

# ARAS Weekly Newsletter

Association of Retired Academic Staff



October 11, 2023

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## BOOK CLUB

The next meeting of the Book Club will be held on **Wednesday, October 18th at 2pm** in Room 1-46 of University Terrace ([8303 112 Street](#)).

The discussion of *Old Babes in the Wood* by Margaret Atwood will be led by Nora Stovel. Members may participate either in-person or online.



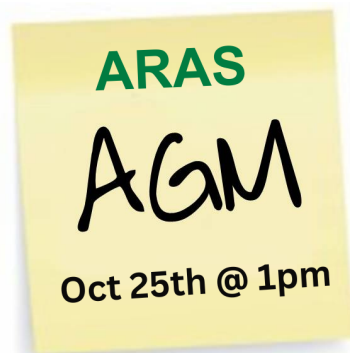
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If you wish to participate online, please contact Vivien Bosley at [vbosley@ualberta.ca](mailto:vbosley@ualberta.ca) for Zoom instructions ahead of time. If you wish to join the group, please contact Vivien as well.

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## ARAS ANNUAL GENERAL MEETING

This is a “heads up” about our Annual General Meeting which will be held via Zoom at **1pm on Wednesday, October 25th**. To achieve a quorum so that business can be transacted, we encourage you to set this date aside and participate in the meeting.



More information and Zoom instructions will be provided in the Newsletter closer to the time of the meeting.

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# TRAVEL GROUP

After a long hiatus caused by the COVID pandemic, the Travel Club is ready to start up again. The Travel Group will be led by Ken Roy and its first meeting is scheduled for **October 28th at 2pm** in University Terrace room 1-38. University Terrace is located at 8303 112 St NW.



Ken will start with a bit of organizational ideas followed by a short talk on a trip to Scotland, featuring some of the less frequently seen historical sights!

If you would like to attend, please give us a heads up at [emirhse@ualberta.ca](mailto:emirhse@ualberta.ca)

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# WEBINARS OF INTEREST

Invitation to attend upcoming Fall 2023 webinars by McMaster University Alumni Association (and you can view recordings of past sessions @ <https://alumlc.org/mcmaster/archive>)



**1. WED. October 18, 2023 @ NOON ET:**

***Why We Need to Create a Culture of Connection in a World of Disconnection***

Speaker: *Morag Barrett, Award-Winning Author and Leadership Expert*

For further info & **Registration:**

<https://alumlc.org/mcmaster/31087/register>

**2. WED. October 25, 2023 @ NOON ET:**

***LGBTQ+ Etiquette and Common Bloopers: What You Need to Know to Be an Ally***

Speaker: *Jeannine Gainsburg, Author and Award-Winning Educational Trainer and Consultant*

For further info & **Registration:**

<https://alumlc.org/mcmaster/30346>

**3. WED. November 1, 2023 @ NOON ET:**

***How To Close Your Power and Confidence Gaps and Reach Your Highest Potential***

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Speaker: *Kathy Caprino, Author, International Career and Leadership Coach*

For further info & **Registration:**  
<https://alumlc.org/mcmaster/30965>

**4. WED. November 8, 2023 @ NOON ET:**  
***From Stuck to Soaring: How to Successfully Change Your Career***

Speaker: *Octavia Goredema, Author and Award-Winning Coach*

For further info & **Registration:**  
<https://alumlc.org/mcmaster/30101>

**5. WED. November 29, 2023 @ NOON ET:**  
***ADHD: How it Manifests and Effective Steps to Address It***

Speaker: *Dr. Edward (Ned) Hallowell, New York Times Bestselling Author and World-Renowned Authority on ADHD*

For further info & **Registration:**  
<https://alumlc.org/mcmaster/31604>

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## **BIRTHDAYS**

- Natasha Wilson turned 100 yesterday on October 10th!  
ARAS wishes her a joyful and happy birthday! 🎉🎁





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## OFFICE ASSISTANT

David's office hours next week:

- 3:30 to 5:00pm every Wednesday
- 8:00 to 9:30am (*remotely*) every Thursday

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