

ARAS Weekly Newsletter

Association of Retired Academic Staff



September 17th, 2025

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

DINING OUT



For our September gathering, Peggy has made a reservation at Buco Windermere for Thursday, **September 25** at 6:30 pm. The restaurant is beside Superstore at 1249 Windermere Way SW. It is listed as a pizzeria but if you look at the menu you will find a good variety of Italian dishes as well. Please let Peggy know by Tuesday,

September 23 if you plan to come at peggyallegretto@ualberta.ca .

We hope to see you there.

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

The article attached is about CURAC “perks” available for its members. As a member of ARAS you are a member of CURAC!

Webinars of Interest:

Ageing with Dignity Webinar(Age-Friendly University Global Network)

Online webinar 10.00-12.00

Monday, September 22nd

To mark the UN international day of older people 2025

[Register for the Webinar](#)

VIRTUAL | WEBINAR | **Optimal Aging Portal**

McMaster Institute for Research on Aging (MIRA)

September 24, 2025 | 7:00 PM EDT

Prescriptions for Aging Well; Muscle, Strength and Protein Matter

[Register here](#)

VIRTUAL | WEBINAR | **Gilbrea Centre for Studies in Aging**

McMaster Institute for Research on Aging (MIRA)

September 29, 2025 | 10:30 AM EDT

Lakes, Forests and an Iron Ore Mountain: More-Than-Human Kinships of Older Adults in Times of Environmental Change

[Register here](#)

AFU GN North American Regional Meeting (Age-Friendly University Global Network)

A virtual gathering of Age- friendly Universities in North America

Oct 7, 2025 12:00 PM in Edmonton

[Register Now](#)

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

Building Climate Resilience with Older Adults: Insights from the COALESCE Project

Dr. Mei Lan Fang, Assistant Professor, Urban Aging (Urban Studies & Gerontology), Simon Fraser University, for a talk titled: Date:

Wednesday, **October 8, 2025**

Time: 1:00 PM - 2:30 PM

Location: Online webinar, hosted on Zoom

Registration: This event is free for all attendees. [Click here to register](#). Space is limited, so reserve a seat early.

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

**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:

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!