

VACANT POSITION ON ARAS EXECUTIVE

The Executive Committee wishes to fill our vacant Member-at-Large position so I am inviting all members that have an interest or potential willingness to serve on the Executive to contact me (jan.murie@ualberta.ca). Briefly, the position entails attending meetings at our office in University Terrace on the first Wednesday of each month from September to May. Meetings usually last one to 1 ½ hour. Of course, if life intrudes, one can send regrets. Any other duties are voluntary. For example, a Member-at-Large now chairs the Lunch with... Committee, and another might oversee Interest Groups and their activities.

Don't hesitate to contact me if there are questions about the nature of the position.

INVITATION TO ATTEND AN EXECUTIVE MEETING

Occasionally in the past, the Executive Committee of ARAS has invited members to attend one of their monthly meetings if they would like to learn more about how the Association operates. As we have a number of new members, we have decided to carry on the tradition.

We invite members to attend our meeting on **Wednesday, March 1st at 2:00pm** (or possibly 2:30 PM depending on room availability).

Our usual meeting room in our office in University Terrace Room 6-30 is not large enough to accommodate additional people so we ask people to let us know by Monday, February 27th if you plan to attend in order for us to finalize the meeting room reservation.

We look forward to you joining us!

BOOK CLUB

The next meeting of the Book Club will be held on **Wednesday, February 15th at 2:30pm** in Room 1-46 of University Terrace (8303 112 Street).

The book to be discussed is *A Long Petal of The Sea* (2021) by Isabel Allende and will be led by Jan Murie.

Members may participate either in-person or online.

If you wish to participate online, please contact Vivien Bosley at vbosley@ualberta.ca for Zoom instructions ahead of time.

If you wish to join the group, please contact Vivien as well.

ZOOM SESSIONS THAT MAY BE OF INTEREST

Below is an invitation from McMaster University Alumni Association regarding upcoming Later Life Learning Zoom sessions:

February 7, 14, 21 & 28, 2023 @ 12:15pm ET:
Lunchtime Winter Yoga with Helena McKinley (from McMaster University)

Further info & Registration link: [click here](#)

PRESENTATION ON CARE-GIVING FROM CURAC

Below is an invitation from McGill Assoc of Univ. Teachers Retiree Affairs Group.

Date of Zoom Session: **February 14, 2023 @ 1pm ET:**

Title of zoom session:

Care-Giving from the Perspective of a Childhood Trauma Researcher and Psychologist

Speaker: Rachel Langevin, Assistant Professor in the Department of Educational and Counselling Psychology at McGill University.

Her main research interests are in family dynamics and understanding mechanisms involved in the intergenerational continuity of trauma and violence.

Registration:

Please refer to ARAS Weekly Newsletter email.

OFFICE ASSISTANT

David will be back in the office from 12-3pm every Monday.

IN MEMORIAM

The Association is sad to inform members of the passing of long-time member, Eunice Barron who just celebrated her 90th birthday. Eunice's husband, Ken Barron was an enthusiastic member of the Association playing an important role in the Photography and Travel groups in past years with Eunice playing an active role beside him. Eunice was an expert in Inuit art and organized an exhibit of Inuit art in the Art Gallery of Alberta. Eunice was a regular attendee at our Dining Out... group events and she will be sorely missed.

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If you wish to join the group, please contact Vivien as well.

CURRENT AFFAIRS SALON

The next meeting of the Current Affairs Salon will take place on **Thursday, March 2nd at 2:00pm** MDT via Zoom.

The topic will be healthcare in Canada in general and in Alberta in particular.

More information to follow.

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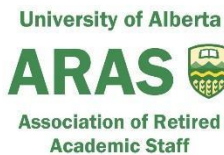
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Registration:
Please refer to ARAS Weekly Newsletter email.

OFFICE ASSISTANT

David will be working remotely next Monday.
If you have any questions, please send them to emirhse@ualberta.ca



Weekly BULLETIN

February 20, 2023

*ASSOCIATION OF RETIRED ACADEMIC
STAFF: UNIVERSITY OF ALBERTA*

LUNCH WITH...

The next edition of Lunch With... takes place on **Wednesday, February 22nd at 11:30am** in-person in the Papaschase Room at the University Club. The speakers will be Frank Bessai and John Leinden. Frank is from Edmonton Catholic Social Services and John is part of the Intercultural Education Team at that organization. They will address the topic of settlement and integration challenges for newcomers and refugees in Canada.

Luncheon will consist of soup and sandwich plus dessert squares at a cost of \$28. Parking is free from 11:30 am to 1:30 pm for University Club members whose plates have been registered with the Club; paid parking is available, with the machine just inside the Club's front door. The luncheon will start at 11:30 am and the speakers will start their presentation at 12:15 pm.

If you plan to attend, please notify us at emirhse@ualberta.ca

Please feel free to invite your friends!

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<https://us02web.zoom.us/j/84256439376>

If the system asks for a passcode enter 488023
The meeting ID is 84256439376 if needed.

BOOK CLUB

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The book to be discussed is *We Don't Know Ourselves* (2022) by Fintan O'Toole and will be led by Robert Normey.

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ONLINE PRESENTATIONS THAT MAY BE OF INTEREST

Carlton University's invitation to online presentation on
Wednesday, February 22nd @noon ET
and on **March 23rd @2pm ET**.

Online: Wednesday, February 22nd, 2023 @noon to 1pm ET

The Ingenious Talk by Carleton's Faculty of Engineering and Design, "Organic Biosensors and Point-of-Care Technologies: Early Detection and Monitoring of Alzheimer's, Parkinson's and More.

Rapid, cost-effective screening of certain biomarkers is vital for early detection and monitoring of Alzheimer's disease, Parkinson's disease, Crohn's disease, chronic obstructive pulmonary diseases and more. In this talk, Dr. Prakash will share impactful outcomes achieved by his research team at Carleton.

For more information and to register for this free ONLINE event, please visit [their webpage](#). If you have questions about this event, please contact the Faculty of Engineering and Design directly:
FacultyofEngineeringandDesign@carleton.ca.

Online: Wednesday, March 1st, 2023 @2pm ET

Carleton's Science Café presents "Understanding Rare Diseases Using Statistics and Data Science" Rare diseases are rare

individually, but not collectively, resulting in substantial morbidity and mortality. Dr. Utkarsh Dang from the Department of Health Sciences will provide an overview of some types of data about Duchenne muscular dystrophy, and highlight their uses, the problems they have helped us solve, the importance of good statistical and data science models, and which learned lessons can also apply to an allelic rare disease, Becker muscular dystrophy.

For more information/questions about this event, and how to register for it, please contact odscomms@carleton.ca.

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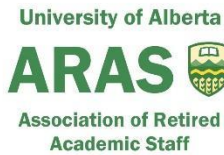
SLEEPING PILL SURVEY BY SIMOA STUDY

You are invited to participate in a research study related to sleeping pill use. The study is being conducted as an online survey by researchers from Dalhousie University in Halifax, Nova Scotia.

For more information, please see attached flyer.

OFFICE ASSISTANT

David will be back in the office from 12-3pm every Monday.



Weekly BULLETIN

February 27, 2023

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February 28, 2023 @ 12:15pm ET:

Lunchtime Winter Yoga with Helena McKinley (from McMaster University)

Further info & Registration link: [click here](#)

UBC GRIP STUDY

Interested in participating in an online research study that aims to learn more about how couples navigate their day to day lives and progress on their goals, both together and alone?

For more information, please see attached flyer.

EPILOGUE

Please find the latest edition of Epilogue for your reading pleasure.

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