

# ARAS Weekly Newsletter

Association of Retired Academic Staff



November 04th, 2024

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## **CURRENT AFFAIRS SALON**

The next meeting of the Current Affairs Salon will take place at 2.00pm on **Thursday, November 7th** via Zoom. The topic, not surprisingly, will be the US Election. There will be no leader of this discussion. It will be a free for all! The Zoom coordinates for this meeting are

<https://www.google.com/url?q=https://us02web.zoom.us/j/83008835534?pwd%3DaKONPxDaAeyyCLw9KTUnzqlRf365Z.1&sa=D&source=calendar&ust=1725128127281059&usq=AOvVaw0SA43VvoZmdPDf17N6IQL9>

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Meeting ID: 830 0883 5534

Passcode: qn35hU4h



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## DINING OUT

This month the last Thursday falls on Halloween night so Peggy has made our reservation for the following **Thursday, November 7**. The restaurant is called **Homefire Grill** and is situated at 18210 100 Ave. NW. The booking is for 6:30 as usual. The menu has some indigenous influences which some of you may enjoy

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exploring. Parking is free and right in front of the restaurant.

Please let me know at [peggyallegretto@gmail.com](mailto:peggyallegretto@gmail.com) if you plan to come by Tuesday, November 5. Peggy will look forward to seeing you there.



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## BOOK CLUB

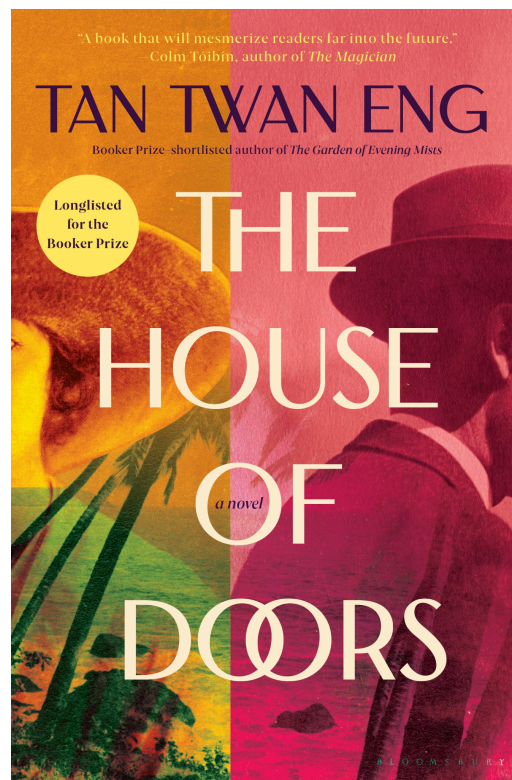
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Twan Eng will be led by Richard Young. Members may participate either in-person or online. Beverly O'Brien ([bo1@ualberta.ca](mailto:bo1@ualberta.ca)) will send a Zoom link beforehand for those wishing to join virtually. If you wish to join the group, please contact Vivien Bosley at

[vbosley@ualberta.ca](mailto:vbosley@ualberta.ca)



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## LUNCH WITH...



The next Lunch with... will take place on Wednesday,

**November 27**, at **11:30 am** in Rm 1-38, University Terrace.

The speaker on this occasion will be Dr. Florence Glanfield, Vice-Provost (Indigenous Programming and Research) at the University of Alberta. Her topic will be: *Braiding Past, Present and Future: One of the University of Alberta's Responses to Canada's Truth and Reconciliation Commission's Calls to*

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*Action.* The Indigenous-led project, Braiding Past, Present and Future, was launched in June 2022 and endorsed unanimously by General Faculties Council and the Board of Governors. In her presentation, Dr. Glanfield will highlight the University of Alberta's core commitments through all activities in teaching, research, and engagement.

Please indicate that you would like to attend by sending an email to [emirhse@ualberta.ca](mailto:emirhse@ualberta.ca) .

More information follows in the next Newsletter.

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## **BLOGS OF INTEREST**

You may be interested in the two blogs below coming out of McMaster University.

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**New Blog Posts:** Our Blog Posts are written by trusted experts **to inform and inspire healthy aging.** We use scientific evidence to provide credible insights on hot topics and prevalent conditions related to seniors' health.

[Mental health and heart disease: Can psychological therapies help?](#)

Getting to the heart of it! Psychological therapies can play a role in improving the mental health of people living with heart disease

**New Hitting the Headlines:** When aging topics hit the headlines, we bring you the best available related research evidence.

[Boost your defences and minimize your risk this cold and flu season](#)

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As the leaves change colour and the air becomes crisper, autumn reminds us that cold and flu season is on the horizon. Staying healthy during this time is especially important for older adults, as our immune systems can weaken with age.

**Micro-Learning** Learn more and [sign up](#) for our email series on **dementia risk reduction, anxiety disorders, and depression.**

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## OFFICE ASSISTANT

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

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# ARAS Weekly Newsletter

Association of Retired Academic Staff



November 13th, 2024

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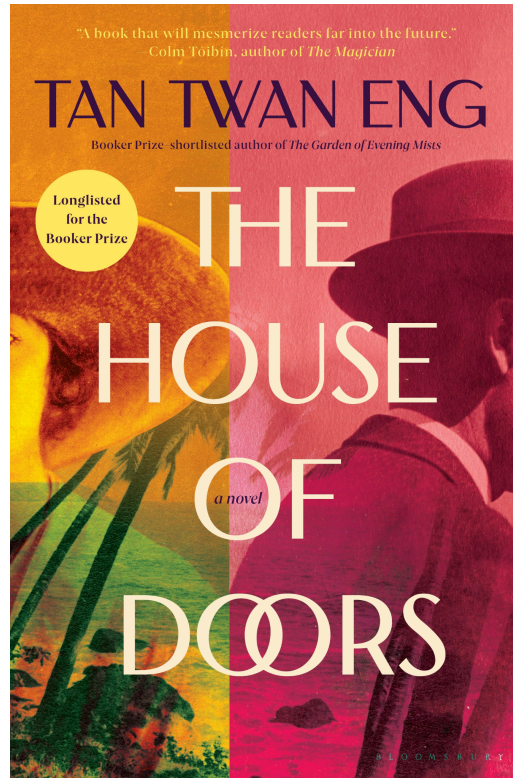
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Future, was launched in June 2022 and endorsed unanimously by General Faculties Council and the Board of Governors. In her presentation, Dr. Glanfield will highlight the University of Alberta's core commitments through all activities in teaching, research, and engagement. Lunch will be catered by Upper Crust at a cost of \$20, payment in advance by INTERAC transfer would be appreciated, but payment at the meeting will be accepted. Paid parking will be available under University Terrace and is accessible from 112 Street by turning onto 83 Avenue and driving east until turning left into the parkade. The pay machine is located close to the elevator which will take you to the first floor. Room 1-38 is at the far east of that floor. You should be targeting an arrival time of 11:30 am with lunch to begin at around 11:45 am and the speaker starting his

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presentation at around 12:15 pm. **If you plan to attend please contact us at [emirhse@ualberta.ca](mailto:emirhse@ualberta.ca)**

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## **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 to ARAS at the street address at the bottom of this Newsletter.

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## **YOUR NEW EXECUTIVE**

At the Annual General Meeting at the end of October, elections were held for the Executive Committee of ARAS. The new Executive is as follows:

President: Walter Allegretto

Vice-President: Walter Archer

Secretary: Don Carmichael

Treasurer: David Cooper

Members-at-Large: Vivien Bosley

Bev O'Brien

Linda Ogilvie

Ken Roy

Richard Young

Past President: Gordon Rostoker

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Editor (Epilogue): Ruth Gruhn

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# ARAS Weekly Newsletter

Association of Retired Academic Staff



November 18th, 2024

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## BOOK CLUB

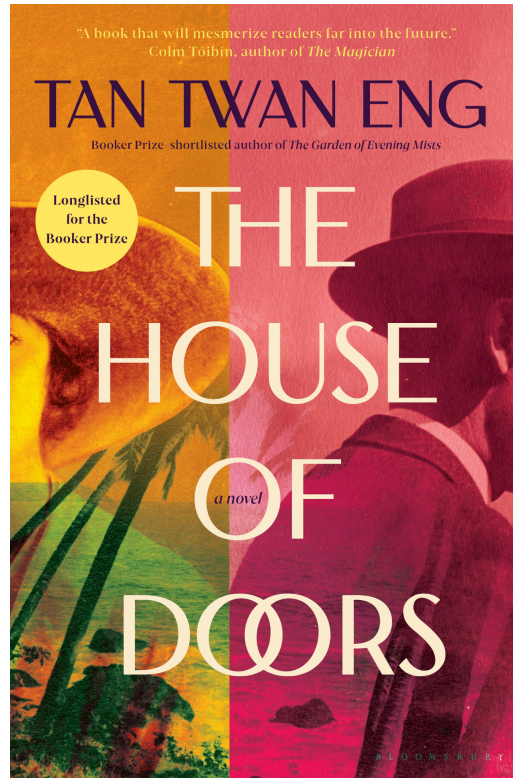
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## **CHRISTMAS BRUNCH** 🎁 🎄

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!

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As has been the modus operandi in the past, we ask you to indicate via email at [emirhse@ualberta.ca](mailto: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](mailto:emirhse@ualberta.ca). If you are unable to come and provide us 2 days notice by email, your money will be refunded.

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# CURAC

**21 Nov/24, 5pm Pacific time/ 8pm Eastern Time:**

***Political Science over time*** by with **Richard Johnston**,

Professor Emeritus of Political Science, UBC (and Canada

Research Chair in Public Opinion, Elections, and Representation);

**Afsoun Asahi**, Assistant Professor of Political Science, UBC; and

**Henrik Jacobsen**, Society Member of Green College and PhD

Candidate, Political Science, UBC

**For information regarding this session go to:**

<https://greencollege.ubc.ca/civicrm/event/info%3Fid%3D1757%26reset%3D1>

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# ARAS Weekly Newsletter

Association of Retired Academic Staff



November 25th, 2024

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<https://us06web.zoom.us/j/83960685342?pwd=7fSl6gNIwOnuEYXb1almfvGEwCrKgg.1>

Meeting ID: 839 6068 5342

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Passcode: 503620



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## DINING OUT

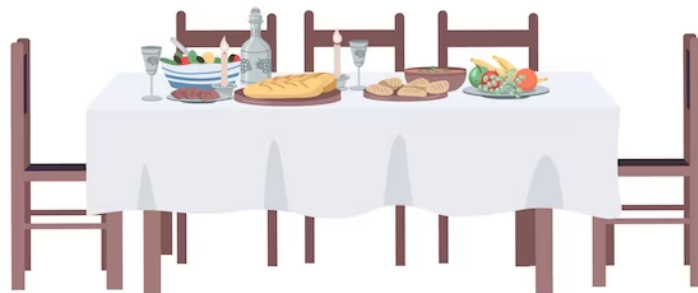
Peggy has had to make some changes this time to accommodate the fact that the last Thursday in December is Boxing Day and the first Thursday is not available at the restaurant. So the plan is to meet at Normand's restaurant at 6:30 pm on **Wednesday, December 4**. The address is 11639 Jasper Ave. In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

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If you plan to come, please let Peggy know at

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