

Spring Session



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

April 29
to May 17 **2019**
**Program
Guide**



EDMONTON
**lifelong
learners**
ASSOCIATION



UNIVERSITY OF ALBERTA
FACULTY OF EXTENSION

ELLA 2019 COURSE TIMETABLE

April 29 to May 17, 2019

Early Morning Classes – 9:00 to 10:10 a.m.

EL10	Modern Board Games	Jared McGeough
EL11	21st Century China	Gordon Houlden
EL12	Terrorism in the Modern World	John McCoy
EL13	Bach & Beethoven	Michael Roeder
EL14	Ideas About Witches	Robert Desjardins
EL15	Conversational Geology	Brian Sawyer
EL16	Light We ... Medical Imaging	John Mercer
EL17	Behind the Barn Door	Frank Robinson
EL18	Introduction to Genealogy	Shannon Cherkowski & Tammy Lough
EL19	Art of Caricature	Misa Nikolic
EL1A	The Hunt for Amazing Treasure	Johanne Yakula
EL1B	Wu Style Tai Chi	Ken Chui

Mid-Morning Classes - 10:30 to 11:40 a.m.

EL20	The ELLA Community Chorus	Evelyn Grieger
EL21	Gothic Novel	Jared McGeough
EL22	Fund. ... Digital Photography	Chris Stambaugh
EL23	Nanotechnology & Health	Dave Wishart
EL24	Intro Physics for Everyone	Reuben Gazer
EL25	Where ...? The Story of Maps	Danial Duda
EL26	Understanding Mexico	Gordon Drever
EL27	Black History is Canadian Hist	Jennifer Kelly
EL28	Understanding Consciousness	Jayne Gackenbach
EL29	Politics of Internat. Trade	Tom Keating
EL2A	North Saskatchewan Watershed	David Trew
EL2B	The Blank Page: Writing ...	Eunice Scarfe
EL2C	Mindful Yoga for Health & ...	Anita Sielecki

All-Morning Art Classes – 9:00 to 11:35 a.m.

EL30	Landscape in Watercolour - Int	Frances Alty-Arscott
EL31	Wood Carving a 3D Cottage	Laurie Wilson-Larson
EL32	Drawing for Beginners	Susanne Lamoureux

Early Afternoon Classes – 1:15 to 2:25 p.m.

EL40	Intro to History of India	Shandip Saha
EL41	History of Science	Grant Grams
EL42	Having Fun with Social Media	Michael Gravel
EL43	Conservation in Alberta	Kecia Kerr
EL44	All Things Music 2	Rebecca Schellenberg
EL45	Maps & Cartography	Danial Duda
EL46	Introduction to Acting	April Banigan
EL47	Mathematics: Past ... & Future	Len Bonifacio
EL48	Weather & Climate of Canada	Gerhard Reuter
EL49	Great Museums... Giants & Gems	Hoyne Santa-Balazs
EL4A	Understanding Contemp Art	Megan Bertagnolli
EL4B	Line Dancing	Dwayne Tulik
EL4C	Progressive Core Stability	Barb Turner

Mid-Afternoon Classes - 2:45 to 3:55 p.m.

EL50	British Painting & Sculpture - cancelled!	Kirk Marlow
EL51	The Short Story	Robert Merrett
EL52	Keeping Score: Music in Movies	D T Baker
EL53	World Pre-History	Joseph (Jeff) Werner
EL54	History of Aviation in Canada	Rod Macleod
EL55	Jesus & Buddha: Hist. Origins	Bruce Miller
EL56	My DNA, Heredity & Me	Ramesh Bhambhani
EL57	Early Child Development	Jeff Bisanz
EL58	Artificial Intelligence	Anna Koop
EL59	Energy Pipelines: Fact & Fict.	Leon Zupan
EL5A	Essentrics for Aging Backwards	Elizabeth Olson

All-Afternoon Art Classes – 1:15-3:50 p.m.

EL60	Impress. Landscapes w/Acrylics	Frank Haddock
EL61	Art Fundament... Basic Drawing	Samantha Walrod

Registration in Art and Fitness Courses

To ensure that as many ELLA members as possible can experience art and fitness classes, registration is limited.

Art – You may register in only one of the Art Instruction Classes (EL30, EL31, EL32, EL60 or EL61).

Fitness – You may register in only one of the Fitness Classes (EL1B, EL2C, EL4B, EL4C or EL5A).

If any Art or Fitness Class is not full after Friday, March 15th, this limitation will be removed and registration in a second Art or Fitness class will be available on Eventbrite.

Check <https://my-ella.com/art-supply-list/> for class notes and required supplies for Art courses.

The Edmonton Lifelong Learners Association Office
Room L-012, Enterprise Square, 10230 Jasper Avenue
Edmonton, Alberta T5J 4P6
Phone 780-492-5055
www.my-ella.com exella@ualberta.ca

ELLA is a registered not-for-profit organization with charitable status run entirely by volunteers. We work in partnership with the University of Alberta, Faculty of Extension to offer an annual 3-week Spring Session of affordable, relevant, challenging and fun learning to promote mental and physical well being for adults age 50 and over, with no prerequisites, homework or exams. For more information about ELLA check out our website at www.my-ella.com

ELLA Office Hours

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

January and February	Monday and Wednesday 10:00 a.m. to 2:00 p.m.
March 1 to 8	Monday, Wednesday and Friday: 10:00 a.m. to 2:00 p.m.
March 11	10:00 a.m. to 2:00 p.m.
March 12	12:00 noon to 2:00 p.m.
March 13 to 15	10:00 a.m. to 2:00 p.m.
March 18 to April 26	Monday, Wednesday and Friday, 10:00 a.m. to 2:00 p.m.
April 29 to May 17	Closed during Spring Session
May 18 to September 30	Closed for the summer

ELLA Spring Session – April 29 to May 17, 2019 - Registration

- To register, you must be a member of ELLA. You can purchase your \$20 annual membership online at www.my-ella.com , or by contacting the ELLA office.
- **Tuesday, March 12 at 10:30 a.m.** - online registration opens.
- You may take 1 to 4 courses for the set fee of **\$275**.
- To ensure that as many ELLA members as possible can experience art instruction and physical activity classes, registration in these courses is limited. You may register in only one of the art instruction classes (EL30, EL31, EL32, EL60, or EL61 and one of the physical activity classes (EL1B, EL2C, EL4B, EL4C, or EL5A). If these classes are not full by the end of the first week of registration, this limitation will be removed. If you would like a second course in either area check for availability on Eventbrite® after **March 15**.
- **Wednesday, April 17** - deadline for walk in, mail and phone registrations or changes.
- **Monday, April 22 at 2 p.m.** - deadline for Eventbrite registration and/or changes.
- **Wednesday, April 24 at 2 p.m.** - deadline for withdrawal to obtain a refund minus a \$75 U of A administration charge.

Online Registration

All current ELLA members will receive an email with an [ACCESS LINK](#) for registration by March 5, 2019. If you don't receive it, check your trash/spam folder or call the office. Memberships bought after March 5 will receive their Access Link within 7 days. Registration begins on Tuesday, March 12 at 10:30 a.m.

To register online:

1. In the email *Click* on the [ACCESS LINK](#) on Eventbrite® select Register.
2. Type in the required personal and credit card information (Visa or MasterCard).
3. Select courses and complete the registration. Eventbrite® provides immediate feedback for full courses, and an alternate course can be selected. Confirmations: email from Eventbrite®.

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

Mail, Phone or Walk in Registration

ELLA volunteers will begin processing registrations on Eventbrite® starting on Tuesday, March 12 at 10:30 a.m. The best chance you have to register for high demand courses is to register yourself online. Many of the high demand courses can fill up within the first few minutes of registration.

- Complete both sides of the Spring Session Registration Form (available online at www.my-ella.com (click on Spring Session and then registration information) or by calling the ELLA office at 780- 492-5055).
- Choose a method for submission to the ELLA office in Enterprise Square:
 1. Mail in both pages with a cheque (payable to the University of Alberta) OR credit card information.
 2. Walk into the ELLA office with both pages and a cheque (payable to the University of Alberta), credit card or cash.
 3. Phone in the information on both pages with your credit card information.
 4. Email registrations are not accepted.

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

Financial Assistance

Bursaries of \$200 are available. Online registration is not available for bursary applicants. ELLA registration deadlines apply. Processing may take up to 3 weeks, so apply early. Do not wait until the March 12 registration deadline. Complete 2 copies of the registration form.

1. Send one copy of the registration form (both pages), a letter stating your need and a cheque payable to the **University of Alberta** for \$75 (non-refundable administration fee) to:
ELLA BURSARY
Office of the Dean, Faculty of Extension
University of Alberta
Enterprise Square, 10230 Jasper Ave
Edmonton, AB T5J 4P6
Or drop it off at the Extension Student Services Office at the Registration Desk on the main floor of Enterprise Square.
2. Send the **second** copy of the registration form (both pages) to the ELLA office in a separate envelope addressed to ELLA, indicating your application for a bursary, with an *Initial* in the box under **Financial Assistance**. You can drop off your completed form at the ELLA office. If the ELLA office is closed, you can also drop off your ELLA envelope at the Registration Desk on the main floor of Enterprise Square.
3. Both copies must be submitted before the application will proceed.

Location of Spring Session

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

- Line Dancing will be held in the East Gym of the Van Vliet Complex approximately a five-minute walk from the Education Centre.
- Two Art Classes, EL30 and EL60 will be held downtown at Enterprise Square, 10230 Jasper Ave.
- The Meet and Greet event will replace the wind-up event and will be held on Friday May 10 at the Faculty Club.

Location of Art Instruction Classes

- Two Art Classes, EL30 Landscape in Watercolour and EL60 Impressionist Landscapes, are being offered in the Faculty of Extension's art studios in Enterprise Square, a four-minute ride on the LRT from the main campus.
- We recommend that those Art students who normally drive to class and park on North Campus continue to do so and consider using the LRT to access Enterprise Square. For those 65 years of age or more, the cost of a monthly transit pass (if you do not already have a monthly or annual pass) is \$15.50. For those under 65, books of ten tickets cost \$26.25 each.

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

Transportation

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

Parking

- University Parking Permits can be purchased online for \$80 on a first-come-first-served basis, from April 8 to April 28. Individuals requiring handicap-accessible parking should purchase as early as possible and request Timms/Telus Car Park.
- Only confirmed registrants of ELLA Spring Session 2019 may apply for parking. Parking Services receives confirmation of registrant's enrollment about 48 hours after Eventbrite® confirmation. Please contact ELLA office if Parking Services online system does not accept your ELLA/Eventbrite® email after April 8th.

To purchase a parking permit

1. Go to <http://www.asinfo.ualberta.ca/ParkingServices.aspx>. Click on the 'Online Services' tab. Continue to Manage Account → Guest Login → 'retrieve account information'.
2. Enter your ELLA/Eventbrite® email address, then click 'Submit'. A password set-up will be sent to the email address you provided. Sign into the Guest Login using your ELLA/Eventbrite® email and password.
3. Click on Permits → Get Permits and follow the directions to purchase. Visa, MasterCard and Amex are accepted as payment. Once your purchase has been processed you are done!

Please note, University parking permits are now virtual, you will not need to display a permit but you will have to ensure that all license plates using the virtual permit are added online to the permit itself.

Check-in on Day One

Starting at 8 a.m. on Monday, April 29, go to the ELLA Registration and Information Tables located in the Education Centre, main-floor cafeteria hallway to pick up your name tag and course information. **This includes those registered for Art Classes at Enterprise Square.** The Information Table will be staffed throughout Spring Session and it is the go-to location for information.

Food

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

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

Accommodations

St. Joseph's College has a women's and a men's residence next door to the Education Centre and you may contact them at sjcres@ualberta.ca. Information on their Spring and Summer Residences is available at www.stjosephscollege.ca. ELLA does not arrange accommodation. Space depends on residents leaving their rooms at the end of the term and it will be easier to secure accommodations starting May 1, 2019 rather than on April 29, 2019.

Scented Products

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

Photos and Video Recordings at Spring Session

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

Noon Hour Presentations and Other Activities

ELLA's Spring Session also includes Noon Hour Presentations, the ELLA Annual General Meeting and other activities. Please see pages 26 - 28. More details will be available when you pick up your name tag and course information on the first day of Spring Session.



Early Morning Classes – 9:00 to 10:10 a.m.

EL10 Introducing Modern Board Games

Instructor: Jared McGeough

This course introduces students to the world of modern board games, which have recently become something of a pop-culture phenomenon. This is, in part, because in our current digital age people are being drawn back to media that allow them to connect with others in person, rather than through a screen. Board games have also been linked to health benefits, such as prevention of cognitive decline. Classes will be divided into instructional sessions and full gaming sessions. Instructional sessions will introduce students to a particular genre of modern board games, providing both historical background and cultural context, as well as teaching the rules of a game, which will be played the following class. Just some of the genres we will be exploring over the course include “Negotiation” games; “Co-operative” games; “Route-building” games; “Worker Placement” games; “Drafting” games; “Deck Building” games; and more!



***Jared** has a PhD in Theory and Criticism from Western University. His academic research typically specializes in 18th and 19th-century literature and philosophy, but over the last three years he has taken a central role in organizing Edmonton's largest board game convention.*

EL11 21st Century China: How Did China Re-Gain Leading Nation Status and What Does a Modern China Mean for the West?

Instructor: Gordon Houlden

China has a brilliant, although often troubled past. How China emerged from prolonged weakness and disunity to become a strong and modernized state in the 21st Century is an extraordinary story of resilience and persistence. More difficult to determine is how China's 21st century journey will evolve, and how it will affect the West and Canada. The course structure will involve brief illustrations of parts of China's complex history in bite-sized pieces with individual lectures illustrating how China coped with internal pressure and foreign intervention. How modern China, with its rising economic, political and military power may shape the world will be examined. A limited number of guest lecturers will assist.



***Gordon** is the Director of the China Institute, Professor of Political Science and Adjunct Professor of the Alberta School of Business at the University of Alberta. Professor Houlden joined the Canadian Foreign Service in 1976. His last assignment before joining the University of Alberta in 2008 was as Director General of the East Asian Bureau of the Department of Foreign Affairs and International Trade.*

EL12 Terrorism in the Modern World

Instructor: John McCoy

The course is focused on the topic of modern terrorism which emerged at the end of the 19th century. It will critically examine the term terrorism, its etymology and definition. It will explore questions and ideas related to state vs. non-state terrorism, the moral and ethical (delegitimizing) connotations of labeling political violence as “terrorism,” and the idea of terrorism as a set of asymmetrical tactics in conflict. The course will examine pertinent trends and issues in terrorism today, and explore specific ideological manifestations of violent extremism and terrorism (e.g., al-Qaeda, its affiliates and splinter groups and “right wing extremism”). Additionally, the course will look at pre-existing and emergent approaches to counter-terrorism and countering violent extremism at the state and non-state level.

John is the Executive Director of the Organization for the Prevention of Violence and an Adjunct Professor at the University of Alberta's Department of Political Science where he leads undergraduate and graduate level courses on terrorism studies. He is also a senior research affiliate at the Canadian Network for Research on Terrorism, Security & Society (TSAS).

EL13 Bach and Beethoven

Instructor: Michael Roeder

This course deals with two of the greatest composers in Western Civilization. While Bach (1685-1750) represented the culmination of the Baroque musical style, Beethoven (1770-1827) stood astride the change to the 19th century and pushed music in new and astonishing directions. Bach's contributions range widely from vocal to instrumental, from sacred to secular, and almost always demonstrate his mastery of counterpoint. We will explore keyboard, chamber, and orchestral music; cantatas, and a passion. Beethoven's personal art was concentrated in the world of instrumental music, and we will delve into examples of his piano sonatas, chamber music, symphonies, and concertos. As always, the focus is on the music, but biography and social background play a part. Outstanding aural and video performances will enhance our experience.

Michael has a passion and enthusiasm for both music and teaching. While teaching for over three decades at the University of Alberta he received several teaching awards, including a 3M Teaching Fellowship, a national award for Canada's finest university teachers. His book, A History of the Concerto, is the major study of the genre.



EL14 Ideas About Witches from Ancient to Modern Times

Instructor: Robert B. Desjardins

From presidential tweets to popular screenplays, ideas about “witches” and “witch hunts” play a complex, and often contradictory, role in our culture. Where do these ideas come from, and why are they so prominent in modern discourse? This course will explore the roots of the concept of the “witch” – that is, an outsider magician, often motivated by malice, who secretly preys upon a community – as it has appeared in cultures from the ancient world to Early Modern Europe. It will also consider how this concept has been received, challenged, subverted and adapted in modern times.

Robert is an independent scholar and graduate writing advisor at the University of Alberta. A member of a research team examining late medieval witch persecution in the Burgundian Low Countries, he is co-editor/co-translator of The Arras Witch Treatises (Penn State, 2016) and co-author of “The Travels of a Fifteenth-Century Demonological Manuscript” (Florilegium, forthcoming).

EL15 Conversational Geology: The Rise and Fall of Rocks

Instructor: Brian Sawyer

Have you ever wondered what causes earthquakes, volcanoes and tsunamis? Is it true there was once an ice sheet a kilometre thick covering Alberta ... and before that we were covered by ocean? Are Hawaii and Yellowstone safe places to visit? The goal of this course is to help develop a basic understanding of the Earth as a 'living system' that provides us a home, natural resources and the occasional catastrophe. Plate tectonics generate mountains; water and ice turn them back into sand. Oceans act as climate moderators; the atmosphere stirs things up. Rocks and glaciers record history; humans are reshaping the landscape at a hectic pace. We will use illustrations, photos, videos, rock samples and an on-campus field trip to bring geological processes to life ... plus your own experiences and stories.

Brian first started appreciating landscapes as a visual artist, and as an illustrator/cartographer for the Geological Survey of Canada in Sidney, B.C. He returned to Alberta to complete a graduate degree in Earth Sciences, and has taught many introductory-level geology courses since.

EL16 The Light We Cannot See: Medical Imaging

Instructor: John Mercer

In this course we will explore a series of medical imaging techniques and also look at the history behind their development and sometimes at the unique individuals who made the techniques possible. Almost everyone has benefited from medical imaging. It has become a powerful tool in medical diagnosis and patient management. We hear about CAT scans, PET scans and MRI scans but few people understand the underlying scientific bases for these procedures. Understanding the *science* of medical imaging will require an exploration of radioactive decay, the production of X-rays, the response of the body to magnetic fields and radiofrequency radiation and much more, all done in a user friendly and readily understandable manner. The discussion of the *art* of medical imaging will explore how the physician uses this information to make medical decisions and personalize patient care.

The lectures will be presented primarily by John who is a Professor Emeritus from the University of Alberta with a background in chemistry, pharmaceutical sciences and medical imaging.

EL17 Behind the Barn Door

Instructor: Frank Robinson

This class will be a lecture and discussion-based experience dealing with current issues around animal agriculture in Alberta. The viewpoint will be from that of a food consumer. Introductory topics will cover the changing demographics of farmer age, shrinking land bases and a growing global demand for protein. Technical material will only be presented when it is necessary to provide learners the tools to understand issues and form an opinion about them. Two field trips to the South Campus Dairy and Poultry units will take place within the class period. Special topics to be discussed will include: genetic progress, animal welfare, niche market products, high-tech equipment and housing, backyard chickens, the use of steroid hormones in beef production, supply management, heritage breed conservation and much more.



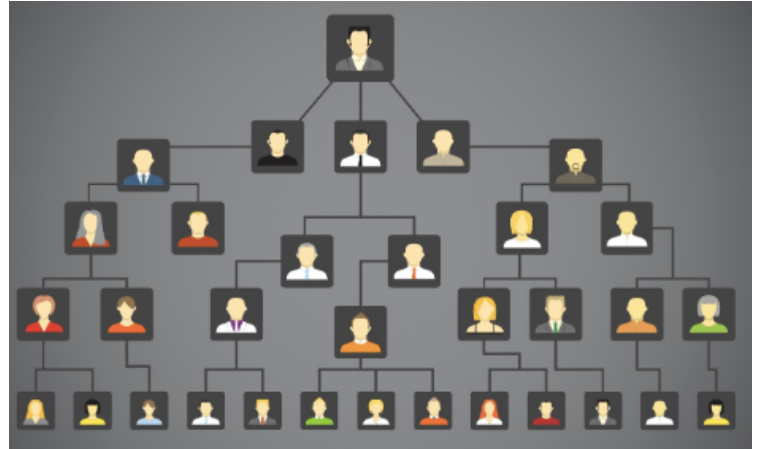
Frank has been a professor of poultry production and physiology at the University of Alberta since 1986. For over 20 years, Frank was very active in researching reproductive efficiency of female broiler breeders. He has taught in the area of poultry science and general animal agriculture.

EL18 Introduction to Genealogy

Instructors: Shannon Cherkowski with Tammy Lough

Genealogy is one of the fastest growing hobbies worldwide. It's easy to get lost in the online genealogy world. Take a journey with us to discover the basics of family history research online and offline. Learn how to locate genealogical sources, keep on a meaningful research path, acquire the skills needed to organize and preserve your research findings, all while capturing the story of your ancestor. The course will cover church and civil registration records for birth, marriage and death, census records, migration records, land records, wills and probate records, internet resources, newspapers and military records.

*Believing 'each one can teach one' **Shannon** and **Tammy** enjoy coordinating genealogy classes and conferences and sharing their knowledge with those eager to start on their family history. Tammy's genealogical studies earned advanced genealogy certificates and together they bring you decades of hands-on genealogical research experience. The answer to any genealogical question is "let's find out".*



EL19 The Art of Caricature: Political Satire, Dissimulation and Fake News

Instructor: Misa Nikolic

In the era of fake news, memes, and social media, it has become increasingly difficult to distinguish unbiased reporting from either propaganda or satire. What purpose, if any, does caricature serve in this complex web of public discourse? This course examines the historical development of political satire from its ancient roots in Aristotelian physiognomy to the present day. Public figures from Napoleon to Trump are unsparingly mocked, and social fashions from powdered wigs to cell phone usage are given wry treatment. The focus of the course will be on visual representations of political dissent and social critique, with attention to the art historical practice of formal analysis, in order to develop an understanding of mass art in relation to its social and political context.



***Misa** is a doctoral candidate in art history at the University of Alberta. His dissertation is on the cultural historian Eduard Fuchs and the historiography of caricature. He previously studied painting and works as a graphic designer.*

EL1A The Hunt for Amazing Treasure

Instructor: Johanne Yakula

Who doesn't like the idea of finding a great treasure? From TV programs such as the Antiques Road Show and the 1990's TV program called "The Hunt for Amazing Treasures," viewers are captivated by the thought that what they have found or own has significant worth. Each session in this course will feature individuals who have intentionally sought or accidentally found objects of great value. In the last portion of each class we will discuss what exactly it was that made the objects featured in that session so valuable. You might want to take this class – before you de-clutter!

Johanne has returned to ELLA for a third time to share her passion for all things historical. For the last 14 years Johanne has taught for University of Alberta Extension. She is a graduate of the Alberta College of Art and Design and a certified Canadian Personal Property Appraiser (CPPAG). As owner of an antique store in the past, she was often surprised and delighted by the treasures she unearthed.

EL1B Wu Style Tai Chi

Instructor: Ken Chui

The simplified 20-form Wu Style Tai Chi maintains the tradition of Yeung 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 - 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, everyone should have a fundamental understanding of Tai Chi, and be able to complete the entire routine. Students must be able to stand for 70 minutes.

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



Mid-Morning Classes – 10:30 to 11:40 a.m.

EL20 The ELLA Community Chorus

Instructor: Evelyn M. Grieger

Come and sing! Come enjoy the community that sings together! All are welcome! We will start with the basics of breathing and vocal production. Then we will work through all the elements of ensemble singing – choral breathing, listening, watching, facial expression, awareness, vowel formation, diction, etc. Reading music will be as asset, but not required. We will close the ELLA 2019 session with a brief noon-hour concert. There will be an additional cost of between \$10.00 and \$15.00 for the scores (which students will keep) payable at first class.



Evelyn earned her doctorate at the University of Illinois. Her vast conducting experience includes many choirs at post-secondary institutions, as well as many community and church choirs. She is the Minister of Music at First Baptist Church, Edmonton, and teaches conducting at The King's University. She also presents choral workshops, and guest conducts around Edmonton and beyond.

EL21 The Gothic Novel

Instructor: Jared McGeough

Ghosts! Monsters! Murders! Terror! Dark and stormy nights! Old castles! Sound interesting? This course introduces students to the strange, transgressive world of gothic fiction, from its 18th and 19th century heyday to the present. We will explore how the gothic emerges as the most popular form of fiction in Britain with Horace Walpole's *Castle of Otranto*, Ann Radcliffe's *Mysteries of Udolpho*, and Matthew Lewis' scandalous *The Monk*, and marks the birth of many of our conventional ideas of "monsters," from Mary Shelley's *Frankenstein* to Bram Stoker's *Dracula* and Robert Louis Stevenson's *Dr. Jekyll and Mr. Hyde*. The course will also look at how the genre's conventions shift with historical and national contexts by examining gothic works written in the United States and Canada, and how these conventions have been updated in more contemporary settings. A reading list is provided, but reading the books on it is optional.



Jared has a PhD in Theory and Criticism from Western University. His academic research typically specializes in 18th and 19th-century literature and philosophy, but over the last three years he has taken a central role in organizing Edmonton's largest board game convention.

EL22: The Fundamentals of Digital Photography

Instructor: Chris Stambaugh



Chris Stambaugh (left) Charles Toth (right)

This course will help a novice learn to use their camera's features and will help an experienced photographer to become better. Participants must have a camera with interchangeable lenses OR an advanced "point and shoot." Technical training using basic and advanced camera features is combined with art theory and composition. Emphasis will be placed on the techniques and setting needed for excellent sharpness, exposure and colour. Exploration of advanced camera features and techniques will help create better portrait, landscape and action photos. The composition training will help awaken the inner artist by giving a practical understanding of the elements of space, colour, tone, line, shape, texture and form. Hands-on exercises with the instructor will make this class fun and informative.

Chris graduated from the NAIT photo program in '89. He is a five time finalist for Alberta Portrait Photographer of the year and finalist for Canadian Photographer of the Year. He holds a Master of Photographic Arts designation and six accreditations. In addition to ELLA he has taught at NAIT, METRO and the Burwell School of Photography.

EL23 Nanotechnology and Health

Instructor: Dave Wishart

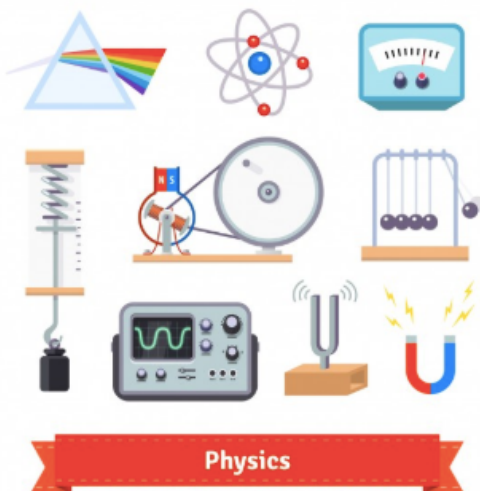
This course takes students on a journey through the field of nanotechnology and explores how it affects human health – both positively and negatively. Nanotechnology involves the manipulation and characterization of very tiny things – tiny being on the scale of 100 nanometers or about the size of 500 atoms, side-by-side. Nanotechnology holds considerable promise for improving human health and many new materials and devices have already been developed for medical imaging, tissue regeneration, and drug therapy. Nanotechnology also brings some concerns, especially with regard to the environmental impact and toxicity of nanomaterials. This course will provide students with a brief history of nanotechnology, showing how nanotechnology is being used for some exciting biomedical applications. It will also touch on the topic of nanotoxicology and explore how and why certain nanomaterials are harmful.



***Dave** is a professor in the Departments of Biological Sciences and Computing Science at the University of Alberta. He has worked in many areas of nanotechnology for the last 20 years. He served as Director of the NRC's Nanobiology Research Program from 2003-2017.*

EL24 Introductory Physics for Everyone

Instructor: Reuben Gazer



Physics is the fundamental set of rules by which everything in the universe plays. The constant beat of your heart, the flash and crack of a lightning strike and even your cooling coffee are all physics. The purpose of this course is for students to understand the most important rules of physics at a high level, instead of all of the rules of physics at a low level. We will learn simple, powerful and useful tools to explain topics like heat and energy transfer, gravity, light, electricity and the atom – all without the use of any detailed mathematics! An underlying goal of this course is to learn how human beings have historically figured out the rules of physics, especially thousands of years ago with limited tools.

***Reuben** is a physics enthusiast, data analyst, science educator and magician. He received his BSc Physics from McMaster and an MSc Astrophysics from the University of Alberta. He is intensely passionate about communicating the science of the world around us to non-science audiences.*

EL25 “And Where Are We?” – The Story of Maps

Instructor: Danial Duda

Maps are powerful and can ignite the imagination to run wild! This course will introduce you to the world of maps from many different perspectives: studying cultural viewpoints of European, Muslim, and Indigenous mapmakers, to name a few; examining historical documents from ancient times to the present day; using maps as political tools and propaganda; and seeing maps as knowledge repositories. We will also discuss the fundamental cartographic elements of scale, projection, and symbology. Maps, atlases, and digital images will be used to showcase this influential medium of communication through a combination of lectures and seminars. But map readers take note: as Monmonier writes in the introduction to his book *How to Lie With Maps*, “Not only is it easy to lie with maps, it’s essential.”

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



EL26 Understanding Mexico

Instructor: Gordon Drever

The goal is to help Canadians understand and explore Mexico, both here and as visitors. While the course is informed by anthropology and history, it is not a survey from the point of view of either discipline; rather, I will identify cultural and historical themes and illustrate them with examples. I am particularly interested in how Mexican identity has been forged from the experiences of those migrating into and out of the country. Each class will start with a short lecture, with room for discussion and contributions from students. Many of the sessions will feature guest presenters. I hope to give students the tools to investigate and explore through providing resources and readings. Most of the individual sessions will have brief suggestions on exploring Mexico beyond the package holidays.

Gordon graduated with a BA (Hons) in anthropology, University of Alberta, 1969, then did graduate studies at Brandeis University. His MA thesis on traditional salt production in Zapotitlan Salinas, Puebla, was completed in 1977. In recent years, he has been teaching sociology at Athabasca University and Northern Lakes College.

EL27 Black History Is Canadian History: The Social Historical Formation of African Canadian Communities in Alberta from 1900 Through the Late 1960s.

Instructor: Jennifer Kelly

Black history is Canadian history. This course will examine the social historical formation of African Canadian communities in Alberta from 1900 through the late 1960s. The content is divided into three periods of time: 1900-1920; 1921-1944; 1945-1960s. The main themes explored will be racialization, community formation, and social change. We will explore what various historical materials allow us to understand about the lives and contributions of peoples of African descent during the three historical periods. Who were these individuals and families who came to Alberta? What types of jobs did they have? How did they interact with other members of Alberta society? How did they fight anti-Black racism? Through use of films, photographs, images and mini lectures we will engage in group and class discussions of the lives of these early Black pioneers who contributed to the emergence of Alberta as a province.

Jennifer recently retired from the Faculty of Education, University of Alberta. Her areas of research are African Canadian history, race, racialization, youth culture, and politics of education.

EL28 A Deeper Understanding of Consciousness

Instructor: Jayne Gackenbach

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



Jayne is currently a Professor Emerita at MacEwan University. For the first 20 years of her career she focused on research into dreams and for the second half she examined digital life and its expression in consciousness.

EL29 The Politics of International Trade

Instructor: Tom Keating

This course examines the politics surrounding trade policy - the regulations and agreements that control imports and exports. International trade generates contentious politics at the domestic and international level as environmental and human rights concerns compete with business, labour, and consumer groups. The class will discuss the substantive debates concerning the politics of international trade in the contemporary period, including the origins of the WTO and the regulation of international trade - multilateral, regional and bilateral; and the prospects for the global trading order in light of the 2008 global financial crisis, the rise of the ‘BRIC’ economies, especially China, the institutional paralysis of the WTO system, Brexit, and the emergence of trade deals like the Trans Pacific Partnership (TPP), the Canada-EU Comprehensive Economic and Trade Agreement (CETA) and the renegotiated NAFTA.



Tom is professor emeritus of political science at the University of Alberta where he taught international relations and Canadian foreign policy. His research interests and publications are in the areas of Canadian foreign policy, international relations, and international ethics.

EL2A The North Saskatchewan River and its Watershed

Instructor: David Trew

This course will provide students with a detailed overview of water resource and watershed management activities in the North Saskatchewan River basin, with emphasis on progress to date and emerging challenges. The intent is to share knowledge about current environmental conditions, management approaches, and the policy context. The course will be delivered by experts from various water disciplines and user sectors. Proposed topics include: current and future water supply; water quality management; aquatic ecosystem health; fisheries management; lake management; drinking water protection; riparian zone and wetland management; First Nations perspectives; watershed alliances and stewardship groups; and management of key sectors including industry, agriculture, forestry, oil and gas, and municipalities. The course content will address basin-wide themes as well as local topics.

***David** graduated from the University of Guelph in 1970. He worked with Alberta Environment for 33 years as a water scientist and policy manager. He then served as Executive Director of the North Saskatchewan Watershed Alliance from 2007 to 2018. David has enjoyed creating new knowledge and watershed management approaches throughout his career.*

EL2B The Blank Page: Writing for the Health of It

Instructor: Eunice Scarfe

Did you know? Creative writing is good for your health! In this class, you will be invited to write a first draft each day (journal, poetry or prose) and to read aloud from what you have written. When you read aloud, you will hear the sound and structure of your writing and you will receive a supportive response designed to generate more writing. Each day, you will choose your subject and form: whether to write for yourself or for publication; whether to continue a project or to begin something new; whether to write poetry or prose. Creative writing is for everyone. If you've lived, you have a story; if you can tell it, you can write it; if you don't write it, who will?

***Eunice** has taught creative writing since she coordinated the Women's Writing Institute at the Faculty of Extension, a vigorous program that continued for 20 years. Through Saga Seminars, she facilitates her distinctive Blank Page Workshops across North America. She has received grants from Canada Council and AFA; her prize-winning short stories are widely published.*



EL2C Mindful Yoga for Health and Wellness

Instructor: Anita Sielecki

The intention of this course is to offer a time to calm down, reconnect with the body and restore your energy. It is not necessary to have a flexible body in order to participate. The class should be suitable and beneficial to participants new to yoga and to more experienced practitioners willing to slow down somewhat and experiment with a more meditative approach. The pace will be progressive and the participants will be encouraged to move within their capacity, noticing and respecting how the body feels in each moment. A few minutes of guided relaxation will close each session to give the mind an opportunity to settle down and refresh. Students must be able to get on and off the floor. Yoga mat needed – please bring to first class.

***Anita** has practiced yoga since 1974 and has done Biochemistry research at the University of Alberta since 1976. Certified as a yoga instructor in 1990, she has taught for Campus Recreation since 1993. In 1996 she left her career in Science, dedicating her time to the teaching of yoga, presiding over The Yoga Association of Alberta for 10 continuous years and organizing numerous yoga/meditation retreats throughout the province.*



All-Morning Art Classes – 9:00 to 11:35 a.m.

EL30 Exploring the Landscape in Watercolour – Intermediate Level Students Only

Instructor: Frances Alty-Arscott

This course is designed for those individuals who have already mastered the basics of working in watercolour. Students will learn to enhance the freshness in their work by experimenting with new ideas and alternative painting techniques. There will be demonstration and class discussion but students will be encouraged to explore their own personal direction through individualized instruction. Previous experience in the watercolour medium is required for this course. See art supply list at www.my-ella.com. This course will be held in the Faculty of Extension's art studio at Enterprise Square.

Frances is a well-known Alberta artist who resides in Edmonton. Her work can be found in many private and public collections in Canada and in the United States. Frances is represented in several galleries in Alberta. In Edmonton her work can be seen at Rowles and Company Gallery. More of Frances' art can be seen on her web page at: www.altvarscott.net

EL31 Carve a 3D Whimsical Cottage in the Style of Rick Jensen – Beginner and Advanced Course

Instructor: Laurie Wilson-Larson

Cottonwood bark will be used to construct a Whimsical Cottage in the round. In this course beginners and advanced carvers will study working with cottonwood bark in the round. You will learn how to prepare the bark so it can be used to create a three-dimensional carving. Interest will be added to your piece by inclusion of tree elements and unique roof-lines. We will work both with hand tools and with a rotary tool and bits to design and refine the components of your piece. All carvers will work on a cottage and the artistic details to make your piece interesting. Experienced carvers will have the opportunity to add additional details to their piece and could potentially make more than one cottage. See art supply list at www.my-ella.com



Carvings of Wood Spirits from her 2018 Spring Session Class

Laurie is an award winning wood carver who has specialized in carving human faces and carving cottonwood bark. She has taught at Lee Valley Tools, St. Albert Seniors' Association and with Edmonton Lifelong Learning Association. She has instructed individuals of all skill levels. As a recreation therapist she has proven skills teaching elders and individuals with special needs.

EL32 Drawing for Beginners – Beginners Only Please

Instructor: Susanne Lamoureux

Perhaps it has been years since you picked up a pencil to draw or maybe you believed you were only capable drawing the classic stick figure. Do not let this stop you! Join Susanne as she breaks everything down for you sequentially and provides a step-by-step instruction that is easy for you to understand. With her guidance you will learn where to start and develop your drawing and keep it in proportion. You will learn how to "see" and how to shade your drawing with a variety of mediums. Be prepared to be totally amazed at your acquired skill. See art supply list at www.my-ella.com

Susanne has a BA and B.Ed. and has been nominated for an Excellence in Teaching Award. Over the past 10 years she has focused on art and has studied locally and in the US. She is a recipient of the Staedtler, Canada's National Drawing Contest. Most recently, one of Susanne's drawings was included in the 2014 publication "Art Journey Portraits and Figures: Best Contemporary Drawing in Graphite, Pastel or Coloured Pencil." She is currently teaching at the Artra Art School. www.lamorearts.com



Early Afternoon Classes – 1:15 to 2:25 p.m.

EL40 A Concise Introduction to the History of India

Instructor: Shandip Saha

This course proposes to go beyond the stereotypes of India as an exotic land of maharajas, ancient palaces, and Bollywood glamor. It will, instead, chart how the socio-economic and political history of India has been shaped by the ability of the country's diverse cultural communities to adjust and adapt to the constantly changing socio-political and economic circumstances in which they have found themselves over the centuries. There is no easy manner in which to study the past of a country which is home to 2000 ethnic groups, 780 languages, all the world's major religious traditions, and a rapidly booming middle class that has made India one of the fastest growing economies in the world. Nonetheless, by the end of the course, students will leave with a strong foundation in Indian history.

***Shandip** is Associate Professor of Religious Studies at Athabasca University. His research interests focus around the religious history of India, the globalization of Hinduism by Hindu spiritual teachers, and the changing styles around the performance of devotional music by professional classical and non-classical performers on the Indian subcontinent.*

EL41 History of Science from the Scientific Revolution to Today

Instructor: Grant Grams

This course examines the Scientific Revolution, progress of scientific thinking in Europe to 1800, evolution of Chemistry, theories on the origins of the earth, role of the scientific academies, the emergence of the professional scientist, Darwin, evolution, and Social Darwinism, eugenics and heredity, the crisis between science and religion, the development of physics as a discipline, medicine in the seventeenth, eighteenth, and nineteenth century, biology and race, science and women, and big science.

***Grant** studied at the University of Saskatchewan (BA), Albert Ludwigs University, Freiburg im Breisgau, Germany (MA), and Philipps University, Marburg, Germany (PhD). He is currently an on-line tutor in history at Athabasca University. He has written 25 articles and 2 books.*

EL42 Having Fun with Social Media

Instructor: Michael Gravel

Explore the wild online world of social media and have some fun doing it. Instructor Michael Gravel takes you on a tour of today's top social media services: Facebook, Twitter, Instagram, Pinterest, YouTube, Snapchat, LinkedIn and more. With emphasis on privacy and 'best practices', he'll cover the benefits and drawbacks of these services, and touch on related technologies like podcasts and audiobooks. This course assumes students know how to use a computer or at least a mobile device / tablet. Students are encouraged to bring their phones, tablets, and laptops to class!

***Michael** is a poet, writer, emcee, and tea aficionado. He's an expert on all things web and knows which way is up on a smartphone. He designs and publishes books, and hosts poetry readings whenever he can. When not digesting the day's codswallop, he can be found writing & reading, drinking tea, and walking.*

EL43 Conservation in Alberta: Land, Water and Wildlife

Instructor: Kecia Kerr

This course will provide students with a comprehensive understanding of conservation in Alberta – from a historical perspective on the importance of protecting wilderness and endangered species, to a practical understanding of an individual's local impact. We will begin with conservation on a landscape scale, including the establishment of our protected areas system, land use and conservation issues in AB, and a review of international conservation standards. Week 2 will focus on specific issues in AB such as the boreal forest, headwaters protection, caribou, and Indigenous-led conservation. In Week 3, students will learn about conservation in action: on-the-ground efforts being made in the province, including collaborative conservation efforts among environmental groups, Indigenous communities, government, and industry. Finally, we will discuss how individuals can take action by zooming in on local issues, such as waste reduction or protection of Edmonton's river valley.



Kecia is an ecologist with a background in research and education. She has conducted research in Canada, the USA, Latin America, and Australia. She took on the role of Executive Director of CPAWS Northern Alberta in June 2017.

EL44 All Things Music 2

Instructor: Rebecca Schellenberg



Hold on to your hats! Get ready for ANOTHER madcap caper through a wide range of musical topics. Canadian Music Mondays are back, and so are Fun Fridays, but with fresh new material! Enjoy recordings of long lost singers, watch colourful marching bands, listen to electroacoustic music of the 60's. Hear Canada's first string quartet, and then be inspired by some awesome film music. We will study music of advertising, music in time of war, and even royal music. Classes are video and audio based, covering a wide range of music. This course is completely different material than last year's All Things Music 1. It is for the hardcore music lover, the music novice, or for anyone who wants to learn more about All Things Music!

Rebecca was delighted to teach All Things Music at ELLA 2018. She is a violinist, teacher and writer. She has performed with symphonies including Edmonton Symphony, Regina and Prince George symphonies. Rebecca has a Master of Music degree from the University of Alberta, and a Bachelor of Music from Brandon University.

Music can be medicine for your mind, with benefits from memory improvement to stress relief. ... Research has shown that listening to music can reduce anxiety, blood pressure, and pain as well as improve sleep quality, mood, mental alertness, and memory.

~ paraphrased from John Hopkins Institute

EL45 Maps & Cartography

Instructor: Danial Duda

Maps are influential documents. The power of their message has a great effect on their audience. Whether creating a map or reading one, the one question that should always be asked is “What is the map’s purpose?” This course will look at three distinctive map themes: War and Empire, Literary Maps, and Maps of Canada. How and why maps are used for geopolitical and strategic purposes, as well as communication tools, will be looked at in week one. Week two will look at maps and literature and how they mix observation and fantasy. Week three will look at Canadian history through its maps. This is a stand-alone course. You do not need to have taken the course “And Where Are We – The Story of Maps” taught last year, in order to take and enjoy this course.

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

EL46 Introduction to Acting

Instructor: April Banigan

Do you find yourself watching movies and saying “I could do that!”? Learn what goes into the art of acting in this introductory course. You will begin with basic acting exercises and games (after all, actors perform in PLAYS) and work your way to very simple scene work. There may even be an opportunity to perform these at the end of the term, for those who are interested. Your instructor teaches drama at the Foote Theatre School at the Citadel Theatre which provides year around acting classes for all ages and experience levels, teaching physical, technical, and creative skills in both acting and musical theatre. For more information on our programs please visit our website: <https://www.citadeltheatre.com/artists-learning/the-academy/foote-theatre-school>.

April is an Edmonton based actor/teacher who performs in theatre, film/TV, radio and video games. She has appeared in numerous shows around town including 10 years in “A Christmas Carol” at the Citadel. She also runs school residencies for Concrete Theatre, has 2 beautiful, giant teenaged sons, and thinks you should take a class!

EL47 Mathematics: Past, Present, and Future

Instructor: Len Bonifacio

We will explore the development of math concepts and number systems through ancient civilizations to the present and explore special mathematicians of those times and special numbers. Then we will look at present curriculum and issues, as well as cutting edge mathematics topics like 3-D printing, driverless vehicles, and nanotechnology. Finally, we will look at future directions for mathematics including controversial uses of mathematics. We will have many hands-on activities.

Len is pleased to be back at ELLA for a 5th year. He has spent over 40 years in math education mostly as a teacher, but also as a department head, district consultant, and provincial examiner. He is a contributing author to the high school texts used in western Canada and was a co-recipient of the MCATA Educator of the Year Award and twice a semi-finalist for a provincial Excellence in Teaching Award.

EL48 Weather and Climate of Canada

Instructor: Gerhard Reuter

What is weather? What is climate? Why is it changing all the time? How to perform and archive weather observations? How to interpret satellite imagery and weather radar data? How to read weather maps? The climate of the earth and global wind circulations. A conceptual model of mid-latitude weather systems. The role of the Rocky Mountains. Winter weather in Canada. Snow storms. Freezing rain. Summer weather in Canada. Flooding events. Droughts and heat waves. Severe summer weather. Hails storms. What is lightning and how does it form? What are tornadoes and how do they form? Human impact on weather. Climate change in Canada. Can we deliberately change the weather to make more or less snow, rain or hail?

Gerhard was born and raised in Namibia, Africa. After completing a PhD in Meteorology at McGill University, in Montreal, he worked as a professor at the University of Alberta (1990 - 2019). His research is focused on snow storms, severe weather, hail storms, and flooding. He developed computational tools to improve understanding and forecasting of severe storms.

EL49 Great Museums, Their Histories, and Collection Highlights: The Giants and the Gems

Instructor: Hoyne Santa-Balazs

This course will explore a selection of museums from Europe and North America, some large and famous, some small and off the beaten track but no less fascinating. Lecture content will alternate between large landmark institutions and some lesser known, but nonetheless surprising gems. Presentations will explore the history of the museums and highlight unusual or important works from their collections, against the backdrop of the colourful lives of the people whose passion for art, culture, and creativity brought these collections to be. Material will be delivered using an image-illustrated lecture format and wherever relevant, other media.

Hoyne teaches art history at the University of Alberta and at MacEwan University. She has also been teaching classes for ELLA since 2012 on a range of topics. Her area of research interest is the interplay between art and the law, art crime, illegal art trade, and the protection of art in war. She has been a recipient of distinguished teaching awards from both the University of Alberta and MacEwan.

EL4A Understanding Contemporary Art

Instructor: Megan Bertagnolli

Contemporary art is notoriously difficult to understand and can be quite intimidating, often defying easy categorization. This class will unpack some of the history and provide an overview of some of the trends.

Megan is the former Interpretive Programs Coordinator at the Art Gallery of Alberta and currently holds the position of Development Partnerships Liaison. Megan also teaches Art History at the post-secondary level. She earned her MA in the History of Art, Design and Visual Culture from the University of Alberta in 2011.

EL4B Line Dancing

Instructor: Dwayne Tulik

Line Dancing strengthens muscles, improves balance and flexibility while remembering the steps aids memory. So come and join us having fun kicking up your heels to lively music, while toning your muscles, stimulating your brain and strengthening your heart. In this class we will learn the basic steps to a variety of popular and new line dances. Street shoes are not allowed in the gym. Bring clean indoor athletic shoes or dance shoes. Participants should be able to stand for 70 minutes and move forward and back and side to side. No partner needed.



Dwayne is a professional dance instructor who has been teaching and judging dance since 1982. He has been working with the City of Edmonton and senior centres teaching country and western dance.



EL4C Progressive Core Stability

Instructor: Barb Turner

Progressive exercises including spinal stabilization, core strength, hip function/health, postural alignment and balance. This class will give the participant the opportunity to build core strength in a safe, progressive fashion. The basic concepts can be built into activities of daily living and be done anywhere. The participant is given self-checks to determine progress. Classes are held in a fitness studio. Note: Participants must be able to get on and off the floor repeatedly to do the exercises. Foam rollers need to be purchased on first day of class from the instructor. Students will be contacted prior to first class to determine if they already have a roller.

Barb is certified with the Canadian Society of Exercise Physiology as a Personal Trainer with 25+ years of experience, and has a degree in Kinesiology. Other qualifications include: AFLCA; Injury Assessment, Injury Rehab and Exercise Prescription; Obesity Management, Persistent Pain, Parkinson's.

Mid-Afternoon Classes – 2:45 to 3:55 p.m.

EL50 -CANCELLED! From the Wilton Diptych to the Beatles and Beyond: British Painting

c.1400 – c.1970
and Sculpture,

Instructor: Kirk Marlow

In this course we will explore the rich legacy of English, Scottish, Irish and Welsh art from the Medieval period (14th-15th centuries) through to the many artists who worked during the 19th-century Victorian era (including the Pre-Raphaelite Brotherhood, and genre and narrative painters), and into the 20th century when Britain began to adopt modernist and international trends – including the Pop Art movement of "Swinging London" in the 1960s (the heyday of The Beatles, The Rolling Stones, Carnaby Street, mini-skirts, etc.).

Kirk is a native of Nova Scotia. He received his degrees in English, Education and Art History at Mount Allison University in Sackville, New Brunswick, and Carleton University, Ottawa. In the 1990s he lived in London, England, working as an editor for Macmillan Publishing and Oxford University Press. Since 1999 he has been an Art History Instructor at MacEwan University.

EL51 The Short Story in World Literature

Instructor: Robert James Merrett

Short stories are exciting and provocative; always surprising, they are often shocking. This course examines how they provoke curiosity and hold attention. Short stories are a diverse genre employing primitive, contemporary and futuristic settings. They embrace adventure, detective, fairy or ghost stories, folk tales, science fiction, and accounts of the supernatural and paranormal as well as fables, legends and parables. After discussing generic high points such as Boccaccio in the Italian Renaissance and Balzac in nineteenth-century France, the course will celebrate the twentieth-century works of Thomas Hardy, Henry James, Katherine Mansfield, Flannery O'Connor and Alice Munro. A reading list is provided, but reading the stories on it is optional.

***Robert** is Emeritus Professor of English. He taught language and literature at the University of Alberta from 1969 to 2014.*

EL52 Keeping Score – A History of Music in the Movies

Instructor: D.T. Baker

Get to know the roots, techniques, and the story of how music has been a part of the movies since before there were movies. Get to know some of the great Hollywood film composers and their works, and what makes a great movie score effective. Audio and some video examples will help illustrate and illuminate one of the most important tools to tell a story cinematically.

***D.T. Baker** has had a 40-year career in music, including many years as lecturer and annotator for music of all kinds. Presently musicologist for the ESO, he is an active educator and advocate of music.*

EL53 World Prehistory

Instructor: Joseph Jeffrey Werner

World Prehistory gives students an overview of many different prehistoric periods and cultures from around the world. The course is intended for those with no background in archaeology and will include a brief review of some of the key techniques and theories of the discipline. We will explore some of the most pressing questions about the long-term biological and cultural history of humans such as:

- Who were our earliest human ancestors?
- What makes human culture unique and why did it evolve?
- How and why did agriculture emerge?
- Why did state societies appear and what causes states to collapse?

In addressing these questions, we will draw examples from past societies which have long fascinated academics and the public alike: the ancient Egyptians, the Mesopotamians, the Aztecs, the Mayans, the Indus Valley Civilization, and more!

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

EL54 The History of Aviation in Canada

Instructor: Rod Macleod

The course will look at the history of civil and military aviation in Canada from Alexander Graham Bell and the Aerial Experiment Association to the jet age. Optional field trips will be offered to the Alberta Aviation Museum.

***Rod** is Professor Emeritus of History and Classics, University of Alberta, and Past President of the Alberta Aviation Museum.*

EL55 Jesus and Buddha: Historical Origins

Instructor: L. Bruce Miller

Focusing on the quest for the historical Jesus and the parallel quest for the historical Buddha, this course will explore the differences and similarities.

1) The Quest for the historical Jesus: the historical context of the Roman Empire in the Hellenistic Age; the Old and New Quests for the historical Jesus; the Voiceprint of Jesus in the aphorisms and parables; following in the footsteps of Jesus in the Holy Land (slides).

2) The Quest for the historical Buddha: the historical context of ancient India in the time of the Buddha; the Life of the Buddha (myth and history); the Voiceprint of Buddha in the sayings, parables and stories; following in the footsteps of Buddha in India (slides).

3) Exploration of the Parallel Sayings of Jesus and Buddha: on compassion, wisdom, materialism, the inner life, liberation and the future; and the question: Was Jesus a Buddhist monk?

***Bruce** received his PhD in 1984 from the University of Chicago in Religious Studies. He taught for 20 years at the University of Alberta in the Religious Studies program.*



EL56 My DNA, Heredity and Me

Instructor: Ramesh Bhambhani

Canada's ethnically diverse population (~37 million) is governed by principles of heredity. The hereditary material in all organisms, DNA (deoxyribonucleic acid), is an integral ingredient of chromosomes in human cells. The unique molecular structure of this hereditary constituent of ethnic groups was revealed in 1953. The DNA contained in a set of human chromosomes (a genome) was determined and sequenced in 2004. This major achievement created a surge of interest in people seeking information about their heredity and DNA. The course will elaborate on this phenomenon of genetic testing, and its utilisation in forensics and law. It will delve into how a person's chromosomes, genes and DNA sequence are preserved, expressed, transmitted and mutated, and discuss the genetic basis for cystic fibrosis, sickle cell anemia, hemophilia, and Down syndrome.



***Ramesh's** sound understanding of Genetics (BSc, MSc, PhD) concomitant with a Professional Diploma after Degree (PDAD) in Education has facilitated a rewarding career as an educator at his alma mater, the University of Alberta.*

EL57 Early Child Development

Instructor: Jeff Bisanz

The focus of this course is the development of children from birth to approximately five years of age. We will cover biological, social, and cognitive aspects of development and will also examine many factors that influence development. We also will learn about the current state of early learning and child care and about prospects for improvements. The course will be geared to grandparents and others who are interested in child development and who may like to find ways in which they can contribute to improving the environments in which we raise our children. Guest speakers with relevant experience will join the class to discuss a wide range of topics, including how children learn, parenting, and mental health.

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

EL58 Demystifying Artificial Intelligence

Instructor: Anna Koop

Artificial Intelligence has moved from science fiction to part of our everyday lives, but what is it really? This course will help you understand the true impact of AI so we neither fear the future nor recklessly adopt the latest technology. Through live demonstrations and livelier discussions, you'll learn what kinds of problems can be solved with machine intelligence, and when and why we use one method over another. By the end of the course you will be able to distinguish different branches of artificial intelligence, weigh the pros and cons of particular approaches, and identify applications in your own life. You'll develop your own position on matters of public policy related to AI: from autonomous cars and smart cities to data privacy, personalized medicine, and beyond.

Anna is Director of Applied Machine Learning at the Alberta Machine Intelligence Institute (Amii). She has a passion for both the science of computational intelligence and the art of human education. She completed her master's degree at the University of Alberta and continues to research how artificial systems can adapt to changing environments.

EL59 Energy Pipelines: Fact, Fiction, Past & Present

Instructor: Leon Zupan

Pipelines have been the primary transportation choice for hydrocarbon energy in North America. While generally operating below ground and under the radar, in recent years they have been a focal point for discussions of energy development, climate change, environmentalism and First Nations. This course will offer factual information on pipelines as well as insights on key social, economic, regulatory and environmental issues surrounding current and proposed pipelines. Learn from a variety of experts on the history of our current infrastructure and what it takes to plan, build and operate a pipeline. We'll explore the views of engineers, regulators, landowners, environmentalists and First Nations to better understand whether pipelines are safe and can and should be built.

Leon recently retired as Chief Operating Officer for Enbridge Pipelines. Through his 30-year career he has worked on development, operations and regulatory applications for some of the largest and longest oil and natural gas pipelines in North America. He is a graduate of the University of Alberta (BSc. Physics) and has worked in manufacturing and engineering consulting prior to Enbridge.

EL5A Discover Essentrics for Aging Backwards

Instructor: Elizabeth Olson

Essentrics is an exercise program that draws on the flowing movements of tai chi which create health and balance, the strengthening theories of ballet which create long, lean flexible muscles and the healing principles of physiotherapy which create a pain free body. In this course we will discuss specifically how this "feel good workout" is designed to reverse the effects of aging so that proper weight, flexibility, mobility, strength and good health can be maintained in middle age and well into our golden years. We will discover less stiffness, with relief from aches and pains, proper posture and improving balance. Each session will include a 45 to 50 minute practical class. Comfortable clothing and no shoes is preferred. Yoga mat is required. Please bring it to the first class. Students must be able to get on and off the floor.



***Elizabeth** has been certified as a Level 4 Essentrics instructor since 2006 and was trained under the tutelage of Miranda Esmonde White, the creator of Essentrics and author of Aging Backwards and Forever Painless. As well, she is an AFLCA certified Group Fitness Instructor and has led a variety of classes over the past 30 years.*

All-Afternoon Art Classes – 1:15 to 3:50 p.m.

EL60 How to Paint Impressionist Landscapes with Acrylics - Beginners Only Please

Instructor: Frank Haddock



Alberta is one of Canada's provinces that has everything! Sweeping plains and majestic mountains are just some of the features of this beautiful province. Learn about the tools and techniques of acrylics as you paint many famous and some not well known locations in Alberta. You will learn the subtleties of mixing colours and how to apply them with a brush to your canvas to create gorgeous skies, sheltering trees, and crystal clear water. This course is designed for those with little or no experience although experienced painters are welcome to join to discover new approaches to landscapes. See art supply list at www.my-ella.com This course will be held in the Faculty of Extension's art studio at Enterprise Square.

***Frank** has a BFA from the University of Alberta. He has been working solidly in the world of art and has maintained an active studio career while operating his own art school. Frank has been teaching 35 years plus. His work is shown throughout Western Canada and is found in numerous private and public collections, including the Alberta Foundation for the Arts. See Frank's work at www.frankhaddock.com*

*Painting is just another way of keeping a diary.
~ Pablo Picasso*

EL61 Art Fundamentals: How to Develop (or Sharpen) Basic Drawing Skills in Sketchbook

Instructor: Samantha Walrod

Art Fundamentals is targeted to beginners, but may also be of interest to more experienced students who would like more drawing experience. Through a series of guided exercises and drawings, we will use our sketchbooks and drawing pads to learn how to compose line, shape, value and texture to get the most out of pen, pencil, graphite and conte. Topics covered include: drawing from life, drawing from your imagination, learning to draw in one-point perspective, composition and abstract drawing. Classes will be supplemented by presentations and discussions involving the evolution of drawing and painting. Contemporary and historical artists will be examined. After the course, you will be able to refer back to your sketchbook for compositional tips and tools and handouts for future reference. See art supply list at www.my-ella.com

Samantha received her Master of Fine Arts from the University of Alberta in 2013; she is a fine arts instructor at the University of Alberta - Faculty of Extension. Her paintings can be found in various private collections across Canada. Her paintings are created from experiences in the Canadian wilderness.

www.samanthawalrod.com



Spring Session 2019 Activities and Events

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

Board Chair's Greetings and Concert

On Monday, April 29 at Noon in the Auditorium (Education N2-115) our Board Chair, Shirley Forrest, will welcome participants to Spring Session. Shirley's remarks will be followed by a musical presentation by the Strathcona String Quartet for your listening pleasure.

Volunteer Appreciation Luncheon

2018-19 ELLA volunteers are invited to a Volunteer Appreciation Luncheon on Tuesday, May 7 at 11:45 a.m. in the Education Building 4th Floor Lounge.



ELLA Spring Session Meet and Greet

Friday, May 10 4:30 p.m. at the Faculty Club

This event is your opportunity to chat with your fellow students and instructors in a casual social setting! Tickets can be purchased at the Information Table during Spring Session.

ELLA 2019 Annual General Meeting and Introduction of New Board Volunteers

Thursday, May 16 at Noon in Education N2-115

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

ELLA Walkers

If you would like to enjoy a walk at lunch hour to stretch your legs and refresh you for your afternoon classes, consider joining one of our volunteer-led walking groups. Groups will meet most days at 12:00 Noon at the main entrance to the Education Building, off 87th Avenue. For more information, consult the bulletin boards near the ELLA Registration Table.



Jan McGregor
enjoying a
different noon
activity!



ELLA Etiquette

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

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

- Settle into your seat before the session.
- The front rows are generally reserved for those with limited mobility.
- Turn off your cell phones and other devices. If you must leave your phone on, put it in silent or vibrate mode and leave the room if you have to answer it.
- If you know you'll have to leave the session before it ends, sit near the door and hold the door as you leave so it doesn't bang shut.
- Avoid side-conversations during the presentation. This will help all of us, including those with poor hearing.



Noon-hour presentations in N2-115

- To accommodate additional viewers, these presentations will be **live-streamed to room ED129**, and on the internet. To find out more, check at the Information Table during Spring Session.
- If you know you will arrive late, must leave early, take a phone call ... please consider enjoying the presentation using **ED129** so as not to distract the presenters.



Book Exchange: Give away books, choose a book or two!



Noon Hour Presentations: Plan to enjoy a few!

Spring Session 2019 Noon-Hour Presentations

Location: N2-115, Education N/ Live-streamed: ED129

Time 12:00 – 1:00

Monday	Tuesday	Wednesday	Thursday	Friday
APRIL 29 Relax with Classical Strings Strathcona String Quartet	30 It Is Not the Years; It's the Mileage Marty Chan, Comedian	MAY 1 Wolves and Man – The Many Sides of a Controversial Carnivore Lu Carbyn, Adjunct Professor, U of A	2 Welcome to the New RAM (Royal Alberta Museum) Carole Newton, Head of Learning and Volunteer Services	3 Talking Music: Blues Radio and Roots Music Holger Petersen, Radio Program Host
6 Purposeful Philanthropy Kathy Hawkesworth, Director of Donor Services, Edmonton Community Foundation	7 VOLUNTEER LUNCH	8 Using Litigation to Advance Gender Equality: The Women's Legal Education and Action Fund Lise Gotell, Landrex Distinguished Professor	9 Medical and Recreational Cannabis: What You Know and What You Need to Know Katia Tonkin, Medical Oncologist and Specialist at Canadian Cannabis Clinics	10 Are You Having A Happy And Prosperous Retirement? Jim Yih, Financial Advisor *Meet and Greet May 10th, 4:30 at the Faculty Club
13 Ending Homelessness Is Possible, Together Susan McGee, CEO Homeward Trust	14 Connect to the Beauty of Our Home Amanda Lamothe, Indigenous Flutist and Storyteller	15 ELLA ART SHOW	16 ELLA AGM	17 Neurological Changes in the Aging Brain Oksana Suchowersky, Toupin Research Chair in Neurology, Director, Clinical Genetics

* On Friday May 10, at 4:30 pm, there will be a MEET AND GREET Reception at the Faculty Club. This is open to all and is a chance to meet other students and professors. To learn more and to purchase tickets check at the Information Desk and listen for class announcements.

