

# ARAS Weekly Newsletter

Association of Retired Academic Staff



SEPTEMBER 04, 2024

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## CELEBRATION OF LIFE

For those of you who knew Tim Hartnagel, please know that there will be a celebration of life held for him in the Winspear room at the **University Club** on **Thursday, October 17th at 4.00pm**. It will be a casual gathering to share memories.

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## ARAS PICNIC

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to meet new and familiar faces from the university community. We intend for this to be a time for fun and reflection on ARAS's various activities.

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

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## **BOOK CLUB**

The first meeting of the season of the Book Club takes place on Wednesday, September 18th at 2:20pm in Room 1-46 of University Terrace (8303 112 Street). The discussion of *Deacon King Kong* by James McBride will be led by David Cooper.

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.

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## LUNCH WITH...



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Orchestra and Director of Music at All Saints' Cathedral in Edmonton. His talk is titled: "Journey of a Lifetime: How Jeremy Spurgeon Came to Canada - and Stayed!" - The story of an organist's career in the wider world of music. Lunch will be catered by Upper Crust and will cost \$20-no increase from last year!. If you plan to attend, please indicate by sending an email to [emirhse@ualberta.ca](mailto:emirhse@ualberta.ca)

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## **Invitation to the Age-Friendly University**

The Age-Friendly University is an international organization based at Arizona State University designed to bring retirees around the world together to interact with one another. As part of our commitment to bringing people together, we will host the first Age-Friendly University North American Region Gathering on

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**Thursday, September 5<sup>th</sup> from 1:30 PM to 3:00 PM Eastern**

**(10:30 AM Pacific to 12:00 PM Pacific)**

[Please register for the event here.](#)

We see this as the first gathering – something we hope to make regularly – where we can share updates, discuss potential ideas, and identify opportunities for advancing age-friendly higher education institutions. We will start with a very brief welcome and introduction from the Global Secretariat and then spend the time through a breakout and group discussion-sharing practices, identifying new activities, and getting to know one another.

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We hope to see many of you there. If you cannot attend this event, and there is enough interest, we will also aim to hold one in October!

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## **EPILOGUE**

You will find the latest edition of Epilogue attached for your reading enjoyment.

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## **WEBINARS OF INTEREST**



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## *Fall Virtual Events*

*Please share this message widely with colleagues and friends.*

*AROHE membership is not required for attendance.*

AROHE is offering three informative virtual events this fall.

- Virtual Summit, September 18, focusing on the importance of social relationships for a happy and successful retirement
  - Trip Preview Webinar, September 11, highlighting our new Travel Institute trips for retired faculty and staff in partnership with Road Scholar
  - Cyber Fraud and Personal Security Insights, October 24, focusing on cyber threats and how you can protect yourself, presented by Fidelity Investments.
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## Virtual Summit

*Social Relationships:*

*Key to a Happy and Successful Retirement*



*Keynote Speaker*

**Julianne Holt-Lunstad**

Professor of Psychology and Neuroscience  
Brigham Young University

Wednesday,  
September 18 2024  
10 a.m. - 11:30 a.m. PDT  
[www.arohe.org](http://www.arohe.org)

Social Relationships: Key to a Happy & Successful Retirement

*Sponsored by Road Scholar*

Wednesday, September 18

10-11:30 a.m. PDT, 11 a.m.-12:30 p.m. MDT,

12-1:30 p.m. CDT, 1-2:30 p.m. EDT

AROHE's 2024 Virtual Summit will explore the importance of social relationships in retirement with an engaging presentation followed by a panel discussion. In May 2023, the U.S. Surgeon

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General issued an advisory titled "Our Epidemic of Loneliness and Isolation," shedding light on "the public health crisis of loneliness, isolation, and lack of connection in our country." Even predating the COVID-19 pandemic, around half of U.S. adults reported experiencing measurable levels of loneliness. Disconnection profoundly impacts mental, physical, and societal well-being. This presentation will help retirees and the organizations that serve them to better understand and facilitate better social connections.

*Our keynote speaker is Dr. Julianne Holt-Lunstad, professor of psychology and neuroscience and director of the Social Connection & Health Lab at Brigham Young University. Her presentation will be followed by a panel discussion with Dr. Kaye Jeter, Central State University; Valerie Ventre-Hutton, UC*

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*Berkeley; and Dr. Louise Nasmith, University of British Columbia, who will share their personal experiences related to this topic.*

***Learn more and register for Summit:***

<https://www.arohe.org/Summit-2024>

AROHE Travel Institute  
Trip Preview Webinar

Wednesday, September 11

10-11 a.m. PDT, 11 a.m.-12 p.m. MDT, 12-1 p.m. CDT, 1-2 p.m.

EDT

Learn more about the AROHE Travel Institute's worldwide learning adventures for retired or current college/university faculty/staff and their friends and family during this trip preview webinar. We will be offering five learning adventures in 2025 in the US and abroad in Canada, Spain, and Portugal. During the

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webinar, we will review itineraries for these trips and provide enrollment information.

This new collaboration between AROHE and Road Scholar will connect you with former colleagues in academia and introduce you to new acquaintances as you learn and travel together on inspiring trips led by Road Scholar, the leader in educational travel for adults.

Presenters: Cherie Hamilton, AROHE Travel Institute Committee Chair, and Frania Monarski, Director of Group Sales at Road Scholar

Details: <https://www.roadscholar.org/arohe/exclusive-programs/>

**Register for the trip preview webinar:**  
<https://www.arohe.org/event-5817892>

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Can you recognize  
a scam when you  
see one?

**Virtual Workshop October 24**



## Cyber Fraud and Personal Security Insights

Thursday, October 24

10-11 a.m. PDT, 11 a.m.-12 p.m. MDT, 12-1 p.m. CDT, 1-2 p.m.

EDT

Cyber threats are everywhere, which is why it's important to understand what it takes to keep yourself cybersafe. We are proud to team up with Fidelity Investments to offer this exclusive virtual workshop to share important information about common financial

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scams and ways you can monitor, protect, and safeguard your data.



Presenter: Gary Rossi leads Fidelity Investments Personal Security Insights Program, educating clients about cyber and personal security threats.

Mr. Rossi previously worked as a special agent for the Federal Bureau of Investigation (FBI), specializing in white-collar crime

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investigations, including financial frauds, cybercrimes, and public corruption matters.

Before the FBI, he worked as a CPA for Arthur Andersen & Co. and as a consultant for the cybersecurity consulting firm @Stake. Mr. Rossi holds a degree in Accountancy and Management from Bentley University.

**Register for Cyber Fraud and Personal Security Insights  
Webinar: <https://www.arohe.org/event-5825195>**

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Association of Retired Academic Staff



September 9th, 2024

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Spurgeon Came to Canada - and Stayed!" - The story of an organist's career in the wider world of music. 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 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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## DINING OUT

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### 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%3DaKONPxDaAeyyCLw9KTUnzqlRf365Z.1&sa=D&>

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[source=calendar&ust=1725128127281059&usg=AOvVaw0SA43V](https://source=calendar&ust=1725128127281059&usg=AOvVaw0SA43V)

[voZmdPDf17N6IQL9](https://voZmdPDf17N6IQL9)

Meeting ID: 830 0883 5534

Passcode: qn35hU4h

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## **UCP's ALBERTA PENSION PLAN**

This talk will be given 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

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

<https://uleth.zoom.us/meeting/register/tJwsdO2hri8pHdGtzzOfq2x0uunz6RcZ3DRr#/registration>.

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# ARAS Weekly Newsletter

Association of Retired Academic Staff



September 16th, 2024

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## DINING OUT

Peggy has made a reservation for us at Sorrentino's Century Park for 6:30 pm on **Thursday, September 26**. Parking is available in the lot in front of the restaurant which is located at 2345 111 St NW. Please let me know at [peggyallegretto@gmail.com](mailto:peggyallegretto@gmail.com) if you plan to come by Tuesday, September 24.

Looking forward to seeing you all there!

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September 23th, 2024

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## ACADEMICS WITHOUT BORDERS

The following volunteer opportunity is limited at this time to our [Network](#) universities and colleges ( **Note that the university of Alberta is part of the network** ). Kindly forward this email to the relevant faculties and anyone at your institution who might be interested.

**VOLUNTEER OPPORTUNITY**

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# **STRENGTHENING ENGLISH LANGUAGE PROGRAMS AT UNIVERSITÉ D'ANTSIRANANA**

## **Curriculum Development and Training Program for English Language Teachers**

### **Partner Organization: Université d'Antsiranana**

Established in 1985, the University of Antsiranana (UNA) is a public higher education institution located in the Fokontany Lazaret, very close to Sugarloaf Mountain in Antsiranana, a port city in northern Madagascar.

The university offers a wide range of undergraduate and graduate programs across various fields, including science, humanities, social sciences, education, and technology. Its programs aim to address the educational needs of the region and contribute to national development.

In the initial stage of the project, the volunteer will work collaboratively with project leads to develop and conduct a needs assessment with academic staff and develop a project plan in collaboration with faculty members and administrators. The

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findings from the needs assessment will inform the revision of the curriculum.

### **Number of Volunteers: 1**

We are looking for a faculty member (working or retired) with a Master's degree or PhD in Applied Linguistics or TESL and with experience delivering EFL pedagogy workshops and courses at various levels. Additionally, they should have proficiency in educational research and mentoring, particularly in EFL contexts. Applicants should have excellent interpersonal, communication, and facilitation skills and be excited about the role of higher education in global development. Those with experience working in academic settings in low and middle-income countries are especially encouraged to apply.

**Deadline: October 21 2024**

### **Need more information?**

Contact Corrie Young, Associate Executive Director, Projects &

Network: [cyoung@awb-usf.org](mailto:cyoung@awb-usf.org)

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