

Online Spring Session 2021

Course Details & Instructor Bios

ART INSTRUCTION

A8 Soft Pastels (Chalk)

Learn to use soft pastels (also called chalk) in this class. An expressive and vibrant medium, pastel is an art somewhere between drawing and painting but has an advantage over painting as there is no drying time. From still life to landscape, you will learn the fundamentals to create your own masterpieces. No experience is necessary and demonstrations will be step-by-step.

Instructor

David Shkolny grew up in Fort Saskatchewan, Alberta. He has a Bachelor of Fine Arts 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 the Canada Council. Recent public commissions include a painting for Fort Saskatchewan City Hall and a pastel for the Kaye Edmonton Clinic.

A9 Watercolour – The Complete Picture

Are you just starting with watercolours? Do you have some experience but want to learn more? This is your chance to immerse yourself in watercolour and explore its hidden potential. Here is a course that includes expansive landscapes, the humble bumble bee, a curious cat and much, much, more. Learn about the nuances of colour mixing with a limited palette, experimenting with different brush techniques for clouds and trees, and trying tools that can enhance your paintings. Step-by-step instruction will help you gain a thorough understanding of watercolours. Don't miss this chance to participate in a course to help you learn what watercolours can REALLY do!

Instructor

Frank Haddock 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 U of A in 1984. Frank has been teaching for more than 38 years at MacEwan University and at several cultural centres in Alberta.

FINE ARTS

F7 Call & Response -- Rock 'n Roll's First Dozen Years

We'll trace the roots that formed rock 'n roll, and delve into how rock music came to be an unstoppable force in creating a youth culture that continues to define society today. Lots of musical examples are provided, along with the stories of those who defined rock into the mid-60s.

Instructor

D.T. Baker has been a part of the music business for almost five decades, and has worked in many areas and genres of music. He has been an instructor on music for nearly 20 years, and is currently musicologist for the Edmonton Symphony and Winspear Centre.

F8 Laugh with Jane Austen and Dine with Charles Dickens: Approaches to Classic Novels

The first part of this course will examine how laughter works in Jane Austen's comic masterpieces, primarily *Pride and Prejudice*, and how the limits on laughter's usefulness are discovered, and what happens then! The second half of the course will look at how Charles Dickens famously celebrated food and eating in his fiction (*Pickwick Papers*, *A Christmas Carol*, *Great Expectations*, *David Copperfield*, and *Our Mutual Friend* may be discussed.) The method of presentation will include lectures and discussion. The final class will draw together what we have discovered and explored during the course.

Instructor

Eileen M. Conway holds degrees from the U of Toronto (Modern Languages), Harvard (English), and Newman Theological College (Divinity), and taught undergraduates in the English Department at U of A for more than 15 years. Her interests also include Milton, mystery fiction, metaphysical poetry, and children's literature. The joy of her life has been bringing together people and texts.

F9 Despots and the Fine Arts: The Style of Autocrats

From ancient empires to modern dictatorships, there are clear similarities in the way despots across history imposed their taste on the arts and their surroundings. Details of style may vary between regimes, but turgid opulence and the abuse of art and artists are common features of oppressive regimes. Most dictators routinely cannibalize the past to invent aberrant reinterpretations of art and architecture, or hijack and corrupt archeological remnants to incorporate into their propaganda schemes. The parallels across history are impossible to ignore. This course will examine the roots of this

phenomenon, consider specific historical examples of monuments across cultures, and explore how art and artists were used and abused in the service of absolute power.

Instructor

Hoyne Santa-Balazs has been teaching university art history classes for over 20 years. She has been teaching for ELLA since 2012. Her interests include art and the law, illegal trafficking in art, and the protection of cultural property in war zones. She is a recipient of several teaching awards from both the U of A and MacEwan University.

HUMANITIES

H6 Compassion: A Global History

This course surveys the history of human societies' efforts to look after (or ignore) the needs of the most vulnerable among them. It has a global reach and attempts to demonstrate changes from early human societies to the present in the ways and the extent to which different societies across the globe have been willing to extend aid to various groups of vulnerable people.

Instructor

Alvin Finkel was a full professor of History at Athabasca University where he taught for 36 years. He has published 13 books and many articles. His most recent book, upon which this course is based, is *Compassion: A Global History of Social Policy*.

H7 Two Centuries of Indigenous Histories and Resistance to the Hudson's Bay Company (1670-1870)

In 1670 when King Charles II granted the Hudson's Bay Company (HBC) charter, the Indigenous peoples who called the land home (Rupert's Land) fell under HBC rule. While much of the history of the HBC, its trade monopolies, and European stories of Indigenous encounters and cooperation are known, narratives of the HBC from an Indigenous perspective are now being recovered. This course will provide a history of the Hudson's Bay Company rule of Rupert's Land (1670-1870) from an Indigenous perspective, with individual lectures illustrating how Indigenous peoples adapted to and resisted HBC rule. It will examine the complex relationships forged between Indigenous peoples and HBC 'company men,' and provide a new perspective on the history of the HBC.

Instructor

Leah Hrycun is a PhD student in the Faculty of Native Studies at U of A. Her research interests include Métis histories, Indigenous/ settler relations, land dispossession, and community-based research that brings together Indigenous and non-Indigenous people to take active steps toward reconciliation.

H8 Stone Age Archaeology

Millions of years before the first smart phone, our distant ancestors first began breaking rocks to acquire sharp flakes. This humble activity set our lineage on a path that would include dietary changes, brain expansion, growth in technological complexity, and perhaps even the origins of language. Stone Age archaeology tells the story of human origins and our very old and close relationship to technology. We will touch on all the major phases of the Stone Age, starting 3.3 million years ago, through to its conclusion with the advent of metal tools a few thousand years ago. 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.

Instructor

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

H9 Power Play: Edmonton's History and the Debate over Downtown Development

Using the debate over a new arena for downtown Edmonton as a starting point, this course will examine the significance of boosterism to the city's historical development; the business of hockey; the importance of hockey to Edmonton's identity including women's and Indigenous sports; and an exploration of urban politics. We will have former councillor, Linda Sloan McCullough, as a guest speaker.

Instructor

David Mills taught Canadian history for over 30 years, including a course on the history of sport in Canada. He is a co-author of *Power Play: Professional Hockey and the Politics of Urban Development*

H10 Oil and the Political Economy of Alberta

This course explores the political, economic, and social role that oil plays in Alberta. The historical role of oil in Alberta's development will be traced. Specifically examined are concepts of the petro-state, booms and busts, royalties, the social and political consequences of oil dependency, and the transition away from a petro-economy.

Instructor

Trevor W. Harrison is a Professor of Sociology at the University of Lethbridge and Associate Director of the Prentice Institute for Economy and Population. He is also Director of Parkland Institute, an Alberta-wide research organization located on the U of A campus. Dr. Harrison is best known for his studies in political sociology, political

economy, and public policy. He is the author, co-author, or co-editor of nine books, numerous journal articles, chapters, and reports, and is a frequent contributor to public media, including radio and television.

SCIENCE

S8 The North Saskatchewan River and its Watershed

This course will provide students with a detailed overview of the water resource and watershed management activities in the North Saskatchewan River basin. The intent is to share knowledge about current environmental conditions, management/restoration approaches and the policy context. The course will build on the course content offered in 2019 and will again be delivered by experts from various water disciplines and user sectors. Topics will include: current and future water supply; water quality management; aquatic ecosystem health; fisheries management; lake management; drinking water protection; riparian zone and wetland management; watershed alliances and stewardship groups; and water management activities of key sectors including industry, agriculture, forestry, oil and gas, and municipalities. New topics for 2021 will include climate cycling/climate change, flooding issues, groundwater management, First Nations perspectives, and insights into the other major river basins in Alberta.

Instructor

David Owen Trew graduated from the University of Guelph in 1970. He served with Alberta Environment from 1974-2007 as a water scientist and policy manager. He assumed responsibilities as Executive Director of the North Saskatchewan Watershed Alliance in 2007, and retired in 2018. David has enjoyed creating new knowledge and watershed management approaches throughout his career.

S9 Global Health in the era of COVID

The course topics describe the content well: 1. History of pandemics, 2. Story of COVID, 3. Pandemic planning and role of WHO, 4. Lab Diagnosis, 5. Local public health measures, 6. Epidemiology, 7. Hospital preparedness, 8. Child COVID And School, 9. Logistics of pandemic response, 10. Clinical treatment and unintended consequences, 11. Vaccine, 12. Economics of COVID, 13. Tackling misinformation, 14. Planetary health = One Health, 15. Review. A number of invited specialists will present these topics.

Instructor

Anne Fanning is a retired infectious disease doctor. She taught and coordinated a Global Health course with the help of others for three years at ELLA. Dr. Fanning has been awarded the Order of Canada, Queen Elizabeth II Diamond Jubilee Medal, the

Alberta Order of Excellence and numerous other awards. For this course she has assembled fifteen presenters all of outstanding capacity to address issues of planetary health in the era of COVID.

S10 Personality Theory: Understanding Human Differences

Humans show a vast range of personality characteristics: patterns of thought, feeling and behaviour. We spend much time and effort trying to understand and influence others. In this course we consider why differences evolved and explore a number of theoretical approaches for understanding different personalities. The course includes how the human nervous system functions and explores seven different frameworks/approaches to thinking about personality. Social psychology (the impact of circumstance on behaviour) is contrasted to personality theory. No theoretical framework has successfully explained the full range of personality: humans are too complex for that. Some theories contradict each other. However, looking at various theories can increase our insight into ourselves and others.

Instructor

Peter Flynn received a PhD in Chemical Engineering in 1974 from U of A, and spent 25 years in industry in technical, management and executive roles. His lifelong interest in psychology helped in managing and motivating others. In 1999, he was appointed to the Poole Chair in Management for Engineers and developed a course in Personality Theory and Management, from which this course is derived.

S11 Understanding the Development of Young Children

We often assume that we know all we need to know to be effective parents, grandparents, and mentors for children, but do we really? This course is about the remarkable and often misunderstood development of young children. We will cover biological, social, and cognitive development, as well as many of the factors that influence development. Our guides will be pediatricians, social scientists, policy experts, and others whose knowledge and experience cover the range of issues from prenatal development to the place of child care in society. Topics include how children learn, children's play, mental health, biological and cultural influences, parenting and grandparenting, childcare policies and practices, early learning and care, and more.

Instructor

Jeff Bisanz is a professor emeritus in the Department of Psychology at U of A. 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 Edmonton Council for Early Learning and Care, an initiative of EndPovertyEdmonton. He is also somewhere on the grandfather learning curve.

S12 Introduction to Renewable Energy In Canada

This course will provide an overview of the various types of renewable energy technologies that are rapidly growing today. Introduction will include an overview of the key operating principles and basic components of each technology, deployment in Canada as well as advantages and disadvantages. The course will also cover an introduction to many of the key issues that surround energy technology choices such as demand and energy policy. Topics will include introductions to Energy Terminology, Energy Markets, Energy Consumption in Canada, Climate Change Policy, Traditional Energy Systems, Operating Principles of Wind, Solar, Geothermal, Biomass and Hydro power systems. The pros and cons of these energy options will be explored as well as the challenges and opportunities they are facing. Students will not be required to have a technical background, but the technology overviews will include the fundamental governing equations to demonstrate the key variables that dictate performance.

Instructor

Tim Weis has focused on renewable energy with a particular interest in wind energy and remote community wind-diesel hybrid applications. Prior to joining the U of A, he spent much of his career focused on the interactions of technology, policy and business for renewable energy. He has worked for the Pembina Institute, the Canadian Wind Energy Association and the Government of Alberta. He is cross-appointed to the Centre for Applied Business Research in Energy and the Environment (CABREE) in the School of Business as the Executive Director of Electricity Research, where he works on questions around the evolution of Alberta's electricity market as it transitions from coal to renewable energy, including the role for energy storage, wind energy price impacts, and policy modelling.

WELLNESS & LEISURE

W9 Functional Fitness

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.

Instructor

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.

W10 Digital Camera Fundamentals

Photography can be an extremely fun hobby, a useful tool for recording history, and a means of artistic expression. Advancements in automatic settings keep trying to make it easier to create quality images, but most of us are still quite often disappointed in the results from our expensive camera. In this class, students will learn to create photographs outside of automatic modes and take control over their cameras. Together we will explore your camera's most important menu options and controls in order to create images that look the way you want them to look. Students will gain an understanding of what makes a good technical quality digital photograph and how to achieve this using a variety of camera controls. Students will be given the topic of each class in advance and asked to read their camera's user manual to locate the controls on their particular camera prior to each class. In order to maximize the instructional time on line, the instructor will make himself available to assist students, if necessary, outside of the allotted classroom time. Short practice exercises will also be assigned to help students fully understand the concepts discussed in class. If requested, the instructor will be happy to provide feedback on your practice images.

Instructor

Chris Stambaugh graduated from NAIT in 1989. He has served as President of the Alberta Professional Photographers association and as President of the [Professional Photographers of Canada](#), and earned the Master of Photographic Arts designation from the Professional Photographers of Canada and an honorary fellowship in the Society of Wedding and Portrait Photographers of the United Kingdom. The professional Photographers of Canada have also awarded Chris with the designation "Service of Photographic Arts" and "Honorary Lifetime Member". He is a five-time finalist for Alberta Portrait Photographer of the year and was once a finalist for Canadian Photographer of the Year. Twice he has won the award for "best wedding album" in Canada. Chris has taught at [The Burwell School of Photography](#), Edmonton Public Schools – METRO Continuing Education, NAIT Continuing Education, and ELLA.

W11 Mindful Yoga for Strength, Calm and Wellness

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 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 to 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, 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.

Instructor

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 since 1993. In 1996 she left her career in science to dedicate her time to the teaching of yoga. She has presided over The Yoga Association of Alberta for 10 years and organized numerous yoga/meditation retreats throughout the province.

W13 Social Media Simplified

Instagram, Facebook, YouTube, Twitter, TikTok, Pinterest, Snapchat, Tumblr and Reddit. Just a few of the dizzying array of social media platforms out there. So, what's the big deal about them? Why are they such a big part of the modern world? Join your instructor Shawn Gramiak for a guided tour of how these platforms work. This hands-on class will give participants a taste of each platform and the basic skills required to use them. The pros and cons of each platform will be discussed, as well as security and privacy issues. Fast paced and fun, this course requires familiarity with the Internet in addition to keyboard and mouse skills.

Instructor

Shawn Gramiak brings over two decades of skill in teaching tech to this course, having been an instructor for MacEwan University, Metro Continuing Education, and the Northgate and Central Lions Seniors Centres. His other clients have included Enbridge, The Government of Alberta, Lobstick Literacy & Learning Society and numerous tutorial clients.

W14 Photographic Composition

The concepts of composition apply to all visual artistic mediums. During this class you will learn the most important basic compositional concepts including: effective composition guidelines, use of leading lines, colour harmony, proper positioning of subject matter, creation of strong focal points, the rule of thirds, eliminating distractions, tonal controls and more. The major topics discussed will be the elements of space, line, colour, tone, shape, texture and form. The proper use of negative space, visual balance and story-telling are also discussed. Optional photography assignments will be given to

offer opportunities to practice the concepts discussed in class and give students some fun ideas to explore creative photography.

Instructor

Chris Stambaugh graduated from NAIT in 1989. He has served as President of the Alberta Professional Photographers association and as President of the [Professional Photographers of Canada](#), and earned the Master of Photographic Arts designation from the Professional Photographers of Canada and an honorary fellowship in the Society of Wedding and Portrait Photographers of the United Kingdom. The professional Photographers of Canada have also awarded Chris with the designation “Service of Photographic Arts” and “Honorary Lifetime Member”. He is a five-time finalist for Alberta Portrait Photographer of the year and was once a finalist for Canadian Photographer of the Year. Twice he has won the award for "best wedding album" in Canada. Chris has taught at [The Burwell School of Photography](#), Edmonton Public Schools – METRO Continuing Education, NAIT Continuing Education, and ELLA.