

ARAS Weekly Newsletter

Association of Retired Academic Staff



September 21st, 2026

DINING OUT



Peggy has booked an evening out for us at the Golden Sparrow, located at [10724 124 St.](#) It has been rated as a best new restaurant by Edify Magazine. There is parking behind the restaurant. Once

that is full you have to find street parking. Peggy hopes to see you there on **Thursday, October 1** at 6:30 pm. Please let Peggy know if you plan to come by **Tuesday, September 29** at peggyallegretto@gmail.com

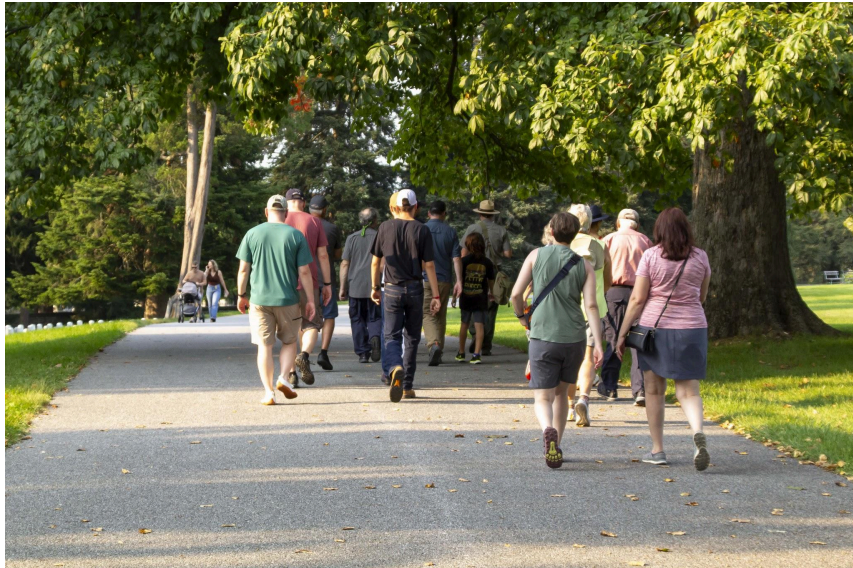
CURRENT AFFAIRS SALON



The next Current Affairs Salon (CAS) will take place on **October 1st** at 2.00 pm, at the Kaffa Roaster and Studio, [10920 88 Ave](#),

upstairs from Redbike and located between the High Level Diner and the Sugarbowl. There is limited parking, but it is only one block south and three blocks east of the University LRT station. We will meet in-person (there will be no Zoom access) for 90 minutes and the topic will be “*Why Did Mark Carney Change His Climate Policy to Reach an MOU with Alberta?*”. The link to the preparatory reading is: [preparatory paper for group discussion](#) and it is recommended that this document be read prior to the session. At the end of the meeting, there will be a brief discussion of the suitability of this new format and how CAS should proceed, now that we cannot rely on Gordon’s leadership.

WALKING GROUP



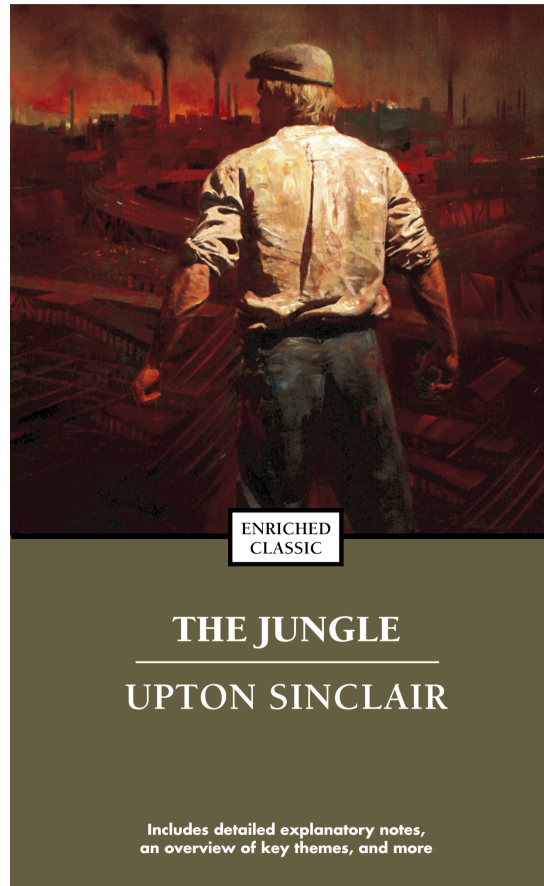
ARAS is adding a Walking Group to its list of activities. Walks will be weekly on Tuesday afternoons starting at 1:30 pm. The first walk will be on **Tuesday, October 13**. Walkers will meet at the first parking lot (on the left) after the turn-off from 122/119 Street (Rainbow Valley Road just south of the Whitemud Freeway). Everyone is welcome. Differing levels of fitness will be accommodated. The group will decide on the distance and pace (or

paces) of the walk, with location of the next walk decided by the group. If you would like more information, please contact Ken Roy or Linda Ogilvie at Linda.Ogilvie@ualberta.ca or kroy@ualberta.ca.

The location for the first walk is attached as a link for your convenience

<https://maps.app.goo.gl/r8kEy1xp8vHjPayH8> .

BOOK CLUB



The next meeting of the Book Club takes place on Wednesday, **October 21st** at 2:30 pm in Room 1-46 of University Terrace (8303 112 Street). The discussion of *Jungle* by *Upton Sinclair*, will be led by Janet Smith. 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 vbosey@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 presentation of this year will be on **October 22**. Olive Yonge will give a talk on Cuba, which is particularly of interest at this time. The time of the talk will be 2:30 PM. The location is not yet certain but will be in the next ARAS bulletin.

We are looking for members who are able to present a talk on a trip, recent or not so recent, to an interesting destination. We would like the talk to be 35 to 45 minutes in length. They are normally presented on the afternoon (usually at 2:30) of the fourth Thursday of each month. If you are able to do so, please contact Ken Roy at ken.roy@ualberta.ca

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.

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!