

ARAS Weekly Newsletter

Association of Retired Academic Staff



December 2nd, 2024

CURRENT AFFAIRS SALON

The next meeting of the Current Affairs Salon will take place at 2.00pm on **Thursday, December 5th** via zoom. The topic for this meeting will be **Immigration: How we got here, where we are and where we are headed** . And the discussion will be led by Peter Blenis. The Zoom coordinates for this meeting are

<https://us06web.zoom.us/j/83960685342?pwd=7fSl6gNlwOnuEYXb1almfvGEwCrKgg.1>

Meeting ID: 839 6068 5342

Passcode: 503620



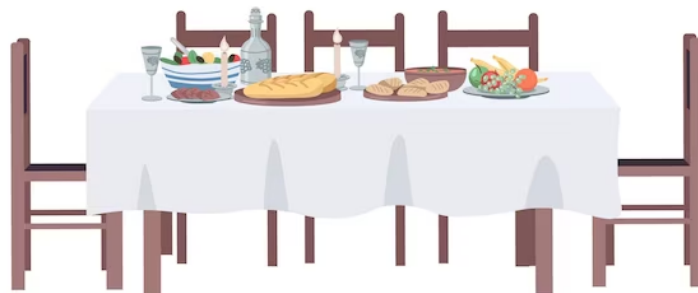
Please note the different zoom address for this meeting only!

DINING OUT

Peggy has had to make some changes this time to accommodate the fact that the last Thursday in December is Boxing Day and the first Thursday is not available at the restaurant. So the plan is to meet at Normand's restaurant at 6:30 pm on **Wednesday, December 4**. The address is 11639 Jasper Ave. In this way we will combine our November dinner with our December dinner and celebrate Christmas together. New members are always welcome.

If you plan to come, please let Peggy know at

peggyallegretto@gmail.com .



BOOK CLUB

The next meeting of the Book Club takes place on **Wednesday, December 11th at 2:30 pm** in Room 1-46 of University Terrace

(8303 112 Street). The discussion of Birnham Wood by Eleanor

Catton will be led by Vivien Bosley. Members may participate

either in-person or online. Beverly O'Brien (bo1@ualberta.ca) will

send a Zoom link beforehand for those wishing to join virtually.

If you wish to join the group, please contact Vivien Bosley at

vbosley@ualberta.ca

CHRISTMAS BRUNCH

The annual Christmas Brunch will be held on Saturday, **December 14th at 11:00am** in the Saskatchewan Room of the University Club. The cost of the brunch is \$42 and the lucky winners of the wine bottles in the draw following the brunch will find the cost easy to bear. Don't miss this opportunity to socialize with old friends and make new ones. You are welcome to bring guests!



As has been the modus operandi in the past, we ask you to indicate via email at emirhse@ualberta.ca if you intend to come. In the past, and today, we also request that you pay in advance either by cheque sent to our office (address at the bottom of this Newsletter) or by INTERAC transfer to emirhse@ualberta.ca. If you are unable to come and provide us 2 days notice by email, your money will be refunded.

For those of you who have sent your cheque in the mail, we have not received it thanks to the postal strike. Please send us a message at emirhse@ualberta.ca so, that we can register you for the event

MEMBERSHIP RENEWALS

Thanks to many of you who have renewed your membership in the Association for the upcoming year. Of course, anyone who joined the Association after April, your membership extends to November 2025. We look forward to all our members renewing and welcome new members(of which a number have joined recently). To renew, please go to

<https://www.ualberta.ca/en/association-retired-academic-staff/index.html>

and click on the tab *Become a Member*. To pay by cheque, please send \$30 (\$10 if you live outside of Edmonton) to ARAS at the street address at the bottom of this Newsletter.

CURAC

Join us for another online talk with the Optimal Aging Portal - the final one for 2024, but we'll be back in 2025!



Falls Prevention

With Dr. Marla Beauchamp

Wednesday ,December 4th,2024

Online

[Register Here!](#)

Falls are the leading cause of injury among older adults, but the good news is that many falls can be prevented with simple changes to your home and lifestyle.

Join physical therapist and Canada Research Chair in Mobility, Aging and Chronic Disease, Dr. Marla Beauchamp, for this 60-minute webinar to explore the key causes of falls and offer practical tips to improve your balance, strengthen your body, and make your environment safer.

OFFICE ASSISTANT

Damdini will be in the office every Monday from 2-5pm.

If you wish to unsubscribe from our mailing list, please reply to emirhse@ualberta.ca with "UNSUBSCRIBE" in the subject line. Thank you!

ARAS Weekly Newsletter

Association of Retired Academic Staff



December 9th, 2024

CHRISTMAS BRUNCH

Last Call!

The annual Christmas Brunch will be held on Saturday, **December 14th at 11:00am** in the Saskatchewan Room of the University Club. The cost of the brunch is \$42 and the lucky winners of the wine bottles in the draw following the brunch will find the cost easy to bear. Don't miss this opportunity to socialize with old friends and make new ones. You are welcome to bring guests!



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EPILOGUE

Please find attached the latest edition of Epilogue. We hope you enjoy reading it.

OFFICE ASSISTANT

Damdini will be in the office Monday from 2-3.30pm and Friday 9.30-11.00am.

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ARAS Weekly Newsletter

Association of Retired Academic Staff



December 16th, 2024

CURRENT AFFAIRS SALON

The next meeting of the Current Affairs Salon will take place via Zoom on Thursday, January 9th at 2.00 pm. The topic will be the state of affairs in Canada given the recent upheavals in the Liberal party highlighted by the resignation of the finance minister Christia Freeland. Information on the Zoom address will be provided in the next Newsletter.



BOOK CLUB

The next meeting of the Book Club takes place on **Wednesday, January 15th at 2:30 pm** in Room 1-46 of University Terrace (8303 112 Street). The discussion of *This is How You Start to Disappear* by Astrid Blodgett will be led by Vivien Bosley. Members may participate either in-person or online. Beverly O'Brien (bo1@ualberta.ca) will send a Zoom link beforehand for those wishing to join virtually. If you wish to join the group, please contact Vivien Bosley at vbosley@ualberta.ca

MEMBERSHIP RENEWALS

This will be the last call for those of you who have not yet renewed your membership for 2025. To renew, please go to

<https://www.ualberta.ca/en/association-retired-academic-staff/index.html>

and click on the tab *Become a Member*. To pay by cheque, please send \$30 (\$10 if you live outside of Edmonton) to ARAS at the street address at the bottom of this Newsletter.

OFFICE ASSISTANT

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ARAS Weekly Newsletter

Association of Retired Academic Staff



December 23rd, 2024

We hope you have a wonderful Christmas and we wish you the best for 2025! The next newsletter will come on Monday, January the 6th.



CURRENT AFFAIRS SALON

The next meeting of the Current Affairs Salon will take place via Zoom on Thursday, January 9th at 2.00 pm. The topic will be the state of affairs in Canada given the recent upheavals in the Liberal party highlighted by the resignation of the finance minister Christia Freeland. The Zoom coordinates for this meeting are

<https://www.google.com/url?q=https://us02web.zoom.us/j/83008835534?pwd%3DaKONPXPDaAeyyCLw9KTUnzqlRf365Z.1&sa=D&source=calendar&ust=1725128127281059&usq=AOvVaw0SA43VvoZmdPDf17N6IQL9>

Meeting ID: 830 0883 5534

Passcode: qn35hU4h



BOOK CLUB

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January 15th at 2:30 pm in Room 1-46 of University Terrace

(8303 112 Street). The discussion of *This is How You Start to*

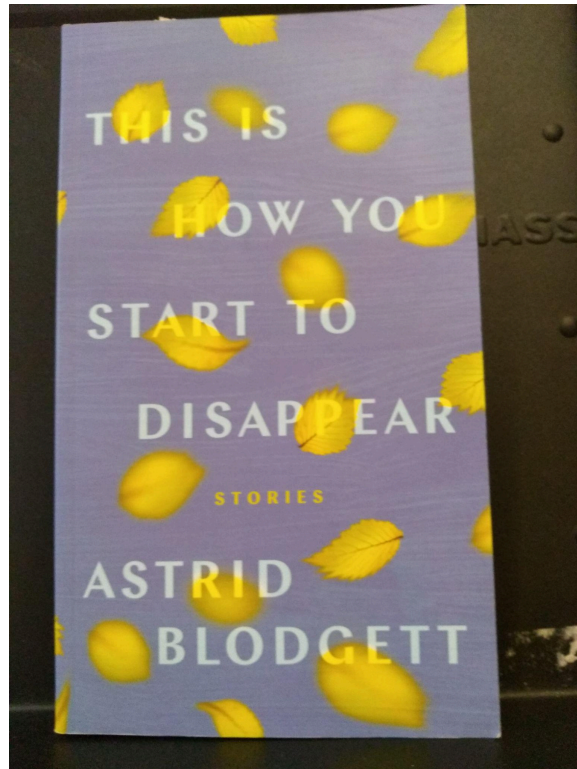
Disappear by Astrid Blodgett will be led by Astrid Blodgett.

Members may participate either in-person or online. Beverly

O'Brien (bo1@ualberta.ca) will send a Zoom link beforehand for

those wishing to join virtually. If you wish to join the group, please

contact Vivien Bosley at vbosley@ualberta.ca



LUNCH WITH...

The next Lunch with event is going to be held at 11.30 am on Wednesday, January 29th. The speaker will be James Lavoie. He will be speaking on the topic of *Glass Blowing*. An example, of which is shown.



CURAC

WEBINARS OF INTEREST

***WELCOME TO TORONTO! (NO VACANCIES AVAILABLE):
INTERNATIONAL STUDENTS IN THE CANADIAN HOUSING
CRISIS***

Date: Wednesday, January 15, 2025

Time: 12 noon to 1 pm (ET)

Speaker: Dr. Luisa Sotomayor, Director of the City Institute at York University and Associate Professor of Urban Planning and Housing in the Faculty of Environmental & Urban Change.

In this talk, we will examine the challenges faced by post-secondary students, particularly international students in Toronto and the Greater Toronto Area, amidst Canada's deepening housing crisis. Drawing on research from the StudentDwellTO multi-university partnership and recent policy debates on migration and education, Professor Sotomayor will shed light on how systemic housing shortages, rising rents, and precarious living conditions disproportionately impact students, which in turn, also impacts residential communities. By addressing these issues, the talk explores broader questions of equity and access, highlighting

the complex intersections of migration, housing policy, and urban inequality in a global city region under pressure.

TO REGISTER:

https://yorku.zoom.us/webinar/register/WN_14uYYCubSnibe6xQgkbcqA#/registration

DRINKING WATER MANAGEMENT IN NUNAVUT

Date: Wednesday, January 29, 2025

Time: 12 noon to 1 pm (ET)

Speaker: Stephanie Gora, Assistant Professor, Civil Engineering, Lassonde School of Engineering, York University

Attendees will learn the basics of drinking water provision and drinking water safety in remote Arctic communities in Nunavut as

well as the challenges and opportunities for innovation in these water systems.

TO REGISTER:

https://yorku.zoom.us/webinar/register/WN_CFJGCqC_RSq9QgK_S3yAhYA#/registration

Stephanie Gora is assistant professor in the department of civil engineering in the Lassonde School of Engineering at York University. Her research is focused on light-based technologies (e.g. UV, advanced oxidation, photocatalysis) for drinking water and wastewater treatment. She also works on projects that aim to develop sustainable drinking water solutions for small and remote communities, including communities in Northern Canada. She holds a PhD from the University of Toronto and she is registered

as a professional engineer with Engineers Nova Scotia and Professional Engineers Ontario.

OFFICE ASSISTANT

Damdini will be in the office Monday, January 6th 2-5 pm.

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