

The Lifelong Learner

November 2012 Newsletter

Volume 12, Number 1

President's Message



Greetings to all ELLA members and a special welcome to new members!

I am honored to be President of ELLA, and I will work hard to ensure everyone attending ELLA's Spring Session has a positive learning experience.

Although being a first year Board member and President is daunting,

ELLA is a "proven winner" in its combination of leadership, organizational structure and human resources. I am impressed with the work of the many committees and sub-committees, and the skills, dedication and commitment of all the volunteers.

ELLA is a volunteer organization and would not exist without the army of volunteers who help in the office, work on the committees, and hold the executive positions on the Board. Last year ELLA volunteers contributed close to 4000 volunteer hours to the organization. Anyone interested in volunteering for ELLA should contact our office to obtain more information. Contact information is on the last page of the newsletter.

ELLA continues to grow. In 2010 we had 266 people register for our Spring Session. In 2012 there were 421 registrants – a gain of over 50%. Even as we grow, ELLA remains committed to providing high quality and affordable courses for adults 50+. I look forward to working for you and with you over the next year. Hopefully I will meet many of you at Spring Session 2013.

John Elliot – President, 2012-13

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Read more about John in the article [Meet the New Members of the ELLA Board](#).

Spring Session 2013: Registration Fees and Dates

Spring Session 2013 runs from April 29 to May 17, 2013. If you are an ELLA member or join before the end of January 2013, you will have advanced access to our new Course Guide and be able to register “before the rush”. The Course Guide will be available in early February and ELLA members can register beginning **Monday, February 11, 2013**.

No fee increases for 2013! For only a \$20.00 membership and a registration fee of \$225, you can attend up to four courses each day for three weeks.

We are able to keep the registration fees low because all the work -- planning, development and implementation -- is undertaken by ELLA volunteers. Last year, 100 enthusiastic and dedicated volunteers contributed their skills and time to manage ELLA and to make Spring Session a reality. The partnership with the Faculty of Extension, University of Alberta, provides us with classroom space, audio-visual equipment, office space in Enterprise Square, and administrative support.

What's in the Works for Spring Session 2013

The Program Development committees have cast far and wide and found exciting instructors for the 33 courses planned for Spring Session, some “old”, some new. This article does not have the complete list of courses or instructors but will give you a “taste” of what to expect.

Among the returning ELLA favourites are:

- Dr. Margaret-Ann Armour – **Global Energy Sources and Their Pros and Cons**
- Eva Bostrand – **A Joyful Noise**
- Christie Grekul – **The Archeology of Alberta**
- Dr. Torah Kachur – **A Journey through Science: The Frontiers of Knowledge**
- Dr. Maryam Razavy – **Religion and Violence**
- Dr. Michael Roeder – **The History of the Symphony**
- Dr. Christina Stasia – **Interpreting Popular Culture**

You can read Torah and Michael's profiles in this newsletter.

Let there be more music! **Broadway: New York's Street of Dreams, Great Masters of Opera or Jazz**; lunch time and class room music, take your pick. Or take it all in...your choice!

What do you understand about the varied roles and intricacies of the work of the modern Engineer? **Engineering: Taking Theory to Practice** will include 21st century disciplines such as nano and biomedical engineering.

Our Food, the Planet and Society will cover world food supplies, shortages, safety, sustainability, ethics and alternative foods; organic, ethically produced, fair trade and local.

Where do I come from? Bring your family history to life; learn how to research your family genealogy. **Find the Unique in Your Family's Story** and do a course on writing about your unique family story. Or parachute into your own writing **with Free Fall Writing**; a technique that helps you hone your writing skills while you are doing simple exercises to develop your own voice and style.

Do you have a favourite instructor or course that you'd like to see at Spring Session?

We're already planning for 2014. Send suggestions:

(780) 492-5055

or email

exella@ualberta.ca

City issues, City politics. Have you ever wanted to sit with an expert and discuss issues such as down town development, the proposed hockey arena, urban agricultural lands, city centre airport development? These and other issues will be discussed, using insights and information right from City Hall!

Canada's multiculturalism policy is forty years old. What are **the Issues in Building a Healthy Multicultural Society?** This course will have optional components on three Saturdays: Visit a Moslem mosque followed by meal in a Somali restaurant; a Sikh

gurudwala followed by a meal in a Punjabi restaurant; and a Buddhist temple followed by a meal in a Thai restaurant.

These are just some of courses we are offering from April 29 to May 17, 2013. As courses fill up quickly, watch for the ELLA Course Guide in early February. Members can register beginning February 11, 2013.

Liz McCord, Program Development Committee Chair. Sciences

Meet the New Members of the ELLA Board

The full ELLA Board of Directors for 2012-13 is listed on the last page of the newsletter. This article profiles the eight new members: Jeanna Baty, Colleen Burton-Ochocki, Dawna Dey-Harrish, John Elliot, Mary Fung, Judith Hibberd, Ruth Merriott, and Jill Swann-Lussier. Bios of the full Board of Directors, including the eight continuing directors, can be found on the ELLA website, or in the November 2010 and November 2011 ELLA newsletters.



Jeanna Baty chairs the Publicity Committee. She has a lifelong passion for learning. As an Adult Education graduate with experience in Adult Learning, Marketing and volunteer organizations, ELLA is a perfect fit for her, both as a volunteer and as a learner. At Spring Session 2012, Jeanna was a new student and became a Board member. *“ELLA is worth working for. I want to ensure it continues to develop. Already, I’m eagerly looking forward to new learning adventures in Spring 2013.”*



Colleen Burton-Ochocki co-chairs the Program Implementation Committee with veteran chair, Germaine Chau. Colleen recently retired from the City of Edmonton where she was the Director of Social Development. She has 30 years' experience in the early childhood and social services sector with the City. She currently serves on the Strathcona County Library Board and works part-time for Family and Community Support Services Association of Alberta.

Dawna Dey-Harrish chairs the Program Development Fine Arts Committee. She has been a professional fibre, mixed media and assemblage artist since 1990, with 70 solo exhibitions. Dawna has taught general interest courses for 30 years. She is the Program Chair for the Edmonton and District Quilters' Guild, and is a member of the Fibre Art Network, the Alberta Craft Council and Focus on Fibre.



John Elliot is the new President of ELLA. For close to 30 years John worked as a school principal/vice-principal in the Peace River country. John has a Masters' degree in school administration. Throughout his career in education, John has always tried to create a positive and supportive learning environment for all students and staff members in his school. *"After moving to Edmonton 4 years ago, I was excited to find an organization that was focused on lifelong learning. I knew from the beginning that I wanted to be involved as a volunteer for ELLA because I am a lifelong learner!"*

Mary Fung chairs the Social Committee. Mary is a retired teacher and has volunteered with many organizations in Westlock and Edmonton, including the Advisory Boards for the Wild Rose Foundation and the Edmonton Community Foundation. She is currently on the Board for Assist Community Services Centre and the Edmonton Seniors Coordinating Council, a member of Edmonton's "Salute to Excellence" Committee and the Advisory Committee of the Confucius Institute in Edmonton.



Judith Hibberd chairs the Recruitment Committee. Her professional career was in nursing and health services administration. Judith has experience on both professional and volunteer boards at the local, provincial and national levels. She served on the Board of an educational trust fund for six years and was treasurer for three years. Judith is a professor emeritus of the University of Alberta.



Ruth Merriott is Treasurer and chairs the Finance Committee. She recently joined the ELLA Board to act as Treasurer. The 2012 Spring Session was her first experience with ELLA, and she enjoyed it very much. Ruth's previous work was in management with the City of Edmonton, using her MBA and CMA designation in budgeting, performance measurement and customer-serving systems. Ruth's interests extend far beyond numbers to include biking, folk dancing, and exploring new interests.

Jill Swann-Lussier chairs the Program Development, Humanities Committee. Jill is a Registered Nurse who worked in most of the major disciplines. She taught Nursing for 8 years at the University of Alberta and was a Heart/Lung Transplant Coordinator. She works part-time with the Alberta Arbitration and Mediation Society and is finishing her last course in Mediation and Conflict Resolution. Jill also supports lifelong learning as Chair of the St. Albert Further Education Association. She loves ELLA; *"They are my kind of people"*.



ELLA Privacy Policy: Use of Photos

Most of us have enjoyed seeing pictures of ourselves and those we've met at Spring Session in the newsletter, on the ELLA website or in various ELLA publications. But what can you do if you don't want your picture being shared like this?

You could be photographed during one of the classes, while singing on stage, or talking with fellow students in the halls or at one of the social functions. If you do not want to be in the picture, it is your responsibility to let the photographer know. Alternately, you could simply step out of the camera's range.

In May 2012, the ELLA Board formed a Privacy Committee to ensure that we are consistent with the University's guidelines on privacy and use of photos (which can be viewed on their website <http://www.ipo.ualberta.ca/index.aspx?p=627>).

ELLA's guidelines on the use of photos taken at Spring Session will be noted in our course guide, and will be posted during Spring Session. Please let ELLA know if you have any concerns about privacy and the protection of personal information.

Nga de la Cruz, Chair, Bylaws and Policies Committee

Feedback from ELLA Members

The Board of Directors relies on feedback from our members about ELLA and Spring Session to ensure that we are meeting your needs. This article summarizes input we received at the 2012 Spring Session Feedback Forum and from the written 2012 Spring Session evaluation forms. Entries to the 2012 ELLA Writing Competition also provided us more of your thoughts on ELLA; some quotes are found in **Reflections on ELLA 2012** in this newsletter.

About 130 ELLA members participated in a noon-hour Feedback Forum held during Spring Session 2012. Participants were asked in their small groups to answer the questions: “*Why does ELLA matter?*” and “*How could ELLA be improved?*”

Members told us that ELLA matters, because:

- ELLA satisfies the need to continue to discover and to learn new ideas,
- ELLA provides an opportunity to socialize with people who enjoy learning,
- ELLA contributes to well-being,
- Spring Session is an ideal 3-week format and program and it’s offered on campus,
- ELLA is affordable and accessible,
- “*Seniors matter*”.

When asked for improvements to ELLA, many participants felt none were needed; some participants offered specific suggestions on noon-hour speakers and events; and others suggested that there be programs additional to Spring Session throughout the fall and winter, such as a Fall Session.

Spring Session Evaluation Forms

A total of 272 registrants (65%) submitted a written evaluation form on Spring Session. 82.7% rated Spring Session as excellent, 9.5% rated Spring Session as good. Fair and disappointing received 1 response each. Here are some of your comments:

This was my first year at ELLA and without a doubt it's been the best experience in my 14 years of retirement! Thank you for an exhilarating experience. I'll be back next year with friends; and may volunteer in the near future when I can clear a couple of projects off my plate.

I appreciate the hundreds of volunteer hours that go into the planning, organizing and implementing of the program.

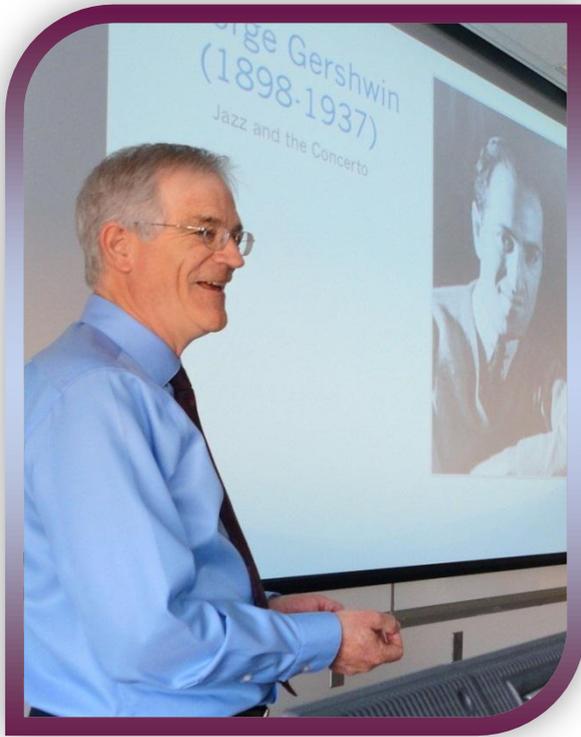
A great three weeks. Kudos to Program Implementation, Ambassadors, Facilitators.

Extremely well organized. Everyone so friendly – participants and volunteers.

The feedback told us that Spring Session 2012 continued to reflect the values, needs and interests of ELLA members by providing high quality, affordable and relevant programming. Members also offered several suggestions for improving Spring Session and our Annual General Meeting (AGM). The ELLA Board will take your suggestions into account in our planning.

Instructor Profile: Meet Michael Roeder

Good news, classical music fans! Dr. Michael Roeder is returning in 2013 to teach another classical music history class. Those lucky 2012 ELLA students who were participants in Michael's **History of the Concerto**, will recall the sheer joy of attending his early morning classes.



In 2013, Dr. Roeder will teach us about the fascinating **History of the Symphony** through a study of works by Hayden, Mozart, Beethoven, Berlioz, Brahms, Tchaikovsky, Rachmaninov, Mahler, Shostakovich, and others. He'll also be back for noon-hour music appreciation presentations.

For those of you who haven't met Michael yet, Dr. Roeder (pronounced Raider) has a passion and enthusiasm for both music and teaching.

He earned his PhD. in Historical Musicology from the University of California. After teaching there for three years, he chose to move to Canada. Lucky for us, he then signed on with the University of Alberta and taught the History of Western Classical Music and Jazz at for 31 years, retiring in 2005.

Michael is a very gifted teacher who has received teaching awards from his home university as well as a Teaching Fellowship from the 3M Company, a national award for Canada's finest university teachers. Dr. Roeder is also a published author and his book, *A History of the Concerto*, is widely acclaimed as a major book on this important musical genre.

Since retirement, Dr. Roeder created a full-year series on the history of jazz, called *Jazz Journey*, for the CKUA Radio Network. Michael truly enjoys helping students of all ages to deepen their understanding and appreciation of music.

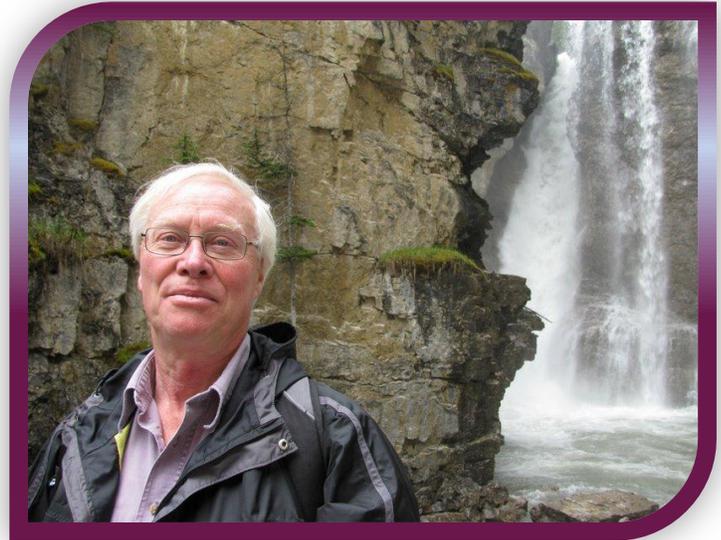
I asked Dr. Roeder why he chose to accept ELLA's invitation to return in 2013. His response... *"Quite simply, because I loved the experience last year! I enjoyed my eager, enthusiastic, attentive and actively involved students. I felt there were a genuine interest to learn and a strong expression of curiosity about music."* Michael concluded by saying *"ELLA was a 'mountain top' experience."* No wonder we like this man! Welcome back Dr. Roeder.

John Ross (a self-described grateful 2012 ELLA graduate)

Volunteer Profile: Meet Glen Walker

ELLA relies on its many skilled and committed volunteers. This article profiles Glen Walker. Glen coordinated and supported the Audio Visual (AV) requirements of Spring Session 2012. Lucky for ELLA that he's agreed to do this again for 2013.

Glen's rather chequered career path led him through many adventures: teaching school (grade six), surveying underground at Giant Mine, working in several gas and chemical plants, and reindeer herding. He decided what he wanted to be when he was 35 and took a job with what was then Alberta Government Telephones, troubleshooting data communication circuits. He continued working with what became TELUS for the next 25 years. At TELUS he worked in data communications, and as a UNIX system administrator and a technical instructor.



Music is a special part of Glen's life. He is a member of two choirs, and he also enjoys playing guitar and dobro with friends when possible. He also pursues his interest in computer and data communication technology, especially where that coincides with music.

ELLA has become a yearly commitment since he first attended in 2010. Glen provided the Audio Visual (AV) training and support for instructors and volunteers for Spring Session 2012. This required him to update and create many of the training documents, run over 15 sessions with the instructors, train 12 volunteers and support some of the noon-hour sessions. Quoting Glen *"The opportunity to meet the amazing array of instructors and observe how they used classrooms was truly exciting."* Germaine Chau, our indefatigable Program Implementation Committee Chair states, *"Glen is friendly, extremely helpful and well-organized. Without Glen, Spring Session would not have run so smoothly!"*

In addition, right after Spring Session, Glen was part of the team of ELLA volunteers who compiled course evaluations. This summer he ran several training sessions for the ELLA Board on using Google Docs.

Glen enjoyed coordinating and responding to Spring Session AV needs so much that he'll be doing it again for 2013. He encourages anyone who might enjoy supporting AV, to join him. Contact the ELLA office if you are interested. Training, of course, will be provided. You also might want to ask him about the reindeer herding....

Ed Posyniak, Volunteer, Communications Committee

Instructor Profile: Meet Torah Kachur



Ted Snow read about Torah in an article in the University of Alberta Alumni Magazine and invited her to teach for ELLA. **Journey Through Science** (with Rheanna Sand) in 2011 and **Another Journey through Science** in 2012 were hits with ELLA students. One student in 2012 wrote: *"I tolerated school science and avoided university science. Torah boogies through vast knowledge with clarity and enthusiasm."*

The ability of Torah and her colleagues to convey complex scientific information to

people with little or no scientific background is evident in their blog www.scienceinseconds.com.

At Spring Session 2013, ELLA will once again benefit from Torah's clarity and enthusiasm in her third ELLA course, **Journey through Science: Frontiers of Knowledge**. She enjoys the interaction with ELLA students. She says: *"ELLA is a great way for me to stretch my teaching legs and break away from my traditional disciplines and the exam-centric teaching. ELLA makes teaching fun for both myself and the students. It is probably my most rewarding teaching experience so far."*

Torah is a rare dyed-in-the-wool Edmontonian, as are her parents. All three are Ross Shep and U of A alumni! She loves the city for its river valley and the fact that it feels like a town. She has never considered living anywhere else. (And we at ELLA are glad she stayed.) Torah received her PhD in 2008 in Molecular Biology and Genetics, studying a microscopic worm called *Caenorhabditis elegans*. *"I was mostly interested in the events between egg formation and about 20 minutes after fertilization. I spent 7 years studying what the worm does in about an hour, and I loved every painstaking minute."*

She studies microscopic creatures, but when it comes to travelling, her adventure spirit is expansive. The world is not big enough for Torah. *"In the summer 2011 my sister and I went to Mongolia on an adventure of a lifetime. We bought three horses and a dog and set off to explore the country for two months with a tent, some food and lots and lots of time on horseback. The stories from our trip are endless; it was an incredible time...until our horses were stolen at night, and we were left stranded in the middle of nowhere. We managed to find a small nomad family that had a car and took us to the closest town – 3 hours away. We left our wonderful dog, Cookies, with a nomadic family we met, and I hope to bring her back to Canada one day."* Some of the many exotic places she has visited include Ethiopia, Senegal and Slovenia. For 2013 she is considering Kazakhstan, Kyrgyzstan, or possibly the far east of Russia.

Torah's other interests include photography and all sorts of sports from tennis to basketball and everything in between. She is leading a very rich life and has the energy to pull it all off. We wish her all the best in all her future endeavors.

Inge Hess, Volunteer, Communications Committee

Reflections on ELLA 2012

ELLA students were invited to share their ELLA memories of Spring Session. What a flood of entries we got! The submissions were heartfelt, thoughtful and creative in prose, poetry, and even a collage. Enneke Lorberg and Elaine Wagner from the Publicity Committee were “*moved to laughter or tears...it all hit a deep ELLA chord with us. We are excited by your quality work and we have become inspired and vitalized by what you wrote*”.

The anticipation of the first day was well expressed by Evelyn Anderson, “*It was exciting arriving the first day, backpacks on our backs and no idea what the day would bring, but the ambassadors made us feel so welcome...*” then Jean Weekes gave us a bouncy rap:

What’s the buzz? Hey, what’s the fuss? It’s ELLA time and it’s a must!!

Wendy Davis also enjoys the warm welcome she always receives, “*Lois Hole was known for her friendly bugs. ELLA is where I get my annual bugs...*”

Then on to the courses...Richard Delbaere found it “*...inspiring to be there, to participate in the discussions, to stretch my mind in **Religion, Law and Politics**, to stretch my body in **Cardio Salsa/Rhumba** and to enliven my spirit with fellow attendees at the luncheon talks and social events.*” As Barbara Phillips said, “*What an elixir – teachers who love to teach and students who love to learn – and the chemistry between!*” Bob Price had a list of “*his favourite things,*” including “*untangling the intricacies of politics, religion and law with the articulate David Goa and discussing pertinent issues such as religious freedom, euthanasia, and the role of education.*” Helen Gazenitz’ favourite course was **A Joyful Noise**: “*I am standing taller now...is it the absolute joy of singing?*” And Delores Brent expounded on the joys of sketching and painting. Like most ELLA participants, Barbara Bakke found joy in participating, “*When I sit in class, my opinions are validated by my instructor and classmates. I realize what I have to say matters.*” Many ELLA students thrived with the writing courses; Wendy Davis was inspired in to write of her childhood in India and has had Dal and Rice published by McGill Queens University Press. Inge Hess said, “*Thank you ELLA members for giving me the courage to return to the keyboard.*”

Ann Campbell wondered, “*How could life get any better than this? Each day I had classes ranging from Freud and Rousseau’s views on the **Significance of Childhood**, the reason for the question mark at the end of **You’ve Come a Long Way, Baby?**, how to appreciate the art of Renoir, Matisse and Van Gogh, then we thoroughly discussed **Canadian Foreign Policy**. I am so grateful for each day’s ELLA experience. The cost -- \$15.00; the reward – priceless!*”



Not only were the courses great, but so was LUNCH! “Noon hour talks were just a brief head-clearing walk in the fresh air away. Some of my favorites were the quilting presentation by the math professor, the music appreciation series, and the Arab Spring.” Not only fascinating talks, but “...there were many choices for lunch time, not the least was chatting with friends and classmates.” Many ELLA participants found joy in finding new and old friends. “I have had so much fun, met so many talented people, stretched my mind and creativity. I made new friends and met people who are on the same journey,” was Karen Lewis-Caron’s comment. Barbara Phillips was “...blown away by sharing these educational adventures with remarkable others. Some can hardly walk, some are blind, some age has bent but not broken, some are young enough to be my children. It is humbling and very rich.”

Bertha Strembicke found that the ELLA adventure was best summed up by a poem by Peter Logue which she had learned at ELLA in 2011:

Come to the edge.

We might fall!

Come to the edge.

It’s too high!

COME TO THE EDGE!!!

And they came...And he pushed...And they flew!

Evelyn Anderson echoed the sentiment, “Now I feel more alive, more alert, motivated to learn new things and more appreciative of life. Spring Session felt like a lovely holiday,” and Barbara Bakke said what we all felt that last Friday in May when we waved goodbye and sadly left the Education Building for the last time ... “I can’t wait for next year!”

Thanks to all of you who shared your reflections on ELLA!

Jan McGregor, Volunteer, Communications Committee

“Planning My Future”

Jim Sylvester drew his cartoon in Gary Delainey’s **Introduction to Cartooning** course at Spring Session 2012.

Jim found both his ELLA courses “challenging and inspiring. Fellow students quickly became colleagues who provided encouragement as well as sincere assessment of each other’s work”. Artwork created by ELLA students was showcased at the popular post-Spring Session student exhibition held at Enterprise Square.

Gary will be back to teach **Drawing Funny Pictures** at Spring Session 2013!



Information Centre

ELLA Board 2012 – 2013

<i>President:</i>	John Elliot	<i>Program Development</i>	
<i>Past President:</i>	Nancy Rae	<i>Fine Arts:</i>	Dawna Dey-Harrish
<i>Vice-President:</i>	Anna Luk	<i>Humanities:</i>	Jill Swann-Lussier
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		<i>Implementation:</i>	Colleen Burton-Ochocki
		<i>Publicity:</i>	Jeanna Baty
		<i>Recruitment:</i>	Judith Hibberd
		<i>Social:</i>	Mary Fung
Committee Chairpersons			
<i>Administration:</i>	Faith Fernald		
<i>Bylaws & Policies:</i>	Nga de la Cruz		
<i>Communications:</i>	Barbara Leung		
<i>Finance:</i>	Ruth Merriott		

How to Contact ELLA

Phone:	(780) 492-5055. <i>Please leave a message; calls will be answered year round.</i>
Email:	exella@ualberta.ca
Visit or Write:	Edmonton Lifelong Learners Association (ELLA) U of A Faculty of Extension Suite 2-936B, 10230 Jasper Avenue Edmonton, AB T5J 4P6.
Office Hours:	October 3, 2012 – December 12, 2012 <i>Open every Wednesday from 10:00 am to 2:00 pm</i> December 13, 2012 to January 8, 2013 <i>Closed</i> January 9 – February 6, 2013 <i>Open every Wednesday from 10:00 am to 2:00 pm</i> February 11 to February 15, 2013 <i>Open Monday to Friday from 10:00 am to 2:00 pm</i> February 20 to April 24, 2013 <i>Open Monday, Wednesday and Friday from 10:00 am to 2:00 pm</i> <i>Closed Family Day, Monday February 18, Good Friday, March 29 and Easter Monday, April 1</i> Our office is run entirely by volunteers. When the office is closed, volunteers check regularly for voice mails, emails and Canada Post letters. Efforts will be made to respond promptly to all messages.
Website:	www.extension.ualberta.ca/ella