

ARAS Weekly Newsletter

Association of Retired Academic Staff



October 1st, 2024

ANNUAL GENERAL MEETING

This is a **heads up** about the upcoming Annual General Meeting of the Association which will take place at 1.00pm on Wednesday **October the 23rd** via Zoom. Please make every effort to attend the meeting as we must have a quorum in order to conduct business. The Zoom coordinates of the meeting will come in the next Newsletter.

CURRENT AFFAIRS SALON

The next meeting of the Current Affairs Salon will take place at 2.00pm on **Thursday, October 3rd** via Zoom. The discussion will be led by Don Carmichael and will center on the chaos within the Liberal Party associated with the NDP breaking the supply and confidence agreement. 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

The first meeting of the season of the Book Club takes place on Wednesday, **October 16th at 2:30 pm** in Room 1-46 of University Terrace (8303 112 Street). The discussion of *This Strange, Visible Air* by Sharon Butala will be led by Janet Smith. 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

TRAVEL CLUB

This is to inform you that meetings of this club will be suspended for the foreseeable future because the organizer must have surgery to correct a painful hip. More information about future meetings will be provided in upcoming Newsletters.

UCP'S ALBERTA PENSION PLAN

This talk will be given on **Oct 4, 01:30 pm** by former Lethbridge Mayor David Carpenter, a chartered accountant, has served as governing fiduciary, trustee, and director of multi-billion dollar annuity and pension funds as well as manufacturing and media corporations, publicly-traded issuers and national oversight organizations. He is an honorary Colonel (retired) in the Royal Canadian Artillery and has received four commemorative medals

as well as the Senate sesquicentennial medal. He was accorded the Blackfoot name of Piita Poot-Ta (Flying Eagle).

To receive the Zoom link to this free talk, please click on:

<https://uleth.zoom.us/meeting/register/tJwsdO2hrj8pHdGtzzOfg2x0uunz6RcZ3DRr#/registration>.

INVITATION TO WEBINAR

[Webinar – Know your RTOERO travel insurance plan](#)

Date: Monday, **Oct. 7, 2024**

Time: 1pm Eastern Time/ 11am Mountain Time

Get ready for your next travel adventure with confidence!

We break down the essentials of the RTOERO travel plan, demystify travel stability and share practical tips to help you prepare for your trip.

Whether you're planning a weekend getaway or an international journey, this webinar will equip you with the knowledge you need to travel prepared.

[Register](#)

Join our expert presenters to learn more about key features of the RTOERO travel plan, important insurance considerations before travel, what your policy can do and some things it cannot. The presentation will be followed by time to get your questions answered.

OFFICE ASSISTANT

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<https://www.google.com/url?q=https://us02web.zoom.us/j/83008835534?pwd%3DaKONPxPDaAeyyCLw9KTUnzqlRf365Z.1&sa=D&source=calendar&ust=1725128127281059&usg=AOvVaw0SA43VvoZmdPDf17N6IQL9>

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CELEBRATION OF LIFE FOR TIM HARTNAGEL

This is to remind those of you who remember Tim Hartnagel that his celebration of life will be held at the University Club starting at **4.00pm on Thursday, October the 17th.** Patti invites you to attend this special get together.

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WEBSITES OF INTEREST

You may be interested to know that there is a global network for Professors Emeriti and Emerita that has been operating for sometime. If you wish to know more about it please go to

[Professors Emeriti Network](#)

There is also a network dedicated to people who have an interest in music. If that interest you you can go to the website

<https://seniorsjunction.com>

WEBINARS OF INTEREST

CURAC informs us of the following presentations

Date& Time: Wednesday October 23, 2024 @12 noon Eastern

Time (ET)

Topic: *Trump's Mail-in Voting Opposition and Canadians' Trust in the System*

Speakers: Cary Wu, Associate Professor and York Research Chair, Faculty of Liberal Arts and Professional Studies and Andrew Dawson, Associate Professor of Sociology, Glendon College

Description: This discussion will explore Donald Trump's vigorous attacks on voting by mail. His relentless assault on the integrity of mail-in balloting has cast a shadow over the confidence of American voters. Our recent investigation suggests that Trump's false claims also had reverberations across the border, influencing how some Canadians view mail-in ballots.

FOR MORE INFO AND TO REGISTER:

<https://www.yorku.ca/alumniandfriends/connect/events/scholars-hub/>

Date & Time: Wednesday October 30, 2024 @12 noon Eastern Time (ET)

Topic: *Halloween's Complex History*

Speaker: Dr. Nicholas Rogers, Distinguished Research Professor Emeritus, Department of History, Faculty of Liberal Arts and Professional Studies

Description: Although Halloween is now a holiday without an official patron, in the medieval era it was a religious commemoration of death. Over time, its links to bereavement, harvest festivals, and youthful mischief have become increasingly attenuated. Today, it is a holiday of spooks and consumerism that draws mostly from Hollywood. This brief talk traces the transitions of the holiday, from Celtic Britain to contemporary North America.

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EPILOGUE

Members will know that they receive a copy of the Association's quarterly publications Epilogue. The editor would like to invite members to submit stories of interest which they might wish other members to read. The deadline for submissions is 15 days before publication date (the next publication date being December the 1st).

OFFICE ASSISTANT

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October 16th, 2024

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DINING OUT

This month the last Thursday falls on Halloween night so I have 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 exploring. Parking is free and right in front of the restaurant.

Please let me know at peggyallegretto@gmail.com if you plan to come by Tuesday, November 5. I will look forward to seeing you there.

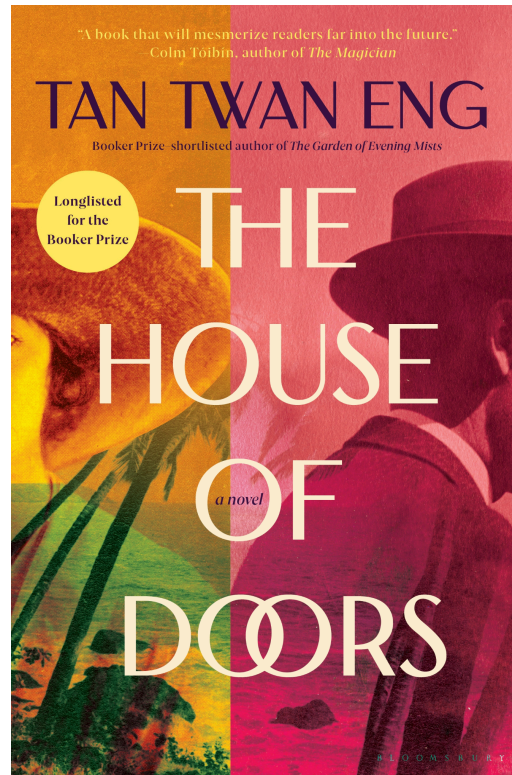


BOOK CLUB

The Next meeting of the Book Club takes place on Wednesday, **November 20th at 2:30 pm** in Room 1-46 of University Terrace (8303 112 Street). The discussion of *The House of Doors* by Tan Twan Eng will be led by Richard Young. 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.

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October 21st, 2024

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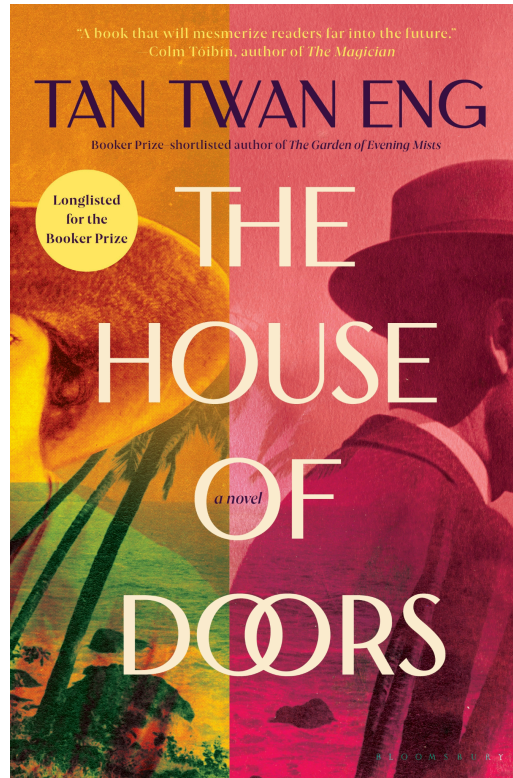
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BLOGS OF INTEREST

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

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

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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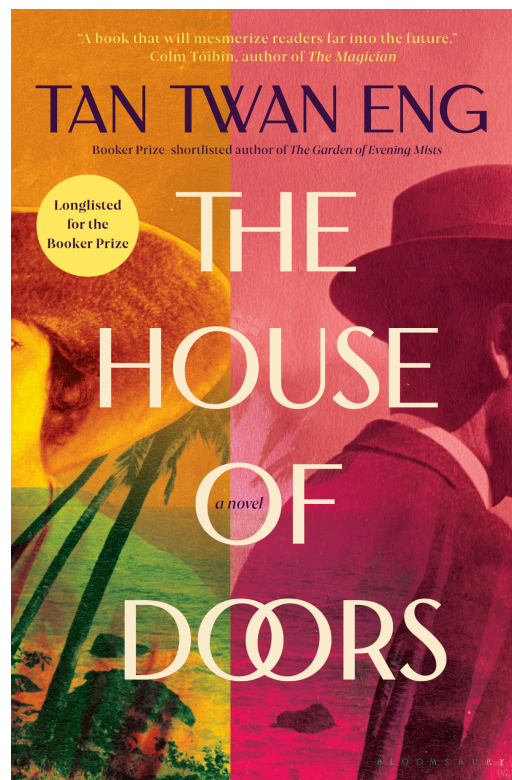


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