

Online Fall Session 2021

Course Details & Instructor Bios

SCIENCE

21-S1 An Introduction to Astronomy

This course will be an introduction to the night sky with an emphasis on learning about what can be seen with the naked eye as well as introducing you to the big ideas in modern astronomy. We will look briefly at the history of astronomy as well as how astronomy and culture interact. The course will cover the underlying science of how stars work and a bigger scale look at the cosmos.

Instructor

Brian Martin is a professional astronomer, recently retired, with a PhD in Astronomy and Science Education and more than 35 years' experience teaching undergraduate astronomy and physics at The King's University.

21-S2 Marvels of Mathematics

How does social distancing change the spread of COVID? Why do cicadas only appear in prime numbered years? What do cell phone antennas, African villages, and Lord of the Rings movies have in common? 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? 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? 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 are included.

Instructor

Len Bonifacio has been involved in math education for over 45 years as a teacher, department head, provincial examiner, and

district consultant. He is a contributing author to the math textbooks used currently in high schools in Western Canada. He was a co-winner of the MCATA Math Educator of the Year in 2000 and was twice a semi-finalist for a provincial Excellence in Teaching award.

21-S3 Environmental Sustainability Theory and Practice at Home

This course will focus primarily on making sustainability theory practical for residents of the Edmonton region. The goal of this course is to provide you with the knowledge, connections and things you can do to integrate sustainable living practices into your daily life which can lead you to a healthier lifestyle in this time of environmental and economic challenges.

Together we can grow vibrant, resilient communities starting in our own backyards.

Instructor

Gillian Kerr is an adjunct professor at Royal Roads University in Victoria, BC where she teaches environmental and ecological economics for decision-making. She recently completed a postdoctoral fellowship at McGill University in the RESNET research group on ecosystem service research and application across Canada. Her doctoral thesis, “Market-Based Approaches for Environmental Governance: Exploring the Implementation Gap in Alberta”, explored governance issues that have impeded the application of MBIs for environmental objectives in Alberta. She is currently doing a postdoc at Dalhousie University on the impacts of climate change in Atlantic Canada. Her research interests are on ecosystem services application for sustainable communities and the application of ecological economics to enhance sustainable futures.

21-S4 Physics for Everyone!

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 science?

The purpose of this course is for students to understand the most important rules of physics at a high level, instead of all 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! These tools are practical and broadly applicable for regular people in their everyday lives.

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. This course will rely heavily on class discussion and debate and use myriad physical and visual demonstrations.

Instructor

Reuben Gazer is a physics enthusiast, magician, science educator and former data engineer and business analyst in Edmonton. Fascinated by the world around him, he believes that nothing is "obvious" about how things work and loves to understand the interaction of mathematics and the real, natural world. 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 public. Starting in September 2021, Reuben is completing a BEd after-degree to take his love of teaching into high schools here in Alberta.

21-S5 The Light We Cannot See: The Science, Art and History of Medical Imaging

We hear about CAT scans, PET scans and MRI scans, but few people understand the underlying scientific bases for these procedures. This course will explore the science of medical imaging and examine the medical information that we can obtain for each of the techniques. We will also explore the history and meet some of the personalities that played a role in developing these techniques. We will explore radioactive decay, the production of X-rays, the response of the body to magnetic fields and radiofrequency radiation and much more; all in a user-friendly and readily understandable manner. The "art" of medical imaging will explore how the physician uses this

information to make medical decisions and personalize patient care. The course does not require a science background and is designed for the intellectually curious.

Instructor

John Mercer is a Professor Emeritus at UofA. He taught courses in the Faculty of Pharmacy and Pharmaceutical Sciences and in Oncology in the Faculty of Medicine and had an active research program at the Cross Cancer Institute.

WELLNESS & LEISURE

21-L1 Social Media and Messaging

Instagram, Facebook, YouTube, Twitter, TikTok, Pinterest, and Reddit. Just a few of the dizzying array of social media platforms out there. Then you add messaging apps like WhatsApp, Messenger, Signal and more. It's enough to make your head spin. So, what's the big deal about them? Why are they such a big part of the modern world? Join your instructor for a guided tour of how these platforms and messaging systems work. This class is computer-based for older eyes, but will touch upon phones and tablets to some extent. The course 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 some keyboard and mouse skills.

Instructor

Shawn Gramiak has taught technological skills to adult learners for over 20 years. His clients include MacEwan University, NESAs, CLSAs and Metro Continuing Education.

21-L2 Functional Fitness - Designed Just for You!

Functional fitness will give you the freedom to increase your strength, decrease your pain, and maintain your independence for many years to come! You will learn how to perform proper movement techniques to prevent injury and ease chronic pain. By the end of this course, you will have a large amount of information that you can use to increase your flexibility, practice balance, modify exercises to suit

your current mobility issues, and prevent potential issues that arise from arthritis and weak muscles. You will be using dumbbells and a chair for this class. You will be asked to perform exercises on the floor; however, options will be given to use a chair instead.

Instructor

Tonia Leske has spent the last 12 years improving people's health by focusing on their functional fitness levels and the causes of chronic pain. Throughout her career, she has trained people privately in their homes, organized corporate classes that focus on reversing the effects of sedentary lifestyles, and primarily focused on senior health – both privately and in group settings.

21-L3 Ukulele 101

Students will learn how to hold the instrument, the names of the different parts, and review using the tuning pegs to tune. Throughout the course, students will learn different chords and strumming rhythms to play for different kinds of music. Songs from various musical genres, including blues, rock, waltzes, reggae, and country, will be taught. By the end of the course, students can expect to be able to perform a repertoire of songs from a wide variety of styles.

Instructor

Gary Glewinski is a multi-instrumentalist and has presented ukulele workshops and performed for St Albert and Edmonton Public School Divisions, North Central Teachers Convention Association, St. Albert Cultivates the Arts Society, Canadian Union of Public Employees, Calgary Association of Lifelong Learners, and Music Conference Alberta. He has a Bachelor of Arts degree in Music Performance and a Post-Graduate degree in jazz studies. Gary will be assisted by Kyle Swenson.

21-L4 Yoga from a Chair

This course should be suitable and beneficial for participants new to yoga and to more experienced practitioners with knee challenges who find it difficult to get down to the floor and back up. It is not necessary to have a flexible body to participate since the intention of this session is to explore ways to adapt the more classical yoga practices for bodies that are facing some mobility issues.

Reconnecting with the body to find ways to activate what is movable

and strengthen what is weak will restore your energy and calm your mind. The tools to be explored are: simple breathing exercises to bring awareness to body sensations, calm the nervous system and slow down the thinking process; and 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 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 UofA 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 to dedicate her time to the teaching of yoga, presiding over The Yoga Association of Alberta for ten years and organizing numerous yoga/meditation retreats with remarkable teachers throughout the province.

21-L5 Yoga Practice for Mobile Bodies

These yoga classes will aim at helping both beginners and ongoing participants to develop and maintain bodies and minds that are flexible, strong, and open to a healthy and joyful way of being in the moment. We may start sitting on the yoga mat or standing at the wall as we warm up the joints and stimulate the glands. Additional simple movements will prepare the body to attempt more traditional yoga postures. Alternative variations to each pose will be offered as an opportunity to challenge our limitations, move within our comfortable capacity, and adjust our practice to our own level of proficiency. Sensing the breath (life force) and practising simple breathing techniques will help quiet and stabilize the mind. A few moments of stillness will occur at the end of each class (Shavasana) to leave the student calm but energized. Remembering throughout the day the skills practised and the snippets of Yoga philosophy offered will hopefully help to maintain equanimity to support us through all of life's ups and downs.

Instructor

Lynnda Sharp has been a student of yoga for over 20 years and a certified senior instructor with the Yoga Association of Alberta since 2007. She has been teaching yoga extensively for the City of Edmonton, the YMCA, Alberta Health Services, at various workplaces and with private individuals. In addition, for the last ten years she has taught in seniors' lodges. Yoga continues to change her life for the better.

21-L6 Interior Decorating:

The Art of being Safe and Stylish in your Home

Many of us look forward to changing our lifestyle when we retire. For some, this means downsizing and moving to a smaller home. For others, renovation is the answer. The interior decorating principles covered in this course can be important tools to help you design a perfect, stylish, and safe space.

Instructor

Johanne Yakula, a frequent instructor for ELLA, loves to share her passion for design, art, antiques, and history. She is a graduate of the Alberta College of Art and Design and the University of Alberta's Residential Interiors program, where she taught for 14 Years.

HUMANITIES

21-H1 The End of the Liberal International Order

The international political and economic order has been turned inside out by the actions of leaders such as Donald Trump and Boris Johnson. Yet these leaders should not receive all the blame (or credit) for upsetting the status quo. This course will look at the political, economic, and social conditions that gave rise to a liberal international order at the end of the Cold War and examine why that order is now in disarray. In the course we will look at the role of governments, international institutions, corporations, and non-governmental organizations in international affairs and how these different actors have responded to the development of a more liberal international order and its ensuing turmoil. The course will discuss the domestic and international forces that were in progress before

Messrs. Trump and Johnson came to power and will make some informed suggestions about the future of international order.

Instructor

Tom Keating is a Professor Emeritus in the Political Science Department at the UofA where he taught and researched on Canadian foreign policy and international relations.

21-H2 Emerging Religions as a Response to Social and Cultural Environment

Most of us who grew up within a religion were taught a history that favoured that tradition's views. This isn't surprising. The history of almost anything is taught with a certain cultural perspective. In this course, let's peek into several cultures and the religions that formed within them. We will seek insight into the earliest religious impulses and questions. And then we can look at how the major traditions have answered them.

Instructor

Brian Kiely recently retired from a 32-year career in the Unitarian ministry. Most recently he spent 22 years at the Unitarian Church of Edmonton. He has taught numerous adult programs in the church and in several locations across Canada. He served twice as a Minister in Residence at the Meadville/Lombard Theological School in Chicago.

21-H3 The History of India: An Introduction

This course will look at the history of the Indian subcontinent starting with ancient India and ending with a look at contemporary Indian politics. In the process, students will be introduced to the rich socio-economic and political history of the Indian subcontinent, its major religious communities, and important figures such as the great North Indian emperor Akbar as well as modern political figures like Gandhi and Nehru.

Instructor

Shandip Saha is Associate Professor of Religious Studies at Athabasca University where he teaches courses on comparative religion. His research focuses on religion and the state in pre-modern

North India, and the relationship between Hindus and Muslims in the subcontinent.

21-H4 Aviation in Edmonton - More Than a Century of Adventure

Edmonton has been called a “Runway to the World” and a “Gateway to the North”. But why? This course looks at the history of aviation from a uniquely Edmonton perspective, from the early exhibition fliers of the 1910s and the burgeoning industry of the 1920s to the closure of Blatchford Field and the expansion of the International Airport a century later. We will look at a century of change, and the diverse group of people that contributed to our story. The course looks to decolonize the history of aviation and the relationships between Indigenous peoples and settlers through aviation. This course is designed for anyone with no prior knowledge of aviation.

Instructor

Ryan Lee is a recovering archaeologist and Curator at the Alberta Aviation Museum. After pursuing a Masters in Nautical Archaeology at Texas A&M University and working at the Institute of Nautical Archaeology in Turkey, he returned to Edmonton, where he has worked in the archives at 418 Squadron Association Edmonton and the Alberta Aviation Museum for the past six years.

21-H5 Introduction to Comparative Public Policy

This course serves as an introduction to the cross-national study of public policies in wealthy, industrialized democracies. Developed democracies face many similar policy challenges, including but not limited to the climate crisis, sustainable health care and social welfare services, quality education, and the development of systems that facilitate greater social equity, justice, and mobility. Despite similar challenges, national governments often respond in different ways. This course explores the varied ways in which policies address challenges in areas such as health care, social policy, immigration and citizenship, labour and employment, the environment, and education. Comparison enables us to explore the role of institutional structures, political ideologies, and interest groups in developing and sustaining public policy.

Instructor

Brent Epperson has served as an ombudsman in research universities since 2014. He has worked for more than a decade in higher education governance, teaching, research, and advocacy. Combining his research background in issue framing with training in mediation and restorative practices, he helps to mitigate campus conflicts and maintain healthy and supportive work environments. He holds a Bachelor of Arts and a Master of Public Administration (MPA) from the University of Montana, a PhD from the UofA, and certificates in mediation and best practices for ombudsman offices. Brent offers all ombudsman services in English or French.

FINE ARTS

21-F1 How Art Saved Lives:

Wax Anatomical Art in Early Modern Italy

Renaissance Italians considered one type of art so magical, so sacred, that it could be dangerous if used improperly: art made of wax. Wax produced the most lifelike figures, best mimicking human flesh and the pulse that beat within it. Wax was so powerful it became particularly crucial in the education of surgeons, who at the time, ended lives more often than they saved them. This course introduces wax sculpture, explores the role it played in shaping generations of surgeons in early modern Italy and illustrates how this breathtaking art saved countless lives from operating tables to dinner tables.

Instructor

Kimberly Johnson is an American art historian, currently teaching at UofA and NorQuest College. Kimberly regularly travels 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.

21-F2 The Fiction of Toni Morrison

In 2019 the world lost one of its most popular and respected authors, Nobel laureate Toni Morrison (1931-2019), who Canadian author Dionne Brand called “the greatest writer in English of the 20th century.” This course will introduce students to Morrison's oeuvre, focusing in particular on her "Beloved" trilogy of novels (Beloved,

Jazz, and Paradise). Along with analyses of Morrison's fiction, the course will also engage with the author's broader influence on popular culture, including her long-standing relationship with Oprah Winfrey. The course will also discuss a variety of recurring themes across Morrison's work, including her unique use of narrative and literary technique to explore black female experience, memory, community, violence, and the idea of literature as a form of redemption.

Instructor

Jared McGeough (PhD, Western Ontario) 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.

ART INSTRUCTION

21-A1 Composition for Beginner Abstract Painters

Come discover fun ways of painting abstracts. Learn about different compositions while painting your own style of abstracts. Choose your own colours and size of painting. If you enjoy abstract painting, this course will allow you to experiment with compositional formats that will lift your work to new heights.

Instructor

Doris Charest's favourite form of painting is mixed media. She loves exploring with textures, shapes, and a more contemporary look. Doris has both a Bachelor in Fine Arts and a Masters in Visual Art Education. She won the Sylvie Brabant award in 2011 for her work in the art community and, in 2013, Doris won first place for her still life painting 'Blossoms' with the FCA in Vancouver. Join Doris in the joys of creating mixed media.

21-A2 Making Your Own Colouring Pages

In six short hours you will learn easy and different ways to create your own beautiful and unique colouring pages. Drawing skills are optional. You can create colouring pages to give away as gifts to

friends or the grandchildren in your life. This is a fun and easy project that is relaxing for anyone.

Instructor

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21-A3 Watercolour on Japanese Art Paper

This is a six-week introduction to Watercolour on Japanese Art Paper for beginners. We will work on a different subject for each class to illustrate our techniques (i.e. florals, birds, still life, landscape, sea life and mammals). Classes are interactive and are paced accordingly to accommodate the group. The classes are also based on enjoyment, patience and kindness to help facilitate learning. You will learn the best of Chinese Brush and Contemporary Western Watercolour to create lovely and vibrant Watercolour on Japanese Art Paper. Classes will be recorded and made available to registered class participants.

Instructor

Richard Wong is an internationally recognized artist and instructor based in Victoria, BC. His art is popular and his classes are relaxed, stress-free and professionally supported.

21-A4 Floral and Landscape Painting in Acrylics and Oils

For those who enjoy colours and texture, this is a perfect course. Using the "*alla prima*" technique, you will apply loose, expressive brushworks while creating exciting textures. While gaining understanding of creating the illusion of light, you will learn how to use vibrant colours successfully. You will work at your own pace from photo references, with a minimum four paintings completed by the end of the course. Open to all levels of experience and interest.

Instructor

Bogdan Konikowski is a local artist-educator. He received his formal fine arts education in Poland. Since then, Bogdan has painted many exquisite paintings. Among his commissioned works are the life-size portraits of the late Honourable Lois E. Hole, former Lieutenant Governor of Alberta, Harriet Winspear, and Dr. Grant MacEwan. In collaboration with his wife, a fellow artist, he has created a number of portrait series that have been exhibited across Canada.