ELLA Spring Session 2013 Course Guide
Courses for Adults 50+
April 29 to May 17
Take up to four courses daily for three weeks.
No exams, prerequisites, homework or pressure!

Life is for Learning

U of A Education Centre (North side of 87 Ave. between 112 St. and 114 St.)

ELLA
Edmonton Lifelong Learners Association

UNIVERSITY OF ALBERTA
FACULTY OF EXTENSION

Edmonton Lifelong Learners Association in partnership with the University of Alberta Faculty of Extension
Course Timetable
April 29 to May 17, 2013

Early Morning Classes - 9:00 to 10:10 a.m.
- EL11 Interpreting Popular Culture  Cristina Stasia
- EL12 City Issues, City Politics  Michael Phair
- EL13 A History of the Symphony  Michael Roeder
- EL14 The Archaeology of Alberta  Christie Grekul
- EL15 Wu Style Tai Chi  Ken Chui
- EL16 Our Food, The Planet, and Society  Brent Swallow
- EL17 Freestyle Writing  Cora Taylor

Mid-Morning Classes - 10:25 to 11:35 a.m.
- EL21 Religion and Violence  Maryam Razavy
- EL22 Working With Photos on Your Computer  Dave Ferraro
- EL23 Canada’s Sporting Heroines: A History  Ann Hall
- EL24 Landmarks of English Fiction  Robert Merrett
- EL25 Palace Life Through the Art of the Renaissance  Hoyne Santa-Balazs
- EL26 Global Energy Sources: Their Pros and Cons  Margaret-Ann Armour
- EL27 A Joyful Noise  Eva Bostran

All-Morning Art Classes - 9:00 to 11:35 a.m.
- EL31 Introduction to Mixed Media  Doris Charest
- EL32 Intermediate Drawing and Painting with Water Media  Sharon Moore-Foster

Early Afternoon Classes - 1:15 to 2:25 p.m.
- EL41 The Inca Empire  Lidio Valdez
- EL42 The Ecological Crisis and its Cultural Roots  Martin Tweedale
- EL43 Finding the Unique in Your Family’s Story  Jean Crozier, Caterina Edwards
- EL44 Great Masters of Opera  Jeff McCune
- EL45 Another Journey Through Science: The Frontiers  Torah Kachur
- EL46 Cardio Salsa / Zumba Gold  Maria Yakula
- EL47 An Introduction to Genealogy and Family History  Lynn Fogwill, Terry Gregory
- EL48 Cartooning People and the World We Live In  Gary Delaine

Mid-Afternoon Classes - 2:40 to 3:50 p.m.
- EL51 Issues in Building a Healthy Multicultural Society  Earl Choldin
- EL52 Realizing a Worthwhile Life  Don Carmichael
- EL53 Broadway: New York’s Street of Dreams  David Baker
- EL54 Engineering: Taking Theory to Practice  Bob Rose
- EL55 Stretching and Relaxing with Yoga Movements  Anita Sielecki
- EL56 History and Evolution of Canada’s Two Official Languages  Lynn Penrod
- EL57 Digital Photography for Compact Cameras  Bob Lamb

All-Afternoon Art Classes - 1:15 to 3:50 p.m.
- EL 61 Intermediate Abstract Art with Acrylics  Scott Cumberland
- EL 62 Beginner Drawing  Susanne Lamoureux
Spring Session 2013 Registration
Registration deadline: Wednesday, April 24, 2013

ELLA Office
Room 2-936B, Enterprise Square
10230 Jasper Avenue
Edmonton, AB T5J 4P6
Phone: 780-492-5055
Email: exella@ualberta.ca  Website: http://www.extension.ualberta.ca/ella

To Register
Complete and mail a registration form (available on the ELLA website or as an insert in the printed course guide) or phone or drop into the office. Check the website or phone to confirm office hours.

Registration Fee
Spring Session registration is $225 which covers from 1 to 4 courses on each of the 15 days. An ELLA membership is also required ($20 a year).

Financial Assistance
Bursaries of $150 are available. See details on the registration form.

Withdrawal/Refund Policy
If you inform the ELLA office on or before Wednesday April 24, 2013 that you cannot attend, you will be given a refund of your Registration fee, less a $75 (University of Alberta) administration charge.

Art and Writing Courses
Registration is limited to one all-morning (EL31/32) or all-afternoon (EL61/62) Art course per student, and one Writing course (EL17 or EL43) per student. Art students must purchase their own materials using the course supply lists posted on the ELLA website.

Spring Session Check-in

Where to Go
All courses will be held in the University of Alberta Education Centre on the north side of 87 Ave. between 112 St. and 114 St.

What to Do
Beginning at 8:00 am on the first day, ELLA members will welcome you at the ELLA information table in the hallway by the main-floor cafeteria of the Education Centre. Please arrive in time to pick up your name tag and find out where your classes are. Food is available in the Education Centre cafeteria. You can also bring your own food and socialize at the cafeteria tables.

No Fragrances Please
Many students have sensitivities to fragrances. Please do not wear perfumes or scented products.

How to Get There
The University campus is easily accessible by LRT and bus — see http://www.takeets.com for routes and schedules. Bicycle racks are located near most doors. You can apply for a parking permit ($71.34) online or using the application form on the ELLA website or inserted in the printed course guide.

Accommodation
If you are from out of town or want a 3-week “getaway” there is inexpensive accommodation on campus. More information is available on the ELLA website, by calling the ELLA office at 780-492-5055 or St. Joseph’s College Summer Residence (next to the Education Centre) at 780-492-7681.
Early Morning Classes - 9:00 to 10:10 a.m.

EL11 Interpreting Popular Culture
Instructor: Cristina Lucia Stasia

Interpreting Popular Culture involves examining the ways culture teaches us what we believe and who we are. Dominant popular culture reflects the beliefs and interests of those with the most power in our society — those who have the resources to ensure that their myths are disseminated. Discussion will include: What is being disseminated? Is resistance possible? Why exactly does Disneyland have a Main Street? The class will begin by locating the origins of popular culture in the Industrial Revolution and tracing its historical development. After familiarizing ourselves with basic terminology, we will analyze a range of North American cultural texts, including movies, television, theme parks, music, advertising, sports, fashion, video games, and vehicles. Through lecture and discussion, we will explore what these cultural texts teach us about race, gender, class, sexual orientation, ability and citizenship.

Cristina received her PhD in English from Syracuse University. She has published on female action cinema, the star text of Angelina Jolie, third wave feminism and post-feminism. She recently completed a book manuscript – “Heroine Abuse: Feminism, Femininity and the Female Action Hero”. Cristina is an instructor in the Women's Studies program at the University of Alberta.

EL12 City Issues, City Politics
Instructor: Michael Phair

The course will address city speed limits, urban and suburban sprawl, city centre airport redevelopment, urban agriculture lands, hockey arena—and the 2013 City election! The class will review and discuss these and other current city issues with the instructor and guest presenters. Information and administration reports will provide background for the course. And most assuredly, the politics of October 2013 Edmonton will be debated.

Michael Phair was an Edmonton City Councillor from 1992-2007, representing the former Ward 4. He is currently Adjunct Professor/Educational Coordinator, Institute of Sexual Minority Studies and Services at the University of Alberta. In 2011/12 Michael chaired the City of Edmonton’s Task Force on Community Sustainability. He is currently a Board Member of Edmonton Homeward Trust and the Edmonton Community Legal Centre.

EL13 A History of the Symphony
Instructor: Michael Roeder

The symphony began in the early 18th century and assumed a fairly standard shape by the end of the century in the hands of such composers as Haydn and Mozart. Composers in the 19th century, beginning with Beethoven and Berlioz, approached music in much more personal ways and wrought changes to the symphony’s structure, the orchestra that played it, and the content. We will explore the fascinating history of the symphony through a study of works by Haydn, Mozart, Beethoven, Berlioz, Brahms, Tchaikovsky, Rachmaninov, Mahler, Shostakovich, and others.

Michael Roeder, PhD, taught the history of classical music and jazz at the University of Alberta for 31 years. His passion for music and teaching earned him the highest teaching awards at his home university as well as a 3M Teaching Fellowship, awarded to Canada’s finest teachers. His book, “A History of the Concerto”, is considered a major study of this musical genre.
EL14 The Archaeology of Alberta
Instructor: Christie Grekul

The course will review the chronology of Alberta’s prehistory, from the peopling of Alberta over 10,000 years ago, to the historic fur trade period, which began less than 300 years ago. Important sites and artifacts from the Boreal Forest, Parkland, Plains and Eastern Slopes regions will be discussed. Students will learn the procedures for managing archaeological resources in Alberta, and be introduced to archaeological site recording, survey and excavation techniques. They will get the opportunity to work hands-on with a variety of artifacts recovered from archaeological excavations throughout Alberta, including lithics, bone tools and pottery recovered from the Bodo Archaeological Locality, one of the largest and most densely occupied communal bison hunting sites recorded in Alberta. Students will be expected to get to the archaeology labs in the Tory Building on Saskatchewan Drive (about a 10 minute walk) for 3 or 4 of the classes. Maximum class size: 25.

Christie Grekul has an MA in Anthropology from the University of Alberta, specializing in Alberta archaeology and zooarchaeology. She has worked as an archaeological consultant in western Canada since 2003. Currently she is the Senior Archaeologist for the Bodo Archaeological Society and the Provincial Coordinator for the Archaeological Society of Alberta.

EL15 Wu Style Tai Chi
Instructor: Ken Wai Keung Chui

The simplified 20-form Wu Style Tai Chi maintains the tradition of Yang Style Tai Chi. Elegant, graceful, circular movements allow students to relax while building harmony, coordination and balance in the body. Each class during the first two weeks will begin with 10 to 15 minutes of gentle warm-up exercises, and then continue on to teach new forms. The last week will be used to practice all 20 forms. By then, everybody should have a fundamental understanding of Tai Chi, and be able to complete the entire routine independently. Maximum class size: 30.

A certified instructor for Tai Chi and Qigong, Ken Chui taught for 10 years in Hong Kong before moving to Canada. For the last few years, he has been teaching classes bright and early each weekday morning at Edmonton’s Southgate Mall. He has enjoyed performing at the Heritage Festival for the last four years.

EL16 Our Food, the Planet, and Society
Instructor: Brent Swallow

Food is essential for human life. In cities like Edmonton, it is amazingly easy to take food for granted; plentiful supplies of foods of all types abound on supermarket shelves. However, recent food health scares and food shortages across the developing world have prompted serious discussions about the safety, sustainability and ethics of the food system. Concerned consumers are choosing alternative foods — organic, ethnically-produced, fair trade and local — although still in relatively small quantities. Riots in the streets of poor cities, accusations against massive food companies, food safety scares and severe water shortages have given rise to terms such as ‘Food Wars’. Students will be introduced to these issues and challenged to understand the important choices made by consumers, producers, corporations and policy makers.

Brent Swallow is Professor and Chair of the Department of Resource Economics and Environmental Sociology in the University of Alberta’s Faculty of Agricultural, Life and Environmental Sciences. A researcher for over 30 years, Brent’s research includes: climate change mitigation in agriculture; rural poverty and economic development; water and watershed management. He lived and worked in Africa for 20 years.
EL17 Freefall Writing

Instructor: Cora Taylor

Freefall is a writing technique that helps you hone your writing skills while doing simple exercises to develop your own voice and style. For the beginning writer it takes the fear out of getting started. If you are a more experienced writer, it will help you to develop material and exercise your writing talent. Freefall is a way to banish dreaded writer’s block while having fun with your writing. The technique will be explained and illustrated, then students will be guided in producing their own work to read aloud so that the instructor can illustrate how material can be used either as characters or scenes that might later be developed into a short story or novel. There will be two hand-in assignments (a page or two) which will be given written comments by the instructor — either material that has been written in class (and expanded) or something on a topic of your own choice. Maximum class size: 15. Registration is limited to one writing course per student (EL17 or EL43).

Cora Taylor credits W.O. Mitchell’s Freefall Writing Course at the University of Alberta for helping her find her writing voice and a successful career as an author of young adult novels. In 1985, she received the Canada Council Children’s Literature Prize for her first novel “Julie” which contained many bits of writing from that class. She still uses Mitchell’s Messy Method (Freefall) in her writing. Her 21st novel “Finding Melissa” will be published in 2013.

EL21 Religion and Violence

Instructor: Maryam Razavy

It seems that every day we are faced with media accounts of religiously-motivated violence worldwide. The intersection between religion and violence, however, is not a new phenomenon; in fact, they have been closely associated throughout much of human history. This relationship between religion and violence in society begs a host of questions: Where does this violence stem from, and how can we seek to understand it? Is violence intrinsic to faith, or does it stand apart from it? What motivates extremists, and extremist views? Using a number of historic and contemporary case studies, this course will examine the relationship between religion and violence to better understand this relationship. Course format will generally be lecture and seminar-style discussion. The class will be viewing numerous segments of films and video documentary.

Maryam Razavy holds a joint PhD in Sociology and Religious Studies from the University of Alberta. She is currently involved in research dealing with religious and cultural perceptions to health and healing. This course is back by popular demand – it was an ELLA favourite in 2011! Read more about Maryam and the course at: http://www2.canada.com/edmontonjournal/news/religion/story.html?id=c251488d-4c1b-4d2f-b20e-a559e259e1ca

ELLA courses have enriched my curiosity, led me to interesting readings and travel destinations. Lifelong learning is so exciting and making new friends during ELLA’s Spring Session is so much FUN!

Participant at ELLA’s 2012 Spring Session

Mid-Morning Classes - 10:25 to 11:35 a.m.
EL22 Working With Photos on Your Computer

Instructor: Dave Ferraro

A photo is worth a thousand words when it comes to communicating information and capturing the imagination. You don't have to hire a graphic designer as free photo editing software is available for organizing, touching up and sharing your photos with family and friends. This lab-based course will provide hands-on experience using Google Picasa, Windows Live Photo Gallery, Windows Live Movie Maker and PowerPoint 2010. You will learn to edit photos using features such as red-eye removal, cropping, colour adjustments, etc. You will learn to share your photos by printing, emailing, posting to a web site and making slide shows, movies, photo album presentations. Students should have basic knowledge of Windows and the Internet. Maximum class size: 23 students.

Dave Ferraro has a Bachelor of Applied Science from the University of British Columbia and has designed and taught computer courses for seniors for the past 18 years. He has been teaching computer courses for ELLA for the past 5 years.

EL23 Canada's Sporting Heroines: A History

Instructor: Ann Hall

The examination of over 150 years of Canadian women in sport will reveal unusual and inspiring stories of Canada's women athletes. The course will address various themes to help understand this history. Why did the traditional sports of Aboriginal women disappear? What was the role of the safety bicycle in the physical emancipation of women? What are the origins of the longstanding belief in women's physical inferiority? What threat did sport pose to societal expectations of middle-class women? Why are the 1920s and 1930s considered the "golden age" of women's sport in Canada? Why after World War Two was there a remarkable emphasis on beauty, grace, and femininity among Canada's sporting heroines? How did the women's movement of the 1970s and 1980s change women's sport in Canada? What controversial issues are central today within the women's sports community?

Ann Hall is an author and retired professor who taught in the Faculty of Physical Education and Recreation at the University of Alberta for over 30 years. She has written several books and articles on the history of women's sport in Canada. Her most recent book is the award-winning "The Grads Are Playing Tonight!: The Story of the Edmonton Commercial Graduates Basketball Club".

EL24 Landmarks of English Fiction

Instructor: Robert James Merrett

The novel is an "entertainment" (Graham Greene) which, by drawing on other genres, expands our mental horizons and exercises our imagination. The course invites readers to test Greene's claim by considering themes in novels by Daniel Defoe, Henry Fielding, Jane Austen, George Eliot, Charles Dickens, Thomas Hardy and E. M. Forster. Class members will discuss psychological benefits of the novel form in relation to travel writing, spiritual autobiography, the 'periodical essay' and moral philosophy, as well as other non-fiction genres. No pre-session reading is required; however, an optional reading list with the novels covered in the course is available on the ELLA website. The course will be equally divided between lectures and class discussion. Each period will start with a twenty-five minute lecture. Clips from cinematic and theatrical adaptations of novels will be presented along with pictorial illustrations of famous scenes. Maximum class size: 30.

Robert Merrett joined the English Department at the University of Alberta in 1969, and was promoted to full professor in 1981. He is author of many academic publications and is currently writing a monograph about the literary history of the eighteenth century from the viewpoint of cognitive science and cognitive psychology. He became a Professor Emeritus in July 2012.
**EL25 Palace Life through the Art of the Renaissance**

**Instructor: Hoyne Santa-Balazs**

Florence, Venice, and Rome — the great cities of Italy — were the economic and cultural heart of Renaissance Europe. The opulent palaces were beacons of elegance and beauty. They were also the hiding place of hedonism, corruption and depravity, where glittering courtesans danced just steps away from unspeakable atrocity. The glamorous paintings and sculptures of the Renaissance tell the official story of the period, but they also hint at darker secrets that lay just below the surface. Some of these secrets are coded in the masterpieces that dressed the stage for palace life. This course will draw back the curtain of history and reveal both the perfume and the stench of this Golden Age. You will witness both the scandal and the spectacle of a century that re-defined artistic greatness, and laid the foundations for the culture we know today.

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

**EL26 Global Energy Sources: Their Pros and Cons**

**Instructor: Margaret-Ann Armour**

Since our ancestors discovered fire, energy has been essential to our life. There is a limited supply of readily accessible non-renewable energy sources such as fossil fuels. We are also now recognizing the environmental impact resulting from the use of such fuels. There are many potential sources of energy, some of which are already being exploited. They include generation of electricity from solar cells, windmills, hydroelectric installations and fuel cells and the use of geothermal and nuclear power. We will discuss the pros and cons of the sources of energy available to us, particularly considering their effect on the environment and their practicality.

_Margaret-Ann Armour was educated at Edinburgh University (BSc and MSc) and the University of Alberta (PhD). She joined the Chemistry Department at the University of Alberta in 1979 and is now Associate Dean of Science, Diversity. Her work has been in the area of environmental chemistry. She has received a number of awards for her research, teaching and outreach, including the Order of Canada._

**EL27 A Joyful Noise**

**Instructor: Eva Bostrand**

Have you ever wondered what it would be like to sing in a chorus? In this class you will have the opportunity to explore the world of choral singing. Through a varied repertoire you will learn to follow a choral score and become familiar with elementary music reading, vocal technique, music terminology, musical concepts, etc. No previous singing experience necessary, just an open mind and a desire to learn and have fun! Maximum class size: 50.

_Eva Bostrand, MMus, began her musical training and performing at the University of Stockholm. Since coming to Canada she has appeared in solo and chamber music recitals, performed with symphony orchestras, instructed at the University of Alberta, served as choral-vocal adjudicator and clinician at festivals across Canada and founded the “Joyful Noise” choir for people who believe they cannot sing._
All-Morning Art Classes - 9:00 to 11:35 a.m.

To enable more students to take an Art class, each ELLA student is limited to either one all-morning or one all-afternoon Art Class. Art students must purchase their own materials. Please check the ELLA website for the list of supplies required for your course. All Art students will have an opportunity to exhibit their work at post-Spring Session Student Art Show at the Extension Art Gallery.

**EL31 Introduction to Mixed Media**

**Instructor: Doris Charest**

Abandon yourself to exploration. Come to create in an absolutely fail-proof way of painting. Mixed media is a way of painting that combines acrylic painting with collage and other experimental techniques. The class will make wonderfully subtle surfaces, create textures, and paint their own handmade papers. Composition for abstract and semi-abstract paintings will be discussed. Most of all, we will have fun. No previous painting experience is required, just an interest in expanding your art.

*Doris Charest specializes in mixed media. She loves exploring with textures, shapes, and a more contemporary look. Look for Doris Charest’s work in the American magazine, Somerset Studio (Summer, 2007) and British magazine, Leisure Painter. Doris has been a featured artist at the Capital Ex in Edmonton, and in 2010 she was the recipient of the Sylvie Brabant award for art in the community. Artist website: [www.dorischarest.com](http://www.dorischarest.com).*

**EL32 Intermediate Drawing and Painting with Water Media**

**Instructor: Sharon Moore-Foster**

The focus of the class is on creative purposeful play to develop and extend your ability to see, respond and communicate through drawing and painting with water-based media such as watercolour, watersoluble pencils, pastels, acrylic paints and more. The initial classes will discuss and have exercises around drawing, composition and colour theory. Emphasis will be on participants discovering and recognizing their unique voice and point of view, then developing the skill set to confidently express them. Classes will involve group discussions, individual critiques and opportunities for individual experimentation and discovery. It is recommended that students have some previous drawing and/or painting experience. Samples of Sharon’s work can be found on the ELLA website.

*Sharon Moore-Foster is an Alberta visual artist and art educator. She has a BFA degree from the University of Alberta, and post-graduate courses in drawing, painting and sculpture. Sharon uses her visual and literary skills to playfully engage, provoke, and elicit visual inquiry and response to challenging questions.*
EL41 The Inca Empire
Instructor: Lidio M. Valdez

At the time the Spaniards arrived, western South America was home to one of the single largest empires built by a pre-capitalist society. The Inca expanded in a relatively short period of time from its centre at Cuzco to incorporate most of the Andean region. Their development was cut short by Europeans. There remains a general fascination with the great achievements made by the Incas, particularly in architecture. Accounts left by the Spaniards provide a rich body of information about the daily life of the Incas and archaeological research has increased our understanding about this magnificent civilization. However, such information is not available to non-specialists, leaving many still wondering about the Incas. Course participants will become familiar with Inca culture as it is known at present and discuss questions such as who were they? where did they come from? and what was so unique about them?

Lidio Valdez is a native of the Peruvian highland region. He received a BA and a MA from a colonial university in Peru and his PhD in Archaeology from the University of Calgary. He currently teaches for MacEwan University and studies the Inca and other pre-Incan societies of the Central Andes.

EL42 The Ecological Crisis and Its Cultural Roots
Instructor: Martin M. Tweedale

Our children, grandchildren and many future generations will face a catastrophic change in the ecosystem that constitutes our home on earth. This course will describe some of the science by NASA scientist James Hansen and others that back up this claim, and then asks how and why this has all come about. It will search for the answer in certain characteristics of Western civilization, and examine how medieval China, India and other cultures in the past have either self-destructed ecologically or been able to sustain some sort of balance between nature and human activity.

Martin Tweedale has taught philosophy at the university level since 1965, and at the University of Alberta from 1988 to 2003 as a full professor. His specialty has been the history of medieval and ancient Western philosophy, with side interests in religion and history.

EL43 Finding the Unique in your Family's Story
Instructors: Jean Crozier and Caterina Edwards

Through discussion and examples, this workshop will assist students in identifying the unique characteristics of their own families. The instructors will assist students in weaving family perspectives and personalities – and their accompanying foibles, adventures, and challenges — into an intriguing, readable narrative. Literary techniques such as voice, dialogue, evocation of time and place, as well as truth and viewpoint, will be considered as students practice bringing family members to life right on the page. Students will write short pieces in class with prompts from the instructors; class members will read their work and share their situations, challenges, and successes in a supportive environment. Maximum class size: 15. Registration is limited to one writing course per student (EL17 or EL43).

Caterina Edwards' latest book, "Finding Rosa", recounts the challenges in understanding her family's origins in a war-torn country, and as Rosa herself succumbed to Alzheimer's disease. www.caterinaedwards.com Jean Crozier's family memoir "No Corner Boys Here" received an IPPY award for 'Best Non-Fiction Canada West', and has received enthusiastic acclaim in Canada and abroad. www.NoCornerBoysHere.com
**EL44 Great Masters of Opera**

**Instructor: Jeff McCune**

Opera is considered by many to be at the top of the mountain when it comes to the arts. As a total art-form it combines music, acting, singing, set design, costume design, lighting design, stage-craft, and above all else, spectacle, into one astonishing (and tremendously expensive) package! Join the fascinating journey through some of the best-loved operas of all time. We'll focus on a few key composers (Mozart, Verdi, Puccini and Wagner), listen to excerpts of some of their greatest works, and look at the processes they went through in creating their masterpieces. Look behind the curtain at what really goes on in the exciting world of Opera, and learn about the stories, artists, patrons, music and companies who re-create these brilliant works time after time. As the old saying goes, “the best drama is always off-stage!”

*Edmonton composer and musician Jeff McCune's music has been performed across Canada, the Americas, Europe and East Asia. He was honored by the Edmonton Symphony as one of Alberta's featured composers during the Province's Centenary Celebrations in Ottawa in 2005, and has recently retired as Artistic Administrator with Edmonton Opera after 20 years of fabulous artistic experiences.*

**EL45 Another Journey Through Science: The Frontiers**

**Instructor: Torah Kachur**

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

*Torah Kachur is a professor, blogger, traveller, and general science geek. She lectures at the University of Alberta in Biological Sciences. She completed her PhD from the University of Alberta and spent seven years diligently studying worm gonads before teaching in all sorts of scientific fields. Torah creates and hosts videos with her colleagues on their website www.scienceinseconds.com.*

**EL46 Cardio Salsa / Zumba Gold**

**Instructor: Maria Yakula**

Fun and fitness with a Latin flair! Join us each day for a moderate dance workout done to Latin rhythms such as Salsa, Merengue, Cha-Cha, Rhumba and Samba. In dance form, we explore the history of Latin dance and move into choreography. 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. Maximum class size: 36.

*A former public school teacher, Maria Yakula instructs Cardio Salsa dance exercise classes, Zumba dance exercise, and partner dance classes for Salsa or Argentine Tango.*
EL47 An Introduction to Genealogy and Family History

Instructors: Alberta Genealogy Society (AGS) - Lynn Fogwill, Terry Gregory and others

This introductory course will start you on a journey to discover your genealogy and bring your family history to life. Members of the Edmonton Branch of the Alberta Genealogical Society (AGS) will guide you through sources of information and provide instruction on how to organize and preserve your research findings. The course will cover church and civil records for birth, marriage and death, census records, migration records, land records, wills and probate records and military records.

Lynn Fogwill is a retired adult educator and policy manager with an MA. Terry Gregory is a retired teacher with a BA and a certification in genealogical studies. Together they have decades of genealogical research and teaching experience. The Edmonton Branch of the AGS has offered introductory courses in genealogy for nearly 40 years.

EL48 Drawing Funny Pictures: Cartooning People and the World We Live In

Instructor: Gary Delainey

In this fun class, we will learn how to draw and think like cartoonists. We will see examples of different kinds and styles of cartoons and learn the steps cartoonists took to create them. We will discover how to apply what we know and observe to our own drawings and cartoons. We will cartoon the human face and body; create original cartoon characters and draw them in action; and discover ways to finish our pictures so we get a nice end result. Caricatures will be studied and drawn. Cartooning usually involves drawing some kind of background so we will see how to apply the same approach to drawing objects and settings. No previous art experience is required. The class will be 50% drawing. Maximum class size: 30. A supply list is posted on the ELLA website. Students will have an opportunity to exhibit their work at post-Spring Session Student Art Show.

Gary Delainey is a syndicated cartoonist. His comic strip with Gerry Rasmussen, “Betty”, is in its 20th year of daily syndication with Universal Press Syndicate. “Betty” is published in over 100 newspapers around the world including the Edmonton Journal and the Toronto Globe and Mail. “Betty” can be read on the internet at http://www.gocomics.com/betty

Life with ELLA is good!

ELLA Volunteer
EL51 Issues in Building a Healthy Multicultural Society

Instructor: Earl Choldin

Canada adopted an official multiculturalism policy forty years ago. What does multiculturalism mean to Canada? Does it mean the same to Albertans and to Québécois; to recent immigrants and earlier immigrants; to Aboriginal and non-Aboriginal peoples? Who are the new immigrants? How was their journey different from that of earlier immigrants? Why do some struggle? Are government and social service agencies doing an adequate job in helping them settle? Lectures, film clips, and guest speakers will be used to inform discussions of these vital issues in building a healthy, just, multicultural Canada. Three optional Saturday field trips are planned. A visit to a Moslem mosque followed by meal in a Somali restaurant; a Sikh gurdwara followed by a meal in a Punjabi restaurant; a Buddhist temple followed by a meal in a Thai restaurant. Participants are expected to take care of their own transportation and meal costs.

Earl Choldin is the president of the Canadian Multicultural Education Foundation. He has a MA in Comparative Education from the University of Chicago. He was an Adjunct Professor in the University of Alberta, Faculty of Education from 1997 to 2004. Earl’s history includes: Director of Education for the Dene Tha’ First Nation, Director of the Alberta Global Education Project, Executive Director of the Learning Network, an educational service agency, and Executive Director of the Shashtri Indo-Canadian Institute.

EL52 Realizing a Worthwhile Life

Instructor: Don Carmichael

We have unparalleled opportunities today to live genuinely free and fulfilling lives. But the dominant understanding of the good life — as having the wealth, power and choice to ‘do whatever one wants’ — is stale, thin, and shallow. This course offers a different perspective on the nature and requirements of a fulfilling life by drawing on the ideas of the best work ever done on the subject — Aristotle’s Ethics — as a basis for developing a richer understanding of the possibilities for a worthwhile life today. Topics will include: the core ingredients of a genuinely fulfilling life (wisdom, character and friendship as opposed to wealth, success and power), different kinds of friendship, why character matters, and which character traits are best, how to distinguish activities that are fulfilling from those that are fun, the place of art and the spiritual imagination, and the role of community in making the good life possible.

Don Carmichael has taught political philosophy in the Department of Political Science at the University of Alberta for 42 years. He loves teaching and is committed to genuine lifelong learning. His community activities include the Philosophers Café, the public library board, and the university staff association. Don’s publications include “Democracy, Rights and Wellbeing in Canada”.

EL53 Broadway: New York's Street of Dreams

Instructor: D.T. Baker

It’s hard to believe that the United States had a music theatre scene before the American Revolution. Broadway has become synonymous with all that’s great – and absurd – about American Musical Theatre. One of the most colourful segments of American culture, Broadway has been the site of tragedies and triumphs of some of the best-known names in the arts. In the opening decades of the 20th century, it was the Gershwin brothers, Irving Berlin, and Cole Porter. The middle part of the century saw the rise of Richard Rodgers, Lorenz Hart, and Oscar Hammerstein. Soon after, Leonard Bernstein, Stephen Sondheim, and Jule Styne led the way. And these days, it seems like you can’t make a successful movie in Hollywood without making a Broadway musical out of it! Class presentation will include musical examples, and plenty of illustrations, backstage stories of your favourite stars and musicals, and a lot of stuff you never knew.

D.T. (Dave) Baker writes the program magazines, presents pre-concert lectures and hosts post-concert discussions for the Edmonton Symphony Orchestra (ESO). Mr. Baker has 34 years’ experience in the music industry including radio broadcasting and programming, and 10 years as classical critic for the Edmonton Journal.

EL54 Engineering: Taking Theory to Practice

Instructor: Bob Rose

This course will create a greater understanding of the role of professional engineers through illustrating how engineers take the theory of mathematics and science and put them to practical use. A brief description of the types of engineers (civil, mechanical, electrical, chemical, etc.), with explanations of the intricacies of their associated work, including 21st century engineering (such as biomedical, computer, and nano engineering) will be presented. The instructor will then engage the class in discussions of modern day issues facing engineers including public safety, environmental concerns, reliability of equipment used by the public, why apparatus fails, and the expected lifespan of equipment.

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

EL55 Stretching and Relaxing with Yoga Movements

Instructor: Anita Sielecki

After a day of engaging your mind in exciting new learning, take time to calm down, reconnect with the body and restore your energy. This class will use simple breathing exercises to bring awareness and temporarily slow down the thinking process. Introductory yoga movements will free the joints; gentle stretching will help develop more strength and flexibility and will facilitate the relaxation of the physical body. As the mind focuses on the sensations elicited by the use of the breath and the body learns these simple movements, tension patterns release and a general sense of well-being can be experienced. This class is appropriate for people new to yoga, as well as seasoned practitioners. The pace will be progressive and students will be supported to move within their own capacity. A time for guided relaxation will close each session. Please bring your own yoga mat and block if you have one. Maximum class size 25.
Anita Sielecki has been practicing yoga since 1975 while holding a research job in Biochemistry at the University of Alberta. Certified as a yoga instructor in 1990; she started teaching yoga classes for Campus Recreation in 1993. Since retirement she has been dedicating her time to yoga, leading the Yoga Association of Alberta and organizing numerous retreats throughout the province.

EL56 The History and Evolution of Canada’s Two Official Languages

Instructor: Lynn Penrod

This course focuses on the history and evolution of Canada's two official languages, English and French (or French and English, if you prefer!) What are the origins of these two languages? How are they interrelated? And how have they changed and developed over the course of the past 400 years? Topics to be included: how languages beg, borrow, and/or steal; who speaks what and where; idioms, regionalisms, and accents; being bilingual: who? what? where? when? and why?; conjoined twins: language and culture; translation and interpretation; French and English in Canadian daily life: media, law, consumer society, entertainment; so what's "Canadian" about our French and our English?; what will French and English look like in 2067?

Lynn Penrod is Professor of French in the Department of Modern Languages and Cultural Studies at the University of Alberta, where she has been teaching for the past 35 years. She received both LLB and LLM degrees from the University of Alberta’s Faculty of Law and was called to the bar in 1984. Her research and teaching focus is on French women writers and children's literature, and literary translation.

EL57 Digital Photography for Compact Cameras

Instructor: Bob Lamb

Digital cameras can be complex and mystifying. Students will learn how to use their compact digital camera to create better images. Instruction will include; the location and use of the most important technical controls — white balance, metering systems, the histogram, and motion control; applying principles of universal composition to your images; taking pictures of people and learning to organize your shooting of travel images. Powerpoint presentation with visual examples will illustrate concepts and facts. When possible, hands-on activities will integrate acquired knowledge. Handouts will be provided. Participants must bring their digital camera and camera manual to class. Maximum class size 30.

Bob Lamb (MA and MEd, University of Alberta) has taught high school, college, university and continuing education. Most recently, he has been involved in developing and teaching photography courses in Edmonton and other urban areas. From a lifetime of travel, Bob’s pictures provide the illustrations and examples he uses for class.

It was heart-warming to see how professors appreciated our interest and enthusiasm – something not available in regular academe. What an elixir – teachers who love to teach and students who love to learn – and the chemistry between them!

Participant at ELLA’s 2012 Spring Session
All-Afternoon Art Classes - 1:15 to 3:50 p.m.

To enable more students to take an Art class, each ELLA student is limited to either one all-morning or one all-afternoon Art Class. Art students purchase their own materials. Please check the ELLA website for the list of supplies required for your course. All Art students will have an opportunity to exhibit their work at post-Spring Session Student Art Show at the Extension Art Gallery.

EL61 Intermediate Abstract Painting With Acrylics

Instructor: Scott Cumberland

This is a survey painting course that addresses concepts and techniques from Modernist to Contemporary Abstraction. We will study and utilize different artists’ processes and discuss their artistic and philosophical relevance. Projects will focus on these varied processes, providing the student insight into different modes and types of abstraction. Learn how to compose line, shape, value, texture and colour and gain a greater understanding of the potential of acrylic paint. Previous painting experience with acrylic paint is strongly recommended.

Scott Cumberland holds a MFA in painting from the University of Alberta and a BFA from the University of Saskatchewan. He maintains an active studio practice exploring the language of abstraction in a contemporary context. His works are included in national and international collections including the Canada Council Art Bank and the Alberta Foundation for the Arts.

Website: [http://scottcumberland.com](http://scottcumberland.com)

EL62 Beginner Drawing

Instructor: Susanne Lamoureux

Do you have a desire to learn how to draw but don’t know how? This course is for you! Focused instruction will introduce you to a variety of techniques and drawing media that will help you draw most subjects representationally. The sequential sessions focus on creating fluid lines, shapes, values and textures as well as how to draw an image in proportion, perspective, using different shade techniques, and much more. In just three weeks, you will be amazed with the drawing skill you have acquired.

Susanne Lamoureux has a BA and BEd and has been nominated for an excellence in teaching award. Over the past ten 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. She is currently teaching at the Artra Art School. Her students have won a number of awards locally and internationally. Website: [www.lamorearts.com](http://www.lamorearts.com)
Spring Session 2013 Activities
Please join us....

Welcome Event
Monday, April 29, 12:00 noon, room N2-115, Education North. An official ELLA welcome to new and continuing members!

Luncheon
Tuesday, May 7, 11:45 a.m., 4th Floor Lounge in Education North. Tickets are $10, available from the ELLA information table. The cost of lunch is subsidized by ELLA and includes sandwiches, fruit and vegetable trays, dessert, coffee/tea. Come to socialize! You are also welcome to bring your own brown bag lunch.

All-Candidates Forum
Wednesday, May 8, 12:00 noon, room N2-115, Education North. Meet the candidates for the ELLA Board of Directors.

Annual General Meeting
Tuesday, May 14, 12:00 noon, room N2-115, Education North. Participate in the running of ELLA. Hear about our past year’s achievements, meet the Board, and vote for the Board of Directors.

Literary Cafe
Wednesday, May 15, 12:00 noon, room N2-115, Education North. Hear readings from ELLA members showcasing their writing.

Wind-up Party
Wednesday, May 15, 4:30 p.m. at the University of Alberta Faculty Club. Tickets are $20, available from the ELLA information table. Mingle, nibble and sip with ELLA instructors and fellow students. Hors d’oeuvres, fruit punch and cash bar.

ELLA Student Art Show
Friday, May 17, 6:00 – 8:00 p.m. Opening Reception, in the main-floor Extension Art Gallery, Enterprise Square, 10230 Jasper Avenue. The Art Show runs from Friday, May 17 to Wednesday, May 29, 2013.

Photos Taken During Spring Session
You may see ELLA members taking photographs during Spring Session. If you do not want your photograph taken, please let the photographer know and/or move aside so that you are not in the photograph. If your photograph is taken, the photographer may ask you for your contact information or to sign a consent form allowing ELLA to use your photograph in our slideshows, presentations, newsletter, website or course guide.
Spring Session 2013 Noon-hour Presentations

Location: N2-115, Education North
Time: Noon hours (12:00 to 1:00)

Tuesday, April 30
MOOC – Massive Open Online Courses: Teaching to 1,000,000 Students
Jonathan Schaeffer, Dean of Science, University of Alberta

Wednesday, May 1
Education and the Duty of a Civil Society: Reflections on the Omar Khadr Case
Arlette Zinck, Associate Professor of English, King’s University College

Thursday, May 2
Music Appreciation: The Big Bands of the Swing Era
Michael Roeder, Professor Emeritus and 3M Teaching Fellow, University of Alberta

Friday, May 3
The Write Stuff: Tales of a Full-Time Writer
Marty Chan, Past Edmonton Public Library Writer-in-Residence (with book sale and signing)

Monday, May 6
Child Brides, Lost Boys and the Harms of Polygamy
Nancy Mereska, President, Stop Polygamy in Canada Society

Thursday, May 9
Music Appreciation: The Music of Duke Ellington
Michael Roeder, Professor Emeritus and 3M Teaching Fellow, University of Alberta

Friday, May 10
Edmonton Public Library: Who we are, What we offer, and How to use us
Andrew Halberstadt, Community Librarian, Edmonton Public Library, Strathcona and eplGo branches

Monday, May 13
MOE - Museum of Edmonton and your Stories
Kathryn Ivany, The City Archivist, City of Edmonton

Thursday, May 16
Music Appreciation: Mozart - Operatic Genius
Michael Roeder, Professor Emeritus and 3M Teaching Fellow, University of Alberta

Friday, May 17
Tourism: Sacred Cow or Silver Bullet?
Linda Ambrosie, University of Calgary

ELLA is run entirely by members who volunteer their skills and time. Ensure that ELLA and Spring Session meets your needs by volunteering for the Board of Directors or one of our committees. Support ELLA by making a tax-deductible donation. For more information on volunteering or donating call the office at 780-492-5055 or enquire at the ELLA information table during Spring Session. ELLA is a registered not-for-profit charitable organization.
**At a Glance:**
**Activities and Noon-hour Presentations**

**Location:** N2-115, Education North  
(except the Luncheon, Wind-up Party and Art Show)

**Time:** Noon hours (12:00 to 1:00)  
(except 4:30 p.m. Wind-up Party and 6:00 p.m. Art Show Opening)

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| Child Brides, Lost Boys and the Harms of Polygamy | 11:45 am: Luncheon  
(4th floor lounge, Education N) | ELLA Board of Directors All-Candidates Forum | Music Appreciation: The Music of Duke Ellington | Edmonton Public Library: Who we are, What we offer, and How to use us |

**Week 3**

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| MOE - Museum of Edmonton and your Stories | Annual General Meeting & Election of Board of Directors | Noon: Literary Café  
4:30 p.m.: Wind-up Party  
(Faculty Club) | Music Appreciation: Mozart-Operatic Genius | Noon: Tourism - Sacred Cow or Silver Bullet?  
6:00 p.m.: Art Show Opening  
(Enterprise Square) |

**ELLA Student Art Show** runs May 17 to May 29, 2013 in the main-floor Extension Art Gallery, Enterprise Square, 10230 Jasper Avenue

**ACKNOWLEDGEMENTS:**
A big thank you to Lorraine Jeffery for the Course Guide cover design.