

# ELLA WINTER 2021 COURSE DESCRIPTIONS AND INSTRUCTOR BIOS

## **HUMANITIES**

### **H1 - Home to the Third Reich: German Migration Program, 1933 - 1941**

*Grans, Grant*

This course will examine the migration of German-Aryans from the Americas and Europe between 1933 and 1941. German speakers from Canada and the United States will be the emphasis of the course.

*Grant has over 25 publications related to various aspects of immigration and church organizations in Canada. He earned his PhD at Phillips University in Marburg Germany. He also completed postdoctoral work at the University of Bremen, Germany.*

### **H2 - Alberta in WWI**

*Davies, Adriana*

In 1914, Alberta had been a province for only nine years. Of the over 45,000 recruits from Alberta, about 6,000 were killed and some 20,000 were wounded. This lecture series will recount stories drawing on letters, diaries and memoirs. Four topic areas are explored. 'The Military' focuses on the contributions of Alberta battalions, regiments and serving men. 'Homefront' topics include inflation, labour shortages, and accommodating the returning "walking wounded" including the growing influence of women of British descent and their contributions through charitable organizations to the war effort. 'Communities at War' explores impacts on geographical and ethnocultural communities. 'Aftermath' focuses on postwar challenges including dealing with individuals who were maimed physically and emotionally, soldier settlement schemes, new roles for women in society, and the Spanish Influenza pandemic.

*Adriana Davies, PhD is a historian and co-edited the anthology "The Frontier of Patriotism: Alberta and the First World War", University of Calgary Press, 2016.*

### **H3 - Travel Planning for Post-Pandemic**

*Ambrosie, Linda*

After a year of quarantine and staycations, we are ready to grab our passports and travel further afield. We have destinations we want to visit before glaciers melt and/or our health declines. But post-pandemic, how can we travel safely and responsibly? In this course we investigate three themes: attractions, land-based hospitality and sea-based hospitality. Each will address our health, the destination's health and responsible travel. Most importantly, we look at how to select a destination, lodging and

transportation that best adhere to the goals of social and environmental responsibility while staying within your budget.

*Dr. Linda M. Ambrosie received a PhD from the University of Calgary. She is the author of "Sun and Sea Tourism: Fantasy and Finance of the All-Inclusive Industry", and has taught at MacEwan University.*

## **H4 - A Short History of China**

*Houlden, Gordon*

China has a brilliant, albeit sometimes troubled past. China's emergence from prolonged weakness and disunity to become a strong and modernized state in the 21st Century is an extraordinary story of resilience and persistence. It is more difficult, however, to determine how China's 21st century journey will evolve – and how this may affect the West and Canada. This course will include concise illustrations of China's complex history, with individual lectures illustrating how China coped with internal pressure and foreign intervention. It will examine how modern China, with its rising economic, political, technological, and military power, is shaping the world around us. A limited number of guest lecturers will assist.

*Gordon Houlden is the Director of the China Institute at the UofA. He joined the Canadian Foreign Service in 1976, and spent twenty-two years working on Chinese affairs for the Government of Canada. Before joining the UofA in 2008, he was Director General of the East Asian Bureau of the Department of Foreign Affairs and International Trade.*

## **H5 - The Coming of WWI in Eastern Europe**

*Bennett, Brent*

Did German and Austro-Hungarian leaders "sleepwalk" into the catastrophe of World War One? Or did they deliberately trigger the war in a bid to gain domination over Europe before the Allies became too strong? The debate over German intentions and war guilt started over a century ago and shows no signs of disappearing. Come and see if the war was an absent-minded accident or the product of wilful calculation.

*Brent graduated with a BA (Honours) in European history at UofA in 1985. He went on to complete an MA in Slavic and Eastern European Studies at UofA. Brent recently retired from a career in the RCMP that included teaching law, investigative practices, police tactics, and firearms at the National Academy in Regina. In 2020 Brent taught the ELLA course "Habsburgs and the Rise of Nationalism".*

**SCIENCES**

## **S1 - Behind the Barn Door (Condensed Version)**

*Robinson, Frank*

This class will be a lecture and discussion-based experience dealing with current issues and remarkable changes in animal agriculture in Alberta. 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 necessary to provide learners the tools to understand issues and form opinions about them. Exciting topics to be discussed include: amazing genetic progress in farm animals, animal welfare, niche market products, high-tech equipment and new designs for animal housing, backyard chickens, the use of steroid hormones in beef production, supply management, heritage breed conservation and much more. Anyone who eats food will enjoy this course!

*Frank Robinson has been a professor of poultry production and physiology at the University of Alberta since 1986. For over 30 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 with an emphasis on inquiry-based learning. He is a lively and dynamic teacher. He was inducted into the Alberta Agriculture Hall of Fame in 2006, and is a 3M National Teaching Fellow.*

## **S2 - The New Universe**

*Hube, Douglas*

The Universe may be as old as time itself – literally – but observations in recent years have uncovered remarkable new, and often unexpected, features of the cosmos. In this series of five presentations we will examine a selection of such discoveries in areas that include the Solar System, black holes, space and time, extrasolar planets, dark matter and dark energy.

*Douglas Hube is a professor emeritus, Department of Physics at UofA. He is a graduate of the University of Toronto. He is an observational astronomer who has worked at observatories in Canada, USA, Chile and South Africa. His research has included the dynamical and physical properties of close binary stars, galactic structure, the detection of black holes, and meteoritics. He is a founding member and past Chairman of the Edmonton Space Sciences Foundation and is the Associate Editor (Research) and Honorary President of the Royal Astronomical Society of Canada. A unique honour, Minor planet 65657 1982 QB4 was named 'Hube' by the International Astronomical Union.*

## **S3 - Physics for Everyone**

*Gazer, Reuben*

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. How can so many different things be described by a single topic?

The purpose of this course is 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. There are NO stupid questions! This course will rely heavily on class discussion and debate and use a myriad of physical and visual demonstrations.

*Reuben Gazer is a physics enthusiast, magician, science educator and data engineer currently working for AltaML in Edmonton. Fascinated by the world around him, he believes that absolutely nothing is "obvious" about how things work. Reuben has a BSc in Physics from McMaster and a MSc in Astrophysics from the UofA in 2017. He has taught math or science in one realm or another for 10 years, runs his own math/science tutoring business, and regularly gives public talks on the importance of science and science communication to the general public.*

## **S4 - Simulation Technology (Condensed Version)**

*Zheng, Bin*

Every health student needs to learn numerous healthcare procedures before providing services to patients with confidence. Health skills, such as giving a muscle injection or helping with baby delivery, are conventionally learned at the bedside of patients. At the UofA we have developed simulation programs for skill training so medical students can practice health skills without compromising the quality of patient care. In this course we will overview simulation development, discuss its role in health education, and introduce cutting-edge technologies behind simulation design, including searching for synthetic tissues, making 3D anatomical models, and designing the virtual reality for different training scenarios. We will discuss the barriers and challenges of integrating simulation to healthcare. We will be happy to receive comments and suggestions for future simulation development.

*Most medical research focuses on patients; Dr. Bin Zheng studies surgeons. He studies performance and cognition of surgeons during surgery, especially image-guided and remote manipulated surgery such as endoscopic and robotic surgery. As an engineer with full training in medicine, Dr. Zheng tries to understand a surgeon's eye-hand coordination and decision-making under stressful environments such as the operating or emergency rooms, then designs the training system to support them. Dr. Zheng obtained his MD degree from China and practiced as a surgeon for 8 years before he immigrated to Canada in 1999. He obtained his PhD degree from Simon Fraser University in 2005. Dr. Zheng is an Associate Professor in Surgery and holds the Endowed Research Chair*

*in Surgical Simulation at UofA. He collaborates with surgeons, engineers, clinical educators, and psychologists. His long-term goal is to promote the use of simulation in surgery for improving care and safety.*

## **S5 - Palaeontology**

*Sullivan, Corwin*

Palaeontology is the study of extinct life. This inherently multidisciplinary science draws on information from many fields, notably including botany, zoology and geology, to decipher the secrets of the fossil record. In this course, scientists and graduate students studying palaeontology at the University of Alberta will present their exciting research on everything from prehistoric plants to long-deceased dinosaurs. The main emphasis will be on fossil vertebrates, and on how palaeontologists work in both the field and the lab to not only document and describe species from the geological past but also seek insights into their evolution, ecology, physiology and much more.

*Corwin Sullivan is a vertebrate palaeontology who has spent most of his career exploring the diversity, evolution and palaeobiology of dinosaurs and their relatives. His current research interests include the evolution of respiration on the line to modern birds, and the Cretaceous vertebrates of northern Alberta. Dr. Sullivan is the author or coauthor of many scientific papers, and the lead author of the book "From Fish to Human: The March of Vertebrate Life in China".*

## **S6 - Marvels of Mathematics**

*Bonifacio, Len*

Why do bees make hexagonal honeycombs, how does social distancing change the spread of COVID, why do cicadas only appear in prime numbered years, why are manhole covers round, what do cell phone antennas, African villages, and Lord of the Rings movies have in common, and why do the years seem to pass faster as we age? How is high school geometry now used to destroy kidney stones, how does a deck of cards hold more possibilities than there are grains of sand on earth, is there a best way to cut diamonds, and how does UPC coding work? How are prime numbers used to protect online transactions, why are Pringles potato chips all the same, how are the digits of Pi used in forensic accounting, and why should contestants always change doors on Let's Make A Deal? All of these have mathematical explanations. Let's explore these and other amazing connections between math and nature, music, art, finance, and more. Many hands-on activities.

*Len Bonifacio spent over 40 years in math education as a teacher, department head, provincial examiner, and district consultant. He is a contributing author and advisor to the math textbooks currently used in western Canada schools. He was twice a semi-finalist for a provincial Excellence in Teaching award, and shared an Educator of the Year award from MCATA (Mathematics Council of the ATA). He continues to be enthused by all things mathematical and is excited to be back at ELLA as an instructor for a sixth time.*

## **S7 - How the Earth Works**

*Sawyer, Brian*

This introductory course is intended for those who are curious about how gravity, plate tectonics, climate and now humans are shaping our Western Canadian landscapes from the Rockies to the Plains to the gravel in our river valley. Alberta's array of land features and rock types are a product of both ancient and modern processes – some catastrophic and others that slowly unfold. We'll review the ancient origins of the planet, its continents and oceans, and then discuss modern surface processes – erosion and sedimentation, earthquakes and Ice Ages, volcanoes and tsunamis, human settlement, agriculture and petroleum extraction during the Anthropocene Period (since 1950). Environmental responses include rising sea level, floods, climate change, diminishing soils and fresh water. The course will be presented through PowerPoint, stories, photos, videos and class discussion.

*Brian Sawyer has taught many Earth and Environmental Science courses at the University of Alberta. He moved to Edmonton from Victoria to complete his MSc and recently retired after 15 years at Alberta Environment and Parks.*

## **WELLNESS & LEISURE**

### **W1 - Aging Backwards with Essentrics**

*Olson, Elizabeth*

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 science-based movement 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 better balance.

*Elizabeth Olson 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, Forever Painless” and “Fast Track to Aging Backwards”. Elizabeth is also an AFLCA certified Group Fitness instructor and has led a variety of classes over the past 33 years.*

### **W2 - Introduction to Meditation Practices**

*Trang, Peter*

We will learn about meditation and mindfulness to better understand ourselves. We will explore how to transform our habits and how to deal with adversity and emotions to achieve stillness and reflection. The course itself will be a combination of learning with a practical component such as: sitting meditation, walking meditation, mindful eating, total relaxation, etc. We will go over the heart of meditative practice including the 4 foundations of mindfulness. We will also explore other topics on meditation such as its history, spiritual teachings, dealing with emotions, scientific findings, meditation in the context of religion, community building, education, workplace, and how to continue our meditative practice at home.

*Peter Trang entered the monastery at the age of 11 years and in 2009 was ordained as a Buddhist monk. He has a BSc (Psychology) from the UofA. Peter has shared the practice in various settings from post-secondary institutions to seniors' homes. He has worked for many years hoping for a more mindful society in the future.*

### **W3 - Yoga**

*Sielecki, Anita*

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 beneficial to participants new to yoga and to more experienced practitioners willing to slow down somewhat and experiment with a more meditative approach. The tools to be explored are:

- Simple breathing exercises to bring awareness to the body, calm the nervous system and slow down the thinking process.

- Introductory yoga movements free the joints, gently stretch the muscles, help develop more strength, balance and flexibility while facilitating the relaxation of the physical body. The pace will be progressive and the participants will be encouraged to move within their capacity. A few minutes of guided relaxation will close each session to give the mind an opportunity to settle down and refresh.

*Anita Sielecki has been practising yoga since 1974 and biochemistry research at the U of A since 1976. Certified as a yoga instructor in 1990, she taught for Campus Recreation beginning in 1993. In 1996 she left her career in science to dedicate her time to the teaching of yoga, preside over The Yoga Association of Alberta for 10 continuous years and organize numerous yoga/meditation retreats with remarkable teachers throughout the province.*

### **W4 - Sleeping Yoga for Stress, Anxiety & Insomnia**

*Murphy, Marthe*

Sleeping Yoga is an ancient meditative process for helping restore the capacity to sleep well during the night and find ease of being during waking hours. A journey of peaceful self-discovery that leads one to experience true integration of mind, body and soul. An excellent aid for alleviating the symptoms of stress, anxiety, insomnia etc.

*Marthe Murphy has been described by participants in her classes as knowledgeable and fun. Her teaching reflects a fusion of 29 plus years' experience in private practice and multiple trainings in movement therapy, yoga, yoga therapy, iRest Yoga Nidra. She actively works with seniors and those with medical challenges and loves life, people, babies, nature, and music.*

## **W5 - Line Dancing**

*Walters, Tracy*

Heel toe, round, shuffle, and here we go! If you love to dance and don't have a partner, then line dancing may be for you. Line dancing is popular among seniors, and it provides a good physical and mental workout. Learn fun and easy dances to a wide variety of music (country, pop/rock, Celtic, just to name a few). Participants should be able to stand for 70 minutes and move forward and back and side to side. You won't even know you have exercised until the class is over!

*Tracy Walters is an award winning dancer from Spruce Grove, Alberta. Her dancing career includes partner dancing, line dancing and clogging which she had done for 27 years. She taught dance classes in Fort McMurray for 20 years and has since taught in Edmonton and area for the past 7 years. Throughout her career as a dance instructor, she attended and taught at several dance workshops and choreographed and published many line dances and clog dances. She addresses all styles and genres in her line dance repertoire.*

## **W6 - Functional Fitness**

*Leske, Tonia*

Learn the true strength capacity of your body! These sessions will begin with teaching proper training techniques, movement mechanics, and bringing the body to a neutral position to build strength in the entire body. Learn the difference between endurance and strength training, what your personal cardiovascular intensities are, and different stretching techniques that can decrease pain. By the end of the course you will know how to perform any exercise safely, confidently modify movements to your fitness needs and leave with stronger muscles, increased balance, less pain, and more flexible joints. This class is for any fitness level. You will be asked to go on to the floor, but modifications can be offered.

*Tonia Leske is certified with Canadian Society of Exercise Physiology and creates tailored programs around different aspects of human health, pain management and personalized goals. She managed the Bodyworx gym at the Royal Alexandra Hospital, offers mobile personal fitness training, runs corporate boot camps, and organizes fitness classes for older individuals to live stronger, healthier lives.*

## **W7 - Structural Yoga**

*Murphy, Marthe*

Structural yoga combines movement therapy with yoga. Mindful movement awakens the nervous system and restores function to compromised areas of the body. Yogic breathing, the use of sound (mantra), hand positions (mudras), and deep relaxation practices bring the participant home to their true nature: resilient, healthy and happy beings.

*Marthe Murphy has been described by participants in her classes as knowledgeable and fun. Her teaching reflects a fusion of 29 plus years' experience in private practice and multiple trainings in movement therapy, yoga, yoga therapy, iRest Yoga Nidra. She actively works with seniors and those with medical challenges and loves life, people, babies, nature, and music.*

## **W8 - Simplified Alternative to Photoshop for Visual Artists**

*Hirji, Mohamed*

The manipulation of a photo image can provide visual aid to find the most pleasing composition, perfect format, colour harmony and mood prior to painting a picture. It is understood that many will attend these sessions with considerable variation in their skills, knowledge experience and therefore in my initial session the instructor will ascertain what the participants need and expect, and how best to proceed to attain their goals. The course will cover image filing, retrieval, sizing, editing including white balance, enhancement, saving in various formats, editing including image rotation and flipping and correcting perspective. Advanced editing could cover histograms, layer masks, histograms, and combining parts of several images to produce a composite image for painting. This system is not only simpler, but also less expensive than Photoshop.

Participants should possess:

- 1) a relatively recent Apple Computer that supports "metal". All iMacs, MacBook pros MacBook Air Mac mini models from 2012 onwards and MacBook from 2015 or later which should be running mac OS 10.13 High Sierra. Later versions work better. Internet connection is essential.
- 2) Pixelmator Pro software (photoshop substitute) available from App store either on 1 month trial or at \$20.00 per copy if purchased in bulk (20 or more copies)

*Mohamed Hirji was born in East Africa. He migrated to Canada in 1977. As a physician (radiologist) he dealt with images which represent the three-dimensional bodily structures in two dimensions. Seeing a parallel of this phenomenon in fine art led him to study art, and he has now been an award-winning painter for almost twenty years. Mohamed most often manipulates his photographic images in image-editing software for greatest impact before painting. See also [hirjiart.com](http://hirjiart.com)*

## **FINE ARTS**

### **F1 - All Things Music #3**

*Schellenberg, Rebecca*

Hold on to your hats! Get ready for ANOTHER madcap caper through a wide range of musical topics in this course, completely new and different from previous years' All Things Music 1 and 2. Canadian Music Mondays are back, and so are Fun Fridays. Music and Insects? Yes, this is a class! Join me in exploring famous and not so famous concert halls of the world, discover some weird and wacky instruments, and be inspired by awesome film music. We'll address questions like how is music used in advertising? What is perfect pitch? And what about the healing power of music? You won't want to miss the classes on progressive rock, electroacoustic music, and music that tickles your funny bone! Through this class, you will gain awareness of the vast variety of music that is just waiting to be experienced.

*Rebecca has been delighted to teach at ELLA for two years. She is a violinist, teacher and writer. She has performed with symphonies including Edmonton Symphony, Regina Symphony and the Prince George Symphony. Rebecca has a Masters of Music degree from the University of Alberta and a Bachelor of Music from Brandon.*

### **F2 - Wish You Were Here: 19th Century Art Collecting & The Birth of Tourism**

*Johnson, Kimberly*

The world opened like an oyster to the 19th century tourist. Until the 19th century, only the wealthy upper classes had the time and resources to travel. But beginning in the 19th century, lavish state-sponsored expositions brought the experience of travel to the factory workers of Western Europe who could visit Tahiti, France and the United States—taste their food and buy souvenirs—in a single afternoon, without missing a workday. These sensational exhibitions promoted attention-getting attractions to tempt the eyeballs of visitors: fine art, gun showcases, unusual animals and human zoos to name just a few. This instantly changed who was able to collect art and the type of art that was being collected. Focusing on travel and tourism in 19th century Japan, France, England and Italy, my lectures will outline how cultures were repackaged and presented in an image that could be collected and traded, liberating artists to experiment with new materials, find new inspiration and discover new ways to make art.

*Kimberly Johnson is an American art historian, currently teaching at the UofA and NorQuest College. Kimberly regularly travels to Europe on research trips, to give invited guest lectures and to present at conferences. She relishes every second she can spend inside a museum no matter where in the world she is.*

### **F3 - Everyone Has Words: What Are You Doing With Yours?**

*Lehay, Rusti*

Unleash those thoughts deep inside you often lose in the haze of daily minutiae, any anxiety or fatigue of dealing with the uncertainty of these current times. Pull out the memories that make for a scintillating memoir or make the historical facts of your family history interesting for the grandchildren. Enjoy the support of other writers on varied and intersecting paths of their writing experience to plant your words on the screen or page. You are not alone in the urge to write. Shawn Coyne, author of *The Story Grid* says, "Whether you know it or not, your desire to write comes from the urge to not just be "creative," it's a need (one every human being on earth has) to help others. A well-told Story is a gift to the reader/listener/viewer." Her students say Rusti excels at creating a safe and supportive place where people are inspired to find the power in words. Please come prepared to write.

*Rusti L Leahy, an Edmonton Professional Writer and Writing Coach, has written over 3,000 poems, has been published in literary journals, magazines, newspapers and two poetry books in addition to her sold-out chapbook. She regularly devours memoirs, fantasy, non-fiction and is finishing her memoir, "To the Sons of Angry Mothers".*

### **F4 - The Seedy Underbelly of the Art World**

*Yakula, Johanne*

Never in the history of art has its price reached such stratospheric proportions as it has over the last 100 years. This kind of money attracts sharks of the two-legged variety. We will delve into the seedy underbelly of the art world: a place where forgers and fakers, thieves and con men, scammers and crooks all ply their trade in an attempt to share in the bounty. This fascinating glimpse into the history of art fraud is told through the lives of men and women who eventually got caught and how it happened. Session topics will include: What is art crime? Why is art crime considered a lesser crime that garners little sympathy from the police forces and the public? What is provenance and how is it faked? What are four common reasons given for art fraud? Do some art auctions sell fakes? What is attribution? What does "in the school of" really mean?

*Johanne Yakula graduated from the Alberta College of Art and the University of Alberta's Residential Interiors program, where she ended up teaching for 14 years. Johanne does interior design consultations and antique appraisals. This will be the 6th time she has taught at ELLA.*

## **F5 - Frankenstein and Beyond: The Fiction of Mary Shelley**

*McGeough, Jared*

Mary Shelley (1797-1851) is best known for her pioneering debut novel "*Frankenstein, or the Modern Prometheus*", one of the most fascinating and enduring works of fiction in the western canon. While Shelley's masterwork of science-fiction horror has found its way into just about every aspect of popular culture since its publication in 1818, the rest of Shelley's considerable literary career remains relatively unknown. This course will introduce students to the full breadth of Shelley's writings, from "*Frankenstein*" itself to her novels "*Mathilda*" (1819), "*Valperga*" (1823), "*The Fortunes of Perkin Warbeck*" (1830), "*Lodore*" (1835), "*Falkner*" (1837), and her remarkable and prescient future dystopian novel "*The Last Man*" (1826), which tells of a disease that ravages Europe in the 21st century. Throughout, we will also touch on aspects of Shelley's biography, short stories, and her key role in securing her husband Percy Shelley's legacy by editing his posthumous poems (1839).

*Dr. Jared McGeough (PhD, Western University) has taught a variety of courses in Canadian, Romantic, Victorian, and Edwardian literature at Concordia (Montreal), the University of Regina, and ELLA. Current projects include editing digital editions of 19th-century author William Godwin's educational books for children, and a biography of his father, former NHL referee Mick McGeough.*

## **F6 - Learning to Play Again: Improv**

*Lucius, Joey*

Who says goofing around is only for kids? In this course, students will learn the fundamental skills of improvisation through play. Group games will get us up on our feet and exercising our brains. We'll explore the power of saying yes to our own ideas and the ideas of others, the joy of laughing at our mistakes, and the confidence that positivity yields. All the skills we cover not only prepare someone for the stage but they also transfer to our everyday lives: active listening, building on the ideas of others, and collaborating effectively. Students can expect some light physical movement, participating in full class warm-ups, playing fun brain games, performing in front of their classmates, and loads of laughter!

*Joey has been a performer since 2004. He joined Edmonton's Rapid Fire Theatre in 2007 and is now a touring member of their senior ensemble. Improv has taken Joey all over the continent from Portland to Atlanta and even Winnipeg! He is a Canadian Comedy Award winner and a Canadian Screen Award nominated actor*

## **ART INSTRUCTION**

### **A1 – Introductory Guide to Drawing in a Variety of Mediums**

*Shkolny, David*

In this course you will learn the fundamentals of drawing through step-by-step demonstrations and guidance. From still life to portraiture, we will study line, negative space, perspective, tone and texture using pencil, conte and pastel.

*David Shkolny grew up in Fort Saskatchewan, Alberta. He has a Bachelor of Fine Arts degree from the Nova Scotia College of Art and Design (1992). He has been teaching painting and drawing since 2001. David's artwork is in collections across Europe and North America as well as at the Canada Council. Recent public commissions include a painting for Fort Saskatchewan City Hall as well as a pastel for the Kaye Edmonton Clinic.*

### **A2 - Colourful Impressionist Landscapes Using Acrylics**

*Haddock, Frank*

Want to get a good start painting landscapes? Try this exciting course and find out how to create landscapes while learning the techniques and working methods of the impressionists.

Step-by-step instructions will show you the subtleties of mixing a wide range of colours and how to apply them with a different brush strokes on your canvas to create the effects of expansive skies, colourful trees, and crystal clear water. You will also learn about the materials artists use when painting their landscapes including those secret tips on colour theory that will make your landscape 'sing'. Students will also be shown how to use a limited palette as they explore atmospheric perspective. This course is designed for beginners while those with some experience will enjoy discovering new approaches to landscapes. Now, all you have to do is sign up!

*Frank is a versatile artist who works in any drawing or painting medium with ease. His work has been seen in "Galleries West Magazine", "Edmonton Women's Magazine" and "Watercolour Artist Magazine (June 2009 Issue)". Frank received his BFA at the UofA in 1984. He has been teaching for more than 38 years at MacEwan University and several cultural centres in Alberta.*

### **A3 - Beginner Drawing**

*Lamoureux, Susanne*

Drawing is the foundation for any fine art course. Whether you believe you can only draw a stick figure or have not drawn for years, this course is for you! With step-by-step instruction, Susanne will teach how to approach a variety of subjects. By the end of this course you will have learned how to create fluid lines, how to see and replicate shapes, how to draw an image in proportion, how to shade your drawing to give it a realistic effect and most of all the confidence you have achieved by the end of the course. You will be truly amazed on how far you have come in such a short time.

*Susanne has a BA and BEd 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 USA. She has won Canada's national drawing contest, receiving the Staedtler award. 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](http://www.lamorearts.com)*

## **A4 - Fun With a Pencil**

*Delaney, Gary*

Relax and draw along with cartoonist Gary Delaney as he guides you through the drawing of cartoon characters and pictures. In addition to the fun of creating your own cartoons, each lesson is designed to highlight an important element of drawing, design, or technique. Progressing through this course, you will find yourself growing in confidence, creativity, and skill and be surprised at the results!

*Gary Delaney has been cartooning since he could hold a crayon. Since 1991, Gary and Gerry Rasmussen have produced the syndicated daily comic strip, Betty. Locally, Betty is printed in The Edmonton Journal. This will be Gary's third time teaching at ELLA.*

## **A5 - Expressive Cityscapes in Oil or Acrylic**

*Zhelisko, Oksana*

Paint a rainy urban scene in oils or acrylics while you learn to place colour accents, add abstract patterns, scale your image to the size of your canvas, and simplify perspective. Learn how to add figures, cars, and other elements without getting mired in detail. Make your painting a personal statement. Gain some great knowledge to bring to your travels or your armchair travels – or to any painting you do! The class will teach you to paint a day and a night cityscape and one limited-palette dramatic urban landscape.

This class is open for intermediate and advanced artists, but even beginners can open new horizons and find a great challenge and knowledge in this workshop.

*Classically trained in Eastern Europe, Oksana began her art career in L'viv, Ukraine. Oksana studied at the Ivan Trush University of Decorative Arts. She chose to make paintings, especially murals, her specialty. In 2001, she held her first solo exhibition at Ivan Franko University, L'viv. Oksana brings her training, skill, and passion to her*

*painting, and she is versatile in expressive styles. She is adept at many genres, including portraiture, still life, and landscape.*

## **A6 - Sketching With Pen and Ink**

Lamoureux, Susanne

Sketchbooks have been used for centuries by individuals to record and document the world around them. From the backdoor beauty to traveling the world to uncovering and observing the natural wonder in our planet, sketch books are a keepsake that capture the moment in time. In this course, Susanne will guide you step-by-step on how to draw.

*Susanne has a BA and BEd 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 USA. She has won Canada's national drawing contest, receiving the Staedtler award. 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](http://www.lamorearts.com)*

## **A7 - Abstract Painting**

Walrod, Samantha

This course is meant for all learning levels and styles. Students will be introduced to a variety of abstraction techniques, including abstract through landscape, and portraiture. Through the act of layering paint, paper and other media, students will explore the history and evolution of abstract painting. Through experimentation, we will find out the limits of what paint can do! Class work will be supplemented by presentations and discussions involving the evolution of abstract art. Readings (provided by the instructor) will be optional. Each online class will include demonstrations, videos and discussion regarding works created in class. Each student will be emailed weekly handouts/emails.

*Samantha Walrod is an artist and educator living in Edmonton Alberta. She holds her MFA in Painting from the UofA and exhibits regularly across Canada. ([www.samanthawalrod.com](http://www.samanthawalrod.com))*

