

# ELLA Online Winter Session 2022

## Course Details & Instructor Bios

### SCIENCE

#### 22-S1 Modern Aspects of Chemistry

This course will be presented by several of the members of the faculty currently conducting research in the Department of Chemistry. Each hour-long session will describe, in general terms, an aspect of the faculty's research and how this research interfaces and influences science and society. Topics include medicinal chemistry and chemical biology (e.g. the search for cures), the environment and climate change (e.g. analyses and preventing pollution), as well as new technological processes and materials (e.g. solar fuels and molecular electronics).

##### ***Instructor***

**Rik Tykwinski** will coordinate the course. He is a professor of Chemistry at the U of A. His research and teaching focuses on organic chemistry and particularly the design and synthesis of new organic materials. The Department of Chemistry is home to more than thirty faculty that are leaders in their respective areas of research and experts in public communication of their research goals and achievements toward linking research with societal challenges.

#### 22-S2 Conservation in Alberta

This course will provide students with a comprehensive understanding of conservation in Alberta – from a historical perspective on the importance of protecting wilderness and species at risk, 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 Alberta, and a review of international conservation standards. Week 2 will focus on specific issues in Alberta 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 the Defend Alberta Parks campaign, opposition to open pit coal mining in the eastern slopes, proposals for Indigenous Protected and Conserved Areas, and the fight to save a herd of wood bison. Finally, we will discuss how individuals can take action by zooming in on local issues, such as protection of Edmonton's river valley.

##### ***Instructor***

**Kecia Kerr** is an ecologist with a background in research and teaching. She has a PhD in Biology in the Neotropical Environment Program from McGill University. She obtained a Master's degree from the University of Victoria and a Bachelor's degree from UBC. She has conducted ecological research on a variety of organisms, from plankton to gray whales, in Canada, the USA, Latin America and Australia. She has worked in the conservation non-profit sector since becoming Executive Director of Canadian Parks and Wilderness Society (CPAWS) Northern Alberta in June 2017. She and the rest of the team at CPAWS Northern Alberta who will be teaching in the course are conservation professionals with backgrounds in science. At CPAWS Northern Alberta the focus is on conservation issues in Alberta from Red Deer to the border with NWT.

### **22-S3 Story in Your Bones: An Introduction to Forensic Anthropology**

If you have ever broken a bone or been to the dentist for a cavity, you likely have that in common with millions of people. Many of the things that can impact your bones and teeth are experienced worldwide. However, every aspect of your skeleton is unique to you. In many ways, your skeleton tells the story of your life. Forensic anthropologists can help tell this story by examining skeletal remains. Students in this course will learn about the human skeleton, and skills forensic anthropologists use, such as how to identify biological sex, age, trauma, and pathological conditions in bones. While popularized in television, we will explore some of the misconceptions surrounding what forensic anthropologists can and cannot do. Applications of these methods will be discussed in research, in case studies from actual investigations, and in historical work.

#### ***Instructor***

**Alexandra Rocca** completed her MA in Anthropology at the U of A in 2019. She is an instructor with the Department of Anthropology and has worked with the forensic anthropologist of Northern Alberta on active forensic cases.

### **22-S4 What's Behind the Barn Door? - Real Farmer Edition**

This class will be a lecture- and discussion-based experience dealing with current issues around animal agriculture in Alberta. Technical material will only be presented when it is necessary to provide learners the tools to understand issues. Special topics to be discussed will include: genetic progress, animal welfare, niche market products, high-tech equipment, backyard chickens, steroid hormones, supply management and much more. This edition will feature synchronous online conversations/virtual tours with 8 Alberta animal and poultry producers.

#### ***Instructor***

**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 was inducted into the Alberta Agriculture Hall of Fame in 2006 and is a 3M National Teaching Fellow.

## **WELLNESS & LEISURE**

### **22-W1 A Yoga Practice for Mobile Bodies on and off the Floor**

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 practise 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 be brought back 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, various workplaces and in sessions with private individuals. In addition, for the last ten years she has taught uninterruptedly in seniors' lodges. Yoga continues to change her life for the better.

### **22-W2 Yoga from a Chair & Up for Challenged Knees**

This course should be suitable and beneficial to participants new to yoga and to more experienced practitioners who are experiencing knee challenges and find it difficult to get to the floor and back up. It is not necessary to have a flexible body in order 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 down your mind.

We will explore simple breathing exercises to bring awareness to body sensations, calm the nervous system and slow down the thinking process. We will practice 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 doing 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, preside over The Yoga Association of Alberta for 10 continuous years and organize numerous yoga/meditation retreats with remarkable teachers throughout the province.

**22-W3 Functional Fitness 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 boot camps that focus on reversing the effects of sedentary lifestyles, and primarily focused on senior health – both privately and in group settings.

**22-W4 How To Be Happier**

This course examines what it means to be happy and the scientific evidence that backs this up. You will focus on creating happiness from the inside out regardless of your external circumstances. Learn simple and practical steps to achieving a deeper, more meaningful state of inner peace and well being. Susan will take a deep dive into the seven areas of your life called your Inner Home of Happiness: the Foundation, the Pillar of the Body, the Pillar of the Mind, the Pillar of the Soul, the Pillar of the Heart, the Garden (relationships) and the Roof (your passion/purpose). She explores how to raise

your Happiness Setpoint, the 21 Happiness Habits, and most importantly she inspires and has fun!

***Instructor***

**Susan Janzen**, BEd has an extensive career as a professional singer, TV and recording artist, special education teacher, realtor and certified trainer of the world-renowned transformational teacher and happiness expert Marci Shimoff's "Happy for No Reason©" program. She loves sharing happiness and inspiring others to do the same.

**22-W5 Zumba GOLD®**

Zumba GOLD® is a dance based fitness class with fun music and easy-to-follow choreography that focuses on balance, range of motion, and coordination. Perfect for active aging adults who are looking for a modified Zumba® class that includes the moves we all love but at a lower intensity and lower impact. Feel the music and let go!

***Instructor***

**Lorena Baretta** is a CanFit Pro Fitness Instructor Specialist who specializes in the Zumba® Fitness formats. She has CanFit Pro Active Aging Certification with experience and training to teach a variety of specialized fitness classes. She has spent the last 12 years teaching group fitness all over the city and has hosted countless fundraising events. Born and raised in Edmonton, Lorena has always maintained an active lifestyle.

**22-W6 Getting Around in Google**

Sure, you've used Google to search the Internet before, but are things like Google Drive or Google Docs, Sheets and Slides still a mystery? Do you use Gmail? If so, would you like to get your Inbox under control? Join us to see how Google can provide an affordable alternative to Microsoft Office and get comfortable with the idea of computing "in the cloud". It is a different way of doing things, but it is also the wave of the future. This course will be a leisurely paced fun introduction to a wide array of what Google has to offer, and the basic skills you need to make the most of your Google experience. Basic keyboard and mouse skills are a must, as this will be a computer-based course.

***Instructor***

**Shawn Gramiak** has taught technological skills to adult learners for over 20 years. His clients include MacEwan University, NESAC, CLSA and Metro Continuing Education. He is known for his patience and knows it is easier to learn when you are having fun.

**HUMANITIES**

**22-H1 Unwrapping Applied Ethics**

This course focuses on "hands on" or applied ethics addressing challenges faced by ethical leadership in matters of moral awareness and decision-making. Considerable small group and team work will attempt to resolve ethical dilemmas in the face of obedience to authority, implicit self-serving and overconfidence biases, conflict of interest, ethical fading and role morality. Ethical vignettes will be presented to help focus the conversations.

Students will delve into systematic moral analysis, moral imagination and cognitive dissonance in various cases central to each class experience. The initial session focuses on a seemingly morally upright and even devout person who only did what he thought was right and ended up in jail. The remaining cases will require the students to determine the better ending. Throughout, the aim will be to help the student "get to better ethical decision-making".

***Instructor***

**Glenn W. Sinclair** holds a PhD (Ed Admin: Ethics and Leadership) and MEd from U of A and an MA from U of Minnesota. He has managed his own firms, been a CEO for others, taught as adjunct at a dozen different institutions, presented at conferences, written papers, and chaired public inquiries seeking better solutions to critical choices.

**22-H2 Understanding Trauma and Community Trauma Based Approaches - Case Studies**

Through a series of case studies, we will explore the underpinnings of trauma and innovative trauma-informed responses in a variety of environments. We will look at exemplary practices and approaches in education, human services, health, businesses, and community. Students will investigate the impact of COVID as a community level trauma and the need for trauma-sensitive interactions. You will have the opportunity to bring forward your experiences and engage in reflective dialogue to create shared wisdom. This course leverages initiatives and case studies from Alberta and also includes examples of international innovative practices.

***Instructor***

**Line Perron** is a community and workplace traumatologist and the Founder and Executive Director of Imagine Institute for Learning. She brings over 25 years of teaching and facilitation experience and collaborative practice. She has led several large scale projects with the University of Alberta, the University of Oregon and the Hinks-Delcrest Institute to build capacity for professionals in Alberta. She recently developed a Provincial Mental Health Training Framework which is now being implemented province-wide through community-based Learning Immersions.

**22-H3 This is Your Land: Borders and Maps in Society and History**

Maps are one of the communication tools when it comes to national and international borders. This course will look at different histories of border controversies using maps as one of the major documents. We will also look at questions such as "what is territory?" and what borders mean in different cultures. Some examples are the 49th parallel, the formation of provinces and states, Canadian First Nations, the border disputes in India and Pakistan, the Middle East, Africa, the South China Sea, the Arctic

and Antarctic, to name a few. We will also look at how borders were perceived in different historical periods.

***Instructor***

**Dan Duda** is the Map Librarian and Head of Public Services in the Queen Elizabeth II Library at Memorial University. A graduate of the University of Alberta for his History and Library degrees, his career took him to Memorial where he has been the Map Librarian since 2005. One of his main interests is the history of maps in society and he is a returning instructor for the ELLA program.

## **22-H4 Road to World War Two: Democracy in Crisis 1919-1933**

World War I destroyed what was left of the power of royalty and crippled faith in the values of western liberalism. The spectre of communism loomed over a devastated Europe. Germany would prove to be the crucial arena to establish democracy and preserve international peace. But no one reckoned on Adolf Hitler and few understood the danger. A failed artist, fanatical anti-Semite and impoverished war veteran, the former Habsburg citizen would harness a powerful mixture of nationalism and racism to challenge the Weimar Republic.

***Instructor***

**Brent Bennett** graduated with a BA (Honours) in European History at the University of Alberta in 1985. He went on to complete a thesis on the Soviet military to attain a Master of Arts in Slavic and East European Studies at the University of Alberta. Brent retired from a career in the RCMP that included teaching law, investigative practices, police tactics, and firearms at the National Academy in Regina.

## **22-H5. Global China: Belt and Road Initiative & Predecessors**

China's cultural linguistic, political and economic influence has spread broadly through East Asia. During China's period of weakness, which included most of the 19th and 20th centuries, China's outward-bound power was sharply curtailed. However, the 21st century has seen a rapid growth of China's global reach, including President Xi's signature Belt & Road Initiative.

***Instructor***

**Gordon Houlden** is Director Emeritus of the China Institute and professor of Political Science at the University of Alberta. Professor Houlden joined the Canadian foreign service in 1976, serving in Ottawa and abroad. Twenty-two of his thirty-two years in the Canadian Foreign Service were spent working on Chinese economic, trade and political affairs for the Government of Canada including five postings in China. His last assignment before joining the University of Alberta was as Director General of the East Asian Bureau of the Department of Foreign Affairs and International Trade. His third co-edited book on the South China Sea was published in the summer of 2021 by Bristol University Press.

## **FINE ARTS AND ART INSTRUCTION**

## **22-A1 Contemporary Portrait in Acrylics/Oils**

Following the painterly style of Malcolm Liepke, you will complete two portrait paintings. You will learn how to mix skin colours and how to use neutral colours to your advantage. Proportions, construction of the human head, along with a solid comprehension of light and shadow will be emphasized. We will use reference photos to complete our projects. Suitable for intermediate to advanced levels.

### ***Instructor***

**Izabella Orzelski** holds an MFA from the New York Academy of Art and PhD in art education from the University of Alberta. She teaches at the Faculty of Extension of the U of A and works as an art teacher for the Edmonton Public School Board. She exhibits across Canada and presents at national and international art education conferences.

## **22-A2 Beginner Guide to Drawing**

Drawing is the foundation for any fine art course. Whether you believe you can only draw stick figures or have not drawn for years, this course is for you! Susanne will teach how to approach a variety of subjects as she guides you step by step on how to tackle them. 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 a realistic effect and most of all enjoy the confidence you have achieved. You will be truly amazed at how far you have come in such a short time.

### ***Instructor***

**Susanne Lamoureux** 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 is a recipient of the Staedler, 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.

## **22-A3 Sketching with Pen and Ink**

Sketchbooks have been used for centuries by individuals to record and document the world around them. From the backdoor beauty to travelling 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.

### ***Instructor***

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*Journey Portraits and Figures: Best Contemporary Drawing in Graphite, Pastel or Coloured Pencil.* She is currently teaching at the Artra Art School.

## **22-A4 Museums of the World: Icons and Hidden Treasures**

In the 18th and 19th centuries, a time of earth-shaking social change, museums first emerged. Amidst the downfall of European monarchies, the creation of the first department stores and the advent of the great world exhibitions, museums were popularized across the globe. Historically, some museums teach, some delight, some document, and others shock. What visitors may take for granted is that the individual histories of museums are often as varied and captivating as the collections they house.

Join us as we tour the weird and wonderful museums of the world—from iconic museums to cabinets of curiosity! Among others, we will visit the home of the 19th century artist, who, knowing he lacked any living relatives, designed his home to stand as his eternal living legacy—a time capsule that marries his work and process. Visit an invitation-only collection, hidden in a Canadian farmhouse, where the curiosities and oddities of popular culture of the late 19th and early 20th century rest peacefully. Experience an 18th century collection, where art and science collide, and earthly bodies are sculpted out of wax. Encounter a museum, based on a secret, smuggled collection of avant-garde art that was banned by the ruling dictator. Tour the aristocratic home of the prince who lived as a successful, practicing artist, hosting the iconic philosophers and artists that he called friends. Visit the collection of toppled monuments, dedicated to revolutionaries and dictators, displayed to contextualize the past and inform our present. Stretching from Alberta through Europe to Asia, in each class we will virtually visit collections of art, natural history, politics, science and curiosities to uncover their jaw-dropping contents and fascinating histories. As the post-pandemic world begins to open, our learners may even discover their next favourite travel destinations!

### ***Instructor***

**Kimberly Johnson** is an American art historian, currently teaching at the University of Alberta 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.

## **22-A5 Introduction to Western Music: Medieval to 1750**

This course is a brief survey of the history of western music from the Middle Ages to 1750. As an introductory course to the history of early western music, this session is comprised of two parts. In the first part, we will focus on studying and introducing the fundamental elements and features of musical sound in order to build a common vocabulary for exploring and appreciating various styles of music-making in the history

of western music. In this part, musical elements and concepts such as rhythm, pitch, melody, scale, harmony, texture, form, genre, and style will be introduced and discussed. In part two, we will study different musical styles by looking at the ways in which music was created and experienced in early historical periods including the Middle Ages, Renaissance, and Baroque. A main goal of the course is to help you recognize characteristics of musical styles in different historical periods through familiarity with leading examples from the repertory of western music. Also, you will learn more about the historical, social, political, intellectual, and cultural contexts in which composers created their works.

***Instructor***

**Morteza Abedinifard** defended his PhD in Musicology at the University of Alberta in March 2021. He is currently a music history instructor at Douglas College in New Westminster, BC. His interests include European music history, philosophy of music, and Persian classical music. As a musician, he plays and teaches Persian setar.

## **22-A6 Introduction to Novel Writing**

From story inspiration to editing and publication, writing a novel can feel like a daunting task. Designed for writers at all skill levels, this course will cover story structure (plot, character), genres, audiences, and the submission process to publishers and agents. Writers will come away with practical guides for story creation, and learn the nuances to story-telling that can help (or hinder) their path to publication. The course will include a session on traditional publishing, how to query editors and agents, and what the route of an indie-author might take.

***Instructor***

Guyanese-Canadian author **Natasha Deen** has published over thirty works for kids, teens, and adults, in a variety of genres and for a variety of readerships. Her works include the Junior Library Guild Gold Standard Selection *Thicker than Water*, Sunburst Award nominee *Guardian*, and the Alberta Readers Choice nominated *Gatekeeper*. Her young adult novel, *In the Key of Nira Ghani*, won the 2020 Amy Mathers Teen Book Award. When she's not writing, she teaches with the University of Toronto SCS and spends an inordinate amount of time trying to convince her pets that she's the boss of the house. Visit Natasha at [www.natashadeen.com](http://www.natashadeen.com) and on Twitter/Instagram, @natasha\_deen.