

ARAS Weekly Newsletter

Association of Retired Academic Staff



September 3rd, 2025

CURRENT AFFAIRS SALON



The next meeting of the Current Affairs Salon will be held at 2 pm
on **September 4th**, Thursday via Zoom. The topic will be the pros

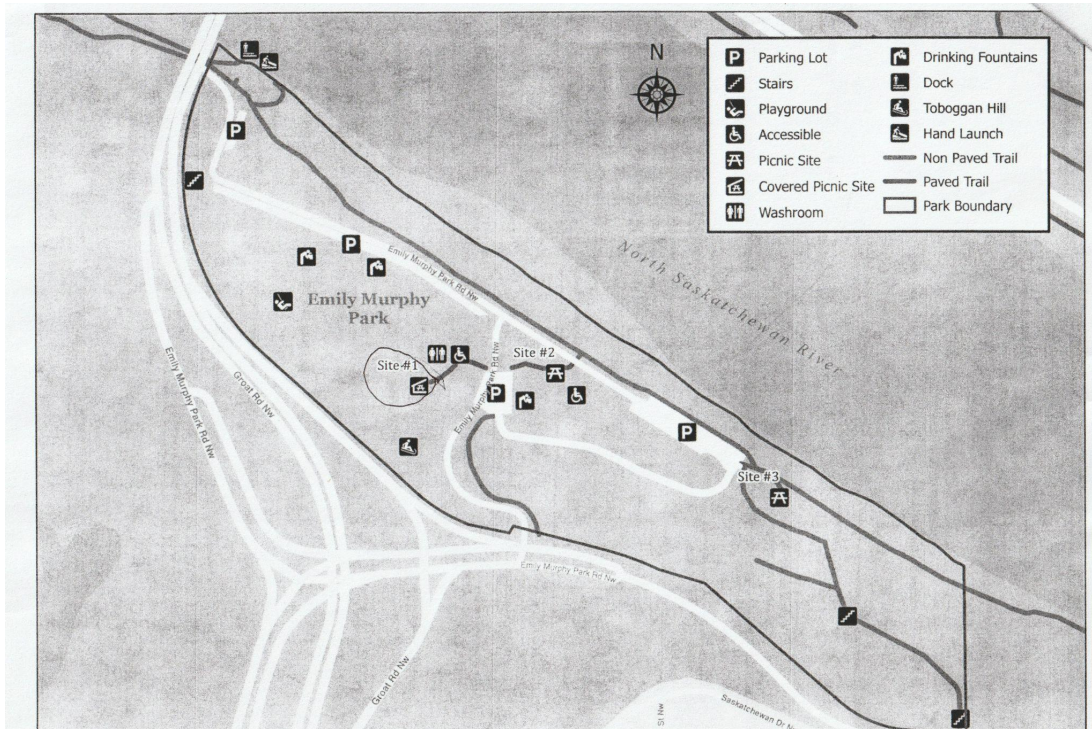
and cons of infill buildings in residential neighbourhoods. The Zoom coordinates for this meeting are:

<https://us02web.zoom.us/j/83008835534?pwd=aKONPxDaAeyyCLw9KTUnzqlRf365Z.1#success>

Meeting ID: 830 0883 5534

Passcode: qn35hU4h

PICNIC



The Picnic will be held on Tuesday **September 16th**, 4.00 pm at Emily Murphy Park (site 1) . The map is attached. If you plan to attend please contact us at emirhse@ualberta.ca by noon on **September 10th**. If the weather is unsuitable, there will be an alternative site.

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 topic of Artificial Intelligence. More information to follow.

TRAVEL GROUP



The Travel Group hopes to start up again in the fall. 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 document attached is an article summarizing all the perks ARAS members can get from CURAC's affinity partners.

Webinars of Interest:

THE SCIENCE OF HAPPY FAMILIES: FIVE KEY INGREDIENTS FROM CLINICAL-DEVELOPMENTAL PSYCHOLOGY RESEARCH

Online presentation

Date & Time: **Wednesday, September 10**, 2025 at 12 noon
(Eastern Time)

Speaker: Heather Prime, Assistant Professor, Department of Psychology, Faculty of Health

Description: Viewers will learn about the “Building Blocks to Family Well-Being,” including how everyday stressors can infiltrate family relationships—and what parents can do to buffer against them. We’ll explore evidence-based strategies for supporting children’s emotional and behavioural health, managing sibling rivalry, and fostering strong, connected parenting teams.

For more information and to register

<https://www.yorku.ca/alumniandfriends/connect/events/scholars-hub/>

**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

**Invitation to other University or College Retirees to attend the
University of Calgary Retirees Association (UCRA) Fall 2025
hybrid sessions:**

September 10th, 2025 2pm-3:30pm Mountain time (MT)

Robert Huebert Professor, Department of Political Science, Faculty of Arts & Interim Director, Centre for Military, Security and Strategic Studies

Topic: *Conflict, Nuclear Deterrence and Nuclear War in the Arctic: Dangerous Times for Canada.*

LINK to click on for non-UCRA members to REGISTER for this free session:

[University of Calgary](#)

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 Stegelin 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!