLA. Hear about our past year's achievements, meet the current Board and vote for new Board members.

## Wind-up Reception

Thursday, May 18 at 4:30 p.m. at the Faculty Club

Mix and mingle with instructors and fellow students at a stand-up reception with a cash bar. The \$25 ticket (available at the information table) includes hors d'oeuvres such as bruschetta, smoked salmon wraps, chicken satay, roast beef sliders, and fancy tea sandwiches.

## ELLA Student Art Show

Friday, May 19 during the noon hour in the 4<sup>th</sup> Floor Student Lounge in Education North.

Peruse the wonderful artwork produced during Spring Session 2017 art courses.



## Interest Circles or Learning Circles

We received a lot of feedback from participants in our last Spring Session that indicated that many of our members liked the idea of Interest Circles but did not have a clear idea of what they were, how they worked and how to get one started.

We believe that Interest Circles (or Learning Circles as they are sometimes called) are a wonderful way for groups of engaged learners to take their learning far beyond any class or presentation and into realms that are of specific interest to them.

*An Interest Circle is a self-organized, self-governing, and self-directed discussion, research, or activity group proposed and coordinated by its members.*

They are self-facilitating and their content is brought in by members of the group for sharing. They can comprise a handful of members or much larger groups. An Interest Circle can meet once or several times, and some can even last years if the participants wish them to (ELLA has a few groups that have formed at Spring Sessions over time and have gone on for years afterward).

Interest Circles can include such things as:

- book clubs or reading groups
- Film viewing and discussion groups
- exercise groups (e.g., walking groups)
- discussion groups on a wide variety of topics – whatever interests the members
- research or study groups
- knowledge sharing groups (individuals research a topic and report back)

An Interest Circle could grow from a course the participants are taking or have taken that they wish to follow further, or from a “tangent” they couldn’t follow in class but would like to look into. An interest circle could also form around a shared interest that has nothing to do with any topic brought up at Spring Session. It’s an opportunity for the participants to learn what they want, when they want, and in the way that they would like to learn it.

This year, in order to encourage as many people as would like to try an Interest Circle and get one going, we will be presenting two information sessions on how to get started. One will be on a Lunch break and the other will be after classes in the afternoon. If you wish to plan your time, please check the other activities listing for times (rooms will be posted at the ELLA Information Table).

## Spring Session 2017 Noon-Hour Presentations

### Important Notes Regarding Noon-Hour Presentations

As Noon Hour Sessions are often at capacity, we ask you to follow these suggestions to help foster an atmosphere of respect for both the presenter(s) and the other members of the audience:

- Please settle into your seat before the session starts at Noon.
- Please turn off cell phones and other related devices and avoid conversing with other members during the presentation.
- If you know you have to leave early or will need to answer a phone call (set phone on “silent” mode and leave the room to answer), please sit near the door, and when leaving, hold the door as it shuts to prevent banging

## Spring Session 2017 Noon-Hour Presentations

Location: N2-115, Education North

Time: Noon hour (12:00 to 1:00 p.m.)

### Monday, May 1

Strathcona String Quartet: Classical Strings for Your Listening Pleasure  
*Josephine Van Lier, Strathcona String Quartet*

### Tuesday, May 2

Edmonton: The Great Gathering Place and the Divine  
*Lewis Cardinal, Owner, Cardinal Strategic Communications*

### Wednesday, May 3

My Life in Transition: A Personal Reflection of a Transgender Woman  
*Marni Panas, BHAdmn. Consultant, Diversity & Inclusion*

### Thursday, May 4

Sustainable Development – One Year Later  
*Heather McPherson, Executive Director, Alberta Council for Global Cooperation*

### Friday, May 5

The NDP Government Two Years Later: “The end of the beginning or the beginning of the end?”  
*Graham Thomson, Political Affairs Columnist, Edmonton Journal*

### Monday, May 8

What You Need to Know About the Role of the Crown Prosecutor  
*Michelle Doyle, Former Chief Crown Prosecutor, Government of Alberta*

### Wednesday, May 10

Oil Sands Development and Biodiversity  
*Erin Bayne, Professor, Biological Sciences, University of Alberta*

### Thursday, May 11

Real Life on Fake Mars: Adventures of an Everyday Astronaut  
*Ross Lockwood, PhD, Science educator.*

### Friday, May 12

Boys Will Be Girls: A Brief History of Edmonton Drag  
*Darren Hagen, Playwright, actor, composer, performer, director, and TV host*

### Monday, May 15

Work with the Organization for the Prohibition of Chemical Weapons (2013 Nobel Peace Prize Recipient)  
*Peter Mahaffy, Professor of Chemistry, The King’s University, Advisor, Organization for the Prohibition of Chemical Weapons (OPCW)*

### Tuesday, May 16

Keeping the Stories Métis Tell: Two Centuries of Métis Nationhood  
*Adam Gaudry, Assistant Professor Native Studies University of Alberta*

### Wednesday, May 17

Jazz City  
*Tommy Banks, Jazz Musician and Officer of the Order of Canada*

## At a Glance: Activities and Noon-hour Presentations

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week 1</b> 12:00 to 1:00 p.m. (N2-115)	<b>1</b> <i>Srathcona String Quartet</i>	<b>2</b> <i>Edmonton: The Great Gathering Place and the Divine</i>	<b>3</b> <i>My Life in Transition: A Personal Reflection of a Transgender Woman</i>	<b>4</b> <i>Sustainable Development – One Year Later</i>	<b>5</b> <i>NDP Govt 2 Years Later: “The end of the beginning ..?”</i>
		4:00 p.m. ELLA Interest Circle Info Session (location TBD)		4:00 p.m. Board Information Session (location TBD)	
<b>Week 2</b> 12:00 to 1:00 p.m. (N2-115)	<b>8</b> <i>What You Need to Know About .. Crown Prosecutor</i>	<b>9</b>  11:45 a.m. Volunteer Appreciation Luncheon (4 <sup>th</sup> floor Student Lounge)	<b>10</b> <i>Oil Sands Development and Biodiversity</i>	<b>11</b> <i>Real Life on Fake Mars: Adventures of an Everyday Astronaut</i>  Board All-Candidates Forum (time & location TBD)	<b>12</b> <i>Boys Will Be Girls: A Brief History of Edmonton Drag</i>
		12:00 noon ELLA Interest Circle Info Session (location TBD)			
<b>Week 3</b> 12:00 to 1:00 p.m. (N2-115)	<b>15</b> <i>Work with the Organization for the Prohibition of Chemical Weapons</i>	<b>16</b> <i>Keeping the Stories Métis Tell: Two Centuries of Métis Nationhood</i>	<b>17</b> <i>Jazz City</i>	<b>18</b>  Annual General Meeting	<b>19</b>
				4:30 p.m. Wind-up Reception Faculty Club	12:00 to 1:00 p.m. Student Art Show 4 <sup>th</sup> floor lounge Education North

