

## **2023 CURAC/ARUCC MEETING IN SASKATOON**

*Below is a report from Walter Archer*

### **Colleges and Universities Retirees Associations of Canada (CURAC) meeting in Saskatoon May 31 - June 2**

As you know, our Association is a member of the umbrella organization for similar associations, the College and University Retirees Associations of Canada (CURAC). After two years of holding only virtual annual meetings, this year CURAC held a face to face meeting in Saskatoon, hosted by the University of Saskatchewan Retirees Association. I attended as the voting delegate of ARAS.

At the AGM, along with three others I was acclaimed as a new member of the CURAC Board. At the subsequent board meeting, after a strenuous election campaign, during which I held up one hand, I achieved the always-coveted position of Secretary of CURAC.

Aside from the AGM and the Board meeting, there were a number of sessions at which we heard presentations on a number of interesting topics - everything from the current state of higher education, the current state of health services, to small nuclear reactors, rare earth developments, and food developments with focus on plant proteins. We also had a "fireside chat" with former premier of Saskatchewan, Roy Romanow.

Since I served as Dean of Extension at the University of Saskatchewan from 2001 to 2007, this mini-conference gave me some opportunities to meet friends that I hadn't seen for 16 years.

Next year the meeting will be hosted by the University of Waterloo, May 22 - 24, 2024. You are all encouraged to attend.

- Walter Archer

## **ONLINE SESSIONS OF INTEREST**

*Below is an invitation from the Association of Dalhousie Retirees and Pensioners (ADRP)*

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

Date: Wednesday, **September 13, 2023** via Zoom @ **3pm ET** (*which is 1pm Mountain time*)

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

Overview: (a) Consider key domains of life that are important for a healthy, fulfilled life in retirement; (b) Assess your level of success in relation to each of these important life domains; (c) Hear advice from researchers and other retirees about strategies to live your best life in retirement; and (d) Learn of opportunities for in-depth lifestyle planning during retirement.

**For further information about this free session & registration:**  
contact Dr. Sue Hutchinson: [theretiredyou@gmail.com](mailto:theretiredyou@gmail.com)

This is a free, virtual conference on the Wellbeing Economy on **June 19th and 20th**, i.e. an economy where the wellbeing of people and

the environment takes precedence over the GDP in policies, decisions, priorities and monitoring of outcomes. This approach is being initiated in other jurisdictions.

It is organized by a prof in Community Health Sciences at U of C and the Parkland Institute here.

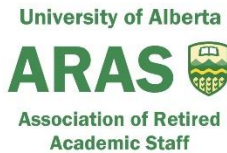
<https://www.parklandconference.ca/schedule>

### **OFFICE ASSISTANT**

We would also like to let you know that the office phone is working again after a few technical issues!

David will be in the office from 8-11am next Monday.

*If you wish to unsubscribe from our mailing list, please reply to [emirhse@ualberta.ca](mailto:emirhse@ualberta.ca) with "UNSUBSCRIBE" in the subject line. Thank you!*



# Weekly BULLETIN

June 12, 2023

ASSOCIATION OF RETIRED ACADEMIC  
STAFF: UNIVERSITY OF ALBERTA

## DINING OUT

The lobster menu is on (but you can order other nice meals instead)!  
The next event will be held at **6:30pm on Thursday, June 22<sup>nd</sup>** at  
Normand's on 11639 Jasper Ave.

We look forward to dining out with you!

Please let Peggy ([peggyallegretto@gmail.com](mailto:peggyallegretto@gmail.com)) know by *Tuesday, June 20<sup>th</sup>* if you plan to attend.

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## CURRENT AFFAIRS SALON

We have come to the summer when the Current Affairs Salon usually breaks until the Fall. So, there will be no session in July this year. We have noted that there are a number of new members of the Association this year, several 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" and would rather the sessions be in person.

To look further into this, we have decided to have a regular meeting (complete with topic TBD) 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. After the

normal discussion of the chosen topic, we will make some decisions regarding the choice of in person vs Zoom sessions and obtain a list of preferred topics for the future from the members present.

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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### **NEWSLETTER OF INTEREST**

Attached is the latest SFU Retirees Association Summer newsletter for your enjoyment.

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David will be in the office from 3:45-6:45pm next Tuesday onwards.

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## **WEBINAR OF INTEREST**



Free webinar on **July 6**, offered through the University of Waterloo Retirees Association.

<https://uwaterloo.ca/retirees-association/events/whisky-water-life>

### **UPCOMING BIRTHDAY**

The ARAS wishes a very happy birthday to Lynne Wiltse on July 2<sup>nd</sup>!  
May this special day be filled with joy, laughter, and cherished moments. Happy Birthday, Lynne!

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