

# ARAS Weekly Newsletter

Association of Retired Academic Staff



August 17th, 2026

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## DINING OUT



For our next dining evening Peggy has booked us in at Zula on  
**Thursday, August 27** at 6:30pm. The restaurant is located at

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14055 West Block Drive Ste 120. This is basically at 142nd St and Stony Plain Road. There is surface parking or underground parking both of which are free (covered by the restaurant). You have to register your license plate number. There is an elevator to get from the underground parking to the main floor where the restaurant is. We will have a private room for which the maximum number is 20 people. If you plan to attend please let Peggy know at [peggyallegretto@gmail.com](mailto:peggyallegretto@gmail.com) by **Tuesday August 25**.

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**SAVE THE DATE!**

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**Important\*change of location to the annual picnic:** Please mark your calendar for an ARAS social event that will be held from 4 to 6 pm on **Thursday, September 17** at the Dianne and Irving Kipnes Health Research Academy 11405 87 Avenue NW in the third floor atrium (3-141). It is an opportunity to welcome new members, honor Gordon Rostoker and socialize. Parking is available on the west side of the building off 87 Avenue. You will be welcomed at the north door to the building. **If you have to attend please let us know by Friday, September 11th.**

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## CURRENT AFFAIRS SALON

ARAS members with an interest in current/political affairs have been especially saddened by the recent passing of Gordon Rostoker, the long-time convenor of our Current Affairs Salon. Gordon contributed greatly to this group, not just as convenor but also by facilitating discussions with opening presentations.

CAS is an important group, and a new convenor will be needed for the fall. This can also be an opportunity to try some different approaches.

Anyone interested in this role is urged to contact ARAS. We are open to format change and welcome constructive ideas.

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Beverley O'Brien: [bo1@ualberta.ca](mailto:bo1@ualberta.ca)

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## **CURAC**

### **(College and University Retiree Associations of Canada)**

Discounts for CURAC Members,

As a member of the CURAC, our members can take advantage of the offers negotiated with their affinity partners. These services include discounts on insurance (car, home, travel, and extended health insurance) , health (eye glasses, hearing aids), and travel (guided tours, cruises, solo travel, etc.).

In addition to affinity sponsors providing financial support for the annual national conferences, when you purchase services from most of them, both CURAC and MURA receive small commissions.

[View complete information about these savings available to you!](#)

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## Collette July Travel Offers for CURAC Members

Please find attached current offers from Collette, a long-time CURAC affinity partner. Please note that some offers are available only until July 31, 2026.

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## Professors Emeriti Network

Zoom meeting on **Wednesday, September 16, 2026**, 17:00 – 19:00 CET:

Topic: *Retired professors use artificial intelligence (AI) tools.*

*Sharing best practices.*

Here is a link to detailed list of the speakers: [Emeriti Meeting 15.09.2026 Program Speakers](#) .

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You should register at [Joze.Gricar@UM.si](mailto:Joze.Gricar@UM.si) as soon as possible.

Registered participants will receive a link to the meeting. The

*Registered Participants List* will be posted after the meeting

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### Topic of Interest

Here is some information about 'local' book festivals this fall to our ARAS members.

Edmonton – non-fiction Litfest, **Oct 14-18:**

<https://litfestalberta.org/events/>

St Albert - STARFest (St. Albert Readers Festival) **Oct 16-29,**

<https://www.starfest.ca/>

Calgary - Wordfest, **Oct. 13-18, 2026,**

<https://wordfest.com/festival/imaginairium/>

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McMaster University Optimal Aging Portal Article

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[Your brain, your move: what the research says you can do to lower dementia risk](#)

[Key factors to aging well](#)

[Don't ignore the signs: Supporting men's mental health as we age](#)

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## OFFICE ASSISTANT

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

*If you wish to unsubscribe from our mailing list, please reply to [emirhse@ualberta.ca](mailto:emirhse@ualberta.ca) with "UNSUBSCRIBE" in the subject line. Thank you!*