

ELLA In-Person Spring Session 2023

Course Details & Instructor Bios

SCIENCE

23-S201 Wonders of the Night Sky

This course is intended for people who are curious about the stars above! In 15 lectures we will study many topics including what you can see with your unaided eye, motion in the heavens, how our own star, “Sol”, and other stars “work”. As well we will look at planets, nebulae, star clusters and galaxies and finally the biggest view of all – cosmology. Throughout the course there will be many opportunities to see how astronomy also influences poetry, music and the visual arts. A very small amount of mathematics will be used from time to time.

Instructor: Brian Martin

Brian Martin is a retired astrophysicist/science educator who has taught Physics and Astronomy for more than 35 years at The King’s University in Edmonton. Since his early youth he has had a passion for the night sky and in retirement has returned to one of his favourite pastimes – photographing the night sky. He and his wife live on an acreage east of Sherwood Park where they have several small observatories dedicated to ongoing research and pleasure viewing.

23-S202 Muscle Matters! The Importance of Nutrition to Optimize Muscle Health During Aging

Nutrition is an essential piece of the puzzle towards successful aging. An important health issue older adults experience is low muscle mass. If untreated, it can lead to functional decline and other health problems. This course will address the importance of muscle mass for older adults, and how nutrition can be used to optimize muscle health. There will be a focus on protein intake as the building blocks of muscles, and how to understand protein needs and ways to achieve them. This course will consist of both lecture-based content and interactive, hands-on activities.

Instructors: Carla Prado and Anissa Armet

Carla Prado is a Professor and CAIP Chair in Nutrition, Food and Health at the University of Alberta. She is an expert in assessing body composition. Dr. Prado is a past recipient of Canada’s Top 40 Under 40, an award that celebrates exceptional young Canadian leaders of all sectors, and is a member of the Royal Society of Canada, the country’s highest academic honour.

Anissa Armet is a registered dietitian and PhD candidate in nutrition and metabolism at the University of Alberta. Her research focuses on investigating the impact of nutrition interventions on the gut microbiome and human health. She is the recipient of the prestigious Killam Scholarship.

23-S203 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. There will be many hands-on activities.

Instructor: Leonard Bonifacio

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.

23-S204 Introduction to Meteorology

This course will provide a high-level overview of "what makes the weather", ranging from large-scale systems covering entire provinces, down to local regimes. We will follow this with a look at some of the tools used to observe the weather – from your local backyard weather station all the way to satellites hovering 36,000 km above the earth. To predict the future, numerical models combine the observed conditions with physical equations. We won't delve into the physics, but will discuss some of the strengths and weaknesses of these models. Finally, we'll see how the meteorologist puts it all together to provide your daily forecast.

Instructor: Ronald Goodson

Ron Goodson worked for the Meteorological Service of Canada (part of Environment and Climate Change Canada) for 40 years as a development meteorologist creating and training on techniques and tools used by operational meteorologists. He specialized in satellite meteorology but he has a host of other interests including numerical models applied to Arctic weather patterns and wind regimes.

23-S205 Introduction to Insects in Your Backyard

Insects are a critical part of our ecosystem. Many of the foods we eat are insect pollinated and without insects we would soon be buried under waste products. But most of all, insects are appealing as they liven up our spring days, buzzing and flitting about the backyard. Find out what makes an insect work and why they are such a successful form of life. Despite their delicate appearance, they have outlived the dinosaurs and because of their tiny size they have learned to exploit habitats we can only imagine. Insects are extremely adaptable, which can make them annoying but always fascinating. Try staying one step ahead of a mosquito as we learn about insect biodiversity.

Instructor: Janet Sperling

Janet Sperling is an entomologist with a background in Horticulture (BSc 1983) and insect sensory physiology (MSc 1988). She recently completed her PhD (2021) studying techniques for understanding the complex bacterial assemblages found in ticks, with a focus on detecting pathogens. She is also president of the Canadian Lyme Disease Foundation.

23-S206 Introduction to Indigenous Ecologies

This course will introduce students to the relationship between Indigenous peoples and environmental science. First, we will discuss the role of science in colonization, including the importance of botany to colonial expansion, before moving on to look at topics in modern environmental research, such as ethnoecology, cultural burning practices, and Indigenous-led conservation. The course will primarily be taught through lecture and class discussions.

Instructor: Keara Lightning

Keara Lightning is a member of Samson Cree Nation. She is the Beaver Hills Biosphere Historian Laureate and a research fellow with the Whyte Museum of the Canadian Rockies. She is currently an MA candidate in the Faculty of Native Studies at the University of Alberta. Her MA thesis analyzes the history of environmental management on the Northwestern Plains to explore how scientific constructions of the landscape have worked to obscure Indigenous presence. She has previously worked in community engagement and environmental education for initiatives including Out In Schools, GreenUP Ecology Park, and TRACKS Youth Program.

23-S207 Forensic Anthropology: The Skeleton of Your Life

Your skeleton is essential in supporting your movement, but many do not realize that their bones do more than that. From broken bones to dental fillings, your skeleton tells the story of your life. This unique blueprint can even play an essential role in forensic investigations. Learn more about your 206 bones while applying knowledge to real case work. This course will explore the applications of forensic anthropology in the past and present. Students will learn anatomical terms, understand the application of bone development and growth in forensic applications, and gain hands-on experience through a mock case. Real bones and forensic images may be used as a part of instruction. Some classes may be held in the biological anthropology lab at the U of A.

Instructor: Alexandra Rocca

Alexandra Rocca completed her MA in Anthropology at the University of Alberta in 2019. Having instructed in Anthropology for the U of A and NorQuest College and served as a guest lecturer for the Community Marketplace with the Edmonton Public School Board, Alex is passionate about education for all ages.

23-S208 What's Behind the Barn Door

This class will engage participants in a lecture/discussion-based adventure using current issues in animal agriculture in Alberta (chickens, turkeys, pigs, beef and dairy cows, sheep, horses). from the viewpoint of a food consumer. Technical material will be presented only when necessary to provide learners tools to understand issues and form opinions. Several farmers will join the class to add their perspectives on feeding people. Two field trips to the University of Alberta Dairy and Poultry units on South Campus will take place within the class period. Special topics to be discussed include: genetic progress, animal welfare, niche market products, high-tech equipment and housing, backyard chickens, the use of steroid hormones in beef production, supply management, heritage breed conservation and much more. Students can participate in daily "name that tool" and "word of the day" activities. Participants are encouraged to arrive at the class with questions they would like answered.

Instructor: Dr. Frank Robinson

Dr. Frank Robinson, the recently retired Professor of Poultry Production and Physiology at the University of Alberta, holds a BSc in Agriculture (University of SK), a MSc in Poultry Science (Virginia Tech) and a PhD in Animal Reproduction (University of Guelph). Since 1986 he has been teaching and conducting research in areas of animal and poultry science, including the reproductive efficiency of poultry, focusing on the roles of feed allocation and photoperiod on female broiler breeders. In 2016 he initiated a 3-day mini-internship program resulting in 299 student placements on farms and in allied animal industries in Alberta. Frank has been Associate Dean (Faculty of Agriculture, Life and Environmental Sciences; 2005-2008), and Vice-Provost and Dean of Students (2008-2014). He has made over 400 presentations on poultry management to producers, locally, nationally and internationally. He was inducted into the Alberta Agriculture Hall of Fame (2006), awarded a 3M National Teaching Fellowship (2007) and is a Fellow of the North American Colleges and Teachers of Agriculture (2007) and the Poultry Science Association (2008).

23-S209 The Mechanics of Things

Have you wondered why an acrobatic motorcycle rider can loop the loop without falling? When Nik Wallenda walked the tightrope stretched over the Niagara Falls, why did he carry a long pole? How do figure skaters control their speed of rotation by adjusting their posture? Mechanics, the science of studying things under forces and their responses, will help you answer these questions. In this course, we will study the fundamental concepts in mechanics, including how to describe the motion of an object and how to relate the motion to the forces acting on the object. We will use these concepts to perform mathematical calculations for real-life examples such as those mentioned above, ski jump, rocket launch, etc.

Instructor: Dr. Tian Tang

Dr. Tian Tang is a professor of mechanical engineering at the University of Alberta. She received her BSc in engineering mechanics from Tsinghua University (2001) and PhD in theoretical and applied mechanics from Cornell University (2005). She worked as a visiting research scientist at Lehigh University before joining the University of Alberta where she has been an assistant professor (2007-2011), associate professor (2011-2015), and professor (2015-present). Dr. Tang's research interests lie in the modeling and simulation of soft materials and interfaces. She is a recipient of many awards, including the Adhesion Society's Distinguished Paper Award (2006) and Outstanding Young Adhesion Scientist Award (2009), the Martha Cook Piper Research Prize (2014), and Canada Research Chairs (Tier 2, 2007-2018; Tier 1, 2021-present). Besides her academic work, Dr. Tang proudly serves as the Academic Co-Chair of WISEST (Women in Scholarship, Engineering, Science and Technology), an organization that empowers young girls (grades 6-12) in STEM (Science, Technology, Engineering, Mathematics) by providing mentorship and programs.

23-S210 What's In Your Food? The Chemistry of What Makes Food Healthy, Colourful and Delicious

Ever wonder what gives bread its texture? What gives cooked bacon its aroma? How can red peppers save you from macular degeneration? This course will explore the chemistry of food and highlight some of the new discoveries that food chemists are making that are changing our ideas about food. We will learn about the compounds in food that affect food texture, the molecules that affect colour, taste and aroma as well as the biology and chemistry of taste perception. We will also learn about how food is analyzed, which food chemicals are healthy (and which ones aren't) – and why. The goal of this course is to take some of the mystery out of your food and make chemistry a bit more fun – and interesting.

Instructor: Dr. David Wishart

Dr. David Wishart is a Distinguished University Professor in the Department of Biological Sciences and the Department of Computing Science at the University of Alberta where he has been since 1995. He leads one of the largest research labs in Canada and has worked in many areas of chemistry, biology, healthcare, computing science and nanotechnology. He has studied food chemistry and food health effects for more than a decade. Dr. Wishart has taught several ELLA courses on a variety of subjects.

23-S211 Palaeontology

Palaeontology is the study of extinct life. This inherently multidisciplinary science draws on information from many fields, notably including botany, zoology and geology. In this course, scientists and graduate students studying palaeontology at the University of Alberta will present their exciting research on many different aspects of the fossil record. 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.

Instructor: Dr. Corwin Sullivan

Dr. Corwin Sullivan is a vertebrate palaeontologist 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*.

23-S213 Introduction to Performing Magic

Looking to astonish and genuinely entertain your friends, family and colleagues? This course is for you! As a hands-on workshop, you will learn the essentials of performing quality magic entertainment like a real magician. This is far more than simply doing tricks. Along with learning powerful sleight-of-hand techniques, you will learn the crucial performance elements that turn a "trick" into an unforgettable piece of entertainment: body positioning and movement, the fundamentals of misdirection, pacing and other essential elements of a quality magic routine. This course culminates in all students getting to perform a small show for the class to showcase their newfound skills.

Instructor: Reuben Gazer

Reuben Gazer (BSc Physics, MSc Astrophysics) is a math/science educator and magician in Edmonton. For 12+ years he has dazzled audiences as "Gazer the Amazer" at hundreds of trade shows, corporate parties, backyard bashes, weddings, fundraisers and festivals. Reuben is currently in the final year of his BEd and aims to bring his love of science, magic and teaching to high-schools in Alberta.

WELLNESS & LEISURE

23-W201 Advanced Photographic Techniques

This dynamic photography course will explore some of the techniques used by professional photographers to get the very best images. Students will learn to effectively use some of the more advanced features of their cameras specific to unique situations. Using a combination of lectures, demonstrations and hands-on practice, each class will explore different genres of photography such as landscape, wildlife, portrait, action, photojournalism, macro and more. The practice sessions will often require a short walk in order to take photographs outdoors. Participants should have a good quality DSLR or mirrorless camera and be comfortable using their camera outside of automatic modes. Point and shoot cameras and cell phones will not have the features this class requires.

Instructor: Chris Stambaugh

Chris Stambaugh graduated from NAIT's photography program in 1989, opened his own business in 1990 at 19, and has become one of Edmonton's top ranked photographers and a leader in the industry. A former president of both the Alberta Professional Photographers Association and the Professional Photographers of Canada (PPOC), Chris has earned six accreditations in various photographic specialties, the "Service of Photographic Arts" and "Honorary Life Member" designations, and Master of Photographic Arts – 4th Bar from PPOC. His work has been recognized worldwide and he has won numerous awards, both provincial and national. A finalist for Canadian Photographer of the Year, and for Alberta Portrait Photographer of the Year (five times), he has twice won the award for "Best Wedding Album" in Canada. A passionate educator, and former photography instructor at Edmonton Public Schools (METRO) and NAIT (Continuing Education), Chris is currently the administrator and head instructor at the Burwell School of Photography.

23-W202 What is it Worth?

What will you do when it's time to downsize and you'd like to sell your belongings, whether they're antique or just collectible? What will you do if you're an executor and you have to liquidate the contents of someone's estate? Before doing anything you need to know what you have, what it's worth, and how the market affects the value of what you have. Antiques are special – but some are more special than others. This course will teach you what you need to know to make the selling process easier or provide you with renewed appreciation for what you intend to keep or pass on to a loved one.

Instructor: Johanne Yakula

Johanne Yakula has been involved in antiques since 1994, first as the owner of an antique store called "From Times Past " for 14 years and as a certified appraiser with CPPAG (The Canadian Personal Property Appraisers Group) since 2008. She has taught adults about art history, weaving and other textile techniques, interior design and antiques for more than 30 years. In 2012 she published a book titled "Historical Interiors of Alberta – A Guide to Preserving and Decorating your Heritage Home." Johanne enjoys sharing her passion for these topics especially with ELLA for whom she has taught six classes in the past.

23-W204 Mindful Yoga for Strength, Calm and Wellness

This course should be suitable for participants new to yoga and more experienced practitioners interested in exploring how yoga can support a calmer mind and healthier aging. A flexible body is not necessary to participate since the session's intention is to find ways to adapt the classical yoga practices to benefit all bodies. The focus will be in reconnecting with the body needs, activating what is movable, strengthening what is weak, and restoring energy in a quiet and supportive environment.

We will explore:

- Simple breathing exercises to bring awareness to body sensations, calm the nervous system and slow down the thinking process;
- Introductory yoga-based movements to free the joints, gently stretch the muscles, develop more strength, balance and flexibility while facilitating relaxation of the physical body.

The pace will be progressive and the participants will be encouraged to move within their capacity, respecting how the body feels in each moment. A brief guided relaxation will close each session to give the mind an opportunity to settle down and refresh.

Instructor: Anita Sielecki

Anita Sielecki has been practising yoga since 1974 and involved in biochemistry research at the University of Alberta 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 and meditation, preside over The Yoga Association of Alberta for 10 continuous years and organize numerous yoga/meditation retreats with remarkable teachers.

23-W205 Progressive Core Stability

If you have pain, balance concerns or just want to understand how better to use your core, this is the class for you. In this course basic anatomy, physiology, biology, psychology and neurology will be explained then applied to have a better understanding of your core. You will learn a basic self evaluation to be able to map your progress for life. You will do basic exercises, each class progressing steadily to completion of level 1 of the Core System. People attending this class must be able to get off the floor on their own. Please wear clothes you can move in comfortably like exercise clothes and exercise shoes. A 6 X 36 foam roller is needed.

Instructor: Barb Turner

Barb Turner is certified with the Canadian Society of Exercise Physiology as a personal trainer with 30+ years experience. Some of her activities and achievements include: AFLCA with older adults and portable equipment; U of A kinesiology degree in Injury Assessment, Injury Rehab and Exercise Prescription; working for Alberta Health Services in the programs STEP FWD and Boost your Memory. She is pulmonary rehab, pain, obesity and Parkinson's certified and does private one-on-one, in home consultations. She is also a trauma informed, somatics, death doula and family constellation facilitator.

23-W207 Exploring Social Media

Join us for an entertaining look at the online world of social media. We will tour major platforms such as Facebook, Twitter, Instagram, and TikTok as well as specialized services like LinkedIn and Pinterest. We'll also explore related services and technology such as podcasts, YouTube, Messenger, and mobile devices. We'll learn some best practices and how to control what we share online while keeping an eye open for scams and fake news. Class includes access to a blog that summarizes the day's lessons. This course requires basic computer knowledge and a working knowledge of mobile devices like tablets and smartphones.

Instructor: Michael Gravel

Michael Gravel is a skeptical technology enthusiast who takes a rational, pragmatic approach to social media and the internet. He believes that writing and language are humanity's most powerful tools for affecting change. He believes that art, design, architecture, and poetry strive for the same ideal: to say the most with the least.

23-W208 Introduction to Genealogy

Discover the basics of family history research online and offline. Learn how to locate genealogical sources, keep on a meaningful research path, acquire the skills needed to organize and preserve your research findings, all while capturing the story of your ancestors. The course will cover church and civil registration records for birth, marriage and death, census records, migration records, land records, wills and probate records, internet resources, newspapers, military records and DNA.

Instructor: Colleen Murray

Colleen Murray, PLCGS, is a professional genealogist in Edmonton. She completed her 40-course certificate with the National Institute of Genealogical Studies in 2015, specializing in Canadian and Irish research. Additionally she has completed the professional program ProGen (2016), and three intensive institute courses in the areas of DNA, Forensic Genealogy, and Advanced Methodology and Analysis. She is a volunteer with the Alberta Genealogical Society, Edmonton, chairing their Irish Special Interest group.

23-W209 Introduction to Woodcarving

Woodcarving as an art form has been practised for aeons, yet shaping wood is not as easy as one might expect. A knife will certainly get you started, but as the form evolved, so did the tools used in the process, and the techniques applied to the craft. Through this course, we will discuss different carving styles, and learn how to use the tools correctly, to sharpen effectively, and discuss how to finish your carving to protect it and bring out its figure to best effect. Tools will be provided, but feel free to bring your own to work with.

Instructor: Niall Capstick

Niall Capstick learned to carve and turn wood from his uncle in Wales 20 years ago. He returned to Canada with passion intact, and since then has enjoyed sharing his knowledge as much as creating works of his own. A self-described "frustrated teacher", Niall's highest goal is to provide others with fundamental skills and the confidence to continue to develop them beyond the limits of the classroom setting.

23-W210 World Travel

Are you interested in Travel? Want to see the world? Where are the top 10 places to travel in 2023? We will cover different types of travel and stories about history and culture that will excite and amaze you. Each class will focus on a different subject about travelling such as river or ocean cruising, long stay destinations that many seniors are doing and solo travelling. There will be time at the end of the class for questions that you may have. This will be a fun and informative class that hopefully will cover all things travel.

Instructor: Pattie Kisilewich

Pattie Kisilewich is the owner of the local agency, Dreamaker Vacations. She is a Certified Wedding and Event Planner and has been a travel agent for the past 17 years. She is licensed to sell travel insurance in Alberta. She specializes in hot, all-inclusive destinations, cruising and group travel. She has been to almost every Caribbean country, South America, Hawaii, Mexico, Italy, Greece and France. She has been on 23 cruises to date with another already booked! Group travel is a passion - who doesn't want to experience the world with like-minded people?

23-W211 Introduction to Modern Board Gaming

Learn to play and play to learn. This course will take a broad approach to the world of modern board games. Class time will cover learning how to teach games, how games have evolved over time, how to choose the right game for your group, game mechanics and terminology, comfort in learning something new, and plenty of time playing the games themselves. Board games are an excellent way to connect with friends and family face-to-face in a memorable, device-free way, and provide endlessly re-playable entertainment. This course will get you over the hurdle of choosing and learning the right games for your group so you can easily enjoy the diverse world of board games.

Instructor: Brian Flowers

Brian Flowers is the owner/operator of Alberta's first board game cafe, Table Top Cafe. Since opening the store in 2013, Brian has been teaching games to hundreds of people in the cafe each year and travels to local schools and conventions to get more people of all ages into modern board gaming.

23-W212 Jewellery Beading Craft Workshop

This course for beginner beaders comprises an exciting series of workshops creating Native American jewellery and craft beading, where you will be able to choose to make a beaded brooch, barrette, or keychain. We will cover jewellery design techniques, jewellery beading and some jewellery construction of your choice. By the end of the course you will be able to express your own ideas and develop the confidence for beading crafts. Participants will use beads in jewellery, use a range of jewellery craft techniques such as jewellery design and construction using the double needle applique, learn how to bead-embroider a picot edge, apply colour theory with examples of historical beaded jewellery incorporated into their own designs, and produce creative bead craft designs, using counting skills and patterns. Upon completion you will have completed your very own beaded item of your choice.

Instructor: Georgina Wildcat

Georgina Wildcat is a Plains Cree Native American woman from the Ermineskin Cree Nation located in central Alberta within Treaty 6 Territory. Her great grandfather is Treaty 6 Signatory Medicine War Chief Bobtail who is her idol. She is currently an artisan and Reiki healer who travels all over Canada working, teaching and helping everyone as a tribute to him. She strives to maintain and preserve her culture through traditional arts and crafts by learning and teaching as much as she can from history to design, construction and completion. When she is not travelling, she is usually working, beading and sewing. She also has a test kitchen where she makes all kinds of healthy and nutritious food to enjoy. Her latest passion is food preservation and the harvesting of herbal medicine. "Learning our way of life as a Plains Cree individual has been very inspiring; I love learning how to survive off the land."

HUMANITIES

23-H201 History of Alberta Politics

Alberta was once considered a province of radical farmers and labourers. The One Big Union, the progressive United Farmers of Alberta, the CCF, and the Social Credit Party of Canada got their start in Alberta in the first half of the 20th century. But by the 1950s Alberta was considered a bastion of conservatism. This course explores the social and political transformation of Alberta and examines how a mythology developed that Alberta has always been a conservative province. That mythology obscured liberal and leftist movements that remained strong in Alberta, though our first-past-the-post system limited their effectiveness in the provincial legislature. It also ignores the extent to which Social Credit, which had begun as a movement of left-leaning protest during the Great Depression, had become extremely right-wing by the 1950s, and the shift in the character of Alberta conservatism from the Lougheed to the Klein periods. By the end of this course, you'll have an appreciation of the twists and turns in Alberta politics from 1905 to 2023, just as the 2023 provincial election is called.

Instructor: Alvin Finkel

Alvin Finkel, professor emeritus of history at Athabasca University, is one of Canada's best known and best selling historians. He is the author, co-author or co-editor of 13 books (book #14--Humanity: A People's History is in the works) including the 7 editions of History of the Canadian Peoples; The Social Credit Phenomenon in Alberta; Working People in Alberta: A History; Social Policy and Practice in Canada: A History; The Chamberlain-Hitler Collusion, and Compassion: A Global History of Social Policy.

23-H202 The Islamic Tradition: An Introduction

This course is an introduction to the origins and development of the Islamic faith tradition. No previous background in the area is necessary. In this course we will be learning about this rich and fascinating religious tradition, from its origins to its varied contemporary expressions. Students will learn about topics such as the Quran, the Prophetic tradition, the development of Islamic schools of law, and varied expressions of Islamic faith (for instance, Rumi and the infamous whirling dervishes). Course presentations include lecture, seminar discussion and films.

Instructor: Maryam Razavy

Maryam Razavy holds a joint PhD in the areas of Religious Studies and Sociology from the University of Alberta. Her areas of research include religion and extremism, contemporary Islamic movements, culture and healthcare, and religiously based legal systems.

23-H203 Ukrainians Abroad: Past and Present

According to an estimate, prior to February 2022 there were over 20 million people of Ukrainian ancestry residing beyond the borders of Ukraine. This course will compare and contrast the Ukrainian experience in places such as Alberta, Canada with other areas of Ukrainian settlement. Examples will include Argentina, where the 125th anniversary of Ukrainian settlement was marked in 2022, and Brazil, to which Ukrainians were emigrating at the same time as they moved to Canada. Among other examples that will be discussed is the Russian far east, to which hundreds of thousands of Ukrainians resettled at the turn of the twentieth century. Attention will also be directed to the ongoing refugee crisis precipitated by Russia's invasion of Ukraine.

Instructor: Serge Cipko

Dr. Serge Cipko is Assistant Director, Research at the Canadian Institute of Ukrainian Studies, University of Alberta. He is the author, co-author, and co-editor of several books including Starving Ukraine: The Holodomor and Canada's Response (2017) and Ukrainians in Argentina, 1897-1950: The Making of a Community (2011).

23-H205 Canadian Multiculturalism: Does it work?

Much has happened in the 11 years since ELLA offered this course originally. We will explore the impact of Black Lives Matter, Truth and Reconciliation, Idle No More, treaty awareness and social media on the challenges we face as a diverse society. Is our multicultural policy bringing us together or pushing us apart?

We will explore:

- How is racism distorting multiculturalism? What can we do about it? • What does multiculturalism mean to Indigenous peoples?
- What does reconciliation mean to non-Indigenous Canadians? • Who are the new immigrants? How were their journeys different from those of earlier immigrants? Is Canada doing an adequate job in helping them settle and using their skills?
- How does Quebec deal with diversity?
- How do other countries deal with the challenges of multiculturalism? Lectures and guest speakers from various communities will be used to inform discussions of vital issues in building a healthy, just, and multicultural Canada.

Instructor: Earl Choldin

Helping to build a successful multicultural society has been Earl Choldin's passion throughout his career – as Director of Education for the Dene Tha' First Nation, as Director of the Alberta Global Education Project for the ATA, and as teacher in inner-city Chicago, India, and Alberta. He earned a BA in psychology and an MA in international education from the U of Chicago, and a certificate in school counselling from the University of Alberta. In retirement he does volunteer work with various organizations including CCI-LEX English Language School. Earl is the former president of Canadian Multicultural Education Foundation.

23-H206 Unwrapping Ethics in a Practical Way

This course focuses on "hands-on" or applied ethics, addressing challenges faced by ethical leadership in matters of moral awareness and decision-making. 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 help focus 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 students to determine the better ending. The aim: to help the student "get to better ethical decision-making".

Instructor: Glenn Wm. Sinclair

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

23-H207 Women's Reproductive Control in the Americas

In this course we will explore the main notions of sexual and reproductive health in North America and Latin America, within a feminist and social justice framework. That will allow us to deepen our knowledge of the social structures that target women's bodies in contemporary times, with a special focus on forced sterilization and abortion. Moreover, we will have the opportunity to discuss case studies regarding access to reproductive health and justice.

Instructor: Marieliv Flores Villalobos

Marieliv Flores Villalobos is a Health Promotion and Socio-behavioural Sciences PhD student at the University of Alberta. She holds a MA in women's studies from the University of Ottawa. Her current research focuses on sexual health, reproductive justice, gender, and technology. Her work engages with critical analysis of the relation between biopower and intersectionality. In her work she investigates the use of technology from a feminist perspective, co-develops strategies for more accessible use of technology for groups in vulnerable situations, and also explores the notion of healing with women who underwent forced sterilization.

23-H208 The Women's Institutes (WI) as a Global Force for Community Development

This course examines how a rural women's group from Ontario conquered the world, focusing on women's education and community development. In the early twentieth century, the WI spread from Canada to the United Kingdom and then the Empire. As a founding member of the Associated Countrywomen of the World (ACWW), the WI extended its reach to form part of what is now the world's largest rural women's organization. The course is underpinned by an extended case study of the WI in Alberta, where Nellie McClung and Emily Murphy played such prominent roles. The course uses Powerpoint to support a lecture format.

Instructor: Dr. Evelyn Ellerman

Dr. Evelyn Ellerman is a retired professor of communication studies. For over three decades, her research has focused on three areas: the sponsorship of creative writing during the decolonizing years of the British Empire; the development of women's clubs in the British Empire; and the history and use of communication technologies, especially the internet, in post-secondary education. She is currently updating a seminal website on the AWI in preparation for a written history of the organization.

23-H209 Municipal Government in all its Intricacies

This course takes a comprehensive look at all of the intricacies of municipal government including:

- the unique structure of decision making in civic government,
- areas of jurisdiction,
- land use and zoning,
- relationships with other orders of government,
- differences with other orders of government,
- the complexities, limitations and trade-offs with use of different available revenue sources, i.e. property tax, user fees, utility charges, and investment revenue, - how a municipal budget works,
- and the relationship with the public and different levels of engagement.

Instructors: Ben Henderson and Scott McKeen

Ben Henderson served on Edmonton City Council from 2007-2021 as councillor for Ward 8. His initiatives created the City's Poverty Elimination, Winter City, Public Engagement and Energy Transition Strategies. He chaired the Utility Committee for 10 years and the Green Municipal Fund for 7, entrusted by the Federal Government to help municipalities improve their environmental sustainability. He served for 6 years as Chair of the Inter-City Forum on Social Policy and for 4 years on the Canada Council on the Social Determinants of Health. Ben also had a career in live theatre: as Artistic Director of Nexus Theatre, Great West, Theatre Network, Running With Scissors and Dramaturg/Artistic Director for SK Playwrights Centre, and freelancing. Ben now has a consulting business in public engagement, governance (particularly as it relates to non-profits) government relations and Winter Cities.

Former city councillor Scott McKeen's first career was in journalism. He spent 24 years at The Edmonton Journal as a reporter and columnist and spent his final eight years as a columnist, critiquing city council and opining on all things Edmonton. Scott left The Edmonton Journal in 2010 for a run at city council. He lost and then started a one-person communications firm. He succeeded in the 2013 election and spent eight years as the city councillor for Ward 6, the greater downtown. His passion on council were in affordable housing, mental health and the arts.

23-H210 The Origins and Evolution of French and Francophones in Alberta

To understand the place of the French language and Francophone cultures in Alberta today, you must dissociate them from traditional notions of ethnicity. French was spoken by many people in Alberta, in Canada and around the world. This requires an understanding of those who spoke French: those who were born into a French setting and those who chose to adopt one. French speakers include Indigenous peoples, settlers, migrants and immigrants. It also requires an understanding of the environmental, social, political, cultural, and economic forces that acted upon language and culture through the years, the strategies of resistance against those forces, and the ultimate impact of those strategies over time.

Instructor: Denis Perreux

Denis Perreux was born in Winnipeg, grew up in Saskatchewan and has lived in Alberta for the last 30 years. He earned a BSc in biology followed by a MA in history (2001) from the U of Alberta. Since 2000, his career has taken him from the federal government to the Association Canadienne-Française de l'Alberta and to his current position as Executive Director of the Société Historique Francophone de l'Alberta, where he has been sharing western and Alberta Francophone history since 2014.

23-H211 Journey through Journalism: Evolution in the World of Media

We will explore how modern journalists do their jobs in an ever-changing industry. Drawing on historic and contemporary examples, we'll use real-life journalism to kick off discussions about ethics, misinformation and "fake news," the effect of social media on the industry and more. We will learn how newsrooms make daily editorial decisions, including which stories get covered and who gets interviewed. Students will get a chance to think deeply about where they get their news and what to beware of when consuming media.

Instructor: Paige Parsons

Paige Parsons is an award-winning journalist and a reporter with CBC Edmonton. She has covered local, provincial and national news as a broadcaster and writer. She previously worked for the Edmonton Journal.

23-H212 The Canadian Charter of Rights and Freedoms

This course reviews developments leading to the inclusion of the Charter in the Constitution. It explains the contents of the Charter and how it is used to protect and promote rights and freedoms, as well as how it relates to other rights legislation such as the Human Rights Act. It shows how the Charter intersects with everyday lives by reviewing seminal Charter cases on topics of interest such as: the right to physician assisted death, freedom of expression and religion, the Quebec legislation banning face coverings in public, your rights upon arrest and the right to be free from unreasonable search and seizure especially as it relates to digital devices, and remedies for Charter breaches in other cases.

Instructor: Dr. Richard Mailey

Dr. Richard Mailey is the Director of the Centre for Constitutional Studies (CCS) at the U of Alberta. Richard manages the Centre's research and public education mandates. This includes serving as Editor-in-Chief for the Centre's two journals — the Review of Constitutional Studies (co-edited with Professor Han-Ru Zhou) and the Constitutional Forum, and coordinating research projects, public events and academic conferences.

23-H213 Road to World War Two: The Rise of Hitler 1933-39

Appointed chancellor by President von Hindenburg in January 1933, Hitler quickly outmanoeuvred his complacent conservative allies to create a Nazi regime. The violent repression of Jews and political opponents in Germany was followed by Hitler purging his own Nazi Party in the Night of the Long Knives. Now dictator of the strongest country in continental Europe, he broke the restrictions of the Versailles Treaty and initiated a massive rearmament program. Dividing the western democracies and Stalinist Russia, Hitler occupied Austria and Czechoslovakia before attacking Poland to start World War II. Why was he not stopped by those in Germany and other countries who had the power to do so?

Instructor: Brent L. Bennett

Brent Bennett graduated with a BA (Honours) in European History at the University of Alberta in 1985. He went on to complete an MA 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.

FINE ARTS AND ART INSTRUCTION

23-A201 Music and Culture in Early Edmonton

This course examines the musical and cultural practices in Edmonton from its settlement in the 1880s to the 1930s. Edmonton has always been a unique community, one shaped by its position on the periphery, both culturally and geographically. Despite its northern location, records from as early as the 1910s show that Edmonton had a vibrant musical and cultural life. In this course, we will explore topics that include local celebrity musicians, the role of the church and church music within the community, musical patronage, musical spaces like dance halls and curling rinks, and the advent of technologies like the gramophone. Together, we will learn about the history of Edmonton, its place as an urban centre within the prairie west, and its musical and cultural life.

Instructor: Dr. Jamie Meyers-Riczu

Dr. Jamie Meyers-Riczu is an instructor in musicology at the University of Alberta and Concordia University of Edmonton. Her research interests include music and text relationships in Liszt's symphonic poems, heroic masculinity in nineteenth-century instrumental music, local (music) histories, and music and music-making in Canada. When she isn't researching and teaching, Jamie releases some of her creative energy through photography.

23-A202 Ellington, Brubeck, and Corea

We will explore the music of three of jazz history's greatest pianist-composers. Duke Ellington (1899-1974), composer of over 2,000 pieces ranging from 3-minute gems to symphonic-scale works, made creative use of the unique musical personalities he chose to inhabit his big bands. His style was rich harmonically and highly colourful. Dave Brubeck (1920-2012) concentrated his creative energies on the quartets he led, often making use of unusual time signatures and fascinating tonal juxtapositions. Chick Corea (1945-2021) in many ways represents many of the paths jazz took in the decades following the 1960s as he explored fusion (jazz + rock), free jazz, classical, Latin, etc. Aural and video examples will enhance our study.

Instructor: Dr. Michael Roeder

Dr. Michael Roeder, PhD, taught the history of classical music and jazz at the University of Alberta for 31 years. His passion for music and teaching earned him the highest teaching awards at his home university as well as a 3M Teaching Fellowship, awarded to Canada's finest teachers. His book, *A History of the Concerto*, is considered the major study of this musical genre.

23-A203 Play Time! Improvised Theatre for Everyone

Goofing off isn't just 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, games with partners and in small groups, performing in front of their classmates, and loads of laughter!

Instructor: Joey Lucius

Joey Lucius 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.

23-A204 A History of the Broadway Musical

From its European roots, the Broadway musical evolved into a unique theatrical experience. At its height, it dominated popular culture, and, even today, its influence is everywhere. After the long pandemic shutdown, the Broadway musical has come roaring back, adapting as it always has to current trends and messaging. We will explore the full range and impact, with plenty of great music.

Instructor: D.T. Baker

Recently retired after 44 years in the music business, D.T. Baker remains an active educator and historian on music. Currently program notes writer and lecturer for the Edmonton Symphony Orchestra, Mr. Baker has presented many well-received classes for ELLA and elsewhere, sharing his passion for music and its historical context and relevance through a variety of media.

23-A205 The Detective Novel

This course explores one of the most enduring and popular genres in fiction: the detective story. We will trace the genre from its origins in the late 18th century through the classic detective stories of the Victorian era (Poe, Doyle, Collins, Chesterton), the "hardboiled" novels of the early and mid-20th century (Christie, Hammett, Chandler), up to the "post-modern" detectives of more recent fiction (Eco, Coover). The course will also discuss the wide variety of methods that detective writers use to sustain mystery and suspense, how these methods shift with different cultures and historical moments, as well as the different philosophical outlooks that these shifts imply (optimism, pessimism).

Instructor: Dr. Jared McGeough

Dr. Jared McGeough (PhD, Western) has taught courses in literature and philosophy 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.

23-A207 Sing Together

This course is an introduction to singing in a choir. Students will receive instruction on healthy vocal technique, basic music reading, and learning music by ear, through an overview of different choral music styles from across the centuries. This course will take the format of a typical choir rehearsal, but with a more relaxed pace of learning. Experienced choral singers and complete beginners are all welcome!

Instructor: Erin Craig

Erin Craig (they/them) is a pianist, conductor, vocalist, and composer born and raised in Edmonton. They are the artistic director of Accord Ensemble, an auditioned chamber choir for young adults, and they sing both soprano and alto in Edmonton's Pro Coro Canada. Erin teaches piano, voice, and theory at Crescendo Music Studios in Sherwood Park, and facilitates peer coaching and education masterclasses. Erin's musical education is rich and varied. They completed their undergraduate degree in jazz piano at the prestigious Berklee College of Music in Boston in 2008. Returning to Edmonton, they taught arranging, ear training, theory, and music history at MacEwan University while gigging as a jazz and rock pianist. In 2018, Erin earned a MMus in choral conducting from the U of Alberta. Erin lives in Edmonton with their partner Matthew and their cat Dale. When Erin isn't doing music-related activities, you can usually find them playing video games, watercolour painting or writing stories.

23-A208 Introductory Guide to Drawing in a Variety of Mediums

An absolute beginner's introduction to drawing or refresher for the experienced, this class teaches the participants to "see" and build a set of skills for drawing realistically and expressively. Principles covered include building line, perspective, tone/shading, and composition. Working in pencil, ink, conté and pastel, students will draw subjects such as still life, hands, landscapes and portraits. The instructor will demonstrate in a step-by-step manner to the class, followed by individual attention and assistance. Some historical context and examples will be discussed and group interaction is encouraged.

Instructor: David Shkolny

David Shkolny was born on the fringes of the Canadian Shield in Pinawa, Manitoba and grew up in Fort Saskatchewan, Alberta. He has an Associate Diploma in Fine Arts from Red Deer College and a Bachelor of Fine Arts degree from the Nova Scotia College of Art and Design (1992). Currently maintaining a studio practice in Edmonton, Alberta, he has been teaching painting and drawing since 2001 in Alberta, British Columbia and Italy. David's artwork is in collections across Europe and North America as well as the Canada Council.

23-A209 Pen and Ink Florals

Whether you are new to the medium of pen-and-ink or have fallen in love with it already, you will enjoy drawing a variety of flowers on a small scale. From poppies to petunias, you will learn basic strokes, create textures and control values by using different ink techniques. Students have the option of adding vibrancy to their drawings with a splash of colour. Working from photos provided by the instructor, you will learn through demonstrations and individual guidance.

Instructor: Susan Casault

Susan Casault is a professional artist who lives on an acreage south of Spruce Grove. A graduate of Alberta University of the Arts, she has always had a love of drawing, with graphite and coloured pencil being her focus in recent years. Her favourite subjects include portraiture, nature studies and prairie scenes. Susan has over 14 years of teaching experience.

23-A210 Local Landscapes with Watercolour and Gouache

Did you know we are surrounded by beautiful landscapes in our own province? Join this class and explore images from our river valley and areas outside the city limits as we learn how to use watercolours and gouache together to create beautiful paintings. You will be provided with exciting scenes that can be easily painted when you follow paint-a-long steps with your instructor. Learn many watercolour and gouache painting techniques including colour mixing, superb brush strokes, special tools for extra techniques along with colour theory and composition while you discover those hidden niches in our own backyard. Explore scenes from Whitemud Creek, Fort Edmonton Park, Pembina Park and much more. This course is for beginners and intermediate participants and takes place entirely in the comfort of an art studio.

Instructor: Frank Haddock

Frank Haddock is a versatile artist who works in any medium and currently focuses on watercolour. His works are characteristically illuminated by a strong light source that gives his art "an inner life and energy". Frank's artwork often focuses on human and animal forms upon which he arranges a cascade of light that produces interesting arrangements of shapes and colours. The result is a character study that has the spontaneous spirit of a moment caught in time. Frank received his BFA at the University of Alberta (1984) and has been teaching for more than 20 years, at Grant MacEwan University, several other cultural centres in Alberta, and at his own ARTRA Art School. His work is shown throughout Western Canada, is represented in numerous private and public collections including the Alberta Foundation for the Arts, and has been seen in Galleries West Magazine, Edmonton Women's Magazine, and Watercolour Artist Magazine.

23-A211 Mixed Media Figure Drawing in the Sketchbook

Students will be introduced to a variety of collage and painting techniques, including photo collage and mixed media drawing. Portraiture and the human figure will be the focus of this class. The figure will be semi-nude and drawn from a projection rather than a live model. Through the act of

layering paint, paper and other media, students will explore the history and evolution of mixed media for themselves. Through experimentation, we will find out the limits of what mixed media can do! Class work will be supplemented by presentations and discussions involving the evolution of art and collage. Contemporary and historical artists will be examined. Readings (provided by the instructor) will be optional.

Instructor: Samantha Walrod

Samantha Walrod (University of Alberta MFA 2013) is a collage artist, painter and educator living in Edmonton Alberta. Her work can be found in collections across Canada, including the AFA Collection. Walrod is best known for her figurative or still life collages, which are depictions of animal/human encounters or wilting flowers. Each body of work speaks to hope, loss, decay and the passage of time.