

Friday January 20:

What is the Senate good for anyway? Do we still need a Senate in 2023?

Senator Simons will talk about her activities in the Senate and what it is like being an independent Senator. She will also speak about issues facing the Senate at the time of her talk.

Speaker: Senator Paula Simons was appointed to the Senate of Canada in 2018, after a long and distinguished career as one of western Canada's most acclaimed journalists, receiving numerous awards during her 23 years as a political columnist and reporter with the Edmonton Journal. Senator Simons is the deputy chair of the Standing Senate Committee on Agriculture and Forestry, and a member of the Standing Senate Committee on Transportation and Communications. She has also served as a member of the Standing Senate Committee on Energy, the Environment and Natural Resources. Born and raised in Edmonton, Senator Simons holds a B.A. Honours degree from the University of Alberta, and a Master's degree from Stanford University.

Friday January 27:

The Scenic Geology of Alberta - A Roadside Touring and Hiking Guide.

Dale Leckie will guide you to Alberta's most scenic sites and spectacular landforms while explaining the intriguing story of Alberta's landscape evolution. This talk includes stops along well, and not-so-well, traveled routes that the curious would be wise to see. Using eye-catching illustrations and photographs, he blends storytelling with science and incorporates natural landscape beauty with art and history.

Speaker: Dale Leckie has written two best selling books: "*The Scenic Geology of Alberta*", and "*Rocks, Ridges and Rivers: Geological Wonders of Banff, Yoho and Jasper National Park*". He is a professional award-winning geologist who has worked in Canada and around the world including as a scientist at the Geological Survey of Canada and as chief geologist at Nexen. He is currently an Adjunct Professor in the Geoscience Department at the University of Calgary. He's been president of the Society for Sedimentary Geology (SEPM) and the Canadian Society of Petroleum Geologists (CSPG) and has been leading geological field trips in western Canada throughout his career.

Friday February 3:

Coming Out: The Little-Known History of Edmonton's 2SLGBTQ+ Community.

In his journey of 40 years in Edmonton Michael Phair will review places and events that have taken him—and Edmontonians—from gay to 2SLGBTQ+. This is a unique opportunity to ask those questions which have always puzzled you, for example, about the meaning of the rainbow flag, or the meaning of the 2S or the + sign! Or is it all right to ask a person their preferred pronouns?

More info: www.edmontonqueerhistoryproject.ca

Speaker: Michael Phair is known to many Edmontonians from his service on City Council from 1992 – 2007. He was the first openly gay elected politician in the province of Alberta, and has been active for over 35 years with Edmonton's Gay/Lesbian (Queer)

community, and is the co-founder of the Edmonton Pride Senior Group. He holds Master's Degrees in Early Childhood Education and Special Education and is an Adjunct Professor at the University of Alberta. He has received many accolades over the years; most recently a city park and a junior high school have been named in his honour.

Friday February 10:

From Grief to Advocacy: Why do I fight for harm reduction and drug policy reform?

Petra Schulz never planned to be a harm reduction advocate, but her life changed forever on April 30, 2014 when her son, 25-year-old Danny, died from accidental drug poisoning with fentanyl. In his eulogy, it was decided to tell the truth. In this talk, Petra shares Danny's story and the idea that people who use drugs are just like everyone else: people who deserve a chance to be safe and healthy, and to live without judgment or shame. Petra also explains why so many people across the country are dying from overdoses, which she describes as drug poisoning, and what we need to do to change this.

Speaker: Petra Schulz is one of the co-founders of Moms Stop the Harm, a network of Canadian families impacted by substance-use related harms and deaths. She has become an advocate for drug policy reform to reduce the harm associated with substance use. She believes that substance use is a matter involving human rights and health, and must not be criminalized. Petra represents families with lived experience on Health Canada and CCSA advisory committees. She has been a speaker for TEDx, at rallies, conferences, community meetings, professional organizations, universities, and all government levels. She contributed to the anti-stigma campaign, "See-Beyond" and a research project related to her advocacy work.

<https://www.momsstoptheharm.com/petra-schulz>

Friday February 17:

About Free Lands: The Origins and Early Years of Ukrainian Settlement in Alberta.

The story of Ukrainian immigration to Alberta as revealed in the experiences of several individuals who played key roles in this settlement.

Speaker: Jars Balan is a scholar with the Canadian Institute of Ukrainian Studies (CIUS) at the University of Alberta. He specializes in the history of Ukrainians in Canada and is the author and editor of numerous scholarly and popular works on Ukrainians in Canada, including the illustrated history, *"Salt and Braided Bread: Ukrainian Life in Canada"* (1984). Some of his areas of special interest include Ukrainian-language literature and theatre in Canada, Ukrainian Canadian church history, and Ukrainian settlements in Western Canada. A lifelong activist in the Ukrainian community, he is the initiator and curator of the Kalyna Country Ecomuseum.

Friday February 24:

Ageism and the Media.

We will explore the power of media to shape society and individual perceptions, emotions and attitudes to ageing. We will watch short films with both negative and positive imaging of older adults to explore the impact on us, followed by a short

discussion of how each makes us feel, how it may guide our perceptions of ageing, and how it may foster ageism or a more positive view of ageing.

Speaker: Mitzi Murray took 50 years to find her way to a job that marries her passions - working with and for older adults, the arts, and making change. She has worked in the hospitality industry, corporate compliance world, academia, construction and seniors housing. Working in seniors housing was the genesis for the idea of a film festival focused on older adults. She saw first-hand the impact that Western society's fear of ageing had on older adults and their children and knew we needed to make change. To make change, you need to educate and the best way to do that is to entertain. Being a cinephile, she thought of advocating through film, leading to starting the THIRDACTION Film Festival in 2017. www.thirdactionfilmfest.ca

Friday March 3: Solar for your Home.

Solar energy can be used to provide lighting, heat and electricity to reduce household costs. Solar systems can be designed to integrate into the building construction in solar shingles, windows collectors, exterior walls, roofs, or can even be contained within banisters and railings. The speaker will discuss the latest trends in Alberta solar, the costs and benefits of solar, logistics, resources and available grants, with a focus on a typical residential rooftop installation.

Speaker: Heather MacKenzie is the Executive Director of Solar Alberta. She and her team work to accelerate Alberta's transition to a just and sustainable energy future. She has been a business owner, government relations professional, and EPS school trustee, community organizer, and green energy business advocate. She has a Master's degree in International Development, and is working on a Master's degree in Public Administration. She strongly believes that investing in solar is a very concrete way that everyday Albertans can take meaningful action on climate change.

Friday March 10: How Mindfulness Improves Your Physical and Mental Health.

Mindfulness and meditation have been around for thousands of years – however it has only been in the last two decades that researchers have gained immense insight into the benefits of this ancient practice. Shrey Vazir will discuss the latest science on how mindfulness impacts the mind and the body, improves our physical well-being, and optimizes our mental well-being. From improving our cardiovascular health and immune response, to slowing the cognitive decline from Alzheimer's and reducing physical pain, learn about the vast scientific benefits of mindfulness from an evidence-based lens. He will wrap up with a Mindfulness Practice.

Speaker: Shrey Vazir is a Registered Physiotherapist, Mindfulness Meditation Facilitator, and educator specializing in chronic pain, stress management, and burnout. He has practised mindfulness for over 12 years during his personal journey with the chronic pain of fibromyalgia. He has advanced training in the Mindfulness-Based Chronic Pain Management (MBCPM™) program and a Certificate in Mind Body Medicine from Harvard Medical School. As founder of Mind Body Horizons, he has spoken internationally to patients and professionals. www.mindbodyhorizons.com.