

ARAS Weekly Newsletter

Association of Retired Academic Staff



October 4, 2023

CURRENT AFFAIRS SALON

The next meeting of the Current Affairs Salon takes place on **Thursday, October 5th at 2:00pm** in person at the Association Office in Suite 6-30, University Terrace ([8303 112 Street](#)).

The discussion on the future of higher education worldwide will be led by Walter Archer. Please advise us if you expect to attend so we can make sure that our venue can hold the number of attendees.



BOOK CLUB

The next meeting of the Book Club will be held on **Wednesday, October 18th at 2pm** in Room 1-46 of University Terrace ([8303 112 Street](#)).

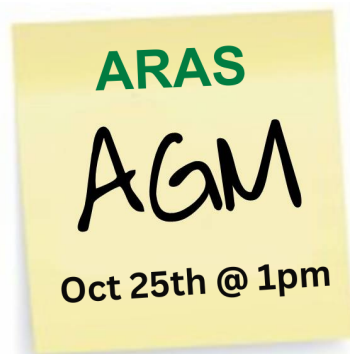
The discussion of *Old Babes in the Wood* by Margaret Atwood will be led by Nora Stovel. Members may participate either in-person or online.



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.

ARAS ANNUAL GENERAL MEETING

This is a “heads up” about our Annual General Meeting which will be held via Zoom at **1pm on Wednesday, October 25th**. To achieve a quorum so that business can be transacted, we encourage you to set this date aside and participate in the meeting.



More information and Zoom instructions will be provided in the Newsletter closer to the time of the meeting.

TRAVEL GROUP

After a long hiatus caused by the COVID pandemic, the Travel Club is ready to start up again. The Travel Group will be led by Ken Roy and its first meeting is scheduled for **October 26**.



Future meetings will be held on the fourth Thursday of every month. The meetings will be held in-person at University Terrace. Set the dates aside and stay tuned for further information!

WEBINARS OF INTEREST

Invitation to attend upcoming Fall 2023 webinars by McMaster University Alumni Association (and you can view recordings of past sessions @ <https://alumlc.org/mcmaster/archive>)



1. **WED. October 11, 2023 @ NOON ET:**
How to Speak Successfully When You're Put on the Spot
Speaker: *Matt Abraham, Author and Communications Expert*
-

For further info & **Registration:**

<https://alumlc.org/mcmaster/30223/register>

2. WED. October 18, 2023 @ NOON ET:

Why We Need to Create a Culture of Connection in a World of Disconnection

Speaker: *Morag Barrett, Award-Winning Author and Leadership Expert*

For further info & **Registration:**

<https://alumlc.org/mcmaster/31087/register>

3. WED. October 25, 2023 @ NOON ET:

LGBTQ+ Etiquette and Common Bloopers: What You Need to Know to Be an Ally

Speaker: *Jeannine Gainsburg, Author and Award-Winning Educational Trainer and Consultant*

For further info & **Registration:**

<https://alumlc.org/mcmaster/30346>

4. WED. November 1, 2023 @ NOON ET:

How To Close Your Power and Confidence Gaps and Reach Your Highest Potential

Speaker: *Kathy Caprino, Author, International Career and Leadership Coach*

For further info & **Registration:**

<https://alumlc.org/mcmaster/30965>

5. WED. November 8, 2023 @ NOON ET:

From Stuck to Soaring: How to Successfully Change Your Career

Speaker: *Octavia Goredema, Author and Award-Winning Coach*

For further info & **Registration:**
<https://alumlc.org/mcmaster/30101>

6. WED. November 29, 2023 @ NOON ET:
ADHD: How it Manifests and Effective Steps to Address It

Speaker: *Dr. Edward (Ned) Hallowell, New York Times Bestselling Author and World-Renowned Authority on ADHD*

For further info & **Registration:**
<https://alumlc.org/mcmaster/31604>

VOLUNTEER OPPORTUNITY

General notice to all Retirees' Associations that are Members of CURAC:

The Communications Committee plays a central role in the work of the CURAC/ARUCC. As the Board begins work for 2023-24, the Board wishes to invite retirees with an interest in communications to join the committee to assist with strategic communications planning and the provision of support for the important communication activities of the organization.

The Committee's mandate is to "coordinate both internal and external communications of the association." This responsibility includes providing support and assistance to the editors of the Newsletter/Infolettre and the manager of the Website, as well as with periodic Bulletins and translation, as needed. The Committee also seeks to promote communication among member associations and between their leaders and the CURAC/ARUCC Board and to review the Board's overall communications strategy.

The committee includes the editors of the Newsletter/Infolettre, the Webmaster, the President and Secretary of CURAC/ARUCC (ex officio) and several members-at-large who can bring experience in communication activities, often having served in those roles in their local Retiree Associations. For many previous members, the work of the committee provided an opportunity to contribute to the lives of post-secondary retirees at the national level and build on work they had done for their local Retiree Association.

Like local Retiree Associations, the CURAC/ARUCC is entering a period of post-pandemic renewal. Communication will be an

important part of that renewal. Therefore, if any of your members have had experience as a newsletter editor for your association or with any communication experience at their own university prior to becoming retired, CURAC would welcome their contribution at its national level as members-at-large or in any other capacity.

Fred Fletcher, who chaired the committee from 2015-2023, has volunteered to answer questions about the committee as he will still be involved but not as chair. He can be reached at ffletch@yorku.ca.



TAKE A LOOK

On the first Wednesday of every month, excluding the summer, the Executive Committee meets together to discuss upcoming initiatives at ARAS.



BIRTHDAYS

- Peter Boxall celebrated his birthday on October 2nd, and we hope it was filled with joy! 🎉
- Today, on October 4th, we're sending warm birthday wishes to Morris Maduro, hoping he has a fantastic day! 🎂
- Donna Herman's birthday is just around the corner on October 7th, and we're looking forward to celebrating with her! 🎂

OFFICE ASSISTANT

David's office hours next week:

-
- 3:30 to 5:00pm every Wednesday
 - 8:00 to 9:30am (*remotely*) every Thursday

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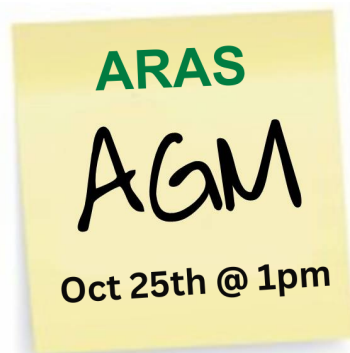
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TRAVEL GROUP

After a long hiatus caused by the COVID pandemic, the Travel Club is ready to start up again. The Travel Group will be led by Ken Roy and its first meeting is scheduled for **October 28th at 2pm** in University Terrace room 1-38. University Terrace is located at 8303 112 St NW.

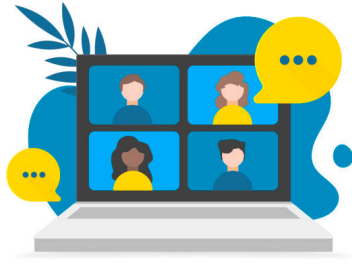


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BIRTHDAYS

- Natasha Wilson turned 100 yesterday on October 10th!
ARAS wishes her a joyful and happy birthday! 🎉🎁





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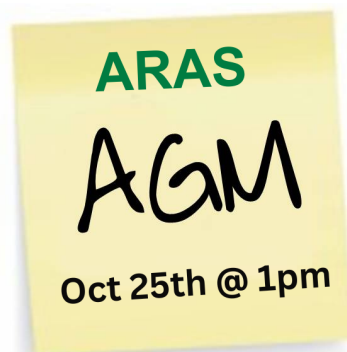
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The Annual General Meeting will be coming up this month on **Wednesday, October 25th**. It will be held online at **1:00pm** via Zoom. All members are encouraged to attend so we can achieve a quorum. Materials for consideration in the Annual General Meeting appear as attachments in this Newsletter (with financial information to follow).



Zoom coordinates for the meeting are:

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

If the system asks for a passcode enter 488023

The meeting ID is 84256439376 if needed

DINING OUT

A reservation for **Thursday, October 26th at 6:30pm** has been made at the Sawmill Prime Rib and Steakhouse on Calgary Trail. The address is [4810 Calgary Trail NW](#). Designated parking is right beside the restaurant. The entry is on the south side of the building.



Please let Peggy know if you plan on attending by *Tuesday, October 24th*. We look forward to meeting up with old members and new ones too. See you on the 26th!

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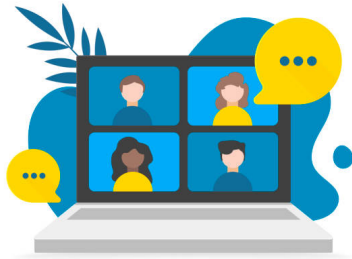


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Invitation to free hybrid sessions from McGill Univ Alumni Assoc:



Thursday, November 2, 2023, 17:00 to 19:30 ET

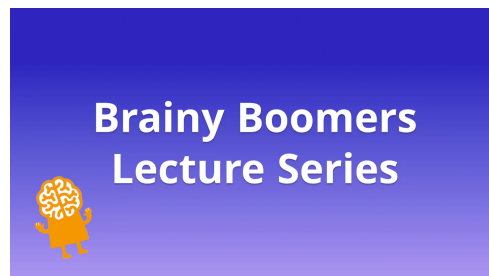
Topic: Do Canada's cold temperatures mean we shouldn't worry about climate change?

Speaker: Andrew Leach, Economist, Writer & Univ. of Alberta Professor

All are welcome. It seems no registration is required for online attendance.

Link: <https://www.youtube.com/live/qeilDKAkyMg?si=SQn2j74uWm1pP-y->

Invitation from McGill University's Brainy-Boomer re online Exercise Sessions



**1. EXERCISE FOR SENIORS WITH GIULIANA: FULL
BODY MOVEMENT
THURSDAY, OCTOBER 19, 2023 AT 1PM (EST)**

Join Zoom:

<https://mcgill.zoom.us/j/87620692874?pwd=QzIucUdVK1Jlb2JwUkExeTFkYWw5QT09>

**2. GENTLE FLOW YOGA WITH TANAZ PARDIWALIA
OCTOBER 27, 2023 @ 9:00am EST**

Join Zoom:

<https://mcgill.zoom.us/j/82424487670?pwd=dEdxWU0vYnFBTXZObjNlcmNiT1RlZz09>

If you are having any problems connecting, please do not hesitate to send an email one day before sessions to silvana.aguzzi@mcgill.ca

BIRTHDAYS

- Frank Tough's birthday is right around the corner on Sunday, October 22nd! ARAS wishes you a happy birthday, Frank! 🎉🎁

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CURRENT AFFAIRS SALON

The next meeting of the Current Affairs Salon takes place on **Thursday, November 2nd at 2:00pm** and will be via Zoom. Of the numerous possible topics of interest both local and global, we have chosen to attack the issue of the potential withdrawal of Alberta from the Canada Pension Plan. The discussion will be led by Bob Ascah who is presently a Research Fellow with the Parkland Institute.



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**2. Risk reduction and influencing behaviour change:
delving into the World Alzheimer Report 2023
Tuesday, November 7th @ 8-10am ET**

Alzheimer Disease International (ADI) invites you to a webinar on ADI's World Alzheimer Report 2023 on risk reduction. Leading experts will take a further look at key risk factors

including head injury, hearing loss, lack of physical activity, and brain health. This will be followed by an open Q&A where the panelists will answer your questions.

The webinar will be delivered by Zoom.

[Click here](#) for more details, panelist bios, and registration.

Below is an invitation from Dalhousie University, Assoc of Retirees & Pensioners to Living Your Best Retirement Life – a November 2023 webinar series.



Topic: *Are You Living Your Best Retirement Life?*

Date & Time of the 4 Webinars via Zoom: **November 8, 15, 22, 29, 2023 @1:30 - 3:00pm AST or 12:30-2pm ET**

Speaker: Dr. Susan Hutchinson, recently retired from Dalhousie University (see her [recent publication](#) in CURAC's Academic for Life column in University Affairs)

Cost: \$25.00

To Register: go to the ADRP event page on *The Retired You* website: [ADRP: Living Your Best Retirement Life | The Retired You](#)

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