

ARAS Weekly Newsletter

Association of Retired Academic Staff



October 22nd, 2025

TRAVEL GROUP



The first meeting of the Travel Group will be on **Thursday, October 30** at 2.00 pm (not the usual fourth Thursday). Nils Petersen will speak on "The best of Panama, 2011-2014". The room will be 1-38

of University Terrace Building. If you plan to attend please contact us at emirhse@ualberta.ca

DINING OUT



Our October Dining Out is booked for **6:30 pm** on **October 30th** at Winston's Fish and Chips. The address is 10505 51 Ave NW and there is lots of free parking right outside the door. There was a consensus at the table last Thursday that Winston's would be a

good idea for this month. If you plan to come please let Peggy know by Tuesday, **October 28th** at peggyallegretto@ualberta.ca . We hope to see you there!

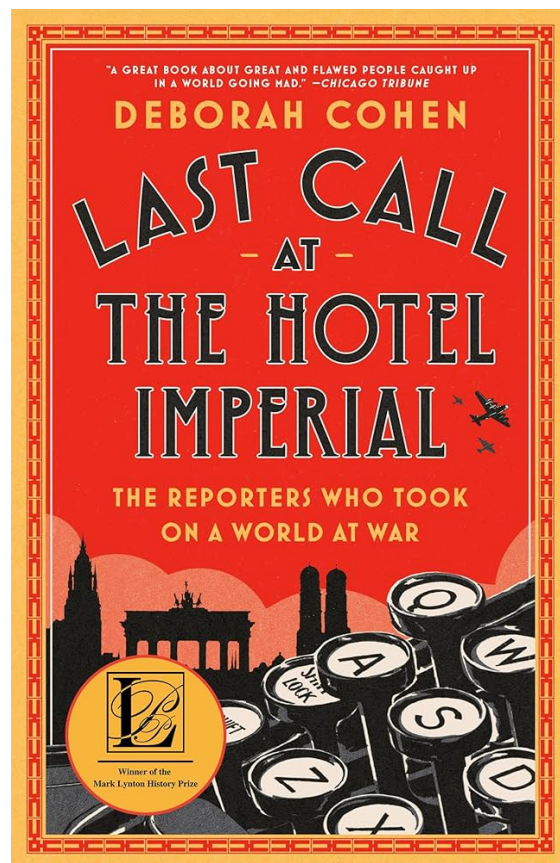
LUNCH WITH...



The next Lunch With...event will take place at 11:30 am on Wednesday **November 12** in Room 1-38 of University Terrace. The

speaker will be Josephine van Lier whose topic will be “Two Voices, Two Histories: the Viola de Gamba and the Cello”. She will be bringing both instruments and will play samples of respective music. More information to follow in the next Newsletters.

BOOK CLUB



The next meeting of the Book Club takes place on **Wednesday, November 19th** at 2:30 pm in Room 1-46 of University Terrace (8303 112 Street). The discussion of *Last Call at the Hotel Imperial* by Deborah Cohen will be led by Rob Normey. 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.

CURAC

Webinars of Interest:

POPULAR MUSIC OF THE 1970'S (by instructor Steven Baur) which is a 6 week session regarding a range of music types and how music reflected (and reshaped) history, culture, and technology

----Fridays, **October 10 to November 14, 2025**

----10am to 12 noon, Atlantic Daylight time –which is 9am to 11am Eastern Daylight Time

----Membership Required: Learn more and REGISTER at:

www.theSCANS.org

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?

November 19, 2025

2pm-3:30pm MT

Speaker: 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

[Join the session here](#)

Meeting ID: 982 1249 8606

Passcode: 228056

CURAC's /ARUCC's series "Retiree Association Conversations"(Recording)

The recording of the October 16th Zoom presentation about CURAC Affinity partners is now available:

[Watch the Recording here](#)

The passcode for the recording: !1\$6qq9&

The presentation itself starts at the 10:10 mark. (Chatter before then...)

University of Calgary Retirees Association (UCRA) Fall 2025 hybrid sessions:

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

University of Waterloo Retiree Association free Online Session:

Date and time: Wednesday **November 12/25** at 7:30pm to 8:30pm
Eastern time

Topic: PLAN WELL TO LIVE WELL

Zoom Link to REGISTER:

https://imodules.uwaterloo.ca/s/1802/21/event.aspx?sid=1802&gid=2&pgid=3894&content_id=5767

Association of Retirement Organizations in Higher Education [AROHE]

Estate Planning Series

[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."

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 Stegelin at dstegel@clemson.edu, for information and submission.

You may also be interested in:

You Tube Video Recording of the Dialogue on Aging presentation with Dr. Mei Lan Fang on October 8, 2025.

<https://www.youtube.com/watch?v=E-42bwyHum8>

Technology for seniors: How older adults can benefit from digital tools

From staying in touch with loved ones to boosting brain health, accessing information, supporting wellness, and enjoying entertainment, technology offers many benefits for older adults. With a few simple tips—like starting small, asking for help, and practicing online safety—seniors can confidently embrace the digital world.

<https://www.mcmasteroptimalaging.org/hitting-the-headlines/detail/hitting-the-headlines/2025/09/17/technology-for-seniors--how-older-adults-can-benefit-from-digital-tools>

Humanities and Social Sciences

Big Thinking Summit 2026: Inflection Point

June 9 to 11, Edmonton Convention Centre, Edmonton, Alberta

The Federation's Big Thinking Summit: Inflection Point will bring the humanities and social sciences (HSS) to the forefront. Together, we must draw on historical, linguistic, cultural, and practice-based perspectives to open new possibilities for a Canada at the crossroads. Questions of legitimacy — who produces knowledge, whose voices are amplified, and how authority is recognized — are pressing to the fore. As public trust in postsecondary institutions is tested, shifts in cross-sector partnerships must reshape how research connects with policy and community priorities. Innovations

in teaching, inquiry, and knowledge sharing must redefine scholarship and how it circulates across all of society.

Calling on academics, community partners, and policymakers from across Canada to forge new collaborations and tackle these critical questions at the Big Thinking Summit: Inflection Point.

[Register](#)

McMaster University:

[3 ways digital technologies can enhance health](#)

DATES TO REMEMBER

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!