



ALL News

Acadia University Lifelong Learning

Volume 3, June 2010

Social life is brain booster

Did you know? You can prevent or delay most dementia by living a healthy lifestyle. The three main protective factors are exercise – at least 30 minutes a day – plus intellectual stimulation and an active social life. “Social engagement works specific areas of the brain that are not stimulated in any other way. Socializing is ‘brain exercise’.” – Dr. MaryJane Shankel, speaking at ALL’s March 3rd event, “Prospects: New Possibilities After 50”.



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ALL survey yields gold

by Rachel Cooper

Even before the final results were in, ALL’s program committee was sifting through reams of raw data from the February survey of our members. They were looking for ideas to help them tailor the upcoming year of courses, seminars and outings.

They struck gold, in both the quantity and quality of your suggestions. Nearly one quarter of ALL members took time to answer the survey and make detailed comments. For any survey, that’s an amazingly high response.

Your survey answers and suggestions will be informing the ALL board’s decisions for the coming year and beyond.

The changes to this summer’s expedition to Beaubassin are in part because of what you told us. Although the expedition’s focus is still plant collection, its many side trips and planned events will make it a cultural and culinary adventure, too (see page 2).

A little over a third of you think the balance of ALL courses is just about right, while a quarter would like more courses in creative skills, such as writing, photography and painting. Another quarter would like more courses in practical skills.

Transportation is an issue for many, with winter driving and night driving being the biggest hurdles. Only 17 per cent said transportation was not a problem. Respondents were almost evenly split between those who would use carpooling, if it were available, and those who would not. That’s a high-enough expression of interest to get the board moving on it.

Thank you for telling us what you think. The vast number of positive comments tell us we’re on the right track. You’re helping ALL become even stronger. We hope you’ll continue to like what you see.

A few comments from ALL members in the 2010 survey

“I really enjoy this contact with the university and the community. You do us a great service.”
Yvette LeBlanc

“I am very thankful ALL exists. It has enriched my life over and over again. The people who partake of the many programs offered are interesting active people - great to be with.”
Nancy Brister

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Summer potluck

Watch for details of ALL's "lunch & launch" potluck in August. Bring your potluck favourite and pick up your course calendar for 2010-11. If you can help us distribute the calendar by leaving a few at your local businesses, post office and community centre, please call us at 585-1434 or 800-565-6568 or email allinfo@acadiau.ca.

ALL on call

Whatever the weather, you may never have to miss an ALL class or seminar again. For information on storm days, course updates, cancellations, room changes and ALL announcements call:

902-585-1434 press 1
or
1-800-565-6568 press 1

This information line is a recorded message of ALL events only and will be updated daily Monday to Friday between 8:30 am and 4:30 pm.

Member spotlight

by Dennis Nash

A graduate of Acadia, Dalhousie and the University of Toronto, Gerry Parker is interested in the various relationships between painting, music, poetry and fiction.

For 30 years (1965-1995) he was a professor at the University of Western Ontario, specializing in theatre history, Eighteenth-Century Drama and Theatre, and modern drama.

Over the past few years, he has given ALL courses on Poetry, Modern Artists and the Theatre, Modern Drama and Politics. This past winter, he gave a series of lectures on four modern abstract artists: Vassily Kandinsky, Paul Klee, Mark Rothko and Jean Paul Riopelle.

Gerry is also, himself, an artist, and when not painting, writing or lecturing, is an avid golfer and skier.



Gerry Parker
(photo: Dennis Nash)

Explore Tantramar in July

by Harold Forsyth

ALL members are invited to sign up for a week of exploration, learning, camaraderie and fun.

A third botanical expedition, in partnership with the KC Irving Environmental Science Centre, will take place July 26 to 30 at Camp Beaubassin, overlooking the beautiful Tantramar Marshes near Amherst. We will explore the natural wonders of the region.

Although the focus of the expedition is to collect plants for the herbarium at the Harriet Irving Botanical Gardens, we will also spend time learning about history, geology, and birds, and take time for entertainment. Side trips will include Fort Beauséjour, the Amherst Point Bird Sanctuary, Joggins Fossil Cliffs, and a hike along the beautiful Ward's Falls Trail.

Everyone is welcome, but space is limited. Contact Open Acadia for more information and to sign up.



Ruth Newell and Harold Forsyth

Dinosaurs, painted pears and...?

by Kathy Little

What do dinosaurs, painted pears, several books, scrumptious food, *six soeurs*, and 40 over-50s have in common? All attended Acadia Lifelong Learning's Annual General Meeting on April 20, in one form or another.



Vicky Parker
(photo: Dennis Nash)

Following the wolfing down, or rather the gentle savouring of most of the scrumptious food, the 10th year of ALL was reviewed. The consensus was that of a satisfying and productive year with only the minor glitch of courses being cancelled due to under booking. The quickly offered resolution – posting the minimum number required for enrolment in the brochure – allowed the membership to steam ahead excitedly to investigate the course offerings for the coming year. Discussion of the ever-popular Brown Bag Lunches riled the crowd into considering the program's expansion to include far-flung communities, such as Mahone Bay.

The mention of expeditions to this adventurous crowd, on the heels of a passionate recommendation of the Viking course, evoked suggestions to veer away from solely botanical jaunts to more exotic outings.

For those not attending, the dinosaurs belonged on a quilt, the pears in a painting, and the *six soeurs* in a poem – polished works of art by ALL contributors.

A good time was had by ALL.

The play's the thing

King's Theatre in Annapolis Royal will be producing two 10-minute plays written by ALL members. The plays will be part of the annual King's Shorts Festival, June 18–20.

Rae Winkelaar's drama, "My Brother's Letters," and Rachel Cooper's comedy, "Take Thirty," were among those submitted by a group of five ALL members who met to workshop one another's plays. The playwriting was inspired by Susan Haley's Writing Fiction course last fall, in which all five were students. A total of eight 10-minute plays were chosen from among 47 submitted. All eight will be staged at each performance. Phone 532-7704 for reservations.

2010 survey quote

"ALL is great! It provides intellectual stimulation and an opportunity to learn and socialize in a friendly and stress-free environment – everything I looked forward to in retirement!"

Can't make a seminar?

Please let us know if you've signed up for a seminar and can't attend. If there's a wait list, you'll be helping another ALL member, because we'll give them your spot. Even if there isn't a wait list you'll be helping the environment – we won't be printing more hand-outs than we need. Please phone 585-1434 or email us at allinfo@acadiau.ca.

Visit our website

Check our website for the 2010–2011 course listings and to find out what's new in Acadia Lifelong Learning <http://all.openacadia.ca>

Call for courses!

Send us your ideas for ALL courses, seminars or other events. Know someone who might teach or lead? Email, phone or write us a letter to make your pitch. The ALL Board will consider every suggestion.

Brown Bag Lunches

Look for the start of the popular Brown Bag Lunch program again in September. Every Thursday at noon, bring your lunch and a healthy curiosity to the beautiful Fountain Learning Commons (upstairs). You'll enjoy exciting topics and speakers and lively company. If you have an idea for a speaker or topic, or would like to be a speaker yourself, email us at allinfo@acadiau.ca or call 1-800-565-6568.

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Instructor spotlight

by Roger Boutilier

Peter Walker's 37-year career in Canada's foreign service ranged from being our High Commissioner to India to serving as Governor General Roland Michener's attaché (and tennis partner) at Rideau Hall.



A native of Winnipeg, Peter moved to Wolfville 10 years ago, drawn by its natural beauty, friends in the area, and Acadia University. He calls ALL "a wonderful program." He is equally at ease offering a lecture or listening to one.

Peter has previously spoken to ALL on the role of an ambassador, South Asia geopolitics, and peace operations. His role models include retired general Romeo Dallaire for his courage concerning the 1990s Rwandan genocide.

Peter and his wife, Janet, travel widely, including a trip this year to Cambodia, a nation he also saw early in his diplomatic career. Next year, he will speak on the upheaval that convulsed that country in the 1970s and its recovery in "The Killing Fields Revisited: Cambodia and the Khmer Rouge Trials."

ALL gift certificates

If your friends and family don't know what to get you for your birthday (or for Mother's Day, or Groundhog Day...), why not drop them a gentle hint that ALL now offers attractive gift certificates in any amount. A \$30 certificate, for example, will buy your annual membership or can be applied to your favourite ALL course.

ALL gift certificates are environmentally friendly (one small piece of paper) and do not need to be dusted, tuned up or watered. They save on wrapping paper and mailing costs, too.

Order your gift certificates by contacting Open Acadia. Or leave a note with the contact details and the words "ALL gift certificate" on your kitchen table. You might casually point to it when people visit...