

BOOK CLUB

The next meeting of the Book Club will be held on **Wednesday, March 15th at 2:30pm** in Room 1-46 of University Terrace (8303 112 Street).

The book to be discussed is *We Don't Know Ourselves* (2022) by Fintan O'Toole and will be led by Robert Normey.

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, March 22nd at 11:30am** in-person in the Papaschase Room at the University Club. The speaker will be Jan Selman from the Department of Drama at our University. She is a fellow of the Royal Society of Canada based on her work showcasing drama as an agent for social change. She will talk about the illustrious history of her Department in general and about Tom Peacocke in particular.

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's 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

The next event will be held at **6:30pm on Thursday, March 30th at Hayloft Steak and Fish**. The restaurant is located at 639 Cameron Heights Drive, which is in a strip mall so parking should be easy.

On Thursdays they are said to frequently have several oyster specials. Please let Peggy (peggyallegretto@gmail.com) know if you plan to attend by Monday, March 27th.

ONLINE SESSIONS THAT MIGHT BE OF INTEREST

Below are invitations from Carlton Univ to register for the Early Spring 2023 online sessions of the Lifelong Learning Program (LLeaP):

1. **[Physics Around Us](#) with Dr. Andrew Robinson (online)**
 - Mondays, March 13, 20, 27, April 3, 17, 24
 - 10:00 a.m. to 12:00 p.m. ET
 - [Register for this series](#)
2. **[Six Mathematical Results with Profound Impact](#) with Dr. Kevin Cheung (online)**
 - Mondays, March 13, 20, 27, April 3, 17, 24
 - 1:30 p.m. to 3:30 p.m. ET
 - [Register for this series](#)

3. **[Exploring the World of Creativity](#) with Adrian Cho (online)**
 - Wednesdays, March 15, 22, 29, April 5, 12, 19
 - 1:30 p.m. to 3:30 p.m. ET
 - [Register for this series](#)

4. **[African American Music of the 1940s-1970s: Blues, R&B, Soul and Funk](#) with Keith McCuaig (online)**
 - Thursdays, March 23, 30, April 6, 13, 20, 27
 - 10:00 a.m. to 12:00 p.m. ET
 - [Register for this series](#)

Below is an invitation from McMaster Univ Alumni Association:

**March 27, 2023, 7pm ET: Mental Health: Is there an app for that?
By Dr Anthony Levinson, Mc Master University, Hamilton,
Ontario, Canada**

Short overview: In any given year, 1 in 5 Canadians experience a mental illness, and by the time we reach 40 years of age, 1 in 2 Canadian have, or have had, a mental illness. With over 10,000 mental health and wellness apps now available, how do you know where to start?

In this presentation you'll learn about the top mental health apps and online resources experts to help people self-manage mental health conditions such as depression, anxiety, post-traumatic stress disorder, substance use problems, such as quitting smoking or reducing alcohol intake, and mindfulness training. Learn how to evaluate online resources and the potential benefits and harms posed by their use.

Registration: (if Carole-Lynne Le Navenec's name appears on the form, just erase it)

<https://alumni.mcmaster.ca/redirect.aspx?linkID=764530&sendId=200183&eid=1208868&gid=1>

For further info/ questions contact:

Jessica Lounsbury: jlouns@mcmaster.ca or

Christine Kennedy: ckenned@mcmaster.ca

Below are invitations from Toronto's York Univ. Scholars Hub:

Wednesday, March 22 at 12 noon ET:

Scholar's Hub @ Home-- The role of mattering in hope, happiness, health and fulfillment in life

Speaker: Dr. Gordon Flett, Canada Research Chair, Department of Psychology, Faculty of Health

Short overview: This presentation will address our shared need to matter to other people. Viewers will learn about the power of mattering as a fundamental relational resource that contributes to adaptability and resilience and positive outcomes at home, at school, at work, and in the community. Understand about actionable messages and be provided with ways to promote mattering in various contexts.

Registration & further info:

https://yorku.zoom.us/webinar/register/WN_0laQnXT0Td-sYTKHwWEmOA

Wednesday, April 19, 2023 at 12 noon ET:

Scholar's Hub @ Home--Why stories linger in our minds: Using stories to probe human memory and thought

Speaker: Dr. Bellana Buddhika, Assistant Professor, Department of Psychology, Glendon College

Short overview: A good book is not only characterized by the reader's experience while in the midst of reading it. In fact, a good book is marked by its ability to shape the content of our thoughts for hours, sometimes days, after putting it down. This presentation will examine the idea that stories have a propensity to linger in your mind. We will

look at how this phenomenon can be quantified in the laboratory and what it might reveal about how our memory system works.

Registration & further info:

https://yorku.zoom.us/webinar/register/WN_QL5DB316Ray1LqIWyHBMmg

OFFICE ASSISTANT

David will be back in the office from 12-3pm every Monday.