

ARAS Weekly Newsletter

Association of Retired Academic Staff



August 31st, 2026

SAVE THE DATE!



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 plan to attend please let us know by Friday, September 11th at emirhse@ualberta.ca . Let us know if you have any dietary restrictions.**

Referendum ballots

Here's the link to get a mail-in ballot for the referendum:

https://www.elections.ab.ca/?utm_source=substack&utm_medium=email

A mail-in ballot allows you to vote without standing in line and facing the possible turmoil on voting day, October 19. Since, there

are nine referendum questions, voting in person could be a nightmare.

NOTE THAT the mail in ballot must be mailed in by **October 16** at the latest.

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!](#)

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.

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](#) .

You should register at 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

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/>

McMaster University Optimal Aging Portal Article

[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](#)

Please note that if you are planning to park under the University Terrace building you may now need the HONK app.

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 with "UNSUBSCRIBE" in the subject line. Thank you!