

ARAS Weekly Newsletter

Association of Retired Academic Staff



September 10th, 2025

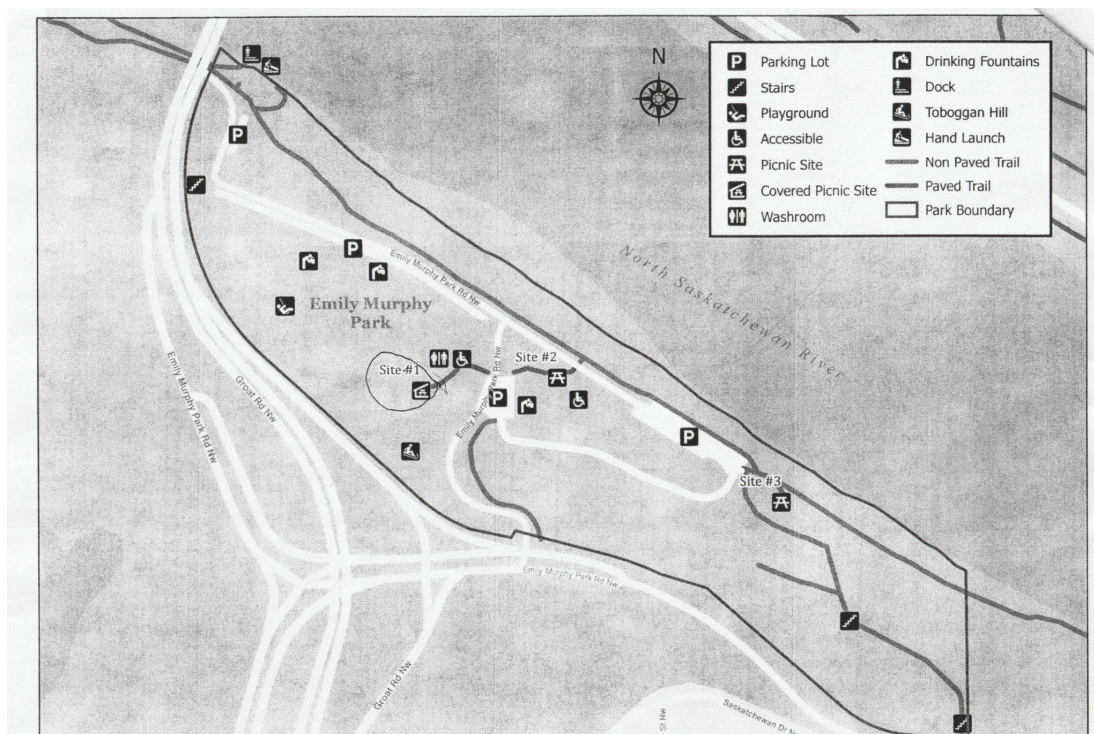
BOOK CLUB



The next meeting of the Book Club takes place on Wednesday, **September 17th** at 2:30 pm in Room 1-46 of University Terrace (8303 112 Street). The discussion of *Monsignor Quixote* by Graham Green will be led by Don Carmichael. Members may participate either in-person or online. Beverley 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 Please note that University Terrace is locked but there will be someone to meet you at the door when you arrive.

PICNIC



The Association of Retired Academic Staff (ARAS) invites you to join us for a picnic on **September 16th** at 4-7pm at Emily Murphy Park Site #1. The site is covered and we will be providing complimentary food and drink. The picnic provides an opportunity 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 at your earliest convenience, so that we can order the right amount of food. If the weather does not cooperate we have an alternate site and we will inform you closer to the time.

LUNCH WITH...



The first Lunch With... meeting of this term will be held on Wednesday **September 24th** at 11.30 am in Room 1-38 of University Terrace. The speaker will be Professor Geoffrey Rockwell who will be speaking on the subject *Caring for Safe Artificial Intelligence*. It will ask the question if AI can be deployed in a safe and trustworthy manner.

Lunch will be catered by Upper Crust at a cost of \$25; payment in advance by INTERAC transfer would be appreciated, but payment

at the meeting will be accepted. Paid parking will be available in College Plaza and is accessible from 112 Street by turning onto 83 Avenue and driving east until turning right into the parkade. Room 1-38 is at the far east on the first floor of University Terrace.

Someone will be at the front door to greet you and let you in. 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 would like to attend, please notify us at

emirhse@ualberta.ca

TRAVEL GROUP



The Travel Group hopes to start up again in October. We are looking for members who would like to make a presentation to the group. If you would like to do so, please contact Ken Roy at

kroy@ualberta.ca

CURAC

CURAC's /ARUCC's series "Retiree Association Conversations"

Our first session is entitled *CURAC Affinity Partnerships and Their Perks*.

When: **Thursday, October 16th, 2025**, 1pm Eastern Time ; 1100 MT (please put the date and time into your calendar)

Ron Champion, the chair of CURAC / ARUCC's Affinity Marketing Committee, will facilitate the conversation. Our goal is to ensure that all our members are aware of the breadth of perks available to them as members of our national association.

Joining the conversation is easy. We will be using the University of Calgary Zoom resource.

Join Zoom Meeting

<https://ucalgary.zoom.us/j/92574072119>

Please confirm your attendance with Dr. Carole-Lynne Le Navenec (CLL) at cllenave@ucalgary.ca – providing her with: (a) your name, (b) email address, (c) the name of your local retiree association, and (d) do you have position on the Board -if yes-specify the position

We will be sending out a reminder notice prior to the Retiree Association Conversation date.

Webinars of Interest:

GENDER CREATIVE MUSICKING: NAMING AND RE-STORYING
THE WORLD THROUGH COLLABORATIVE SONGWRITING
WITH TRANS YOUNG PEOPLE

Online presentation

Date & Time: **Wednesday, Oct 22**, 2025 at 12:00 noon (Eastern Time)

Speaker: Kael Reid, Assistant Professor, Children, Childhood and Youth Studies, Department of Humanities, Faculty of Liberal Arts and Professional Studies

Description: This presentation shares findings from a project that utilized collaborative songwriting—a participatory arts-based method, which focuses on supported storytelling and creative musical expression. Centering transgender young people as experts of their own lives and agentic creators of musical culture, this project invited them to name, re-story and document their identities and worlds through songwriting, recording, and singing. For more information and to register:

https://yorku.zoom.us/webinar/register/WN_37av_vukQmy7smvqPKQ68g#/registration

Invitation to other University or College Retirees to attend the University of Calgary Retirees Association (UCRA) Fall 2025 hybrid sessions:

October 8th, 2025 2pm-3:30pm Mountain time(MT)

Seiran Heshami Assistant Professor, Schulich School of Engineering

Topic: Engineering tomorrow: Artificial Intelligence and the Smart City Revolution

LINK to click on for non-UCRA members to REGISTER for this free session: To be announced

November 19th, 2025 2pm-3:30pm Mountain time(MT)

Herman Barkema Professor, Faculty of Veterinary Medicine
Professor, Department of Community Health Sciences, Cumming
School of Medicine United Nations University Chair in Infectious
Diseases in a Changing Climate

*Topic: One Health: What are the risks of transmission of diseases
from animal to human? What strategies are being used?. How big
of a risk is H5 Bird Flu?*

LINK to click on for non-UCRA members to REGISTER for this free
session: To be announced

Association of Retirement Organizations in Higher Education [AROHE]

Estate Planning Series

[Part I: The Five Essential Documents](#): September 30, 2025

Learn about the core documents every estate plan should include—Durable Power of Attorney, Health Care Proxy, Will, Revocable Trust, and Medical Directive. We'll explore their purposes, the decisions they involve, and how they work together to protect your wishes.

[Part II: Trusts—The Swiss Army Knife of Estate Planning](#): October 14, 2025

Discover the many roles trusts can play in estate planning. From probate avoidance and tax reduction to incapacity planning and asset protection, this session will explain how trusts work, the responsibilities of trustees, and the rights of beneficiaries—plus the differences between revocable and irrevocable trusts.

[Part III: Long-Term Care and Tax Planning](#): October 28, 2025

Understand the risks and realities of long-term care and how it can impact retirement. This session will cover the key differences between Medicare and Medicaid, eligibility rules for Medicaid planning, and strategies for protecting assets. We'll also explore the basics of estate and capital gains taxation, including the often misunderstood "step-up in basis."

Travel Opportunities with AROHE

[New York City at a Slower Pace – Trip Preview](#)

Wednesday, October 1, 2025

1 PM EDT | 12 PM CDT | 11 AM MDT | 10 AM PDT

In this live session, you'll hear directly from a New York City travel expert who will walk you through trip highlights, answer your questions, and provide insider tips. You'll also have the opportunity to connect with fellow AROHE members who may become your future travel companions.

[Cuba Trip Preview](#)

Monday, October 6, 2025

2 PM EDT | 1 PM CDT | 12 PM MDT | 11 AM PDT

Discover the culture, history, and rhythms of Cuba! Join us for this preview session to learn about the highlights of our upcoming trip and how you can be part of this unforgettable journey.

Invitations to Authors!

AROHE is creating a publication---"*Building Community through Shared Writing Experiences*". You are invited to submit content about an individual or group writing experience with your RO that helped build community: *Memoir Writing, Memories from Your College Career, and other topics*. Contact Dr. Dee Stegeline at dstegel@clemson.edu, for information and submission.

DATES TO REMEMBER

Annual General Meeting: Wednesday October 15th at 1.00 pm

Christmas Brunch: Monday December 15th at 11.00 am

OFFICE ASSISTANT

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

If you wish to unsubscribe from our mailing list, please reply to emirhse@ualberta.ca with "UNSUBSCRIBE" in the subject line. Thank you!