



Weekly BULLETIN

March 6, 2023

ASSOCIATION OF RETIRED ACADEMIC
STAFF: UNIVERSITY OF ALBERTA

BOOK CLUB

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

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

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.

DINING OUT

The next event will be held at **6:30pm on Thursday, March 30th at Hayloft Steak and Fish**. The restaurant is located at 639 Cameron Heights Drive, which is in a strip mall so parking should be easy.

On Thursdays they are said to frequently have several oyster specials. Please let Peggy (peggyallegretto@gmail.com) know if you plan to attend by Monday, March 27th.

EVENT THAT MIGHT BE OF INTEREST

Invitation to attend University of Calgary Retirees Assoc zoom event on March 8th, 2023 @4pm Eastern time (2pm MT)

March 8, 2023, 2pm to 3:30pm, Mountain Time. Hybrid session
Registration link for online attendance for the general public: <https://events.ucalgary.ca/event/431456-changing-our-cities-two-part-session>

(In-person, Engineering Complex, Block G, 2nd floor Room 207, University of Calgary)

- Title of Part 1 of the Session: *Changing our Cities through Transportation Technology to Improve Street Safety*
Speaker: *Alexandre de Barros*, Professor Department of Civil Engineering; Schulich School of Engineering
- Title of Part 2 of the Session: *Walkable City Design for sidewalks and streets*
Speaker: *Gavin McCormick*, Associate Professor, Community Health Sciences, Cumming School of Medicine (University of Calgary), Adjunct Associate Professor, School of Architecture, Planning and Landscape and the Faculty of Kinesiology

ONLINE SESSIONS THAT MIGHT BE OF INTEREST

Tuesday, March 7 at 12 noon ET:

Scholar's Hub @ Home--*The future of books: What and how you're going to read*

Speaker: Dr. Matthew Bucemi, Assistant Professor of Book Publishing, Faculty of Liberal Arts & Professional Studies

Short overview The way that we read books has changed a lot in the past twenty years. How will it change in the next twenty and beyond? Why do some people think that we'll no longer have bookstores, or that we won't even read books at all? Are books going to die out? In this presentation, Professor Bucemi helps you sort through the fact and fiction about what's happening to books and tells you what you need to know about the way we're all going to read in the future.

Registration & further

info: https://yorku.zoom.us/webinar/register/WN_Gy8MwMjKS1K4IN9qPleocQ

Wednesday, March 22 at 12 noon ET:

Scholar's Hub @ Home-- *The role of mattering in hope, happiness, health and fulfillment in life*

Speaker: Dr. Gordon Flett, Canada Research Chair, Department of Psychology, Faculty of Health

Short overview: This presentation will address our shared need to matter to other people. Viewers will learn about the power of mattering as a fundamental relational resource that contributes to adaptability and resilience and positive outcomes at home, at school, at work, and in the community. Understand about actionable messages and be provided with ways to promote mattering in various contexts.

Registration & further

info: https://yorku.zoom.us/webinar/register/WN_0laQnXT0Td-sYTKHwWEmOA

Wednesday, April 19, 2023 at 12 noon ET:

Scholar's Hub @ Home--*Why stories linger in our minds: Using stories to probe human memory and thought*

Speaker: Dr. Bellana Buddhika, Assistant Professor, Department of Psychology, Glendon College

Short overview: A good book is not only characterized by the reader's experience while in the midst of reading it. In fact, a good book is marked by its ability to shape the content of our thoughts for hours, sometimes days, after putting it down. This presentation will examine the idea that stories have a propensity to linger in your mind. We will look at how this phenomenon can be quantified in the laboratory and what it might reveal about how our memory system works.

Registration & further

info: https://yorku.zoom.us/webinar/register/WN_QL5DB316Ray1LqIWyHBMmg

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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.

LUNCH WITH...

The next edition of Lunch With... takes place on **Wednesday, March 22nd at 11:30am** in-person in the Papaschase Room at the University Club. The speaker will be Jan Selman from the Department of Drama at our University. She is a fellow of the Royal Society of Canada based on her work showcasing drama as an agent for social change. She will talk about the illustrious history of her Department in general and about Tom Peacocke in particular.

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 speaker will start her presentation at 12:15 pm.

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

Please feel free to invite your friends!

DINING OUT

The next event will be held at **6:30pm on Thursday, March 30th at Hayloft Steak and Fish**. The restaurant is located at 639 Cameron Heights Drive, which is in a strip mall so parking should be easy.

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ONLINE SESSIONS THAT MIGHT BE OF INTEREST

Below are invitations from Carlton Univ to register for the Early Spring 2023 online sessions of the Lifelong Learning Program (LLeaP):

1. **[Physics Around Us](#) with Dr. Andrew Robinson (online)**
 - Mondays, March 13, 20, 27, April 3, 17, 24
 - 10:00 a.m. to 12:00 p.m. ET
 - [Register for this series](#)
2. **[Six Mathematical Results with Profound Impact](#) with Dr. Kevin Cheung (online)**
 - Mondays, March 13, 20, 27, April 3, 17, 24
 - 1:30 p.m. to 3:30 p.m. ET
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3. **[Exploring the World of Creativity](#) with Adrian Cho (online)**
 - Wednesdays, March 15, 22, 29, April 5, 12, 19
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4. **[African American Music of the 1940s-1970s: Blues, R&B, Soul and Funk](#) with Keith McCuaig (online)**
 - Thursdays, March 23, 30, April 6, 13, 20, 27
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Below is an invitation from McMaster Univ Alumni Association:

March 27, 2023, 7pm ET: Mental Health: Is there an app for that?
By Dr Anthony Levinson, Mc Master University, Hamilton, Ontario, Canada

Short overview: In any given year, 1 in 5 Canadians experience a mental illness, and by the time we reach 40 years of age, 1 in 2 Canadian have, or have had, a mental illness. With over 10,000 mental health and wellness apps now available, how do you know where to start?

In this presentation you'll learn about the top mental health apps and online resources experts to help people self-manage mental health conditions such as depression, anxiety, post-traumatic stress disorder, substance use problems, such as quitting smoking or reducing alcohol intake, and mindfulness training. Learn how to evaluate online resources and the potential benefits and harms posed by their use.

Registration: (if Carole-Lynne Le Navenec's name appears on the form, just erase it)

<https://alumni.mcmaster.ca/redirect.aspx?linkID=764530&sendId=200183&eid=1208868&gid=1>

For further info/ questions contact:

Jessica Lounsbury: jlouns@mcmaster.ca or

Christine Kennedy: ckenned@mcmaster.ca

Below are invitations from Toronto's York Univ. Scholars Hub:

Wednesday, March 22 at 12 noon ET:

Scholar's Hub @ Home-- The role of mattering in hope, happiness, health and fulfillment in life

Speaker: Dr. Gordon Flett, Canada Research Chair, Department of Psychology, Faculty of Health

Short overview: This presentation will address our shared need to matter to other people. Viewers will learn about the power of mattering as a fundamental relational resource that contributes to adaptability and resilience and positive outcomes at home, at school, at work, and in the community. Understand about actionable messages and be provided with ways to promote mattering in various contexts.

Registration & further info:

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Wednesday, April 19, 2023 at 12 noon ET:

Scholar's Hub @ Home--Why stories linger in our minds: Using stories to probe human memory and thought

Speaker: Dr. Bellana Buddhika, Assistant Professor, Department of Psychology, Glendon College

Short overview: A good book is not only characterized by the reader's experience while in the midst of reading it. In fact, a good book is marked by its ability to shape the content of our thoughts for hours, sometimes days, after putting it down. This presentation will examine the idea that stories have a propensity to linger in your mind. We will

look at how this phenomenon can be quantified in the laboratory and what it might reveal about how our memory system works.

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This talk will focus on ways that University of Alberta's drama programs have contributed to key developments in Canadian Theatre. It will include a look at several phases of theatre in Canada and how the Department of Drama both responded to these shifts and sometimes led the way. We will discuss contributions of a few of the artist/teachers that forged our programs, some of the innovations led by faculty and alumni, as well as how we are adapting and responding to today's shifting sands. Jan Selman is a proud alumnus as well as a professor of Theatre at the University of Alberta, where she teaches acting and directing. She has directed across Canada and several times in Kenya. She was the first full time artistic director of Edmonton's Catalyst Theatre and is a member of the Royal Society of Canada and the Edmonton Cultural Hall of Fame.

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 speaker will start her presentation at 12:15 pm.

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CURAC/ARUCC 2023: CALL FOR NOMINATIONS

The 2023 CURAC/ARUCC Annual General Meeting on May 31, is a time for renewal. At the meeting, delegates from CURAC/ARUCC Retiree Associations will have the opportunity to discuss the future of the national association and especially what it can do for its member associations, but also to elect new members of the CURAC/ARUCC Board of Directors.

This formal Call for Nominations is also an invitation to the leaders and active members of local RAs to participate directly in this renewal process as the CURAC/ARUCC moves to rebuild its services to its member RAs in the post-pandemic world. The Nominating Committee is seeking a Board of 12 to 15 members, including the Officers, to plan and oversee the work of CURAC/ARUCC, which is a federal not-for-profit corporation. Board members usually have experience in post-secondary administration and/or active involvement in their local RAs.

The Nominating Committee believes that the renewal of the CURAC/ARUCC Board is particularly important for charting the best post-pandemic future. We believe that member RAs benefit from being effectively represented on the CURAC/ARUCC Board. The national association is an outgrowth of local RAs and their involvement in nominating Directors is vital.

As corporate directors, Directors and the Officers are elected for a two-year term by delegates representing member RAs at the AGM. Directors are expected to attend monthly Board meetings via zoom (except July and August) and others, including the AGM, as necessary. A summary of the roles and responsibilities of Officers and Directors is attached to this email.

If you wish to put a potential nominee or nominees in touch with the Nominating Committee, please email names and contact information to President Kent Percival (Percival@uoguelph.ca) or Fred Fletcher (ffletch@yorku.ca). If you wish to proceed directly to formal nomination, the process is simple.

Nominations must include the name and contact information for the nominee and a biography of up to 200 words. Nominations must be submitted to the Nominating Committee by March 31 (percival@uoguelph.ca).

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CURRENT AFFAIRS SALON

The next meeting of the Current Affairs Salon will take place on **Thursday, April 6th at 2:00pm MDT** via Zoom.

The topic will be the ongoing controversy about alleged Chinese “interference” in Canadian elections.

The Zoom instructions are as follows:

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

If the system asks for a passcode enter 488023

The meeting ID is 84256439376 if needed.

BOOK CLUB

The next meeting of the Book Club will be held on **Wednesday, April 19th at 2:30pm** in Room 1-46 of University Terrace (8303 112 Street).

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