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

This event has signed up the maximum number of people the restaurant can accommodate so this is just a reminder for those who have signed up that the event takes place this Thursday November 24th at 6:30pm.
CURRENT AFFAIRS SALON

The next meeting of the Current Affairs Salon will take place on Thursday, December 8th at 2:00pm MDT via Zoom. The topic will be homelessness and how to address the problem. The meeting will be via Zoom, the coordinates being:

https://us02web.zoom.us/j/84256439376

If the system asks for a passcode enter 488023
The meeting ID is 84256439376 if needed

BOOK CLUB

The next meeting of the Book Club will be held on Wednesday, December 14th at 2pm in Room 1-46 of University Terrace (8303-112 Street). The discussion of The Pull of the Stars by Emma Donoghue will be led by Beverly O’Brien.

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.

CHRISTMAS BRUNCH

Our annual Christmas Brunch is coming up soon! 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

As it’s the season of giving, we will also be collecting donations for the university’s Campus Food Bank (the oldest food bank on a university campus in Canada!) They are busier than ever before, so we encourage those attending to bring in a little something to help end food insecurity at the UofA.

You may learn more about the Campus Food Bank by clicking here.

**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](http://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:

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**OFFICE ASSISTANT**

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