

Creative Expressions

Lecture Series 2011-12



Date / Time	Topic	Mount Royal University Presenter
Aug 25, 2011 2-3 pm	The Artist M. C. Escher	Roberta La Haye, PhD, Assistant Professor and Pamini Thangarajah, PhD, Associate Professor, Department of Math, Physics and Engineering
Sep 8, 2011 2-3 pm	Respect in Sport: Is it making an effect?	Julie Weible PhD(c), Assistant Professor, Department of Physical Education and Recreation Studies
Sep 22, 2011 2-3 pm	Hôtel Biron: home of the Rodin Museum in Paris	Marianne Beauvilain, MA, Associate Professor, Department of Languages and Cultures, Professor of French and Romance Studies
Oct 6, 2011 2-3 pm	Zen Gardens and Beds of Nails: An Introduction to Asian Religions	Steven Engler, PhD, Associate Professor, Religion Department of Humanities
Oct 20, 2011 2-3 pm	Gifting your most valued: Creating a legacy letter for your family	Anne Johnson, Administrative Assistant, Department of Education and Schooling
Nov 3, 2011 2-3 pm	Why is the sky blue?	Raphael Slawinski, PhD; Associate Professor, Physics Department of Math, Physics and Engineering
Nov 18, 2011 2-3 pm	Physical activity for cancer prevention	Heather Ray, PhD(c); Assistant Professor, Department of Physical Education and Recreation Studies
Dec 1, 2011 2-3 pm	Beyond the Basics – tricks your Grandkids don't know: making the most of the Internet	Margy MacMillan, Instructional Services Librarian, Library Services
Jan 5, 2012 2-3 pm	Good Grief: healing after loss	Janet Arnold, MSc; RSW; PT Instructor, Psychology and Counsellor, Student Counselling
Jan 19, 2012 2-3 pm	The importance of balance and active living	Allison Gross, DC; Chiropractor, Wellness Services
Feb 9, 2012 2-3 pm	Exercise for cardiovascular health	Heather Ray, PhD(c); Assistant Professor, Department of Physical Education and Recreation Studies
Mar 9, 2012 2-3 pm	Early history of the RCMP	Rod Martin, PhD; Instructor, History, Department of Humanities
Mar 22, 2012 2-3 pm	Crime prevention for Senior Citizens: A positive approach	John Winterdyk, PhD, Director, Centre for Criminology and Justice Research
Apr 5, 2012 2-3 pm	Musical Theatre: Sweeney Todd	Reid Spencer, PhD, Associate Professor, Music Department of Theatre, Speech and Music Performance
Apr 19, 2012 2-3 pm	The Paper Bag Princess: A Re-enactment	Children attending MRU Child Care Centre and Narrator: Nancy Christophersen

Sessions are open to the public - Garrison Green Seniors Community Theatre
3028 Don Ethell Boulevard SW, Calgary, AB

Aug 25, 2011 The Artist M.C. Escher

Common reactions to M.C. Escher's artwork include: "Wow!" and "How did he do that?" Mr. Escher was a Danish graphic artist with a particular love for symmetry. At the age of 38 he discovered that a subject he struggled with as a youth held the key to him fulfilling his artistic desires. The subject was math. In this talk we will discuss M.C. Escher and his art and we will give a brief explanation of the ties to mathematics. We'll end by showing the audience how he did some of his artwork and give them the opportunity to try his techniques themselves.

Sept 8, 2011 Respect in Sport: Is it making an effect?

In September 2010, Hockey Calgary instituted the mandatory Respect in Sport (RiS) parent program. The intent of the program is to educate parents on the effects of negative sport related behaviors. In an effort to understand the perceived impact of the RiS program, a group of researchers from Mount Royal University began a three year study examining the perceived effects of the mandatory RiS program parent program. This presentation will share the initial findings from year one of the study and engage the audience in a discussion with regards to sports and the issue of respect.

Sept 22, 2011 Hôtel Biron: home of the Rodin Museum in Paris

This presentation will retrace the history of a 250 year old building which is today managed by France's Ministry of Culture as a part of France's 'patrimoine'. Rodin moved into a part of the house in 1908, and subsequently began assembling his works inside the mansion and outside in the 7.4 acre gardens. In 1916, he gave the French government all his collections, with the understanding that they would purchase the building and turn it into a public museum.

This discussion will trace how the Hôtel Biron evolved, from an aristocratic residence, (whose last owners were guillotined during the Reign of Terror during the French Revolution), to an exclusive Catholic girls' school (where Napoleon III's wife, Eugénie, took her first communion), to a bohemian hang-out at the turn of the 20th Century (where artists like Matisse and Cocteau worked), to the world-class Rodin museum it has become today.

Oct 6, 2011 Zen Gardens and Beds of Nails: An introduction to Asian religions

This presentation will offer a very brief overview of the beliefs, practices and material culture of selected Asian religions: Hinduism, Jainism, Buddhism, Sikhism, Confucianism, Taoism and Shinto. We will explore three questions in a comparative manner in order to get a sense of similarities and differences among these religions and between these and western religions. What is the view of time, history and human action? What does it mean to be a human being? What is salvation and what can we do to achieve it? The presentation will include a wide variety of photographs and artworks.

Oct 20, 2011 Gifting your most valued: creating a legacy letter for your family

This session will give you an understanding of what legacy letters are and how you might want to begin to write yours. The process allows you to honor your past, capture your present values and inform future generations. Our families are all growing and may live in remote locations. Legacy letters provide an opportunity to transcend generations with messages of hope and the wisdom of your experiences. Creating your legacy letter also provides the author with opportunity for personal growth by converting experience into wisdom and fulfilling our responsibility to pass this wisdom to future generations.

Nov 3, 2011 Why is the sky blue?

Have you ever wondered why the sky is blue? Enjoy an intriguing discussion revealing the reasons for the "blue of the sky" in this "physics made easy" presentation.

Nov 18, 2011 Physical activity and its role in the prevention of cancer

A growing body of research supports the positive link between physical activity and cancer prevention. Together we will discuss strategies which reduce your risk of a cancer diagnosis by promoting and maintaining daily physical activity and a healthy diet.

Dec 1, 2011 **Beyond the Basics – tricks your Grandkids don't know: making the most of the Internet**

Tired of wading through the electronic junkyard looking for useful, reliable sites? Learn how to find what you want more effectively using advanced tools and techniques. Find out about key sites for your interests, discover efficient ways to keep track of the sites you use most and delve into some of the 'net's overlooked treasures. Your questions will guide a safari into some of the lesser-known areas of the web - perhaps Alberta historical resources, perhaps legal or medical information. Discover ways to evaluate the information you find, organize your links and other aspects of using the Internet safely and wisely. Bring your questions and a spirit of adventure to this interactive session.

Jan 5, 2012 **Good Grief: healing after loss**

Grief is a normal, natural and necessary response to the many losses (not just death) that we experience in our lives. Grief is also something that many of us do not have the opportunity to talk about. This leaves us wondering if we are "doing it right". Join in the discussion to learn and share what helps and what hurts while we are grieving.

Jan 19, 2012 **The importance of balance and active living**

As we age maintaining our balance can become difficult. However, it is important that we continue to challenge our body to improve our balance. Not only for the purpose of preventing falls and broken bones, but also to be able to continue to live an active, healthy, and independent lifestyle. Join the health care practitioners from Wellness Services at Mount Royal University for an informative and interactive session on maintaining our balance as we age.

Feb 9, 2012 **Exercise for cardiovascular health**

Heart disease and stroke are a leading cause of death in men and women in North America. This presentation explores the risk factors associated with cardiovascular disease and how these risks can be reduced through regular exercise, good nutrition and a fun, healthy lifestyle.

Mar 9, 2012 **Early history of the RCMP**

Explore the early history of the RCMP, specifically the early frontier period and the settling of the Prairie West (Alberta). Discuss this era within the contexts of the early history of Canada and First Nations' communities and relations.

Mar 22, 2012 **Crime Prevention for Senior Citizens: A positive approach**

We often speak only about the victimization of the elderly and respond in a reactive manner to their risks and fear of being victimized. This presentation is premised on the fundamental notion that being proactive is not only cost efficient but also contributes to the overall well-being of seniors. This presentation will provide an overview of some key (straightforward) crime prevention strategies/interventions that seniors can take to reduce their risk of being a victim of a crime.

Apr 5, 2012 **Musical Theatre: Sweeney Todd**

An introduction to musical theatre and the preparations involved. Discuss the plot and style that Sondheim used in writing Sweeney Todd. Attend an optional preview performance featuring today's presenter as Judge Turpin at Vertigo Theatre on May 9th.

Apr 19, 2012 **The Paper Bag Princess: A Re-enactment**

Experience a delightful re-enactment of a very popular story, "The Paper Bag Princess" written by a Canadian author; Robert Munsch. Children attending Mount Royal University's Child Care Centre will interpret the story and make it come alive.