



SPRING SESSION

April 28 – May 16, 2025

EDUCATION BUILDING

UNIVERSITY OF ALBERTA

87 Avenue between 112 and 114 Streets



EDMONTON
**lifelong
learners**
ASSOCIATION

Message from the President

On behalf of your Board of Directors, I am pleased to offer all of you a warm welcome to the ELLA Spring Session 2025, running from April 28 to May 16 this year.

I personally look forward to returning to the U of A campus to visit old haunts, rekindle ELLA friendships, and enjoy a selection of the great courses being offered.

Thanks to all of our volunteers and committees who put together this wonderful program. It is a lot of work but I like to think of it as a "labour of love".

Please visit the registration desk on April 28, and plan to attend the Annual General Meeting on May 14. And, don't forget about the book exchange! See you at "the U"!

Steve Chambers



"Education is the kindling of a flame, not the filling of a vessel."

– Socrates

Introduction

We acknowledge that we are on Treaty 6 Territory, a traditional meeting ground, gathering place, and traveling route of the Cree, Blackfoot, Metis, Dene, Saulteaux, Nakota Sioux and others. As part of our commitment to lifelong learning, we embrace seeking knowledge and engaging in conversation to work together toward a stronger and healthier future



ELLA Spring Session is here again and we are excited to renew acquaintances and stimulate our passion for learning. This is our 24th year and we couldn't be more proud of our ability to adapt and change through the many challenges of the past.

Enjoy the 34 diverse classes in humanities, science, wellness, art and art history. Eight noon hour sessions are scheduled between April 29th to May 9th. Returning as well is our ever popular AGM and the Art and Craft Showcase. One evening class is offered for those interested in learning to love Italian wine.

Volunteers are the heart of ELLA and the reason we are able to thrive. We invite you join a committee and have some fun; meet other people and learn new skills; learn how ELLA operates. Stop by the information and volunteer tables to say hello and meet new friends. Bring a book, take a book, and learn about the many opportunities to volunteer. Bring a Friend between May 6 to 8th to share the ELLA experience.

Look forward to seeing you soon!



Course Timetable

S	Science	H	Humanities	W	Wellness	A	Fine Arts & Art Instruction
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Classes are divided into morning, afternoon, and art options.

Early Morning Classes 9:15 – 10:15 a.m.

25-S204	Wonders of the Night Sky	Brian Martin
25-S207	Precision Medicine: A User Guide	David Wishart
25-H207	Finding Common Ground in Alberta	Jared Wesley
25-H208	Acquiring an Understanding of Nehiyawewin	Dorothy Thunder
25-W205	Calligraphy and Card Making for Fun!	Liza Eldred
25-W209	Qigong Fitness – Power Your Life. – Energy+	Jaime Mattae
25-A201	The Russian Romantics from Mussorgsky to Rachmaninov	Michael Roeder

Midmorning Classes 10:35 – 11:35 a.m.

25-S201	The Mechanics of Things	Tian Tang
25-S206	Insects in Managed Ecosystems– The Good, The Bad and the Beautiful	Janet Sperling
25-H201	20th Century Canada: Why Canada in 1999 Bore No Resemblance to Canada in 1900	Alvin Finkel
25-H203	Democratic Government in Canada: Myths, Misinformation and Reality	Elizabeth Smythe
25-H204	Origins of the Cold War: 1945 – 1962	Brent Bennett
25-W201	Simplifying Your Life: The Sequel	Johanne Yakula
25-W203	The Art and Craft of Carving Lovespoons	Niall Capstick
25-A203	Play Time! Improvised Theatre	Joey Lucius
25-A205	Introduction to Choral Singing	Erin Craig

Course Timetable

Double-period Classes 9:15 – 11:35 a.m.

with 20-minute break

25-A206	Acrylic Landscapes II	David Shkolny
25-A208	Oriental Brushwork	Amy Loewan

Early Afternoon Classes 1:10 – 2:10 p.m.

25-S205	How Human Genetics Affects You, Your Family and Society	Heather McDermid
25-S202	Forensic Anthropology: The Story in Your Bones	Alexandra Rocca
25-H202	Economics for Everyone – The Principles	Junaid Jahangir
25-H206	Comparative Constitutional Law: Canada and Beyond	Richard Mailey
25-W202	Finding Happiness	Kim Silverthorn
25-W208	The Organic Gardener's Journey: A Step-by-Step Guide to Organic Gardening Success	Aida Mustapic
25-A204	Steampunk: The Era of Steam gets a Makeover	Mike Perschon

Midafternoon Classes 2:30 – 3:30 p.m.

25-S203	Introduction to Meteorology	Ron Goodson
25-H209	Tawantinsuyu: the Inca Empire	Dr. Lidio M. Valdez
25-H205	Witches, Demons, and Conspiracies: Diabolical Witchcraft in the 15th Century	François Pageau
25-W206	Nature and Travel Photography	Chris Stambaugh
25-W207	Gentle Yoga for Strength, Calm and Well-being	Anita Sielecki
25-A202	Finding Your Memoirs AHA – the Absolute Hook Attention-Grabber	Rusti Lehay

Course Timetable

Double-period Classes 1:10 – 3:30 p.m.

with 20-minute break

25-A207	Painting Animals Using Watercolour and Gouache	Frank Haddock
25-A209	Pen and Ink – Birds of the World	Susan Casault

Offsite Evening Class M/W 6:30–9 p.m.

Mixtale Liquor, 914 Parsons Road SW

25-W204	Learning to Love Italian Wine	Marcia Hamm
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Noon Hour Presentations



11:50 a.m. to 12:50 p.m. to accommodate class schedules

Location: **Auditorium ED N2-115.**

To learn more, inquire at the ELLA Info Table or check "My Account" page online.

April 29	What are Hate Crimes and how do you report them?	Cydney Ross
April 30	Reconnecting Cloth and Soul: Creative Clothing for a Burdened World	Hermína Joldersma
May 1	Examining the Stereotype: What is an Albertan?	Jackie Flanagan
May 2	You are what you eat: How diet influences the gut and human health	Anissa Armet
May 6	Completing the Dream: Winspear Expansion	Lisa Hennig
May 7	Fusion Gardening	Jim Hole
May 8	Edmonton Queer History Project	Michael Phair
May 9	A century and a half of Dinosaur discoveries in Alberta and the role played by the University of Alberta	Philip J. Currie

Registration

REGISTER
ONLINE

To register, you must be a member of ELLA. The annual membership fee is \$25. You can purchase your membership [HERE](#)

Cost structure*

- **\$250 for up to two courses** (art instruction* counts as 2 courses)
- **\$325 for three courses**
- **\$390 for four courses**

*Art instructions count as 2 courses as they take place over 2 periods. In order to allow access to as many students as possible, we ask that you register in only one of the 4 half-day Art Courses. Evening Class counts as one class.

Wednesday April 2 @ 9:00 a.m.

Online registration opens.

Monday April 21 @ 3:00 p.m.

Deadline for course changes.

Deadline to withdraw and obtain a refund

Wednesday April 23

Last day of registration

If you experience **any difficulty**, please contact our **office** by **email** at support@my-ella.com or by **phone** at **825-901-0515** (standard office hours). Course changes, withdrawals and refund requests should be sent to support@my-ella.com. All registrations are handled **online**.

***Busaries** are available. See full details on our [website](#)

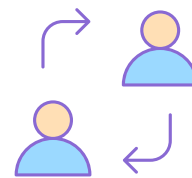


1, 2, 3, or 4 Register for the number of courses you want

Course Changes

Changes to your selected courses can be made until Monday, April 21 at 3:00 p.m. if there is room in the class(es.) Contact support@my-ella.com.

Note: if you increase/decrease the number of periods you will be attending, additional charges/refund may be in order, based on the pricing structure for the Session.



Once the session begins, we ask that you remain in your class for 2 days (April 28 – Apr 29). Change requests can be made in person on Wednesday April 30 on site from 9 a.m. – 1 p.m. or by email: support@my-ella.com. Please note the course number and title of the courses. Changes are dependent on classroom occupancy space and registration numbers at time of request.

Course Cancellation Policy



In the event that a course does not meet the minimum requirements for enrollment, you will be advised of the decision to cancel the course and may either choose another course, or receive a refund based on the pricing structure for Spring Session.

Refund Policy



At any time prior to Wednesday April 23 @ 3:00 p.m., you may withdraw your registration and receive a refund, but please note a \$75 administration charge will apply.

Course Materials and Resources



To find course materials and resources, go to **Welcome to Your Account** on the my-ella.com website, and select the blue button “**My Courses**”.

Course materials are added by the course instructor and are only available during Spring Session and for a short time after Spring Session ends. Course materials will be removed after **Friday May 23 at 11:59 p.m.** (7 days after the last course).



The Information Table

The Info Table, located in the hallway by the main-floor Euro Cafe in the Education Building, is the primary place for information.

First Day Check-In

Beginning at **8 a.m. Monday, April 28**, head to the **Registration Check-in** to pick up your name badge and find out where your classes are.

Food

The Education Building's 'Euro Cafe' is open for food and beverage purchase. You can bring your own food and use the tables across from the cafe, or eat and relax in the seating area in the north wing on the 2nd floor. Short walk options are Earls or Booster Juice (south on 112 St to Campus Tower). HUB mall has a variety of kiosk eateries (walk N on 112 St to 89 Ave. Elevator thru LRT Station) and SUB (Students Union Building) (walk W on 89 Ave).



Photos

ELLA volunteers take photos during Spring Session for use in our promotional material, newsletters, social media, and website. If you do not want your photograph taken, please let the photographer know and/or move aside so that you are not in the photograph.



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Classes are offered at Spring Session!

Etiquette

Distance between classes, after-class discussions, mobility issues, and non-class responsibilities can make us late for a class or lecture. However, it is possible to minimize the effects on others. These suggestions will help foster an atmosphere of respect for both presenters and other students:



- Please wait for the class already in the room to vacate before entering
- Settle into your seat before the session.
- Front rows are generally reserved for those with limited mobility.
- If you need to leave your cell phone or other devices on, please place on silent or vibrate mode and leave the room if you have to answer it.
- Have to leave the session before it ends? Sit near the door and hold the door as you leave so it does not bang shut.
- Please refrain from side-conversations during the presentation.
- Remember to **have fun**, and enjoy the session and the camaraderie.

Your Health

If you are unwell, please stay home. Take care of yourself as this helps keep our Spring Session campus community healthy. By taking care of yourself today you will be in better shape to return to classes.

STAY HOME when you are unwell.



“The beautiful things about learning is nobody can take it away from you.”

– B.B. King

Course Evaluations

Course Evaluation responses are the fuel the Program Development team needs to plan next year's education program

3 days before the last classes of Spring Session, Course Evaluations are posted to your ELLA Account page .

- To locate: go to the "Welcome to Your Account" on the my-ella.com website and select the blue button "My Surveys".
- Once the survey is opened you cannot go back to finish or change responses.
- Responses are anonymous and collated for the course and then for the overall Spring Session.

Spring Session evaluations close on Wednesday May 21nd at 5 p.m.

If you don't see your course listed in Available Surveys, send a message via support@my-ella.com, noting the course evaluation number and title you are not seeing.

Code of Conduct

ELLA is committed to providing an environment free of discrimination and harassment, and is supportive of the productivity, dignity, and self-esteem of every employee, volunteer, guest and participant in ELLA.

ELLA members, volunteers and guests are expected to conduct themselves in accordance with the Code of Conduct. Failure to do so may result in disciplinary action ranging from a simple discussion, to a warning, to revocation of membership including suspension from attending Spring Session.



Getting Around



Location:

Classes and noon-hour presentations will be held in the **Education Building** on the north side of 87 Avenue between 112 St. and 114 St. at the University of Alberta main campus in Edmonton.



Getting to U of A:

The Education Building is easily accessible by **LRT and bus**.

See [routes and schedules](#) .

Bicycle racks are located near most doors.

Bicycle cage parking is also available through **Parking Services** or bicycles can be locked to the bicycle stands outside the south and east doors of the Education building.



Parking:

Car Parking Permits are available for the three weeks of Spring Session for \$112.20 for full days for the three weeks. ELLA will submit a list of ELLA registrants to the University of Alberta Parking Services at the end of each week of April.

Parking Details:



Parking Pass applications are open depending on the date that you register:

When did you register for Spring Session?	When can you apply for a Parking Pass?
April 2 – 10	April 14
April 11 – 18	April 21
April 19 – 21	April 24

Purchase U of A Car Parking Pass:

1. Check the schedule above to see when your name has been submitted to Parking Services.
2. On the date indicated, go to <https://www.ualberta.ca/parking-services/permits/student-permits/index.html>
3. Scroll down the page and click on the green button “Manage Your Parking Permit.” This will take you to the parking portal.
4. If you have a CCID and password with the University, choose the first button “UAlberta Login.” If you do not have a CCID choose the Guest Login.
5. Follow the simple instructions to:
 - a. Enter your email address and password if you have purchased a parking pass in the past.
 - b. If you forgot your password or login information, choose “retrieve account information.”
 - c. If you do not have an account, choose “create one.”

Education Carpark has **accessible** parking. The second floor of the carpark has a pedestrian walkway to the 2nd floor of the Education Building.

Hourly parking:

Pay for hourly or daily parking from your phone, tablet or computer with [HonkMobile](#).

Purchase a U of A Bicycle Parking Pass:



1. Check the schedule in the table above to see when your name has been submitted to Parking Services.
2. Purchase bike parking passes for secure bike cages from the Parking Services Office located at 1-051 Lister Centre: open from 7:30 am through 3:30 pm, Monday through Friday. 780-492-7275 . [More info](#)
3. There are also free bike racks across campus. Info on storing your helmet will be posted on the ELLA Info board on May 1.

Special Events



Tuesday April 29 11:40 a.m.

President Steve Chambers' Welcome to Spring Session

Auditorium (ED N2-115) – immediately prior to NHP

Tuesday April 29 – Friday May 16 (closes at 12:45 p.m. May 16)

'Bring a Book, Take a Book' – **table beside the ELLA Info Desk**

Monday May 5 11:45 AM – 1 p.m.

Volunteer Day Fair

Explore the many volunteer opportunities with ELLA and enjoy a coffee and treat while getting acquainted with fellow ELLA members!

Education Atrium 4-110

Tuesday May 6 to Thursday May 8

Bring a Friend Week

Introduce your friends to the learning experiences of ELLA. Sign up sheets available at the Info desk from April 28 to May 2 at 1 p.m.

Monday May 12 11:40 a.m.

Volunteer Celebration Lunch

A special thank you for our wonderful volunteers.

Education Atrium 4-110

Tuesday May 13 12 to 12:30 p.m.

ELLA Improv Extravaganza

Auditorium (ED N2 115)

Wednesday May 14 11:50 am – 12:50 p.m.

Annual General Meeting and Introduction of New Board Members

Find out about, and participate in, the running of ELLA.

Auditorium (ED N2-115)

Thursday May 15 11:40 to 12:50 p.m.

Art and Craft Showcase

Education Atrium 4-110

Enjoy your classes, and the on-campus experience.

CONTACT ELLA

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