



Edmonton  
Lifelong Learners  
Association



UNIVERSITY OF  
**ALBERTA**  
Faculty of Extension

# 2009

**PROGRAMS FOR OLDER ADULTS**  
Edmonton Lifelong Learners Association in cooperation with the  
University of Alberta Faculty of Extension

## **SPRING SESSION**

April 27 – May 15, 2008



**What is an up-to-date senior?** Ask any of the 300 seniors during the spring sessions on campus, and you'll get a pretty good description:

A modern senior is a person with curiosity for life, a sense of adventure and an appetite for learning – in short a member of ELLA!

What does ELLA mean? It stands for EDMONTON LIFELONG LEARNERS ASSOCIATION. ELLA members (aged 50 & up) meet every April/May for three weeks of learning at our university, and they have FUN! Lectures include anthropology, history, geology, appreciation of art, music and films, writing, painting, computers, etc. It's a meaty selection of about 30 subjects taught by experts, many of them retired professors who LOVE to teach adults! They are students who have CHOSEN TO LEARN! No credits, no pressure, no exams, no recorded attendance and no prerequisites. If such an adventure sounds good to you, give us a call at the ELLA Office at 780-492-5055, and we'll take it from there.

**See you on Monday April 27.**

## EARLY MORNING FITNESS CLASSES

7:30 A.M. - 8:45 A.M.

### **TAI CHI (EL 01)**

**Instructor: Hiromi Takahashi**

**Room B54, Education Building, 87 Ave./112 - 114 St.**

The instructor will present traditional Yang style Tai Chi – slow but focused movements with softness to improve coordination and circulation; gentle exercise to tone muscles and sinews with a feeling of renewed vigour; regular breathing and relaxed concentration. Those who have participated before are more than welcome.

*Hiromi Takahashi's special training was through study of Tai Chi Chuan taught by Andy Wong and his teacher Mak Ying Po in Edmonton, AB.*

### **“WALKING PLUS” FOR FITNESS (EL 02)**

**Instructor: Lynne Willis**

**NW Corner, Butterdome, 87 Ave./114 - 116 St.**

A brief lecture the first morning will provide information on appropriate attire and course content. Throughout the session, material related to fitness, health, nutrition and well-being will be shared verbally and with handouts. Students will warm up by walking around the track. Gentle stretching will follow. Weather permitting we will be outdoors. Strengthening, flexibility and balance exercises will be incorporated into each class. The walk will end with a cool-down and whole-body stretch. On Tuesdays and Thursdays we will slow the pace to accommodate beginners and individuals with limitations.

*Lynne Willis has taught seniors how to keep fit for many years and looks forward to the ELLA Spring Session.*

## ALL MORNING ART CLASSES

9:00 A.M. - 11:45 A.M.

**Main Campus Location TBA**

**Students supply own materials.**

### **\*\*WATERCOLOUR PAINTING FOR INTERMEDIATES (EL 11)**

**Instructor: Frances Alty-Arscott**

This course emphasizes the basic skills, methods and techniques involved in landscape painting in the watercolour medium. The classes will involve both demonstration and discussion and will provide an opportunity for much individual experimentation and discovery. It is recommended that students have some

previous drawing and painting experience. A materials list and course outline will be supplied at registration.

*Frances is a well-known Alberta Artist who resides in Edmonton. She possessed a love of painting from an early age that led her to enter Art School while in elementary school. Upon graduation from Victoria Composite High School in 1976, she entered the University of Alberta Fine Arts program and graduated in 1980 with a BFA. Since this time Frances has continued her professional development through attendance at various seminars and through workshops at the Emma Lake School in Prince Albert, Saskatchewan.*

### **\*\* WATERCOLOUR PENCIL & WATER-COLOUR STUDIES**

**BEGINNER /INTERMEDIATE (EL 12)**

**Instructor: Kathryn Hines**

Watercolour pencil is a rich and diverse medium, which can be applied in beautiful translucent washes, or can be used as a drawing medium providing linear elements to a watercolour painting, or making small colour studies for a future painting. Participants will be encouraged to experiment with the many ways of applying watercolour pencil and harmonizing it with watercolour paint. Exercises, demonstrations, discussions, and handouts will help students explore resists, multi media, pen & ink, crosshatching and stippling, debossing, sanding and watercolour washes. *Kathryn Hines is a gifted art instructor. Her watercolours are frequently exhibited in single and group shows.*

### **\*\*OIL AND ACRYLLIC BY POPULAR DEMAND (EL 13)**

**Instructor: Izabella Orzelski-Konikowski**

Find the painter in you, through the medium of oil or acrylics. You will receive individual instructions in developing and finishing your own project. All levels welcome.

Students will be working in medium of oil or acrylics. The subject matter (landscape, portrait, floral, still life...) and applied style will be of the student's choice. Each class will consist of a combination of a short lecture, demonstrations and hands-on practice. Everyone will receive individual instructions in developing and finishing his/her own project.

*Izabella Orzelski-Konikowski is a gifted artist-painter who specializes in art of portraiture. Among many commissioned works are her life size portraits of Dr. Harriet Winspear and the late Honourable Lois E. Hole.*

## EARLY MORNING CLASSES

9:00 A.M. - 10:15 A.M.

Education Building, 87 Ave./112 - 114 St.

### **GODS, MONSTERS, MEN—AND BEYOND... (EL 21)**

**Instructor: Margaret Drummond**

A look at ancient mythology, and what effect it may have on us. We'll focus on Greek mythology but we will also consider its effects on the contemporary world.

*Margaret Drummond is a sessional lecturer at U of A and Grant MacEwan. She earned her Ph.D. after raising 7 children.*

### **GEMSTONES, THEIR ORIGINS AND VALUE (EL 22)**

**Instructor: Samir Ghossein**

For the past five years the concentration of the course was on Geology. However this year Dr. Ghossein will concentrate on gemology and gemstones; how they form, their commercial value and how to identify the quality ones.

Dr. Ghossein will include detailed lectures on diamonds, sapphires, rubies, emeralds, and most gemstone families such as jade, ammolite, topaz and amethyst, etc.

*Samir Ghossein is a geologist, a graduate of the U of A and has a Ph.D. in Archaeology.*

### **WE ALL LOVE POETRY (EL 23)**

**Instructor: Peter McNabb**

Wordsworth called poetry, "The spontaneous overflow of powerful feelings." Dylan Thomas said, "Poetry is what makes me laugh or cry or yawn, what makes my toenails twinkle, what makes me want to do this or that or nothing."

This course is created for you to bring your voice and your ear to all the ways of enjoying the poems you love, the poems you think you dislike and some poems that you will hear for the first time.

I shall of necessity destroy just one brief poem on the first day. After that we shall not yawn, but do "this or that" and twinkle our toenails, laugh and perhaps cry because of the spontaneous overflow of our feelings.

Please come willing to read your favourite poems and to listen to the many ways a poem can be read.

*Peter was nourished in Saskatchewan's rich soil. He taught English and drama for 38 years in Saskatchewan, the Yukon, Germany, Alberta and Turkey. He has appeared in dozens of stage plays, as well as television and film. He has given poetry presentations at teachers' conventions.*

*He taught two drama courses for ELLA and also served on the ELLA Board. Peter moved from Edmonton to Victoria in 2007 and soon became active with theatre there.*

### **PLAYING WITH WORDS (Writing) (EL 24)**

**Instructor: Shirley A. Serviss**

Writing is really just playing with words. In this writing workshop you will have the opportunity to sit down and write in response to prompts provided by the instructor, or memories evoked by hearing the work of others. Bring a pen, paper and an open mind. No previous writing experience is necessary; instruction and inspiration will be provided.

*Shirley A. Serviss writes poetry and non-fiction. She has published three poetry collections and her work has appeared in numerous literary magazines and anthologies. She was the 2008-2009 Writer in Residence for the Canadian Authors Association Alberta Branch. She also works as an Artist on the Wards at the University of Alberta Hospital and teaches for the U of A's Faculty of Extension and Grant MacEwan College.*

### **THE CHANGING NATURE OF HUMAN NATURE (EL 25)**

**Instructor: David Wangler**

The idea of human nature began with the Greeks and was for almost 2000 years assumed to be a given in western philosophy. Beginning with J. Locke in the 17th century and then continuing down to the present day, the assumption that there was a universal human nature was initially debated and discussed and then increasingly rejected by many thinkers in the contemporary world. For many, if not most modern philosophers, we are only what our individual and highly diverse cultures need or demand that we be. We'll look at the changing nature of the idea of human nature. The idea that there is a universal human nature and that the ancient Greeks knew us better than we know ourselves will be presented and defended. All this in light of Pascal's observation that, "We know too little to be dogmatic and too much to be skeptical."

*David Wangler recently retired from the University of Alberta, where he taught education philosophy and history in the Faculty of Education for 35 years.*

## MID MORNING CLASSES

10:30 A.M. – 11:45 A.M.

Education Building, 87 Ave./112 - 114 St.

### **THINKING OUTSIDE THE BOX WITH DRAMA (EL31)**

**Instructor: Patricia Casey**

We're told that thinking "outside the box" helps brains stay young. Exercise creativity, build confidence, have fun. Drama class offers the chance to do all three in a supportive atmosphere. Rather than performance, the goal is personal growth and enjoyment. We play while learning a few specific theatre facts and techniques, including some basic improvisation and text interpretation. Gentle movement is involved too - so body, mind, voice, imagination and laugh muscles all get a workout.

*Patricia Casey has worked as a professional actor, director, playwright, coach, teacher and adjudicator. She has an extensive background in CBC radio drama and voice-over work and is a leader in the Edmonton drama community. In 2005, she was honoured with an Alberta Centennial Medal, recognizing her as an outstanding "Artist and Arts Advocate." She received the 2008 Sterling Award for Outstanding Contribution to Theatre in Edmonton.*

### **COMPUTER APPLICATIONS, A HANDS-ON APPROACH (EL32)**

**Instructor: Dave Ferraro**

**Computer Room 155B, Education Building**

Have fun learning three very useful computer applications! With **Microsoft Word 2003**, students will learn how to create and change documents using features such as character formats, picture inserts, tables, mailing labels and others. With **Microsoft Excel 2003**, students will learn how to create and change spreadsheets used to record and calculate numbers for financial and statistical purposes. With **Microsoft PowerPoint 2003**, students will learn how to create, change and present slide shows of information and pictures using a computer. The course is taught at a comfortable pace using feature demonstrations with guided hands-on practice.

Students should have some familiarity with computers and Windows.

*Dave is currently a computer instructor at Elk Island Public School Continuing Education. He has designed and taught computer courses for seniors and non-seniors for the past 14 years. Dave has a Bachelor of Applied Science Degree from the University of British Columbia.*

### **AN INTRODUCTION TO 20<sup>TH</sup> CENTURY PHYSICS (EL33)**

**Instructor: Doug Hube**

Quantum, Einstein, relativity, Heisenberg uncertainty principle, nuclear fusion, fission, laser, quasar, quark: those terms and names, and many others, are products of the past century. We read them in daily newspapers and popular magazines and we know that they have relevance to our daily lives, but what do they mean? What is their significance? I will discuss qualitatively some of the major advances in physics during the 20<sup>th</sup> century and attempt to answer those questions.

*Dr. Hube, Ph.D. in Astronomy is Professor Emeritus in the University of Alberta Physics Department. He is the Associate Editor (Research) of the Journal of the Royal Astronomical Society of Canada, and a Founding Member of the Edmonton Space Sciences Foundation.*

### **SHAKESPEARE FROM PAGE TO STAGE (EL 34)**

**Instructor: Scott Sharplin**

Anyone who has worked theatrically with Shakespeare's plays can attest to the power, energy and delight which they can evoke in performers and audiences alike. This course immerses you gradually in Shakespeare's lyrical verse, starting with a study of how the plays were originally performed, then considering each of Shakespeare's genres: comedy, history, tragedy and romance. We will work with both monologues and scenes; students will participate actively as they are able, using their voices and bodies as natural extensions of Shakespeare's dramatic poetry.

*Scott is an Edmonton-based playwright, director and educator. He has had his scripts produced by Calgary's Lunchbox Theatre and Shakespeare Company, as well as Edmonton's Theatre Network, Sound & Fury Theatre, Theatre Squared and Walterdale Playhouse. Publications include the play "Burnt Remains" and the upcoming "Purity Test" which also won the Alberta Playwriting Competition in 2002. Scott is the former Artistic Director of Walterdale Playhouse, and has served as Alberta Playwrights Network's Vice-President North.*

## APPLIED ANTHROPOLOGY (EL 35)

**Instructor: Lori Shortreed**

Applied anthropologists work to “build bridges” between cultural groups, and within organizational and political structures. They bring awareness of the importance of culture, cultural difference and the need for participatory action into the realm of problem solving in our increasingly culturally diverse and globally based communities. Time permitting, this course will explore anthropological approaches in health and medicine; business and the workplace; immigrants, refugees and resettlement; culture and media; education; community and international development.

*Lori Shortreed rejoins our Spring Session after spending ten years promoting community owned and culturally sensitive social justice initiatives with local organizations (Multicultural Health Brokers Co-op and Edmonton Community Legal Centre) and overseas with UNDP and CIDA-funded projects in Slovakia, Albania and Russia.*

## CARDIO SALSA SOLO DANCE (EL 36)

**Instructor: Maria Yakula**

Fun and fitness with a Latin flair! Join us each morning for a moderate dance workout done to Latin rhythms such as the salsa, cha-cha or rumba. You don't need a partner, and no dance experience is required. It's a great stress reducer and energizer! For people who might like to take Latin dance with a partner in the future, this is an excellent way to become familiar with the basic steps.

A former public school teacher, Maria Yakula now makes a full-time living instructing classes in both solo dance exercise and partner salsa dance.

## ELLA 2009 NOON-HOUR SPEAKERS

12:00 noon to 1:00 pm

Education Building, Room 129

<b>Date</b>	<b>Speaker</b>	<b>Topic</b>
Mon. Apr. 27	Jack Brink, archaeology curator, Alberta Prov. Museum	Writing on Stone, Rock Art
Tues. Apr. 28	Maureen Elhatton, cardiac rehab dietician, Glenrose Hosp.	Truly You Are What You Eat
Wed. Apr. 29	Grant Knapik, exercise physiologist, Glenrose Hospital	Exercise Can = E + Q + Q!
Thurs. Apr. 30	Ann Walters, pharmacist/owner, Shoppers Drug Mart	Bugs May Not Need Drugs...
Fri. May 1	Dr. Bill Black, retired cardiologist	Age Can Make Our Path Rocky, but...
Mon. May 4	J.D. Crookshanks, Fair Vote Canada	Proportional Representation
Tues. May 5	Josh Miller, movie maker	Yangtze River Documentary
Wed. May 6	Larry Judge, ELLA Past President	Candidates' Forum for ELLA 2008/2009 election
Thurs. May 7	Jim Shaw, DJ extraordinaire	Canadian Big Bands, part 1
Fri. May 8	Keith Spencer, retired criminology professor	Criminology
Mon. May 11	Dale Brenneis, Edmonton Police Service	Personal Security
Tues. May 12	Jim Shaw, DJ extraordinaire	Canadian Big Bands, part 2
Wed. May 13	Ray Lieberman, ELLA President	ELLA Annual General Meeting
Thurs. May 14	Various ELLA Members readings, Debbie Marshall	Literary Café
Fri. May 15	?????	

**Membership Application Form Oct. 2008 – Sept. 2009**  
Membership Fee \$20.00 (Payable to ELLA)

ELLA Office, Room 2-936B Enterprise Sq., 10230 Jasper Ave. NW, Edmonton, AB, T5J 4P6

Name: \_\_\_\_\_ Tel: ( ) \_\_\_\_\_  
 Address: \_\_\_\_\_ City: \_\_\_\_\_  
 Province: \_\_\_\_\_ Postal Code: \_\_\_\_\_  
 Email: \_\_\_\_\_  
 (Give email address if you wish to receive information by email)

Method of Payment: Cash \_\_\_ Cheque \_\_\_ (Payable to ELLA)  
 Visa #: \_\_\_\_/\_\_\_\_/\_\_\_\_/\_\_\_\_ Expiry Date: \_\_\_\_/\_\_\_\_ Name on Card: \_\_\_\_\_  
 Renewal: \_\_\_ New member: \_\_\_ How did you hear of us? \_\_\_\_\_  
 Interests: Board \_\_\_ Program Committee \_\_\_ Publicity Committee \_\_\_ Administration Committee \_\_\_

**Office Use Only:**  
 Signature of Processor: \_\_\_\_\_ Date: \_\_\_\_\_

**Privacy Statement:** *The personal information requested on this form is collected under the authority of section 33 C of the Alberta Freedom of Information and Privacy Act for the purpose of registering students, contacting former students and tracking enrolment statistics. Questions concerning the collection, use or disposal of this information should be directed to: FOIP Officer, Faculty of Extension Centre, University of Alberta, Edmonton, AB T6G 2T4. Phone (780) 492-5047.*

**Parking Permit Application Apr. 27 – May 15, 2009**

**\$65.00 for 3 weeks (Payable to University of Alberta) Parking Services Tel: 780-492-7275**

Parking Services, 1-051 Lister Centre (116 St & 87 Ave) University of Alberta, Edmonton, AB, T6G 2E1

Name: \_\_\_\_\_ Tel: ( ) \_\_\_\_\_  
 Address: \_\_\_\_\_ City: \_\_\_\_\_  
 Province: \_\_\_\_\_ Postal Code: \_\_\_\_\_ License #: \_\_\_\_\_ Prov.: \_\_\_\_\_

Method of Payment: Cash \_\_\_ Cheque \_\_\_ Debit \_\_\_ (Payable to University of Alberta)

Master Card/Visa No \_\_\_\_/\_\_\_\_/\_\_\_\_/\_\_\_\_ Expiry Date: \_\_\_\_/\_\_\_\_

Do you have mobility concerns that require that you park in the area of your first choice? If not please consider that your colleagues may require such a space. **Please circle: Yes or No**

Do you have a Government of Alberta issued **Handicapped Placard**?  
 If yes, please provide the placard # \_\_\_\_\_

**Parking Location Requested: please mark choice 1, 2 and 3**  
 Jubilee \_\_\_ Education Car Park \_\_\_  
 Stadium Car Park (116 St. & 89 Ave.) \_\_\_ Varsity Lot (116 St. 87 Ave.) \_\_\_  
 Lot T (behind Lister Hall residences) \_\_\_ Lot U (111 St. & 90 Ave.) \_\_\_

All applications received prior to **March 31, 2009** will be processed and permits mailed by **April 13, 2009**. Applications received after **April 13, 2009** will be held at the Parking Office and must be picked up by the applicant. Space is limited. Please respond promptly to ensure space availability. Office hours are 8:00 AM to 4:00 PM, Monday to Friday.

**Understanding and Acknowledgement**

The applicant hereby certifies that information provided is true and correct and further agrees to be bound by and comply with the University of Alberta Traffic and Parking Regulations and other policies as may be in effect or amended from time to time. In the event that the information provided is found incorrect or the applicant breaches any of the said rules and regulations, all parking rights of the applicant shall cease and be terminated.

Signed at the City of Edmonton in the Province of Alberta this \_\_\_\_\_ day of \_\_\_\_\_, 2009

Signature \_\_\_\_\_

**Office Use Only:** \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

**Privacy Statement:** *The personal information requested on this form is collected under the authority of Section 33 (c) of the Alberta Freedom of Information and Protection of Privacy Act for the purpose of the issuance and management University of Alberta parking permits and enforcement of the University of Alberta's Traffic and Parking Regulations. Questions concerning the use of this information should be directed to the Director at the address noted above.*



**EL 71 WRITER-IN-RESIDENCE: INDIVIDUAL WRITING CONFERENCES**

Instructor: Debbie Marshall.

Debbie is a professional writer and editor with a background in Canadian history. In addition to writing hundreds of articles, she has written one biography, co-authored one local history and edited two anthologies.

VARIOUS TIMES – Sign appointment book at Information Table.

**MEMBERSHIP**

**\$20 payable to ELLA**

*This form is for new and non-paid-up members*

**CHECK YOUR ADDRESS LABEL OR EMAIL TEXT FOR 09  
09 means that your membership is good through Sept. 2009**

**ELLA Spring Session is for members of the Association**

***Benefits of Membership:***

Receive Spring Session Calendar early.

**Attend the ELLA Spring Session.**

Receive ELLA Newsletters. Vote at the AGM. Serve on Board and Committees.

**SPRING SESSION REGISTRATION FORM**

**\$220 paid to the University of Alberta**

**PLUS \$25.00 for \*\*Creative Arts Classes**

Send to ELLA Office

**PARKING PERMIT APPLICATION FORM**

**\$65.00 payable to the Parking Services**

Send to the University Parking Services as they deal with the Parking

E.T.S. Monthly Bus Pass \$11.50 for Seniors 65+

E.T.S. Yearly Bus Pass \$108.00 for Seniors

E.T.S. Monthly Bus Pass \$66.50 for Non-Seniors

Ten-pack \$18.50 for Seniors; \$21.00 for Non-Seniors

E.T.S. (780) 496-1633

**Parking is limited. Catch a bus or car pool.**

**PLEASE NOTE**

**SOME FORMS have DIFFERENT ADDRESSES**

**Send each form to the address printed on it,  
with the appropriate amount of payment**

**ALL AFTERNOON ART CLASSES**

1:15 P.M. - 4:00 P.M.

**Main Campus Location TBA**

**Students supply own materials.**

**\*\*GET YOUR START WITH DRAWING FOR EVERYONE (EL 41)**

**Instructor: Frank Haddock**

Anyone can learn to draw! Even you! Make this your time to learn the essentials of drawing. This course will help you learn how to develop a basic drawing skill using several drawing mediums. You will learn how to observe, how to maintain proportions, how to create the illusion of volume with shadows and how to compose your drawings into finished pieces you will be proud of. Experience insightful exercises and view terrific demonstrations that will help you discover your hidden ability. Join others and explore many mediums as you draw the world around you! If you want to learn how to use charcoal, conté and soft pencils this is the course for you. Basic principles of composition will be examined to help students develop drawings suitable for framing. Beginners and experienced participants will find the exercises refreshing and important to their drawing abilities.

*Frank Haddock is a versatile artist who works in any drawing or painting medium with ease. His works are characteristically illuminated by a strong light source that gives his art "an inner life and energy". He received his BFA at the University of Alberta in 1984.*

**EARLY AFTERNOON CLASSES 1:15 - 2:30 PM**

**Education Building, 87 Ave./112 - 114 St.**

**ART IN EUROPE: IMPRESSIONIST & POST IMPRESSIONIST (EL 51)**

**Instructor: Kirk Marlow**

**Room 107**

The instructor will cover the four major art movements that revitalized the European art scene at the end of the 19th century and the beginning of the 20th. Two major trends will emerge: art as a visual representation of the observed world (Impressionism) and art as a form of decorative environment (Art Nouveau); and art as a personal exploration of emotion, and the bizarre and fantastic (Post-Impressionism and Symbolism). The instructor will use slides and films as visual aids.

*Kirk Marlow teaches art history at Grant MacEwan College and also works as an editor and proofreader. He has organized and conducted art tours to various European cities.*

**PLAY THE NICE MUSIC!!!! A COMPOSER'S GUIDE TO THE CLASSICS (EL 52)**

**Instructor: Jeff McCune**

Jeff McCune will take you on a musical ride through the ages. Combining elements of history, theory and insights from the inside of the music business; this more-than-a-music-survey course will examine music from early periods through today, with several side trips to music of other cultures too! We'll do lots of listening and try to (re)discover music we like, music we don't like, and hopefully come away with a broader understanding of musical style, performance practice, the cult of the virtuoso and how all this relates to our own personal aesthetics in 2009.

*Jeff McCune's works have been performed throughout Canada, the U.S., Europe and East Asia. His works encompass the worlds of symphonic music, chamber works, art-song and opera and have been performed by many orchestras and groups. In May 2005 he was one of the featured composers honored by the Edmonton Symphony at the Alberta Scene 100<sup>th</sup> Anniversary Celebrations in Ottawa. He is the Artistic Administrator for Edmonton Opera and an Associate Composer with the Canadian Music Centre.*

**THE LIGHT & DARK SIDES OF FILMS (EL 53)**

**Instructor: David Nattress**

Films: the light and dark sides, the early and the latest ones and so much more in-between.

Join us for an examination of our continuing interest in the culture of films. It will be fun and it will make you more aware of what films are all about.

*David, a long time high school Drama teacher, has recently done some work in group interaction and acting for the Faculties of Dentistry, Pharmacy and Medicine.*

**SOME DANGEROUS NUCLEAR POWERS (EL 54)**

**Instructor: Saleem Qureshi**

**Room 129**

This course will cover: nuclear weapons, states in a volatile neighbourhood and terrorist groups; a survey of India, Pakistan, Iran and Israel; their fears and their policies; the conflict with Taliban/al Qaeda.

*Saleem Qureshi has been a professor (with special interest in the Middle East, Islamic Politics and Political Terror) in the Department of Political Science at the U of A since 1963. His greatest accomplishment is to have survived in this dangerous field for so long.*

## VALUES, ETHICS AND SUSTAINABILITY

(EL 55)

**Instructor: Colin L. Soskolne**

This course will reveal a world destined to collapse under the weight of mankind's current practices and draw your attention to the urgency for change. It will give you a comprehensive understanding of what sustainability is, and how it is crucial to both present and future generations around the globe. What are some of the economic, ecological, philosophical and legal issues associated with moving towards sustainability? What influence do values and ethics have on our individual and collective behaviours, our institutions and social policy?

*This course is a "light" version of an interdisciplinary, grad-level course that Dr. Soskolne, a professor in the Department of Health Sciences at the University of Alberta recently coordinated for the School of Energy and the Environment.*

### MID AFTERNOON CLASSES

2:45 P.M. - 4:00 P.M.

**Education Building, 87 Ave./112 - 114 St.**

## IS IT ROCKET SCIENCE? (EL 61)

**Instructor: Margaret-Ann Armour & others**

It is not rocket science or is it? We live in an exciting and challenging era. To aid our daily lives, we can harness advances in medicine, science and technology. Dr. Armour and her colleagues will provide us with a Rosetta stone so that we can benefit from rather than be bewildered by "New Science".

*A chemistry expert on biosafety and waste disposal, Dr. Armour arrived at the University of Alberta in 1971 after completing her PhD in Scotland. She is one of the founding members of WISEST - Women in Scholarship, Engineering, Science and Technology. She was recently selected as one of the 100 most influential Canadians.*

## LITERATURE THROUGH THE AGES (EL 62)

**Instructor: Piotr Grella-Mozejko**

The course focuses on analyzing and comparing major works of world literature from antiquity to twenty-first century. Reflecting the depth and diversity of various civilizations, the texts in this course are studied in English translations. The course is designed to cultivate the students' appreciation for serious literary works within a global, comparative context and to encourage their love of reading. It also aims at enriching the students' awareness of other cultures and literary traditions toward enhancing the ethos of tolerance, acceptance, and respect for others.

*Born in Poland and living in Canada since 1989, Piotr Grella-Mozejko holds a Ph.D. in Comparative Literature and a M. Mus. from the University of Alberta, and an M.A. degree in Political Sciences from the University of Silesia in Katowice, Poland. He teaches World Literature at Grant MacEwan College in Edmonton.*

## FREEFALL WRITING (EL 63)

**Instructor: Cora Taylor**

"You're not building a house, you're just piling lumber you can use later." W.O. Mitchell

Discover how to retrieve material buried so deeply in you that your conscious memory may think you have forgotten it! Freefall writing is a tool not only for gathering material, exercising your writing skills and developing your own voice and style—it banishes writer's block forever!

*As a child Cora Taylor wanted to be a writer. She also wanted to be a movie star, a bullfighter, Prime Minister, a pirate and Tinker Bell, which made writing seem the simplest choice! Her first novel, *Julie*, won several National and International Awards and convinced her to continue writing for young people. She is the author of 17 books. She no longer wishes to be Prime Minister.*

## PEOPLE OF THE ANDES: PAST TO PRESENT (EL 64)

**Instructor: Lidio Valdez**

The Amazon is a vast region of fascinating geography and the home of a multitude of Indigenous Peoples that speak many different languages and practice several customs: the Yanomano, the Wanano, the Kuikuro, the Kayapó, the Aché, the Arara, the Yagua, the Machiguenga, the Mundurucú, and the Mekinaku. They represent a different cultural adaptation to a tropical forest. After the arrival of Columbus to the Americas, the Amazonians suffered and continue to suffer the outcome of European colonialism. Outsiders have seized their land and, as a result of enslavement and the diseases introduced by colonizers, many Indigenous cultures have virtually vanished. Currently, the Indigenous Peoples of the Amazon region face even greater challenges as a result of globalization, mining, cattle ranching and logging. We'll provide you with an understanding of the Indigenous cultures as well as bring to your attention issues that matter for the very existence of the Amazon Peoples.

*Lidio M. Valdez, Ph.D. Department of Archaeology, University of Calgary. Native Quecha Speaker. Major Areas of Research: Indigenous Peoples, Subsistence and Environment, Ethnoarchaeology, Complex Societies, Settlement Archaeology, Mortuary Archaeology*

## GENERAL INFORMATION

### ELLA OFFICE CONTACT INFORMATION:

**Address:** ELLA

University of Alberta Liberal Studies

Faculty of Extension

Room 2-936B, 10230 Jasper Ave. NW

Enterprise Square

Edmonton, AB T5J 4P6

**Phone:** (780) 492-5055

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

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

### ELLA MEMBERSHIP: \$20

You must be an ELLA member to register in the program.

**To Become a Member** see enclosed Membership Application Form. Apply by mail, phone or in person to ELLA. As part-time volunteers staff the ELLA Office, please be sure to **PHONE FIRST** to find out when the office will be open.

**DONATIONS: Consider making a donation to ELLA.** A charitable receipt will be issued.

### REGISTRATION:

**1. Deadline: Monday April 20, 2009**

**2. Tuition: \$220 + \$25 for \*\*creative art classes**

(includes G.S.T.)

**PAYABLE TO THE UNIVERSITY OF ALBERTA.**

**3. Tuition** covers up to 5 courses (including fitness) on each of the 15 days, all noon-hour sessions, AND appointment with the Writer-in-Residence. See Spring Session Registration Form in the centre of the Calendar. **Please register by mail, phone or in person to the ELLA Office.**

**4. Courses** are filled on a first-come-first-served basis and may be cancelled for insufficient registrations.

**5. Art classes will be on campus.** All room numbers to be announced later.

**6. Refunds: April 22 withdrawal deadline.** If you cannot attend, please inform us as soon as possible to open a space for someone else on the waiting list. U of A will withhold a \$30 administration fee.

**7. For those in need of financial subsidy, Bursaries of \$125** are available. Please make a written application, stating your need, to **Rob Nichols**. Send your completed Registration Form, reduced registration fee of \$95, (or \$120 for creative arts students) and the letter to the attention of Rob Nichols, Program Coordinator, Faculty of Extension, University of Alberta, Room 2-204 Enterprise Square, Edmonton, AB T5J 4P6. These bursaries are confidential.

**LISTER HALL accommodation for out-of-town students,** phone: 1-800-615-4807 or (780) 492-4281.

### INFORMATION TABLE:

Open at **7:15 AM, April 27**, and at various times throughout the session, in the hallway next to the cafeteria on the main floor of the Education Building. Your nametag will be ready for pickup (a nametag is necessary for class admission). Check the Information Table for room numbers, changes and special events.

**ELLA Book Exchange at the Information Table:** Very popular. Bring a book/Take a book.

### MEALS, SNACKS AND SOCIALIZING:

The cafeterias have good food at reasonable prices. The Education Cafeteria is opposite the Information Table. You may bring bag lunches.

The **Meet and Greet** is back by popular demand! On **Monday, April 27 at 7:15 A.M.** there will be coffee, tea and muffins available at the Information Table in the Education Building. Come to meet new friends and greet old ones. **ALL Members and Instructors are invited.**

The **ELLA Celebration** will be in the **Fourth Floor Lounge, Education Building, on Thursday, May 14**, after classes. Tickets will be available at the Information Table.

### ART DISPLAY:

Opens Friday, May 15 to 27 at the Extension Art Gallery, Enterprise Square (old Bay building).

Reception on Friday, May 15 6:00 to 8:00 PM.

### PLEASE NOTE:

#### Photography Etiquette:

1. If you did not sign the "DON'T want to be photographed" line on the Registration Form, then you have given ELLA permission to photograph.

2. Photographers should ask if they might take pictures, then allow time for anyone not wishing his/her picture taken to move out of the camera range.

3. The Publicity Committee would like to receive a copy of any photos and negatives in order to show other adults a glimpse of the ELLA Spring Session.

#### Perfume Etiquette:

Due to the allergies/sensitivities of many of our participants, ELLA respectfully requests that all participants refrain from the use of strong perfume, perfumed cosmetics or after-shave lotions.

## ELLA 2009 COURSE TIMETABLE

### EARLY MORNING FITNESS CLASSES -- 7:30 - 8:45 A.M.

EL 01 Tai Chi	Hiromi Takahashi
EL 02 "Walking Plus" for Fitness	Lynne Willis

### ALL MORNING ART CLASSES – 9:00 - 11:45 A.M.

EL 11 Watercolour Painting for Intermediates	Frances Alty-Arscott
EL 12 Watercolour Pencil & Watercolour Studies: Beg./Int.	Katherine Hines
EL 13 Oil and Acrylic By Popular Demand	Isabella Orzelski-Konikowski

### EARLY MORNING CLASSES – 9:00 - 10:15 A.M.

EL 21 Gods, Monsters, Men—and Beyond...	Margaret Drummond
EL 22 Gemstones, Their Origins and Value	Samir Ghossein
EL 23 We All Love Poetry	Peter McNabb
EL 24 Playing With Words (Writing)	Shirley Serviss
EL 25 The Changing Nature of Human Nature	David Wangler

### MID MORNING CLASSES – 10:30 - 11:45

EL 31 Thinking Outside the Box with Drama	Patricia Casey
EL 32 Computer Applications, a Hands-on Approach	Dave Ferraro
EL 33 An Introduction to 20 <sup>th</sup> Century Physics	Doug Hube
EL 34 Shakespeare from Page to Stage	Scott Sharplin
EL 35 Applied Anthropology	Lori Shortreed
EL 36 Cardio Salsa Solo Dance	Maria Yakula

### ALL AFTERNOON ART CLASSES – 1:15 - 4:00 P.M.

EL 41 Get Your Start with Drawing for Everyone	Frank Haddock
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### EARLY AFTERNOON CLASSES – 1:15 - 2:30 P.M.

EL 51 Art in Europe: Impressionist & Post-impressionist	Kirk Marlow
EL 52 Play the Nice Music!!!!	Jeff McCune
EL 53 The Light & Dark Sides of Film	David Nattress
EL 54 Some Dangerous Nuclear Powers	Saleem Qureshi
EL 55 Values, Ethics and Sustainability	Colin L. Soskolne

### MID AFTERNOON CLASSES 2:45 - 4:00 P.M.

EL 61 Is It Rocket Science?	Margaret-Ann Armour
EL 62 Literature Through the Ages	Piotr Grella-Mozejko
EL 63 Freefall Writing	Cora Taylor
EL 64 People of the Andes, Past to Present	Lidio Valdez

### VARIOUS TIMES: SIGN APPOINTMENT BOOK

EL 71 Writer-in-Residence	Debbie Marshall
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