

Spring Session



April 27
to May 15 **2020**

Program Guide

*Expert led, continuing education courses
for adults 50+ who want to keep learning
and stay connected. my-ella.com*



EDMONTON
**lifelong
learners**
ASSOCIATION



UNIVERSITY OF ALBERTA
FACULTY OF EXTENSION

ELLA 2020 COURSE TIMETABLE		
Early Morning Classes – 9:00 to 10:10 AM		
EL10	Land: Who Defines Territory?	Danial Duda
EL11	The Habsburgs and Nationalism	Brent Bennett
EL12	Unwrapping Applied Ethics	Glenn Sinclair
EL13	The Science of Climate Change	Brian Martin
EL14	21st c China: A Leading Nation	Gordon Houlden
EL15	Simulation Tech – Healthcare	Bin Zheng/Barbara Wilson-Keates
EL16	Renewable Energy in Canada	Tim Weis
EL17	Behind the Barn Door	Frank Robinson
EL18	Intro. Physics for EVERYONE	Reuben Gazer
EL19	Haydn Symph. & Mozart Operas	Michael Roeder
EL1A	Moving and Staying Sane	Johanne Yakula
EL1B	Digital Photog: Tech & Comp	Chris Stambaugh
EL1C	Wu Style Tai Chi	Ken Chui
Mid-Morning Classes – 10:30 to 11:40 AM		
EL20	Compassion: A Global History	Alvin Finkel
EL21	Identity Politics and Life	David Goa
EL22	Climate Change, Global Migrat	Nicole Marshall
EL23	Charter of Rights and Freedoms	Patricia Paradis
EL24	Beginner Computers	Dave Ferraro
EL25	Understanding ... Young Children	Jeff Bisanz
EL26	The Robot Apocalypse ... A.I.	Anna Koop & Heather von Stackelberg
EL27	Personality Theory	Peter Flynn
EL28	The N. Sask. and its Watershed	David Owen Trew
EL29	Choral Singing	Sara Brooks
EL2A	Intro to Improv Performance	Joey Lucius
EL2B	Before Brexit British Art	Kirk Marlow
All-Morning Art Classes – 9:00 to 11:35 AM		ENTERPRISE SQUARE
EL30	Cartooning with Gary and Gerry	Gary Delainey & Gerry Rasmussen
EL31	Sketch – Ink, Watercol (begin)	Susanne Lamoureux
EL32	Luminous Life (Intermed Level)	Oksana Zhelisko

Early Afternoon Classes – 1:15 to 2:25 PM		
EL40	Consciousness: Waking to Sleep	Jayne Gackenbach
EL41	Alberta's Political Economy	Trevor Harrison
EL42	Contemp Movements in Islam	Maryam Razavy
EL43	Stone Age Archaeology	Joseph Jeffrey (Jeff) Werner
EL44	Flora and Fauna – River Valley	Margaret Reine
EL45	Alberta's Crude be Developed?	David H.S. Law
EL46	Marvels of Mathematics	Leonard Bonifacio
EL47	Astronomical Universe	Douglas P. Hube
EL48	Despots & Décor: Visual Style	Hoyne Santa-Balazs
EL49	Fiction of Toni Morrison	Jared McGeough
EL4A	Writers and Company	Eunice Scarfe
EL4B	DIY in Healing & Defying Aging	Blanca L. Vanier
EL4C	Line Dancing	Tracy Walters
EL4D	Progressive Core Stability	Barb Turner
Mid-Afternoon Classes – 2:45 to 3:55 PM		
EL50	Critical Theory, Decolonizat.	Brandon Kerfoot
EL51	Modern Board Games	Jared McGeough
EL52	Data Stories – Health Action	Amy Colquhoun
EL53	Illumination and Attraction	Robert Rose
EL54	My DNA, Heredity and Me	Ramesh Bhambhani
EL55	Palaeontology Series	Corwin Sullivan, Philip Currie & ...
EL56	History – Broadway Musical	D.T. Baker
EL57	Laughter in Jane Austen ...	Eileen M. Conway
EL58	Saints, Sinners & Smallpox	Kimberly Johnson
EL59	Aging Backwards – Essentrics	Elizabeth Olson
EL5A	Mindful Yoga for Health	Anita Sielecki
EL5B	Activating Reconciliation	Miranda Jimmy
All-Afternoon Art Classes – 1:15 to 3:50 PM		ENTERPRISE SQUARE
EL60	Road Trip – Waterc (Beg Level)	Frank Haddock
EL61	Introduction to Pastel	David Shkolny
EL62	Beginner Abstract Painting	Samantha Walrod

Registration in Art and Fitness Courses

To ensure that as many ELLA members as possible can experience art instruction and physical activity classes, registration in these courses is limited.

You may register in only one of the **art** instruction classes (EL30, EL31, EL32, EL60, EL61, or EL62) and one of the **physical activity** classes (EL1C, EL4C, EL4D, EL59 and EL5A). If these classes are not full **two weeks** after registration opens, this limitation will be removed. If you would like a second course in either area check for availability on Eventbrite® **after Tuesday, March 24.**

The ELLA Office
Room L-012, Enterprise Square, 10230 Jasper Avenue
Edmonton, Alberta T5J 4P6
Phone 780-492-5055
www.my-ella.com 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

ELLA Office Hours

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

January and February	Monday and Wednesday 10:00 a.m. to 2:00 p.m.
March 1 to 7	Monday, Wednesday and Friday: 10:00 a.m. to 2:00 p.m.
March 9	10:00 a.m. to 2:00 p.m.
March 10	12:00 noon to 2:00 p.m.
March 11 to 13	10:00 a.m. to 2:00 p.m.
March 15 to April 24	Monday, Wednesday and Friday, 10:00 a.m. to 2:00 p.m.
April 27 to May 15	Closed during Spring Session
May 16 to September 30	Closed for the summer

ELLA Spring Session – April 27 to May 15, 2020 - Registration

- To register, you must be a member of ELLA. You can purchase your \$25 membership online at www.my-ella.com , or by contacting the ELLA office.
- **Tuesday, March 10 at 10:30 AM – on line registration opens.**
- You may take 1 to 4 courses for the set fee of **\$350** and there are no waitlists.
- To ensure that as many ELLA members as possible can experience art instruction and physical activity classes, registration in these courses is limited. You may register in only one of the art instruction classes (EL30, EL31, EL32, EL60, EL61, or EL62) and one of the physical activity classes (EL1C, EL4C, EL4D, EL59 and EL5A). If these classes are not full **two weeks** after registration opens, this limitation will be removed. If you would like a second course in either area check for availability on Eventbrite® **after Tuesday, March 24.**
- **Friday, April 17 – deadline for walk in, mail and phone registrations or changes.**
- **Monday, April 20 at 2 PM** - deadline for Eventbrite registration and/or course changes.
- **Wednesday, April 22 at 2 PM** - deadline for withdrawal to obtain a refund minus a \$75.00 U of A administration charge.

PLEASE NOTE: ELLA reserves the right to cancel courses without notice. This is sometimes done because a course does not receive the required minimum number of registrations (usually 15) or because an instructor becomes unable to teach the course. When a course is cancelled the registrants in that course have the right to switch to another course that is not yet full.

Online Registration

All current ELLA members will receive an email with an [ACCESS LINK](#) for registration by March 3, 2020. If you don't receive it, check your trash/spam folder or call the office. Memberships bought after March 3 will receive their Access Link within 7 days.

To register online, beginning **Tuesday, March 10 at 10:30 AM:**

1. In the email *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: email from Eventbrite®.

More details on the online registration process can be found on www.my-ella.com.

Mail, Phone or Walk in Registration

ELLA volunteers will begin processing registrations on Eventbrite® starting on Tuesday, March 10 at 10:30 a.m. The best chance you have to register for high demand courses is to register yourself online. Many of the high demand courses can fill up within the first few minutes of registration.

- Complete both sides of the Spring Session Registration Form.
- 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. Email registrations are not accepted.

You will receive a confirmation of your registration. Course registrations that cannot be completed due to lack of course availability will be returned with original payment to the registrant.

Financial Assistance

Bursaries of \$250.00 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 10 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 \$100.00 (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

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.
3. Both copies must be submitted before the application will proceed.

Location of Spring Session

Check-in and most classes will be held in the Education Centre at 11210 87th Avenue on the University of Alberta's (main) North Campus. The exceptions are:

- Line Dancing will be held in the East Gym of the Van Vliet Complex, approximately a five-minute walk from the Education Centre.
- All Art Classes will be held downtown at Enterprise Square, 10230 Jasper Ave.
- Noon hour presentations will be in the ECHA building, live-streamed back to ED N 2-115.
- The Meet and Greet event will be held on Friday May 8 in the 10th floor lounge of Education South

Location of Art Instruction Classes

All of the Art Classes are being offered in the Faculty of Extension's art studios in Enterprise Square, a four-minute ride on the LRT from the main campus.

We recommend that those Art students who normally drive to class and park on North Campus continue to do so and consider using the LRT to access Enterprise Square. For those 65 years of age or more, the cost of a monthly transit pass (if you do not already have a monthly or annual pass) is \$34.00. For those under 65, books of ten tickets cost \$27.00 each.

On the first day of Spring Session, all participants including those registered for Art classes at Enterprise Square, will pick up their name tags and information packages at the Registration and Information Tables in the Education Centre. Students that are registered in Art Classes at Enterprise Square can then make their way to Enterprise Square. ELLA Ambassadors will be available to show participants how to get from the Education Centre to the LRT station. Ambassadors will meet them at the Enterprise Square station to guide them to their classrooms.

Transportation

- The University of Alberta Main Campus and downtown Enterprise Square are easily accessible by LRT and bus – See <http://www.takeets.com> for routes and schedules.
- Bicycle racks are located near most doors.

Parking

- University Parking Permits can be purchased online for \$81.80 on a first-come-first-served basis, from April 1 to April 26, 2020. Individuals requiring handicap-accessible parking should purchase as early as possible and request Timms/Telus Car Park.
- Only **confirmed** registrants of ELLA Spring Session 2020 may apply for parking. Parking Services receives confirmation of registrant's enrolment about 48 hours after Eventbrite® confirmation. Please contact the ELLA office if Parking Services online system does not accept your ELLA/Eventbrite® email after April 1, 2020.
- University parking permits are now virtual, you will not need to display a permit but you will have to ensure that all license plates using the virtual permit are added online to the permit itself.

To purchase a parking permit

1. Go to <http://www.asinfo.ualberta.ca/ParkingServices.aspx>. Click on the 'My Parking Account' button to access the online portal. From there click on the 'Manage Account' button located on the picture at the top of the page → 'Customer Authentication' → click the appropriate tab: If you have a University of Alberta CCID and password, you may use the UAlberta Login button. If not, choose the Guest Login button.
2. Follow the prompts to retrieve your account information. Continue to follow the prompts to complete your purchase.
3. Visa, MasterCard and Amex are all accepted forms of payment. Once your purchase has been processed you are finished!

Edmonton Lifelong Learners Association (ELLA)

Member CODE OF CONDUCT

ELLA is committed to providing an environment that is free of discrimination and harassment, and is supportive of the productivity, dignity, and self-esteem of every employee, volunteer, guest and participant in ELLA.

ELLA members, employees, volunteers and guests are expected to conduct themselves in accordance with the Code of Conduct, which includes respectful behaviour and the timely payment of any fees. Being in arrears to ELLA financially is grounds for removal from the membership and being barred from attending Spring Session.

If a member should conduct themselves in a manner not in accordance with the Code of Conduct they should be reported to a Board member who will take the matter to the Board of Directors for investigation. Failure to abide by the Code of Conduct may result in disciplinary action which may range from a simple discussion, to a warning, to revocation of membership including suspension from attending Spring Session.

Please ensure that you tick this box for compliance when registering for your courses in Eventbrite.

Check-in on Day One

Starting at 8 a.m. on Monday, April 27, go to the ELLA Registration and Information Tables located in the Education Centre, main-floor cafeteria hallway to pick up your name tag and course information. **This includes those registered for Art Classes at Enterprise Square.** The Information Table will be staffed throughout Spring Session and it is the go-to location for information.



Food

Education Centre - Food and beverages can be purchased in the Cafeteria and at various other locations on (main) North campus. You are welcome to bring your own food and beverages and to use the tables in the cafeteria and the seating area across from N2-115 on the second floor.

Downtown at Enterprise Square – There are also places to purchase food and beverages in and near Enterprise Square, as well as student seating areas on the main floor and second floor for those who want to pack their own lunch.

Accommodations

"In the summer St. Joseph's College has a co-ed (women's and men's) residence next door to the Education Centre and you may contact them at sjcrs@ualberta.ca. Information on their Spring and Summer Residences is available at www.stjosephscollege.ca. Accommodation will be available beginning May 1, 2020 and space may be limited from May 13th-May 15th. ELLA does not arrange accommodation.

Scented Products

Some of our participants are sensitive to fragrances. Please refrain from wearing perfumes and other scented products.

Photos and Video Recordings at Spring Session

Volunteers will be taking photos and recording some sessions. These photos and recordings may be used for ELLA promotional purposes. If you do not want your photo taken, please inform the photographer and/or move out of the photograph or recording. Please note that in accordance with the University of Alberta Freedom of Information Guidelines, participating in ELLA programs is considered to be participation in a public event and as such the taking and use of photographs and videotapes by ELLA is not considered to be an unreasonable invasion of the personal privacy of the individuals photographed or recorded.

Noon Hour Presentations and Other Activities

ELLA's Spring Session also includes Noon Hour Presentations, the ELLA Annual General Meeting and other activities. Please see page 33. More details will be handed out when you pick up your name tag and course information on the first day.

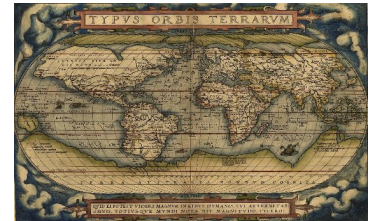
Early Morning Classes – 9:00 to 10:10 AM

EL10 This Land is Your Land, This Land is My Land. Who Defines the Territory?

Instructor: Danial Duda

Maps are very powerful tools of communication and thus can be very influential in decision making processes, but who makes the decisions? This course will look at how maps have been used or created to deal with a number of historical events, both looking at western and non-western sources of cartography. The major themes covered are:

- Africa before and after colonization and decolonization
- the Middle East after WWI
- India and Pakistani Independence
- China and Taiwan
- Maritime boundaries and the ocean floor - national and international areas
- Canadian Land Claims
- Labrador Boundary Dispute



This Photo by Unknown Author is licensed under [CC BY-SA](https://creativecommons.org/licenses/by-sa/4.0/)

Dan began his map career in the Wonders Map Library at the University of Alberta in 1992. He completed his Library degree in 1999 at the University of Alberta. His career took him to Memorial University in 2001 where in 2005 he became the Map Librarian.

EL11 The Habsburgs and the Rise of Nationalism

Instructor: Brent Bennett

On July 7, 1914 several men gathered at the Ballhausplatz in Vienna. As a result of their deliberations, tens of millions would die in two world wars. The European order, and its way of life, had ended. What had led to this? Go back two centuries and see how trying to create a stable government in a land of sixteen languages, diverse cultural interests, and new political challenges brought the Habsburgs and their advisors to the decisions they made that fateful summer day. Brent graduated with a BA (Honours) in European History at the University of Alberta in 1985. He went on to complete an MA in Slavic and East European Studies at the University of Alberta. Brent recently retired from a career in the RCMP that included teaching law, investigative practices, police tactics, and firearms at the National Academy in Regina.

EL12 Unwrapping Applied Ethics

Instructor: Glenn Sinclair

This course will focus on "hands on" or applied ethics, including the challenges that arise when trying to exhibit ethical leadership as well as moral awareness and moral decision-making. There will be considerable small group and team work attempting to resolve ethical dilemmas in the face of obedience to authority, implicit self-serving and overconfidence biases, conflict of interest, ethical fading and role morality. Ethical vignettes (via DVD's) will be presented each class to help focus the conversations. Students will have the opportunity to delve into systematic moral analysis, moral imagination and cognitive dissonance in the various cases that will be central to each class experience.

Dr. Glenn W. Sinclair holds a PhD (Ed Admin: Ethics and Leadership) from U of A plus an MA from U of Minnesota and an MEd from U of A. He has run his own firms, served as CEO for other organizations, taught as an adjunct professor at a dozen different institutions, presented at conferences, written papers, chaired public inquiries seeking better solutions to critical choices. For more in depth see www.e-sinclair.com.

EL13 What's the Forecast? Exploring the Science of Climate Change

Instructor: Brian Martin

The course will introduce students to many of the scientific aspects of climate change from a look at historical data to modern global climate models. Some mathematics will be used but will not be essential to an understanding of what the course will attempt. During the course students will have access to climate change education materials developed by the author and his students at the King's Centre for Visualization in Science.

Dr. Brian Martin is professor emeritus in Physics and Astronomy at King's University. His background is astrophysics and science education. For the past 20 years he has been active in the

development of digital learning materials for the teaching of science from elementary grades to the upper undergraduate level. Much of the subject matter deals with climate change.



EL14 How Did 21st Century China Regain Leading Nation Status and What Does a Modern China Mean for the West?

Instructor: Gordon Houlden

China has a brilliant, albeit sometimes troubled past. China's emergence from prolonged weakness and disunity to become a strong and modernized state in the 21st Century is an extraordinary story of resilience and persistence. It is more difficult, however, to determine how China's 21st century journey will evolve – and how this may affect the West and Canada. This course will include concise illustrations of China's complex history, with individual lectures illustrating how China coped with internal pressure and foreign intervention. It will examine how modern China, with its rising economic, political, technological, and military power, is shaping the world around us. A limited number of guest lecturers will assist.



Gordon Houlden is the Director of the China Institute at the University of Alberta. He joined the Canadian Foreign Service in 1976, and spent twenty-two years working on Chinese affairs for the Government of Canada. Before joining the University of Alberta in 2008, he was Director General of the East Asian Bureau of the Department of Foreign Affairs and International Trade.

EL15 Simulation Technology: Educating Healthcare Providers in the 21st Century

Instructor: Bin Zheng & Barbara Wilson-Keates

Every healthcare student needs to learn many healthcare procedures before treating patients with confidence. Relevant skills are conventionally learned at the patient's bedside. However, at the U of A, as in most other health institutes in Canada, we have developed skill-training simulation programs. Students can practice health skills without compromising the quality of patient care. In this course, we will overview developments in simulation, discuss its role in health education, and introduce cutting-edge technologies behind simulation design. Besides lectures, we will tour the U of A simulation facility and meet with our simulation researchers and educators.

Unlike most healthcare research, which focuses on patients and their health problems, Dr. Bin Zheng's research puts healthcare providers under the spotlight. Currently, Dr. Zheng is the Endowed Research Chair in Surgical Simulation in the Department of Surgery of the University of Alberta. Dr. Barbara Wilson-Keates is an RN with a clinical background in adult critical care. As the Lead for High Fidelity Simulation at University of Alberta, she is actively involved in the education of inter-professional healthcare teams using simulation and other eLearning technologies.

EL16 Introduction to Renewable Energy in Canada

Instructor: Tim Weis

This course will provide a survey of the various types of renewable energy technologies that are rapidly developing today. The introduction will include an overview of the key operating principles, basic components of each technology, deployment in Canada as well as advantages and disadvantages. The course will also cover an introduction to many of the key issues that surround energy technology choices, such as demand and energy policy. Students will not be required to have a technical background, but the technology overviews will include the fundamental governing equations to demonstrate the key variables that dictate performance.

Dr. Tim Weis is an Industrial Professor in Mechanical Engineering at the University of Alberta. He also serves as the Executive Director of Electricity Research in the Centre for Applied Business Research in Energy and the Environment in the Alberta School of Business, where he is examining the role of renewable energy and energy storage in Alberta's electricity market as it transitions away from coal.

EL17 Behind the Barn Door

Instructor: Frank Robinson

This class will be a lecture and discussion-based experience dealing with current issues around animal agriculture in Alberta. The viewpoint 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 necessary to provide learners the tools to understand issues and form opinions about them. Two field trips to the U of A South Campus Dairy and Poultry units will take place within the class period. Special topics to be discussed include: genetic progress, animal welfare, niche market products, high-tech



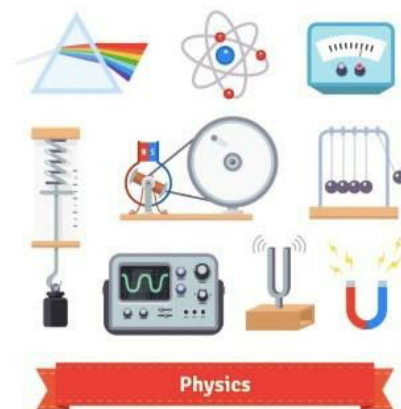
equipment and housing, back yard chickens, the use of steroid hormones in beef production, supply management, heritage breed conservation and much more.

Dr. Robinson has been a professor of poultry production and physiology at the University of Alberta since 1986. He has taught in the area of general animal agriculture with an emphasis on inquiry-based learning. He was inducted into the Alberta Agriculture Hall of Fame in 2006.

EL18 Introductory Physics for EVERYONE

Instructors: Reuben Gazer

The laws of physics direct everything in the world. The processes that govern the weather, the cooling of our coffee, the flight of planes, the growth of plants, and even our brain processes are all PHYSICS. But what exactly is physics, how did we "discover" it, and how does one exactly DO physics? In this course, we will take a journey, starting from ancient times, to determine why and how humans naturally uncovered the ideas of math and physics in the world around them. This course requires NO prior knowledge of math or physics and will utilize almost NO mathematics. We will cover forces, electricity and magnetism, space and astronomy, heat, light and energy and even relativity.



Reuben Gazer is a 25-year-old physics enthusiast, magician and data scientist currently working at AltaML in Edmonton. He acquired a BSc in Physics from McMaster University and an MSc in Astrophysics from the University of Alberta in 2017. His research background is in stellar astrophysics, and he continues to teach math and physics to university students in his spare time.

EL19 Haydn Symphonies and Mozart Operas

Instructor: Michael Roeder

This course will explore two 18th-century topics. Haydn (1732-1809), often considered the father of the symphony, composed over 100 symphonies during his long career. Our study of works from various periods will show changes to the structure of the symphony and orchestra, and manifest the extraordinary qualities of Haydn's style. Mozart (1756-91), a man of the theatre, was always seeking opportunities to compose opera. Mozart's musical gifts and understanding of drama enabled him to bring characters, emotions, and situations to life through music in glorious ways. We will explore three of his mature operas in detail. Throughout the course, outstanding audio and video recordings will bring this music to life. Dr. Michael Roeder has a passion and enthusiasm for both music and teaching. While teaching for over three decades at the University of Alberta, Michael received several teaching awards including a 3M Teaching Fellowship, a national award for Canada's finest university teachers. He has offered successful courses for ELLA since 2012. His book, [A History of the Concerto](#), is the major study of the genre.



EL1A The Art of Moving and Staying Sane

Instructor: Johanne Yakula

The Art of Moving and Staying Sane is for you if you're considering a possible move in your future for any reason. This workshop will cover the soup-to-nuts of preparing your home for resale, de-cluttering and downsizing, identifying what you have and how to sell things you're ready to part with, and planning a renovation or a redecoration in your new place. This course will give you a good template on how to do all of this while keeping calm, unruffled, and looking forward to a new chapter in your life.

Johanne Yakula has a unique combination of experience and knowledge that is perfect for this class. She consults as an interior decorator, is a certified personal property/antiques appraiser, a real estate investor, and recently had to make that decision to downsize. Johanne is an instructor for the Residential Interiors program at the U of A, and speaks on related topics throughout the city.

EL1B Digital Photography: Camera Techniques and Composition

Instructor: Chris Stambaugh

Photography is the marriage of art and science. This class explores both the technical and the artistic sides of photography. Students will learn the camera functions and settings needed to create good technical quality photographs. These include exposure modes, auto focus systems, white balance, drive modes, metering, manual photography, flash and more. Artistically, we will explore the compositional elements of space, line, colour, tone, shape, texture and form. We will use instruction, demonstration and a lot of hands-on practice. Students are required to bring a camera to class that is capable of photographing in Creative modes and Manual Mode. Specific tips for landscapes, portraits, wildlife, action, travel and still life will be discussed.



is licensed under [CC BY-SA](#)

Chris Stambaugh has been a professional photographer for his entire adult life. He graduated from the NAIT photography program in 1989 and opened his own business in 1990. Over the years he has earned a reputation as one of Edmonton's top ranked photographers. He is now an active photography instructor teaching at the Burwell School of Photography. He has also taught at NAIT continuing education.

EL1C 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 enable all 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, everyone should have a fundamental understanding of Tai Chi, and be able to complete the entire routine. Students must be able to stand for 30 minutes.

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

Mid-Morning Classes – 10:30 to 11:40 AM

EL20 Compassion: A Global History

Instructor: Alvin Finkel

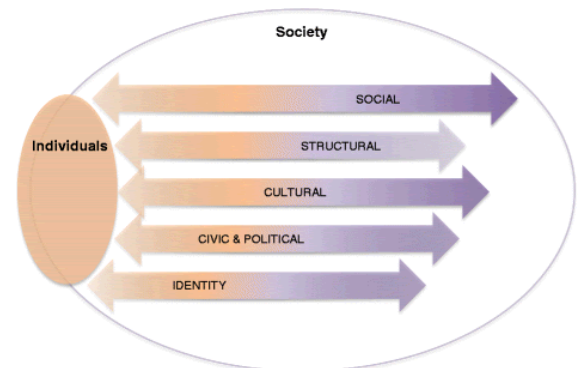
This course provides an historic overview of social provision to the vulnerable in society across the globe. It explores the underlying nature of how obligations to others are formed and reformed over time. Beginning with pre-state societies and finishing with the present day, this course analyzes why different countries and regions have diverged dramatically in the extent to which they allow inequalities to develop and how they deal with inequality and its consequences. The course looks at all continents in various periods, including the impacts of feudalism, capitalism, socialism, communism, and neo-liberalism in different areas on the formation of particular approaches to reducing (or increasing, or ignoring!) suffering and exploitation.

Dr. Alvin Finkel is professor emeritus of History at Athabasca University where he taught for 36 years. He is the author or editor of 13 books and about 70 scholarly articles and book chapters. His books, led by the two-volume History of the Canadian Peoples (7 editions) have sold about 150,000 copies. This course is based on his most recent book, Compassion: A Global History of Social Policy.

L21 Identity Politics and the Excellent Life

Instructor: David Goa

We live in a world increasingly preoccupied with movements anchored in some form or other of identity politics: populism, hyper-nationalism, fundamentalism, racism, anti-Semitism, Islamophobia, white privilege, gender and sexual struggles (from LGBTQ+ to the Me-Too movement). Economic stability collides with growing ecological concerns. Cultural and social stability collides with the growing refugee crisis. Many are suspicious of pluralism, others of a rising narrow-mindedness. We will explore and discuss the origins of many of these issues and think about how to live an excellent life in the face of differentness we do not or may not understand. And, our life together: What could excellent politics look like in the face of these challenges?



[This Photo](#) by Unknown Author is licensed under [CC BY](#)

Dr. David Goa was the founding Director of the Chester Ronning Centre for the Study of Religion and Public Life at the University of Alberta, Canada's first Centre in a public university devoted to this subject. He studied philosophy and the history of religions in Chicago and teaches Religious Studies and Philosophy. David built the program for the study of culture at the Royal Alberta Museum and has written numerous books.

EL22: Climate Change and the Future of Global Migration

Instructor: Nicole Marshall

More than 150 million people are expected to be displaced by climate change sometime this century. This course will explore climate migration through an in-depth look at some of the key questions that are currently being debated by policymakers and academics around the world. Who are "climate migrants"? What kinds of protections might they receive under international law and policy? How are these migrants impacted by intersectional factors like gender, culture, or religion? And, perhaps the biggest question of all: Should we really be expecting an all-out "climate war" under the political and economic strains of mass climate migration? Through a combination of lectures, readings, and discussion-based learning, this class will explore these questions and more.

Dr. Nicole Marshall is a SSHRC Postdoctoral Fellow at the University of Toronto. She completed her PhD in 2015 at the University of Alberta, where her research explored climate migration across normative theory, international law, and domestic migration policy. She is currently completing a book manuscript which explores the relationship between agency and loss for potential climate migrants.

EL23 The Canadian Charter of Rights and Freedoms

Instructor: Patricia Paradis

This course will focus on aspects of the Canadian Charter of Rights and Freedoms with a view to familiarizing students with its practical effects on Canadians. We will look at the history of the development of the Charter, what rights and freedoms were included and which were left out (Aboriginal rights, property rights for example), and a description of the seminal cases decided by the Supreme Court of Canada that assist with the interpretation of significant sections of the Charter such as section 2 (freedom of religion, freedom of the press, freedom of association), section 7 (right to life, liberty, and security of the person) and others.

Patricia Paradis, MEd, LLB, will coordinate a team of experts, primarily professors in the Faculty of Law, to present this course. Patricia is the Executive Director of the Centre for Constitutional Studies at the University of Alberta. She is also a sessional lecturer in the Faculty of Law, having taught Human Rights Law in Canada for the past 23 years.

EL24 Beginner Computers: Windows/MS Office/Internet/Photos

Instructor: Dave Ferraro

This course requires little or no computer experience. It will consist of lectures, demos, and hands-on exercises on desktop computers to give you a brief introduction to some of the many uses of a computer. You will be introduced to the Windows 10 operating system for file management, get a brief look at using Microsoft Office 2016 for creating applications, such as documents, spreadsheets, and presentations, an introduction to the Internet to safely access and send information globally, as well as a brief introduction to using digital photos on the computer and the Internet.

Dave Ferraro will teach this course. He has designed and taught computer courses for seniors for 21 years. He has been designing and teaching computer courses for ELLA for 8 years. Dave has a Bachelor of Applied Science Degree in Civil Engineering from the University of British Columbia. Jean Marie Ferraro will provide assistance to students.



[This Photo](#) by Unknown
Author is licensed under [CC](#)

EL25 Understanding the Development of Young Children

Instructor: Jeff Bisanz

We often assume that we know all we need to know to be effective parents, grandparents, and mentors for children, but do we really? The focus of this course is the remarkable and often misunderstood development of young children. Our guides will be paediatricians, social scientists, policy experts, and others whose knowledge and experience covers the range of issues—from prenatal development to the place of child care in society— that we must understand if we are to help children reach their full potential. Topics include how children learn, children’s play, mental health, biological and cultural influences, parenting and grandparenting, child care policies and practices, the future of early learning and care, and more.

Dr. Jeff Bisanz is a professor emeritus in the Department of Psychology at the University of Alberta. He served for 11 years as the Director of the Community-University Partnership for the Study of Children, Youth, and Families, and he is currently co-chair of the Edmonton Council for Early Learning and Care, an initiative of EndPovertyEdmonton. Perhaps most importantly, he is a grandfather.

EL26 The Robot Apocalypse is Indefinitely Postponed: Artificial Intelligence in Society

Instructor: Anna Koop & Heather von Stackelberg

Do you want to understand the fundamentals of AI, how it impacts the world around us and what to expect in the future? Artificial Intelligence experts from the Alberta Machine Intelligence Institute (Amii) will take you on a journey through both serious and fun AI topics. We will explore what AI is and isn’t, and what it means for the future of work. We will discuss AI’s role in society and the ethics surrounding AI, and what that means for the possibility of AI consciousness. On the lighter side we’ll also discuss topics such as: AI in popular fiction and whether the writers got it right (or reasonable), AI and human interactions, getting AI to fail in amusing ways, and AI making art.

Anna Koop is Director of Science at Amii. She completed her Master's degree at the U of A and continues to follow her passion for computational intelligence and adult education. Heather von Stackelberg is an educator at Amii. She has her Master's degree in Education. She is passionate about taking technical topics and making them accessible for the layperson.

EL27 Personality Theory: Understanding Human Differences

Instructor: Peter Flynn

Humans show a vast range of personality characteristics: including patterns of thought, feeling and behaviour. We spend much time and effort trying to understand and influence others. In this course we will consider why differences evolved and explore a number of theoretical approaches for understanding different personalities. The course includes how the human nervous system functions and seven different frameworks/approaches to thinking about personality. Social psychology (the impact of circumstance on behaviour) is contrasted to personality theory. No theoretical framework has successfully explained the full range of personality: Humans are too complex for that. Some theories contradict each other. However, looking at various theories can increase our insight into ourselves and others.

Dr. Peter Flynn received a Ph.D. in Chemical Engineering in 1974 from the U of A, and spent 25 years in industry in technical, management and executive roles. His lifelong interest in psychology helped in managing and motivating others. In 1999 he was appointed to the Poole Chair in Management for Engineers, and developed a course in Personality Theory and Management, from which this course is derived.

EL28 The North Saskatchewan River and its Watershed

Instructor: David Owen Trew

This course will provide students with a detailed overview of water resource and watershed management activities in the North Saskatchewan River basin. The intent is to share knowledge about current environmental conditions, management/restoration approaches, and the policy context. The course will build on the course content offered in 2019 and will again be delivered by experts from various water disciplines and user sectors. Topics will include: current and future water supply; water quality management; aquatic ecosystem health; fisheries management; lake management; drinking water protection; riparian zone and wetland management; watershed alliances and stewardship groups; and management of key sectors including industry, agriculture, forestry, oil and gas, and municipalities. New topics for 2020 will include climate cycling/climate change, flooding issues, groundwater management, First Nations perspectives and detailed insights into the other major river basins in Alberta.



[This Photo](#) by Unknown Author is licensed under [CC BY-SA](#)

David Trew graduated from the University of Guelph in 1970. He served with Alberta Environment from 1974-2007 as a water scientist and policy manager. He assumed responsibilities as Executive Director of the North Saskatchewan Watershed Alliance in 2007, and retired in 2018.

EL29 Choral Singing

Instructor: Sara Brooks

Choral Singing will present ELLA participants with vocal instruction and ensemble singing experience, and is intended for both beginners and experienced singers. Each session will include training in vocal pedagogy through extensive warm ups. Musical selections will also be rehearsed and will include both unaccompanied and accompanied works, scored for 2, 3, or 4-part ensemble. Instruction on each piece will incorporate topics such as music rudiments (for example rhythm and basic note reading), vocal technique, language and diction, choral tuning, and ensemble collaboration. For those with music background, this course will provide an opportunity for expansion of their skills. For those new to music, this course will give a solid introduction to singing and basic note reading. Participants should be prepared to purchase their own scores (no more than \$20 per student).



Sara Brooks holds degrees in piano performance as well as a doctorate in choral conducting from the University of Alberta. During her time in Edmonton, Sara has conducted numerous notable ensembles and is frequently called upon to serve as guest conductor and vocal clinician in the area.

EL2A Learning to Play Again: An Introduction to Improvisational Performance

Instructor: Joey Lucius

Who says goofing around is only for kids? In this course, students will learn the fundamental skills of improvisation through play. We'll explore the power of saying yes to our own ideas and the ideas of others, the joy of laughing at our mistakes, and the confidence that positivity yields. All the skills we cover not only prepare someone for the stage but they also transfer to our everyday lives: active listening, building on the ideas of others, and collaborating effectively. Students can expect some light physical movement, participating in full class warm-ups, games with partners and in small groups, performing in front of their classmates, and loads of laughter! This class will culminate in a final performance that is not mandatory but highly encouraged.

Joey Lucius has been a performer since 2004. He joined Edmonton's Rapid Fire Theatre in 2007 and is now a touring member of their senior ensemble. Improv has taken Joey all over the continent. He is a Canadian Comedy Award winner and a Canadian Screen Award nominated actor.

EL2B Britain Before Brexit: The Rich Legacy of 19th- and 20th-Century British Art

Instructor: Kirk Marlow

In this course, illustrated with images, we will explore the art of Britain from the 18th century through to the 20th century. Important artists of the 18th century include the satirist William Hogarth, and significant portrait painters such as Gainsborough and Reynolds. In the 19th century we will look at artists from the highly passionate Romantic period, including Fuseli, Blake, Constable and Turner; the Pre-Raphaelite Brotherhood; and painters of Victorian-era genre and narrative. There will be an examination of those artists who were significant in the first decade of the 20th century; some important modernist artists between the two world wars; and later developments such as sculpture (Henry Moore and Barbara Hepworth), and Pop Art and Op Art of the "Swinging Sixties."

Kirk Marlow was born and brought up in Nova Scotia. He received his post-secondary education in New Brunswick and Ottawa. For most of the 1990s he was an editor in London, England, with Macmillan Publishers and Oxford University Press. Presently he is an instructor in Art History at MacEwan University, Edmonton.

All-Morning Art Classes – 9:00 to 11:35 AM

EL30 Cartooning with Gary and Gerry

Instructors: Gary Delaine & Gerry Rasmussen

This course is for people who like to draw, wish they could draw, or think they can't draw. It begins with Gary Delaine demonstrating how our lifetime of experience and observation and a willingness to relax and experiment are all we need to create surprising drawings of original characters and interesting cartoon pictures. Each day focuses on an aspect of cartooning through presentation and demonstration and finishes with plenty of time to apply these new ideas in exercises and personal work. In the final week, Gerry Rasmussen takes over the class to show students how to use their new cartooning and drawing skills to create comic strips, caricatures, gag cartoons and more.



[This Photo](#) by Unknown Author is licensed under [CC BY-SA](#)

Gary Delaine and Gerry Rasmussen are creators of the long-running comic strip, Betty. Betty appears in newspapers around the world and locally in the Edmonton Journal. Both Gary and Gerry have spent many years sharing their enjoyment of drawing and cartooning with students of all ages. This will be Gary's third time teaching at ELLA and Gerry's first.

EL31 Sketching with Ink and Watercolour - Beginner Level

Instructor: Susanne Lamoureux

Perhaps you have always wanted to keep a sketchbook yet did not know where to start or what to do. Join Susanne as she guides you each day with step-by-step demonstrations where you will discover different drawing and shading techniques using ink and how to embellish your sketches with watercolour. This course will teach you fun and exciting ways to elaborate your page by introducing both creative lettering and page design that will add pizzazz to your page while exploring a variety of themes from photos and from life. The course may also include a field trip. All levels are welcomed.

Susanne 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: Best Contemporary Drawing in Graphite, Pastel or Coloured Pencil." She is currently teaching at the Artra Art School, www.lamorearts.com

EL32: Luminous Life - Intermediate

Instructor: Oksana Zhelisko

Emotion is the key to a successful painting. You want your paintings to be a form of visual poetry, rather than a simple observation of the subject. You want your viewers to experience your emotional response to the subject. In this course you will learn how to use your brushes and vibrant colours, transparent and opaque, to capture the living beauty of flowers, fruit and veggies. Your instructor will assist you in composing your work and show you how to bring new liveliness to your painting. Bring your own reference pictures or live objects or follow the instructor's step-by-step demo with a selection of her inspiring images. Let's make still life luminous and fun!

Classically trained in Eastern Europe, Oksana began her art career in L'viv, Ukraine. She studied at the Ivan Trush Academy of Decorative Arts. She chose to make painting, especially of murals, her specialty. Oksana brings her training, skill, and passion to her painting, and she is versatile in expressive styles. She is adept at many genres, including portraiture, still life, and landscape.

Early Afternoon Classes – 1:15 to 2:25 PM

EL40 Consciousness: From Waking to Sleeping to Extraordinary

Instructor: Jayne Gackenbach

The materialist perspective, whereby physical phenomena are assumed to be primary and consciousness is regarded as secondary, is receding from view. Increasingly, science is showing that consciousness plays a key role. The purpose of this course is to explore what consciousness looks like when we do not automatically assume that it must arise from the workings of matter. This perspective is called “Non-Local Consciousness.” Topics to be covered include the science of the supernatural, night-time dreams, near-death experiences, out-of-body experiences, and healing at a distance. Research into the practice of meditation and other highly focused attentional activities, e.g., video game play, will also be discussed.



Dr. Jayne Gackenbach is currently a professor emeritus in Psychology at MacEwan University. For the first 20 years of her career she focused on research into lucid dreams. The second half of her career has been devoted to inquiries about digital life and its impact on night-time dreams. Central to her scholarship has been an interest in experiences of reality and its implications for consciousness.

EL41 Alberta’s Political Economy: Past, Present, and Future

Instructor: Trevor Harrison

This course, taught by senior and research staff from the Parkland Institute, will look at Alberta’s current political and economic situation in a historical context, and provide a sense of the current trajectory going forward. Specific topics (Alberta focused) to be covered may include:

- political history (inter-provincial relations; the emergence of the West as a region)
- economic history (agriculture, oil, gas, the north)
- oil economy past and present (econ dependency; royalties; exports/pipelines; production; productivity)
- government finances (taxes, royalties, expenditures, deficits, debt, Heritage Trust Fund)
- environment (climate change; emissions; carbon tax)
- Indigenous people and communities
- health care, education, and social services policy
- the gender gap
- populism and political discourse
- fossil fuel transition and Alberta’s future economy and jobs (electricity markets and transition; capital spending)

Dr. Trevor Harrison is Director of the Parkland Institute. He is a professor of sociology in the Faculty of Arts and Science at the University of Lethbridge, and a research affiliate of the Prentice Institute for Global Population and Economy.

EL42 Contemporary Movements in Islam

Instructor: Maryam Razavy

Religiously-based violence exists among many religious belief systems, and is certainly not a new occurrence. Since September 11, 2001, however, many people have begun to question religiously-motivated violence related to Islam. The relationship between Islam and violence, in turn, invites a host of questions, including: Is violence intrinsic to the faith, or does it stand apart from it? What motivates extremists? And why the contemporary rise of global jihadist movements? In answering some of these questions, this course will cover the contemporary relationship between Islam and violence in the world focusing, in particular, on alternate explanations for the roots of violence amongst many contemporary, global, militant movements. No previous knowledge of Islamic studies is required, as a basic introduction will be provided in class.

Dr. Maryam Razavy holds a joint PhD in Religious Studies and Sociology from the University of Alberta. She is currently appointed as Assistant Clinical Professor in the Department of Family Medicine, and as Research Associate in the Department of Sociology. Her research focuses on religion and violence, and religion and cultural health.

EL43 Stone Age Archaeology

Instructor: Joseph Jeffrey (Jeff) Werner

Millions of years before the first smart phone, our distant ancestors first began breaking rocks to make sharp flakes. This humble activity set our lineage on a path that would include dietary changes, brain expansion, growth in technological complexity, and perhaps even the origins of language. Stone Age Archaeology tells the story of human origins and our very old and close relationship to technology. We will touch on all the major phases of the Stone Age, starting 3.3 million years ago through to its conclusion with the advent of metal tools a few thousand years ago. The course is intended for those with no background in archaeology and will include a brief review of some of the key techniques and theories of the discipline.

Jeff is an archaeologist interested in the African Stone Age and human evolution. He does field-work in southern Tanzania, where he works as part of a team to document the Stone Age and historical occupation of the region.

EL44 Flora and Fauna of the River Valley in the Edmonton Region

Instructor: Margaret Reine

This course will be an overview to identify the local native flora and fauna within the River Valley System in the Edmonton Region. The material will cover the characteristics of the various plant, mammal and bird families and how to identify them. We will discuss the habitats, where the species can be found and the best times to see and or hear these species.



Marg Reine grew up in Edmonton and completed her education at the University of Alberta. She has worked as a federal and city naturalist, teacher and literacy coordinator. She has been an active volunteer in the Edmonton community involved with the Clifford E. Lee Nature Sanctuary and the Edmonton and Area Land Trust. She enjoys the outdoors and encouraging others to learn about nature.

EL45 Can Alberta's Crude Oil Be Developed in an Environmentally Friendly Way?

Instructor: David H. S. Law

What is the global perspective of Alberta's crude oil development? What are crude oils and their classification as light (or conventional) oil, heavy oil and bitumen? What are the different kind of rock formations containing the crude oils? What are the current technologies being used to recover different kind of crude oils in Alberta and their environmental impact? What are the new developing technologies that can be considered for Alberta's future crude oil development? The answers to these questions will be provided to students so they can gain knowledge in order to better understand the challenges in balancing the factors of technology, environment and economics facing the Alberta oil industry. Ultimately, students should be able to provide their own answers to the topic of this course.



Dr. Law retired as Heavy Oil Technical Director from Schlumberger in 2015. He has over 30 years of experience in technology development in crude oil recovery. He holds MSc and PhD degrees from the University of Alberta, both in Chemical Engineering.

EL46 Marvels of Mathematics

Instructor: Leonard Bonifacio

We will discover surprising patterns in number, beautiful geometry in nature, and many connections between mathematics and the world around us. What do Chinese noodles, the shape of an egg, strength of peppers, a square-wheeled bike, tying shoelaces, crickets, and kidney stones have to do with math? Let's find out!

Len Bonifacio is enthused about anything related to math education. He has worked in math education for over 40 years, as a teacher, department head, provincial examiner and district consultant. He was a MCATA Educator of the Year in 2000, twice a finalist for a Provincial Excellence in Teaching Award, and is a contributing author to current high school texts. Len is back for his 6th year at ELLA.

EL47 The Astronomical Universe: What, When, Where and How

Instructor: Douglas P. Hube

The course will begin with an overview of the content and evolution of the astronomical universe, from the earth to the edge of the observable universe, and from the Big Bang to the indefinite future. The methods and logic used at each stage will be described. Most class time will be devoted to a more detailed exploration of recent discoveries, developments and events that have surprised astronomers and opened doors to new areas of study. No advanced math will be used. Class participation and topic suggestions will be invited from attendees.

Dr. Hube is a PhD graduate of the University of Toronto. He has been a faculty member at the University of Alberta since 1969. He has been a guest at observatories around the World. His principal area of research has been spectroscopic studies of short-period binaries, and the determination of their evolutionary states. He has published, also, on the detection of black holes, and meteoritics.

EL48 Despots and Décor: The Visual Style of Autocracy

Instructor: Hoyne Santa-Balazs

From ancient Assyria and Rome, through Mussolini to Saddam Hussein, there is a clear similarity in the way despots across history imposed their will on both art and their surroundings. Details in visual style may vary between regimes, but grandiosity, excessive opulence, and the subjugation of the arts and the abuse of artists are common elements in oppressive regimes. A recurring motif is how virtually all dictators cannibalize the art of the past, inventing aberrant reinterpretations of art and architecture, often hijacking and corrupting archeological remnants incorporated into their propaganda schemes. The course will examine the roots of this phenomenon, look at specific historical examples of objects and monuments across cultures, and explore how art and artists were used and abused in the service of absolute power.

Hoyne Santa-Balazs has been teaching university classes in art history for 20 years. She has taught a wide range of courses in western art from the Stone Age to Modernism. Her research interests involve art crime, the looting and illegal trafficking of antiquities, and the protection of cultural property in war zones.

EL49 The Fiction of Toni Morrison

Instructor: Jared McGeough

In 2019 the world lost one of its most popular and respected authors, Nobel laureate Toni Morrison (1931-2019), whom Canadian author Dionne Brand called "the greatest writer in English of the 20th century." This course will introduce students to Morrison's major novels: *The Bluest Eye*, *Song of Solomon*, *Beloved*, *Jazz*, *Paradise*, and *Love*, among others. Along with analyses of Morrison's fiction, the course will also engage with her broader oeuvre of non-fiction essays and articles, as well as her dramatic revision of Shakespeare's *Othello*, which she titled *Desdemona*. In turn, students will discuss a variety of recurring themes across Morrison's work, including her unique use of narrative and literary technique to explore black female experience, memory, community, violence, and the idea of literature as a form of redemption.

Dr. Jared McGeough (PhD, University of Western Ontario) has taught a variety of courses in Canadian, Romantic, Victorian, and Edwardian literature. Current projects include editing digital editions of 19th-century author William Godwin's educational books for children, and a biography of his father, former NHL referee Mick McGeough.

EL4A Writers and Company

Instructor: Eunice Scarfe

This class is for both new and experienced writers. For those who want to publish or for those who want a daily practice that's good for your health, rather like yoga or walking a mile. If you've lived, you have a story; if you can tell it, you can write it; if you don't write it, who will? We'll write for half of every class and read aloud the other half (always optional). Hearing your own words after writing a first draft is the most effective way to get acquainted with what your words want you to do next. Each day you can try something new or continue from the day before. Last year's class published an anthology; perhaps this class will publish one too? "The page waits," says Margaret Atwood, "pretending to be blank."

Eunice Scarfe is a widely published writer of short stories who has designed and delivered writing workshops for the last 30 years through her company Saga Seminars. New and experienced writers at all ages and stages have taught her how best to use their time.

EL4B Do It Yourself in Healing and Defying Aging (Take The Pain Out of Aging)

Instructor: Blanca L. Vanier

Safe, non-invasive, simple and easy DIY steps to help seniors to stay physically healthy, mentally alert and spiritually happy, based on the theory of Traditional Chinese Medicine (TCM), valuable knowledge to keep for life. Often, we envy some older people who are old but don't look old. Walking tall and fast, with a smile on their faces, they sure don't look like they have any type of pain or stiff joints. How can they manage that? There are ways to take the pain out of your aging body and face. This course will help you find this valuable key to open the gate of the "Ancient Chinese Secret" – better and healthier lives for you and your family.

Blanca was a charter member of the Acupuncture Society of Alberta. In the 1970's, fear of the unknown prevented people from trying acupuncture. Blanca dedicated 40 years of her life to changing that, working with the Alberta government to regulate acupuncture and teaching a full time diploma course at MacEwan University for more than 20 years.

EL4C Line Dancing

Instructor: Tracy Walters

Heel toe, round, shuffle, and here we go! If you love to dance and don't have a partner, then line dancing may be for you. Line dancing is popular among seniors, and it provides a good physical and mental workout. Learn fun and easy dances to a wide variety of music (country, pop/rock, Celtic, just to name a few). No outdoor shoes permitted (bring a clean pair of comfortable shoes). Participants should be able to stand for 70 minutes and move forward and back and side to side. Also, bring a water bottle. You won't even know you have exercised until the class is over!



Tracy is an award-winning dancer from Spruce Grove, Alberta. Her dancing career includes partner dancing, line dancing, clogging, and belly dancing. Tracy's line dancing and teaching history dates back to 1993 (26 years). Her teaching career began in 1993 and she has attended and taught at many workshops. She is currently teaching line dancing at various locations in the Edmonton area.

EL4D Progressive Core Stability

Instructor: Barb Turner

This course will give you a solid base of understanding about where you are currently with core stability, and how to build it from there. General anatomy, functional movement, and physiology will be brought together in a mixture of exercise and education. Progressive exercises include: functional, postural alignment, core stabilization, core strength, balance, targeted hip. This class will give the participant an opportunity to build core strength in a safe and progressive manner. The exercises and concepts learned can be applied in everyday life. People attending classes must be able to get on and off the floor with relative ease. A 36" foam roller is required – bring it the first day of class. It will be stored on site for the duration of the course.



Barb is certified with the Canadian Society of Exercise Physiology and the Alberta Fitness Leadership Certification Association, with more than 25 years of personal training, sport training, and other specializations. She has a U of A degree in Kinesiology specializing in Injury Assessment, Injury Rehabilitation, and Exercise Prescription. she is currently working for Alberta Health Services.

Mid-Afternoon Classes – 2:45 to 3:55 PM

EL50 Critical Theory, Decolonization, and Indigenous Writings

Instructor: Brandon Kerfoot

This course will explore the major developments in critical theory from the mid-twentieth century to the present, with special focus on decolonization and Indigenous writings. The first week will consist of an overview of major twentieth-century critical movements, especially covering the shift from studying the canon (an established set of classics, mostly written by white men) to studying method-based approaches and political approaches (such as feminism and critical race theory). In the second week, we will focus on the twentieth-century development of Native Studies and Indigenous literary studies, and in the third week, we will turn to contemporary case studies such as the Truth and Reconciliation Commission (TRC) and the push to decolonize the university, which would involve not only the inclusion of Indigenous-authored literature but also fundamental shifts in how academic disciplines imagine and conduct their research.

Brandon Kerfoot is a settler scholar living in Edmonton, in Treaty 6 and Metis territory. His research focuses on Arctic literature on politics with a special focus on Inuit literature and human-animal relationships as a political expression.

EL51 Modern Board Games

Instructor: Jared McGeough

This course introduces students to the world of modern board games. In recent years, board games have become something of a pop-culture phenomenon. This is, in part, because in our current “digital age” people are increasingly being drawn back to media that allow them to connect with others in person, rather than through a screen. Beyond promoting more positive face-to-face social interactions, board games have also been linked to potential health benefits, such as prevention of cognitive decline. Classes will be divided into instructional sessions and full gaming sessions. Instructional sessions will introduce students to a particular genre of modern board games, providing historical background and cultural context as well as teaching the rules of the game, which will be played the following class.



[This Photo](#) by Unknown Author is licensed under [CC BY](#)

Dr. Jared McGeough has a PhD from Western University. He has taught Romantic, Victorian, and Canadian literature at the University of Regina and at Concordia (Montreal), along with a variety of literature courses for ELLA. For the past four years, Dr. McGeough has also helped organize GOBfest (Games on Boards), Edmonton's largest tabletop board gaming convention.

EL52 Data Stories for Public Health Action

Instructor: Amy Colquhoun

We all have stories about how injury or disease has impacted our life or the lives of people we know and love. Stories about health and wellness, and about injury and disease, can also be told through numbers. Through a mixture of lectures and hands-on learning, this course will provide an overview of how data stories play a critical role in public health. We will discuss how data has been used historically to inform public health action. We will also explore current applications, including investigations into outbreaks of infectious and non-infectious diseases. Through disease "detective work" we will examine how the stories told through data can prevent illness and ultimately reduce the impact of disease in our communities and around the world.

Dr. Amy Colquhoun has worked in provincial public health surveillance for over a decade. She is currently the Manager of Population Health Assessment with Alberta's Ministry of Health. Amy earned a PhD in Epidemiology through the School of Public Health at the University of Alberta, where she is now an adjunct professor.

EL53 Illumination and Attraction

Instructor: Robert Rose

This course provides the non-technical student with a simple understanding of the roles of magnetism and electricity in our world. In *Week 1*, the mysteries of volts, watts, batteries, and compasses will be revealed. You'll discover why electrons race from a generating station to your toaster and what exactly a halogen light bulb is. *Week 2* will focus on telecommunications and the entertainment industry. In entertainment, we'll cover gramophones, movie cameras, eight-tracks, and everything in between. You will learn how Nazi propaganda technology, Bing Crosby, and Mission Impossible are related. *Week 3* is for electronics, from vacuum tubes to fibre optics. The design of radios, radar, television, and, of course, computers will be covered. Topics will include: short wave radios, Doppler weather radar, microwaves, ATMs, the Internet, and what is Blue Tooth anyway?

Bob Rose is a retired electrical engineer and worked 35 years in Alberta's electric power industry. He has lectured at 14 science teachers' conferences. In 2009 he received a Fellowship by Engineers Canada for his lifetime contributions to the profession.

EL54 My DNA, Heredity and Me in Today's World

Instructor: Ramesh Bhambhani

Canada's ethnically diverse population is governed by universal principles of heredity. DNA is the cellular substance that functions as the carrier of genetic information in living organisms. It is an integral component of the chromosomes in their cells. The molecular structure of DNA was revealed in 1953. The DNA associated with each chromosome in a human genome (a chromosome set) was quantified and sequenced in 2004. This milestone sparked a phenomenal interest in "genetic testing" – people wanting information about their DNA/heredity. This course will discuss the pros/cons of "genetic testing," and evaluate its significance in forensics and law, genomic medicine, gender identity, and genetic engineering. It will look at how DNA is preserved, mutated, reshuffled, and transmitted through. It will examine how a person's DNA is manifest in blood groups, cystic fibrosis, hemophilia, sickle cell anemia, and Down syndrome. It will also address genetically modified organisms (GMOs).



Training in Genetics (BSc, MSc, PhD) combined with a Professional Diploma after Degree in Education facilitated a long and rewarding career for Dr. Bhambhani as an educator at his alma mater, the University of Alberta.

EL55 Palaeontology Series

Instructor: Corwin Sullivan, with Philip Currie and various guest lecturers

Vertebrate palaeontology is the study of extinct animals with backbones. This inherently multidisciplinary science draws on the expertise of specialists in many different fields, including botanists, zoologists and geologists, who work alongside palaeontologists to uncover the secrets of the fossil record. In this course, you will learn about some of the exciting paleontological research being conducted at the University of Alberta on everything from prehistoric plants to feathered dinosaurs. This course will show you how palaeontologists work in both the field and the lab to not only squeeze anatomical information from fossils, but also seek insights into evolution, ecology, physiology, behaviour, and so much more.

Dr. Corwin Sullivan is a vertebrate palaeontologist at the University of Alberta who primarily studies the diversity, functional anatomy and evolution of dinosaurs and their relatives. He is the author or coauthor of many scientific papers and the book *From Fish to Human: The March of Vertebrate Life in China*.

EL56 A History of the Broadway Musical

Instructor: D. T. Baker

After it began from a combination of the scattered influences of many traditions, the Broadway musical evolved into the quintessentially American cultural form. These days, while Broadway is catering to the tourists and seemingly playing it safe, there still seems to be room for a truly original show to break through. We'll explore the whole story with plenty of musical examples.

D.T. Baker has been educating audiences about aspects of music and music history for over 40 years.

EL 57: Laughter in Jane Austen & Dinner with Charles Dickens: Approaches to Classic Novels

Eileen M. Conway

This course will examine, first, how laughter works in Jane Austen's comic masterpieces, primarily "Pride and Prejudice"—and how the limits on laughter's usefulness are discovered, and what happens then! (about seven class hours). The second half of the course will take a similar approach to how Charles Dickens famously celebrated food and eating in his fiction ("Pickwick Papers," "A Christmas Carol," "Great Expectations," "David Copperfield," and "Our Mutual Friend" may be discussed). The method of presentation will include lectures and discussion; the final class hour will draw together what we have discovered and explored during the course.

Eileen M Conway holds degrees from the U of Toronto (Modern Languages), Harvard (English), and Newman Theological College (Divinity), and taught undergraduates in the English Department at U of Alberta for 15+ years. Her interests also include Milton, mystery fiction, metaphysical poetry, and children's literature. The joy of her life has been bringing together people and texts.

EL58 Saints, Sinners & Smallpox: How Wax Sculpture Saved Lives in 14th-19th Century Italy

Instructor: Kimberly Johnson

Renaissance Italians considered one type of art so magical, so sacred, that it could be dangerous if used improperly: art made of wax. Wax art was prized because it produced the most lifelike figures, best mimicking human flesh and the pulse that beat within it. The power of wax was so potent it became particularly crucial in the education of surgeons, who, at the time, ended lives more often than they saved them. Building on the Italian traditions of wax portraits and devotional offerings, artists began to explore the anatomy and mechanics of the body in art. This course introduces wax sculpture, explores how this art shaped generations of physicians and surgeons in Italy, and illustrates how this breathtaking art saved countless lives, from operating tables to dinner tables.

During her graduate studies in the history of art and visual culture at the University of Alberta, Kimberley's academic concentration was on European anatomical sculpture and display, from the early modern period to contemporary practice. Currently she teaches at the University as an instructor.

EL59 Aging Backwards and Pain Relief with Essentrics

Instructor: Elizabeth Olson

Essentrics is an exercise program that draws on the flowing movements of tai chi, which create health and balance, the strengthening theories of ballet, which create long, lean flexible muscles, and the healing principles of physiotherapy which create a pain free body. In this course we will discuss specifically how this "feel good workout" is designed to reverse the effects of aging so that proper weight, flexibility, mobility, strength and good health can be maintained in middle age and well into our golden years. We will discover less stiffness, with relief from aches and pains, proper posture and improved balance. Each session will include a 45 – 60 minute practical class. Comfortable clothing and no shoes is preferred. Yoga mat is required. Please bring it to the first class. Students must be able to get on and off the floor.



Elizabeth Olson has been certified as a Level 4 Essentrics instructor since 2006 and was trained under the tutelage of Miranda Esmonde White, the creator of Essentrics and the author of [Aging Backwards](#), [Forever Painless](#), and [Fast Track to Aging Backwards](#).

EL5A Mindful Yoga for Health and Wellness

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 somewhat and experiment with a more meditative approach.

The tools to be explored are:

- Simple breathing exercises to bring awareness to the body, calm the nervous system and 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.

Anita Sielecki has practiced yoga since 1974 and has done Biochemistry research at the U of A since 1976. Certified as a yoga instructor in 1990, she has 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.

EL5B Activating Reconciliation

Instructor: Miranda Jimmy

The Government of Canada has produced several reports outlining the needs of Indigenous Peoples and recommending changes to better meet their needs. Each publicly available report has laid out specific actions for the public and private sectors to improve services and systems for Indigenous Peoples, but follow through has fallen short. In this three-week course, learners will come to better understand the results of these reports and the personal actions that can be taken to improve the situation.

Miranda Jimmy is a passionate Edmontonian and member of Thunderchild First Nation. She is a community connector and fierce defender of truth. Miranda is committed to the spirit and intent of the treaty relationship and finds ways each day to demonstrate to others what this looks like.



All-Afternoon Art Classes – 1:15 to 3:50 PM

EL60 Canadian Road Trip with Watercolours – Beginner Level

Instructor: Frank Haddock

Celebrate our heritage while learning how to paint. Learn how to use brushes and other tools, paint and a variety of techniques to create expansive skies, colourful fall trees, and roaring waves as you take your road trip to notable and some lesser known areas of this great country. All projects will include step-by-step instruction and guidance that will allow you to develop painting skills. Students will be shown how to mix a wide variety of colours with a limited palette as they explore the rivers, trees, and other scenes across this country. This course is designed for beginners while those with some experience will also enjoy discovering new approaches to landscapes.

Frank Haddock is a versatile artist who works in any drawing or painting medium with ease. His work has been seen in *Galleries West Magazine*, *Edmonton Women's Magazine*, and *Watercolour Artist Magazine* (June 2009 issue). Frank received his BFA at the University of Alberta in 1984. He has been teaching for more than 38 years at MacEwan University and several cultural centres in Alberta.

EL61 Introduction to Pastel

Instructor: David Shkolny

Students will be taught soft pastel through demonstrations and step-by-step lessons. Subject matter will range from still life to landscape and portraiture. Beginning with a solid drawing, students will learn to apply the pastel in layers, to blend colours and explore the range of expressive strokes possible in pastel. Work will be done from both life and photographs.

David Shkolny has a Bachelor of Fine Arts degree from the Nova Scotia College of Art and Design (1992). Currently maintaining a studio practice in Edmonton, Alberta, he has been teaching painting and drawing since 2001. David's artwork is in collections across Europe and North America as well as at the Canada Council. Recent public commissions include The Kaye Clinic and Fort Saskatchewan City Hall.

EL62 Beginner Abstract Painting

Instructor: Samantha Walrod

This course is meant for all learning levels and styles – beginners or experienced abstract painters are welcome! Students will be introduced to a variety of painting techniques, including abstraction through landscape and portraiture. Through the act of layering paint, paper and other media, students will explore the history and evolution of abstract painting for themselves. Through experimentation, we will find out the limits of what paint can do. We will drip, scrape and paint across the canvas! Class work will be supplemented by presentations and discussions involving the evolution of abstract art.

Contemporary and historical artists will be examined. Readings (provided by the instructor) will be optional.

Samantha Walrod (University of Alberta MFA 2013) is a collage artist, painter and educator living in Edmonton, Alberta. Her work can be found in various private collections across Canada, including the AFA Collection. Walrod is best known for her Canadian wildlife paintings, and multimedia floral paintings.

Spring Session 2020 Activities and Events

Additional information on activities will be handed out when you pick up your name tag/course information on the first day of Spring Session.

Board Chair's Greetings

On Monday, April 27 at Noon in the Auditorium (Education N2-115) our Board Chair, Shirley Forest, will welcome participants to Spring Session. Shirley's remarks will be followed by ELLA's first noon hour presentation, *Think you know your Library - Think Again!*

Volunteer Appreciation Luncheon

2019-20 ELLA volunteers are invited to a Volunteer Appreciation Luncheon on Tuesday, May 5th at 11:45 AM in the Education Building 4th Floor Lounge.



ELLA Spring Session Meet and Greet

Friday, May 8th in the 10th floor lounge in Education South. This event is your opportunity to chat with your fellow students and instructors in a casual social setting! Tickets can be purchased at the Information Table during Spring Session.

ELLA 2020 Annual General Meeting and Introduction of New Board Volunteers

Wednesday, May 13, at Noon in Education N2-115

This is your opportunity to find out more about and participate in and contribute to the running of our Association and Spring Session. You will hear about the past year's achievements and meet the current and new volunteer Board Members.

ELLA Etiquette

Distance between classes, after-class discussions, mobility... many things can make us late for a class or lecture. And we also have other non-class responsibilities. However, with a bit of thought and attention we can minimize the effects on others.

The following suggestions will help us to foster an atmosphere of respect for both presenters and other students:

- Settle into your seat before the session.
- The front rows are generally reserved for those with limited mobility.
- Turn off your cell phones and other devices. If you must leave your phone on, put it in silent or vibrate mode and leave the room if you have to answer it.
- If you know you'll have to leave the session before it ends, sit near the door and hold the door as you leave so it doesn't bang shut.
- Avoid side-conversations during the presentation. This will help all of us, including those with poor hearing.
- Noon-hour presentations in one of the auditoriums in ECHA (room numbers TBA).
- To accommodate additional viewers, these presentations will be **live-streamed to the big auditorium in EducationNorth(ED N 2-115)**, and on the internet. To find out more, check at the Information Table during Spring Session.
- If you know you will arrive late, must leave early, take a phone call ... please consider enjoying the presentation using **ED N 2-115** so as not to distract the presenters.

Different Noon Activities

Give away books, choose a book or two!

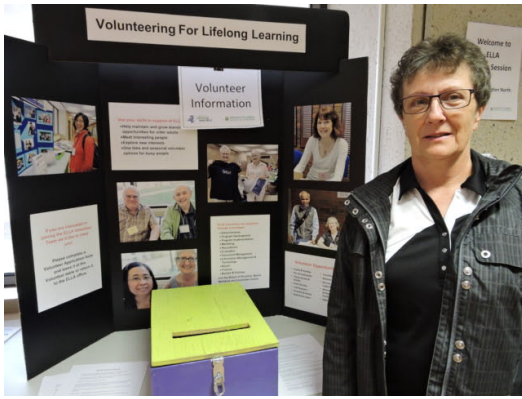


Or enjoy some sun outside like Jan McGregor.

Spring Session 2020 Noon-Hour Presentations

Location: Auditorium/ Live-streamed: ED N 2-115 12:00 – 1:00 PM

Monday	Tuesday	Wednesday	Thursday	Friday
<p>APRIL 27 Think You Know Your Library - Think Again! Tina Thomas, Executive Director, Strategy and Innovation, at the Edmonton Public Library</p>	<p>28 Tuning Up the Older Body Simon Cooke, Clinic Director, Kingsmen Sports Centre Physical Therapy Clinic</p>	<p>29 Dogs Without Wings: Assistance Dogs Mike Schuh, Ambassador and service Dog-in-training</p>	<p>30 Scams, Frauds, Abuse – Seniors Beware! Sandra Ramsey, City of Edmonton (Seniors Protection Partnership)</p>	<p>MAY 1 Preplanning Your Funeral Lea Callebaut, Office Coordinator/Volunteer, Edmonton and District Memorial Society</p>
<p>4 Wet and Wild? Do Something about it! Dr. Adrian Wagg, Research Chair in Healthy Aging, internationally recognized expert on incontinence</p>	<p>5 VOLUNTEER LUNCH</p>	<p>6 In My Backyard: Human Trafficking Glendyne Gerrard Director, Defend Dignity (national organization)</p>	<p>7 The Amazing World of Bagpipes! David Trew, Award Winning Edmonton Bagpiper</p>	<p>8 From Starting Over to Flourishing: Stories of Walking with Immigrants and Refugees New to Our Community Suzanne Gross, Manager Strategic Initiatives, Edmonton Mennonite Centre for Newcomers **Meet and Greet May 8th, 4:30 10th floor lounge, Education S.</p>
<p>11 Accessible Architecture: Beyond the Ramp Ron Wickman, Internationally Acclaimed Edmonton Architect</p>	<p>12 Invasive Plants: Why Should I Care? Dr. Daniel Laubhann, ENVISO Manager, City of Edmonton Environmental Strategies Department</p>	<p>13 ELLA AGM</p>	<p>14 ELLA ART SHOW</p>	<p>15 Growing Up in the Arctic Robert Feagan, Author, Host of the podcast “Arctic Canada”, and former NWT Civil Servant</p>

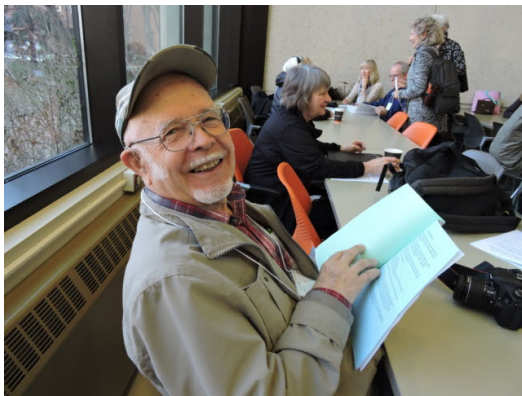


**Have you the time to volunteer?
The rewards are great: fun times,
meet new peers, make an impact
on future ELLA courses and
activities**



**View the art or register to be
the artist. Look at this wee
example of what they created
in three short weeks.**

You can create too!



**Who doesn't want to be part
of this fun?!
Share this with a friend so we
can share ELLA with others. It
is too much fun on our own!**



**Be sure to attend the opening
of ELLA, lunch time
presentations of your choice,
the choir and the AGM to have
your say !**