

# ARAS Weekly Newsletter

Association of Retired Academic Staff



**August 1, 2023**

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## **CURRENT AFFAIRS SALON**

We are now in the summer season when the Current Affairs Salon usually breaks until the Fall. We have noted that there are several new members of the Association this year, a number of whom have indicated an interest in the Salon. However, we have not seen many of them appear in the Zoom meetings we have had thus far in the year. It may be that some members are not familiar with the Zoom “routine” or would rather the sessions be in person.

To look further into this, we have decided to have a regular meeting (complete with topic TBD by next week) at **2:00 pm on Thursday August 17**. It will be held “in person” in the Party Room at Riverwind (10721 Saskatchewan Drive) which is the residence of the organizer, Gordon Rostoker. There is plenty of free parking in the guest parking lot behind Riverwind. Coffee, tea, and cookies will be provided. (Instructions as to how to get to the guest parking lot in Riverwind will be provided in the next Newsletter.) After the normal discussion of the chosen topic, we will make some decisions regarding the choice of *in person* vs Zoom sessions and develop a list of preferred topics for the

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future from the members present. So far 6 members have indicated an interest to attend but there is room for more!

Some time between now and a week before the event, we would like to know how many of you plan to attend so we can be prepared. You can inform us at [emirhse@ualberta.ca](mailto:emirhse@ualberta.ca) at your convenience.

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## **WEBINAR OF INTEREST**

### **Are You Living Your Best Retirement Life?**

**Wednesday, September 13, 2023, 3pm to 4pm Eastern Time  
(4pm to 5pm Atlantic Time)**

In this webinar session, you will:

1. Consider key domains of life that are important for a healthy, fulfilled life in retirement;
2. Assess your level of success in relation to each of these important life domains;
3. Hear advice from researchers and other retirees about strategies to live your best life in retirement;
4. Learn of opportunities for in-depth lifestyle planning during retirement.

The speakers are **Dr. Sue Hutchinson**, Adjunct Professor, Recreation and Leisure Studies, School of Health and Human

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Performance, and **Susan Holmes**, Adjunct Professor, Faculty of Arts and Social Sciences, Dalhousie University, Halifax, Nova Scotia.

To Register for this free Zoom session, go to:

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or for Further Information, contact Dr. Sue Hutchinson at [theretiredyou@gmail.com](mailto:theretiredyou@gmail.com)

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## OFFICE ASSISTANT

David will be working remotely next Tuesday.

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# ARAS Weekly Newsletter

Association of Retired Academic Staff



**August 7, 2023**

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To look further into this, we have decided to have a regular meeting at **2:00pm on Thursday, August 17th** dealing with the topic of the threat to democracies around the world. The meeting will be held “in person” in the Party Room at Riverwind (10721 Saskatchewan Drive) which is the residence of the organizer, Gordon Rostoker. There is plenty of free parking in the guest parking lot behind Riverwind. Coffee, tea, and cookies will be provided.

After the normal discussion of the chosen topic, we will make some decisions regarding the choice of *in person* vs Zoom

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sessions and develop a list of preferred topics for the future from the members present. So far 6 members have indicated an interest to attend but there is room for more!

We would like to know how many of you plan to attend so we can be prepared. You can inform us at [emirhse@ualberta.ca](mailto:emirhse@ualberta.ca) at your convenience.

[Details of how to get to Riverwind will be provided next week to all members who have indicated an interest to attend.]

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### **Are You Living Your Best Retirement Life?**

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The speakers are **Dr. Sue Hutchinson**, Adjunct Professor, Recreation and Leisure Studies, School of Health and Human Performance, and **Susan Holmes**, Adjunct Professor, Faculty of Arts and Social Sciences, Dalhousie University, Halifax, Nova Scotia.

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# ARAS Weekly Newsletter

Association of Retired Academic Staff



**August 15, 2023**

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## **CURRENT AFFAIRS SALON**

The next meeting of the Current Affairs Salon takes place at **2:00pm on Thursday, August 17th** dealing with the topic of the threat to democracies around the world. The meeting will be held “in person” in the Party Room at Riverwind (10721 Saskatchewan Drive) which is the residence of the organizer, Gordon Rostoker. There is plenty of free parking in the guest parking lot behind Riverwind. Coffee, tea, and cookies will be provided.

After the normal discussion of the chosen topic, we will make some decisions regarding the choice of *in person* vs Zoom sessions and develop a list of preferred topics for the future from the members present. All those who have indicated that they will attend have been sent instructions about how to get to Riverwind. If there is anyone who hasn't indicated they will

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come, but wishes to do so please inform us at [emirhse@ualberta.ca](mailto:emirhse@ualberta.ca).

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The speakers are **Dr. Sue Hutchinson**, Adjunct Professor, Recreation and Leisure Studies, School of Health and Human Performance, and **Susan Holmes**, Adjunct Professor, Faculty of Arts and Social Sciences, Dalhousie University, Halifax, Nova Scotia.

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or for Further Information, contact Dr. Sue Hutchinson at

[theretiredyou@gmail.com](mailto:theretiredyou@gmail.com)

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## UPCOMING BIRTHDAY

The ARAS wishes a very happy birthday to Noreen Willows on August 20th! May this special day be filled with joy, laughter, and cherished moments.

Happy Birthday, Noreen!

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# ARAS Weekly Newsletter

Association of Retired Academic Staff



**August 22, 2023**

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## **CURRENT AFFAIRS SALON**

On August 17th a meeting of the Current Affairs Salon took place with twelve members in attendance. After a vigorous discussion about the fate of democracy in general terms and pertaining to Canada and Alberta in particular, the members were asked their opinion as to whether future sessions should be in person or via Zoom. The overwhelming opinion was in favour of in person sessions. However, there are a number of ARAS members who could not attend this last meeting. If there are some who would like to see some sessions via Zoom, please inform us at [emirhse@ualberta.ca](mailto:emirhse@ualberta.ca).

The next meeting of the Salon will be held in person on **Thursday, October 5th at 2:00pm** in the ARAS office in University Terrace. The session will deal with the fate of higher education in the modern world.

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## LUNCH WITH...

The next edition of Lunch With... titled "President and Vice Chancellor" takes place on **Wednesday, September 27th at 11:30am** in-person in the Papaschase Room at the University Club. The speaker will be the President of the University of Alberta. More information to follow.

If you plan to attend, please notify us at [emirhse@ualberta.ca](mailto:emirhse@ualberta.ca). Please feel free to invite your friends!

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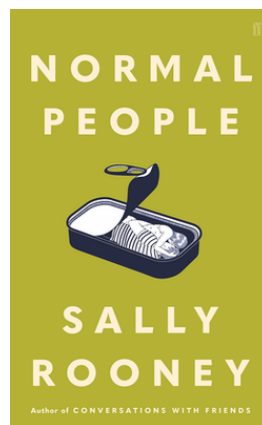
August 29, 2023

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## BOOK CLUB

The next meeting of the Book Club will be held on Wednesday, **September 20th at 2pm** in Room 1-46 of University Terrace (8303-112 Street).

The discussion of *Normal People* by Sally Rooney will be led by Richard Young. Members may participate either in-person or online.



If you wish to participate online, please contact Vivien Bosley at [vbosley@ualberta.ca](mailto:vbosley@ualberta.ca) for Zoom instructions ahead of time. If you wish to join the group, please contact Vivien as well.

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## LUNCH WITH...

The next edition of Lunch With... titled "President and Vice Chancellor" takes place on **Wednesday, September 27th at 11:30am** in-person in the Papaschase Room at the University Club.

Bill Flanagan, president and vice-chancellor of the University of Alberta will be joining our meeting on September 27th. He will provide an overview of the new University of Alberta strategic plan that sets a course to advance the university's teaching, research and community engagement. The 10-year plan represents a collective vision and affirms the U of A's commitment to equity, diversity and inclusion and Braiding Past, Present and Future: Indigenous Strategic Plan. More information to follow.

If you plan to attend, please notify us at [emirhse@ualberta.ca](mailto:emirhse@ualberta.ca). Please feel free to invite your friends!

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## EPILOGUE

Attached you will find the latest issue of Epilogue for your enjoyment.

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