

BOOK CLUB

The next meeting of the Book Club will be held on **Wednesday, November 16th at 2pm** in Room 1-46 of University Terrace (8303-112 Street). The book to be discussed is *The Women of Troy* (2021) by Pat Barker. The discussion will be led by Richard Young.

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, November 23rd at 11:30pm in person** at the Papaschase Room at the University Club.

The speaker will be Professor Vivian Mushahwar who is the Canada Research Chair in Functional Restoration at the University. The title of her presentation is ***Walking Again After a Spinal Cord Injury***. Dr. Mushahwar will describe her work, which merges neuroscience, engineering, and rehabilitation in restoring the ability to walk after spinal cord injury. This will include a therapeutic approach which was developed to improve walking after incomplete spinal cord injury, and a spinal micro-implant which was developed for restoring standing and walking after complete spinal cord injury. The hope is that these interventions would improve quality of life.

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 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

A new reservation is on the books at Cafe Amore Bistro for **6:30pm on Thursday, November 24th**. This is an Italian restaurant at 10807-106 Ave. NW. For information regarding their menu, you can check out their website at cafeamorebistro.ca. It is an accessible restaurant with parking.

Please let Peggy know at ma23@ualberta.ca if you plan to come by supper time on Monday, November 21st so she can confirm our number on Monday evening.

CHRISTMAS BRUNCH

Our annual Christmas Brunch is a month away! It will be held on **Saturday, December 17th at 10:45am** in the Saskatchewan Room of The University Club UofA.

The cost for the brunch is \$40.00 per person. Guests are invited! If you wish to attend, please inform us at emirhse@ualberta.ca and make payment **before December 12th**.

Payment can be made by *INTERAC* transfer through your own bank, using our email address of emirhse@ualberta.ca OR,

By cheque, made payable to the Association of Retired Academic Staff OR, If you bank at Royal Bank, though a transfer to our bank account at:

Royal Bank, 10843 82 Ave, Edmonton T6E 2B2
Account Name: Association of Retired Academic Staff
Account #: 04509-5013537

MESSAGE FROM CURAC ABOUT TRAVEL DEALS

Members of CURAC/ARUCC Retiree Associations are eligible for a 20% discount and more on a wide range of Collette Tours.

Over the years of working with Collette, we have noted that some Retiree Associations have organized member groups to tour together with very positive results. While individuals and couples can take advantage of the sale, the group option is worth consideration.

In these uncertain times, Collette's Travel Protection Plan, which offers a full money-back refund if a traveler needs to cancel (up to 24 hours before departure), is reassuring.

For further information, contact Fred Fletcher at ffletch@yorku.ca

MEMBERSHIP RENEWAL

Thanks to all of you who have renewed your membership with ARAS.

This is a gentle reminder to renew yours by filling out the form on our website www.ualberta.ca/association-retired-academic-staff under the tab *Become a Member* or by [clicking here](#)! Along with remitting payment either through *INTERAC* or by cheque sent to the address below:

Payment can be made by *INTERAC* transfer through your own bank, using our email address of emirhse@ualberta.ca OR,

By cheque, made payable to the Association of Retired Academic Staff OR,
If you bank at Royal Bank, though a transfer to our bank account at:

Royal Bank, 10843 82 Ave, Edmonton T6E 2B2
Account Name: Association of Retired Academic Staff
Account #: 04509-5013537

OFFICE ASSISTANT

David will be in the office from 1-4pm every Monday.