



Edmonton  
Lifelong Learners  
Association



UNIVERSITY OF  
**ALBERTA**  
Faculty of Extension

# The Lifelong Learner

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## **President's Message**

As we approach ELLA's eighth Spring Session for Older Adults, we should remind ourselves of what a wonderful program, our membership in ELLA offers us. We are so fortunate! We owe it to our friends and acquaintances, who are not yet familiar with ELLA, to spread the word. Our Spring Education Program is the best buy in education to be found anywhere.

We know from surveys completed by our students, that regardless of how we spend our publicity budget, the vast majority of new members have heard about ELLA through word of mouth. We encourage all members to make an extra effort this year to tell their friends about the ELLA experience. Let's spread the news of our program throughout the Community whenever possible. Not only will it potentially benefit others, but also a larger registration will lower costs for all members. We think we have a gem, so let's share it.

**Ray Lieberman - President**

## **Student Evaluations:**

Here is a selection of the positive feedback and suggestions we received anonymously from ELLA students enrolled in this year's Spring Session. There were no negative comments!

I ranked David Nattress, Margaret Drummond and Lidio Valdez very highly. Their courses and presentations were all excellent. Lidio particularly wowed me and, I believe, many of the others who took his course about the Andes.

2008 was the first time I participated in ELLA. In the past I had always felt I did not want to give up 3 weeks of gardening time. However I found the courses I took so rewarding, and fun. The cost of the program was low enough that I did not feel I had to attend courses all day, but could attend in the morning and go home and garden in the afternoon. Perhaps a course on gardening or horticulture would be interesting.

As a first time ELLA participant, I was not too sure what to expect, but had heard good reviews. It exceeded my expectations! The people I met were outgoing and friendly, had wonderful life experiences to share, and were interesting to talk to. The program was stimulating and even though we had some homework, it certainly raised my intellectual bar! I would recommend the program to any individual as a method of enhancing their critical thought and artistic endeavours.

As always, I loved Dr. Quereshi's classes.

Would it be possible to have a macroeconomics class sometime?

I have attended four ELLA Spring Sessions and each year seems to be more exciting than the last. The course on the Andes was the highlight for me, especially as I am going to Peru in November. As a complete contrast, Jeff McCune's musical appreciation course was wonderful and it was a joy to hear beautiful music to finish off the day.

Instead of a dinner on the last Thursday, how about an earlier gathering? Perhaps a cocktail party or a wine and cheese party would be acceptable. This way people don't have to go home first.

The lunch for the AGM was delicious and well catered.

**Wind-up Wine and Cheese Party:**

And now one student's wish has come true! The 2009 ELLA Wind-Up Banquet will be replaced by a "Wine and Cheese" function. It will be held in the 4<sup>th</sup> floor lounge of the Education Building on Thursday May 14<sup>th</sup>, time to be decided later.

The number of people attending the banquet has been declining over the last few years and members have suggested a less formal event would be preferred. The ELLA Board, sensitive to the views of members, felt that a "Wine and Cheese" would be worth trying.

This event will take place at an earlier time, tickets will be less expensive and the venue more convenient to members. It is hoped more members will come and join our annual ELLA Celebration.

**Maggie Dower – Chair, Social Committee**

**Program Committee Report:**

Do your little grey cells need stimulating? Get rid of the winter blahs by taking some courses with ELLA in the Education Building at the U of A from April 27 – May 15, 2009. We have a wide variety of class topics from which you can choose. Come out to think and to have some fun.

Please note the following list (page 3) list of proposed classes **is only a draft** and any part could be cancelled or changed at any time between now and when you receive the ELLA Class Calendar in January 2009

**David Nattress - Co-Chair, Program Committee**

**Take Note:**

Course registration fees have gone up to:	\$220.00	
Art courses are up to	\$245.00	(cover additional expenses incurred by need to limit registration in each class)
Bursaries have been increased to	\$125.00	
2008/09 Memberships remain the same	\$20.00	

***The increase in tuition is to cover the registration fees and higher instructor fees. The small decrease in registration last year over the year before was not a significant factor in calculating the fees for 2009.***

**Proposed 2009 Spring Session (Draft Copy Only)**

**The 2009 ELLA Spring Session will start on Monday April 27th and run to May 15th.**

Time	Instructor	Course	Status	Contact
Early AM	Hiroshi Takahashi	Tai Chi	Confirmed	Ted Snow
Early AM	Lynn Willis	Walking	Confirmed	David Nattress
9:00-11:45 a.m.	Izabella Orzelski-Konikowski	All levels welcome Acrylic	Confirmed	Helen Richards
	Frances Alty-Arscott	Beginner /Intermediate Watercolour	Confirmed	Helen Richards
	Katherine Hines	Pencil/Watercolour	Confirmed	Helen Richards
9:00 - 10:15 a.m.	Margaret Drummond	Myths	Confirmed	Frances Klinge / David Nattress
	Samir Ghossein	Geology & Gemstones	Confirmed	David Nattress
	Peter McNabb	English	Confirmed	Ray Lieberman
	Shirley Serviss	Writing Class	Confirmed	Inge Vermeulen
	David Wangler	The Changing Nature of Human Nature	Confirmed	Inge Vermeulen
10:30-11:45 a.m.	Patricia Casey	Drama	Confirmed	Joyce Buchwald/ David Nattress
	Dave Ferraro	Intermediate Computers Request RM 155B	Confirmed	Ken Miller
	Doug Hubé	3 Q's of Quantum Physics	Confirmed	Ken Miller
	Laurie Shortread	Introduction to Anthropology	Follow-up	Ted Snow
	Scott Sharplin	Shakespeare from Page to Stage	Confirmed	David Nattress
	Marie Yakula	Salsa Dancing	Confirmed	Ted Stone
1:15-4:00 p.m.	Frank Haddock	Drawing	Confirmed	Helen Richards
	Kirk Marlow	Impressionist & Post-imp impressionist	Confirmed	Inge Vermeulen
1:15 - 2:30 p.m.	Jeff McCune	Music	Confirmed	David Nattress
	David Nattress	Film Appreciation	Confirmed	Ron Bourassa
	Saleem Quereshi	Nuclear Dangers- Pakistan, Iran, India	Confirmed. Needs Rm. 129.	Ken Miller
2:45 4:00 p.m.	Collin Soskolne	Sustainability	Confirmed	Ted Snow
	Margaret Ann Armour (# of Speakers)	Chemistry in the Home	Follow-up	Val Cload/ Larry Judge/Ken Miller
	Cora Taylor	Freefall Writing	Confirmed	Inge Vermeulen
	Lidio Valdez	Amazon Region	Confirmed	Ken Miller
	Don Zeman	Ethics	Follow-up	David Nattress
Various	Debbie Marshall	Writer in Residence	Confirmed	Gerry Ridge

A list of noon-hour speakers will be posted at the 2009 Spring Session Calendar and at the ELLA information table. The AGM is scheduled for Wednesday, May 13, 2009.

We realize that many of you feel that the new timing for next year's classes is too early but it is the time-period offered to us by the University and there really are some advantages to our starting classes at the end of April.

First: We have a whole week to settle in and find our way around before the students return for Summer School. During the early days of Spring Session it can get hectic while our students are finding their way around so having the cafeteria will be a boon to us.

Second: The many gardeners among us will be free to work outside a little sooner should the weather be kind to us.

Third: We do not lose a day of classes on the Monday of the Victoria Day weekend.

### **Time Changes for Courses**

In response to requests you will see the lectures and breaks have been slightly shortened so the day will end at 4:00 instead of 4:20 p.m. These adjustments will give us less waiting time between classes and also avoid some of the rush hour traffic. The Program Committee will be eager to hear your comments on these changes after the session.

### **Needed...More ELLA Students**

For a variety of reasons our enrollment dropped a little last session and in order to hold down course fees we must find more students.

The Faculty of Extension will be taking a larger sum per ELLA student in 2009 (\$25.00 per enrollment) and this means we will need to raise course fees in order to cover our costs. We all deeply regret this as it comes at a time when everything we do or buy costs more.

Another way to raise our revenues would be for each of us find two new participants. So please go out there and enthuse over our spring time sessions – get them hooked!

**The above information was supplied by Gerry Ridge on behalf of the Program Committee**

### **Help Spread the Word**

How can you do that? If there is a phone-in radio show that deals with seniors, take the time to phone and mention Edmonton Lifelong Learners Association (ELLA). We know that the best publicity is word of mouth; hence let's all spread the good news.

Recently one of our members phoned CBC's Wild Rose Country. The topic was seniors' well-being. She mentioned some of the wide variety of courses offered at ELLA's Spring Sessions and the resulting positive mental and physical benefits. She also spoke briefly of the fun and congeniality of our program. Contact information for ELLA was also passed along.

One to two minute exposures on stations like the CBC are worth their weight in gold. Let's all look for opportunities to share our love of ELLA with the media, as well as with our friends and relatives.

**Marg Stephen – Board Member/Program Committee Member**

### **ELLA Founder Passes Away – by Pat Shields**

On August 20th 2008, Marilyn Chinnery passed away at the Royal Alexandra Hospital after a fall in her home. In 2003, Marilyn was predeceased by her husband David.

ELLA only exists today thanks to Marilyn and David and their belief that high quality educational courses for older adults were a necessary and valuable initiative and because of their determination to find a way to continue this kind of a program within the Faculty of Extension.

In 2001, the Faculty of Extension announced that they could no longer fund the Spring Program for Older Adults. Marilyn and David conceived the idea of a non-profit organization, working in cooperation with the Faculty of Extension, which would use volunteers to do the costly administration work under the direction of an elected Board. A meeting over coffee in their home with a handful of other concerned registrants resulted in the formation of a nine-member committee who called a meeting of all former registrants of the 2001 Spring Session in the basement of St. Timothy's Church. When almost sixty people turned out for the meeting, Marilyn and the committee knew that they were on to something that would get the support and the volunteers necessary to carry out the plan. The rest, as they say, is history! Marilyn, as the founding president, presided over the first seventeen-member board for three years and under her direction ELLA became a firmly established and viable organization that continues today to grow in membership and attendance.

In 2004, the Board of Directors presented Marilyn with a Certificate of Merit in recognition of her dedication to ELLA and for giving unstintingly of her time and energy to get the organization established. She was also presented with an Honorary Life Membership.

Marilyn, in her last years, was very proud of ELLA and happy with the way the organization had continued to grow and expand its programs. A huge debt of gratitude is owed to her by this organization.

**Ella member, Pat Shields who served on the Board Directors with Marilyn for many years and knew her well submitted this tribute to Marilyn Chinnery.**

### **Editorial Committee Looks Forward:**

Change is in the air. Until now only one person, the Newsletter Editor, has been responsible for ELLA's Newsletter, *The Lifelong Learner*. It was because of the editor's inability to product the April 2008 issue that the Board recognized it was time to form a newsletter committee. Provision for the actual establishment of the committee had been previously included the Bylaws and so the Editorial Committee was born.

At the 2008 Spring Session five ELLA members volunteered to work on this committee. They are: Maggie Dower, Faith Fernald, Jean Greenhill, Gerry Ridge and Eileen Tait. Now this committee is active ELLA members can expect to look forward to some exciting changes in the newsletter. We want to make the newsletter **your** newsletter and hope our readers will become contributors too. We want to make it more interesting to read as well as being a reliable source of information.

Tell us about a past or future event you think would interest readers. What have you learned lately and why was in an "eye opener" for you. What does lifelong learning mean to you? Write

about your experience as an ELLA student. Write a poem. Do you have a fascinating hobby, a special memory or holiday you would like to share? Think seriously about this invitation to contribute and send your entries to ELLA at the contact address below or, if e-mailing, please write Newsletter Story in the subject line.

**Valerie Swann – Editor/Chair, Editorial Committee**

## **Information Centre:**

### **Board of Directors Elected May 14, 2008 for 2008 – 2009**

#### **Executive**

**President:** Ray Lieberman  
**Vice President:** Carlene Bourassa  
**Past President:** Larry Judge  
**Secretary:** Noma Morrissey  
**Treasurer:** Dave Ferraro

#### **Committee Chairs/Co-chairs**

**Administration:** Carlene Bourassa  
**Bylaws:** Jan McGregor  
**Newsletter:** Valerie Swann  
**Program:** Ruth Bertleson  
**Co-chair:** David Nattress  
**Publicity:** Georgie Brooks  
**Co-chair:** Chips Reid  
**Social:** Maggie Dower

**Directors:** Don Chadsey, Faith Fernald, Ken Miller, Mary Pemberton, Marg Stephen  
The directors are all active members of one, or more sub-committees of the Board

**Non-Board Members:** Ron Bourassa – Administration Co-chair  
Joyce Buchwald – Program Co-chair

#### **Rewards Programs**

If you shop at Office Depot or Staples for office supplies please remember to donate your earned points to their rewards program. ELLA is registered with both companies to earn discounts on future purchases. Office Depot: Card #1420657718, Staples: Card #8164128293. Or use ELLA's phone number 780-492-5055. If everyone remembers it will help save ELLA some big expenses.

#### **How to contact ELLA:**

The ELLA Office is located in Room 2-936B of the U of A Faculty of Extension in Enterprise Square (the old Bay building) on Jasper Avenue.

The mailing address is:

Edmonton Lifelong Learners Association (ELLA), U of A Faculty of Extension,  
Suite 2-200, 10230 Jasper Ave. NW, Edmonton, AB, T5J 4P6

Phone: 780-492-5055. If unanswered please leave a message - all calls will be answered.

E-mail: [exella@ualberta.ca](mailto:exella@ualberta.ca) To contact program committee: [ellaprogram@yahoo.ca](mailto:ellaprogram@yahoo.ca)

Website: [www.extension.ualberta.ca/ella](http://www.extension.ualberta.ca/ella)

#### **A Plea for Help:**

ELLA brochures are available from the office. The Publicity Committee requests members to collect a handful to hand out to their friends and their friend's friends. You know how the multiplication goes, until you have reached every Alberta senior! Please phone first to arrange a time for pick-up.

### **Have You Renewed your Membership?**

The ELLA membership year runs from October 1 to September 30. The 2008/09 membership remains at \$20.00. The 2009 Spring Session calendars will be mailed out early in January. By renewing your membership before the end of 2008 you can guarantee receiving your copy in the first mail-out. Membership/renewal application forms are included with this newsletter.



The cartoon says it all! Thanks go to Edmonton's own, well known cartoonist, Yardley Jones for his re-rendering of ELLA's original logo to remind everyone to renew their memberships. Thank you Yardley – how could any member fail to remember after having a good laugh at this!

### **One Member's Story:**

*In response to the Editorial Committee's request for members to submit a story for the newsletter Gerry Ridge, one of the Committee's members, has risen to the occasion. The story is informative, but written in a light-hearted manner.*

#### **Bus Passes by Gerry Ridge**

The best value in town is a senior's annual bus pass.

For one annual payment you can carry a plastic card and never have to hunt for change at the bus stop. (Monthly passes are also available)

You can travel on buses and LRT without bothering with transfers or watching time limits.

You can avoid rising parking costs.

You can ignore gas prices.

The pass can be used at any time of day or night.

Unlike in some other cities the map of routes is free and is updated twice a year.

There are handy timetable leaflets for each route.  
Help with planning your journey can be had on line or by phoning.  
Modern buses are low-floored and they also 'kneel' so that there are no steps to clamber up.  
The space at the front is reserved for wheelchair and walker users.  
The adjacent seats are designated for less mobile riders.  
Should you be still super mobile you can put your cycle on the rack in front of the driver!

**And Another:**

*Here is a little vignette I wrote for a CBC **Radio Active** afternoon program writing competition based on my cruise around the Antarctic Peninsular some years ago and my passion for penguins. It was read on air.*

**A Penguin by Valerie Swann**

Perched on a rock, one sunny afternoon on Brown's Beach somewhere in the Antarctic Peninsular with my camera at the ready I was surrounded by Gentoo Penguins as far as the eye could see. Out of the crowd came one special penguin. It was as if he wanted to pose for me and seemed to know exactly how and where to position himself. As the photo session progressed I found myself composing a dialogue to suit the situation!

Penguin, hopping up from stage left: "Would like me to pose for you?"

Me: "Thank you. That would be very nice of you."

Penguin: "Shall I stand on this nice flat rock - the sun is in the right direction." Click went the camera

Penguin: "Shall I hold my head this way" Click. "Or that way - which is the best side of my head?" Click-click.

Penguin: "Now what shall I do? I know! I will lie down." Click.

Penguin: "Would you like my head this way or that?" Another click-click!

Without further ado, the penguin got up and hopped away stage right as quickly and as silently as he had appeared "Thank you Mr. Penguin." I whispered. "You've made my day - how did you know I wanted a penguin to model for me?"

That was a day I will always remember. The best of that sequence of pictures is framed and hangs on my wall waiting to be paired with one of a polar bear!

*Such diverse topics; yet both so worth writing about. Both are interesting; yet evoke such different emotions. If you have read and enjoyed these stories, please send us something you have written and would like to share with fellow members.*

**ELLA's Board of Directors sends  
Best Wishes for The Christmas Season to all  
members  
and looks forward to seeing you  
at the 2009 Spring Session**