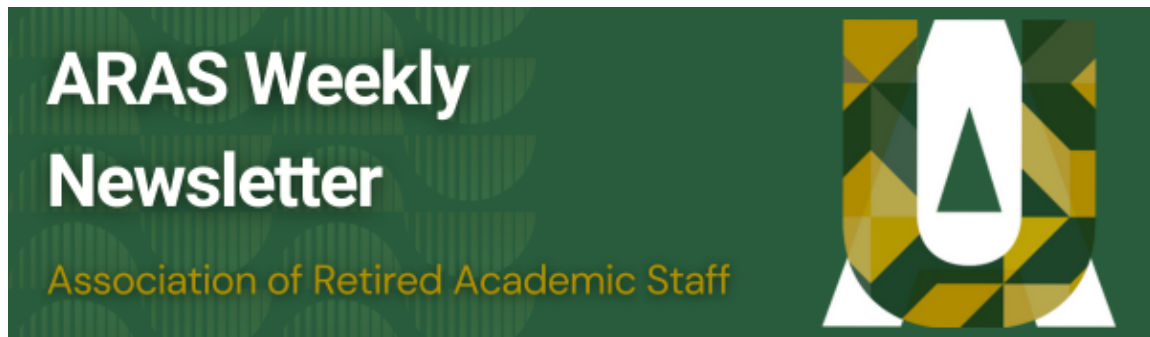




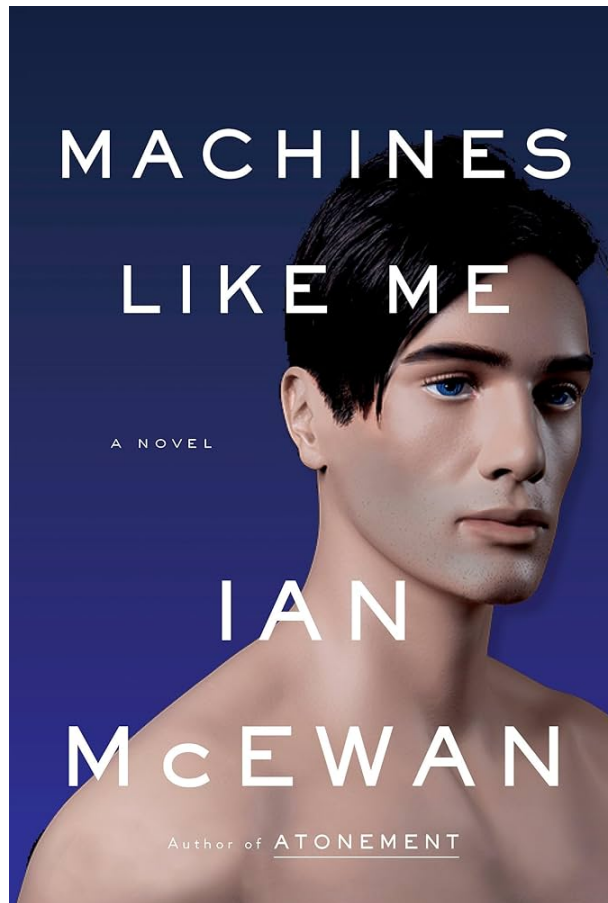
October 8th, 2025

ANNUAL GENERAL MEETING

The Annual General Meeting of the Association will take place on **Wednesday October 22nd** at 1.00 pm via Zoom. Please find attached the documents that will be presented at this meeting.

Please take the opportunity to attend this meeting so that you can keep informed of ARAS activities and plans for the future. We need you to attend so that we can have a quorum and conduct business. Put the date on your calendar!

BOOK CLUB



The next meeting of the Book Club takes place on **Wednesday, October 15th** at 2:30 pm in Room 1-46 of University Terrace (8303 112 Street). The discussion of *Machines Like Me* by Ian McEwan will be led by Richard Young. 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.

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!

CURAC

Associations of Retired Organizations in Higher Education (AROHE)

The November issue of AROHE Matters will focus on how retirement organizations are connecting younger and older generations in rewarding intergenerational programs. Articles are limited to 250 words in a Word file, noting the contact person for the reader's follow-up. A relevant picture (jpeg or png) and web links are valued additions to any article.

Share your story for the November issue of AROHE Matters by Monday, October 20, 2025, to Patrick Cullinane, editor, at pcullinane@berkeley.edu.

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

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

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"

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.

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

Association of Retirement Organizations in Higher Education [AROHE]

Estate Planning Series

[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."

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.

You may also be interested in:

You Tube Video Recording of *Age-Friendly AI: Ireland's: National Artificial Intelligence Literacy Initiative*

[Watch the recording here](#)

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

Annual General Meeting: Wednesday October 22nd 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!