

ARAS Weekly Newsletter

Association of Retired Academic Staff

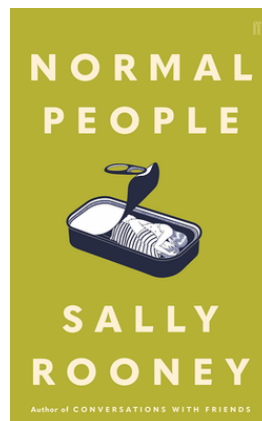


September 5, 2023

BOOK CLUB

The next meeting of the Book Club will be held on Wednesday, **September 20th at 2pm** in Room 1-46 of University Terrace (8303-112 Street).

The discussion of *Normal People* by Sally Rooney will be led by Richard Young. Members may participate either in-person or online.



If you wish to participate online, please contact Vivien Bosley at vbosley@ualberta.ca for Zoom instructions ahead of time. If you wish to join the group, please contact Vivien as well.

LUNCH WITH...

The next edition of Lunch With... titled "President and Vice Chancellor" takes place on **Wednesday, September 27th at 11:30am** in-person in the Papaschase Room at the University Club.

Bill Flanagan, president and vice-chancellor of the University of Alberta will be joining our meeting on September 27th. He will provide an overview of the new University of Alberta strategic plan that sets a course to advance the university's teaching, research and community engagement. The 10-year plan represents a collective vision and affirms the U of A's commitment to equity, diversity and inclusion and Braiding Past, Present and Future: Indigenous Strategic Plan.

Luncheon will consist of soup and sandwich plus dessert squares at a cost of \$28. Parking is free from 11:30am to 1:30pm for University Club members whose plates have been registered with the Club; paid parking is available, with the machine just inside the Club front door.

If you plan to attend, please notify us at emirhse@ualberta.ca. Please feel free to invite your friends!



A PROPOSAL FROM THE UNIVERSITY: JOB OPPORTUNITIES

Our Association has a commitment to help out the University of Alberta when we are able to do so. Hence, we are distributing this proposal by the University of Alberta's Proctoring Services to enlist our members to assist it by working as proctors, scribes or readers for students with special needs.

Ordinarily graduate students are recruited to fill those jobs, and we were told that the unit has been having no difficulties filling these positions. The Executive Committee is not keen on this proposal as we are not thrilled about being in the position of competing with graduate students. Nonetheless, the Unit seems keen on having academic retirees participating in their proctoring mandate.

Those who are interested or want more information should contact Miguel Priolo Marin at: prioloma@ualberta.ca

For additional information, please see attached PDF file.

WEBINAR OF INTEREST

Are You Living Your Best Retirement Life?

Wednesday, September 13, 2023, 3pm to 4pm Eastern Time
(4pm to 5pm Atlantic Time)

In this webinar session, you will:

1. Consider key domains of life that are important for a healthy, fulfilled life in retirement;
2. Assess your level of success in relation to each of these important life domains;
3. Hear advice from researchers and other retirees about strategies to live your best life in retirement;
4. Learn of opportunities for in-depth lifestyle planning during retirement.

The speakers are **Dr. Sue Hutchinson**, Adjunct Professor, Recreation and Leisure Studies, School of Health and Human Performance, and **Susan Holmes**, Adjunct Professor, Faculty of Arts and Social Sciences, Dalhousie University, Halifax, Nova Scotia.

To Register for this free Zoom session, go to:

https://www.retiredyou.com/service-page/introductory-workshop-for-curac-members?referral=service_list_widget

or for Further Information, contact Dr. Sue Hutchinson at theretiredyou@gmail.com

OFFICE ASSISTANT

David will be at the office from 3-6pm next Tuesday.

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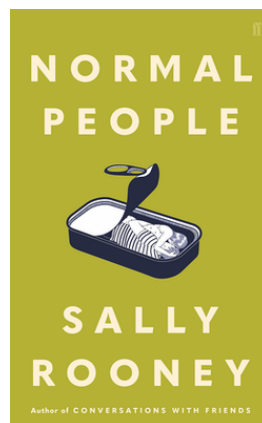


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registered with the Club; paid parking is available, with the machine just inside the Club front door.

If you plan to attend, please notify us at emirhse@ualberta.ca. Please feel free to invite your friends!



DINING OUT

Dining Out is back! A reservation for us at Rosso Pizzeria for **6:00pm on Thursday, September 28th** has been made. Please note the change in time as the restaurant asked if we could come half an hour earlier. Hopefully this will be fine with you.

Rosso is located at [8738 109 St](#) and there is parking in front. The menu has much more than pizza to offer which you can check out at rossopizzeria.ca Looking forward to getting together again!



Please let Peggy know by *September 25* if you plan to attend at peggyallegretto@gmail.com

SEEKING VOLUNTEERS: EXECUTIVE COMMITTEE

The current Executive Committee of ARAS includes six members whose terms will expire at the time of the AGM in October this year. One of these positions is that of President, currently held by Jan Murie, who is not going to stand for another term. To date, no other member of the Executive has volunteered to take on this role for the 2023-25 term. In addition, one member-at-large position remains open.

As Nominations Chair, I am now asking if there is anyone among our general membership who is willing to step into either of these positions. Please contact me (junewalt@shaw.ca) for

general information and Jan Murie (jan.murie@ualberta.ca) for a detailed description of the basic responsibility of the President's position. I am hopeful that a couple of our members will step up!

COLUMN OF INTEREST

From University Affairs:

Re-imagining yourself after retirement: Why thinking about lifestyle planning before and after you retire is so important.

Click this link to read more:

<https://www.universityaffairs.ca/career-advice/academic-for-life/re-imagining-yourself-after-retirement/>

OFFICE ASSISTANT

David's new office hours will be:

- 3:30 to 5:00pm every Wednesday
- 8:00 to 9:30am (*remotely*) every Thursday

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If you plan to attend, please notify us by *Monday, September 25th* at emirhse@ualberta.ca. Please feel free to invite your friends!

DINING OUT

There has been a change in venue because of conditions imposed by Rosso Pizzeria. Peggy is currently working on reserving a new spot so stay tuned!



If you are interested in joining the Dining Out group, contact Peggy at peggyallegretto@gmail.com

CURRENT AFFAIRS SALON

The next meeting of the Current Affairs Salon takes place on **Thursday, October 5th at 2:00pm** in person at the Association Office in Suite 6-30, University Terrace ([8303 112 Street](#)).

The discussion on the future of higher education worldwide will be led by Walter Archer. Please advise us if you expect to attend so we can make sure that our venue can hold the number of attendees.



BOOK CLUB

The next meeting of the Book Club will be held on **Wednesday, October 18th at 2pm** in Room 1-46 of University Terrace ([8303 112 Street](#)).

The discussion of *Old Babes in the Wood* by Margaret Atwood will be led by Nora Stovel. Members may participate either in-person or online.



If you wish to participate online, please contact Vivien Bosley at vbosley@ualberta.ca for Zoom instructions ahead of time. If you wish to join the group, please contact Vivien as well.

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DINING OUT

A reservation for us at Joey Mayfield for **6:30pm on Thursday, September 28th** (tomorrow!) has been made. The restaurant is located in [Mayfield Common](#) which is just north of Stony Plain Road at Mayfield Road (the continuation of 170 St.)



Please let Peggy know as soon as possible if you plan to attend at peggyallegretto@gmail.com

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VOLUNTEER OPPORTUNITY



CHANGE A LIFE



IMPACT A COUNTRY

HELP UKRAINE SPEAK TO THE WORLD

Interested in supporting English teachers in Ukraine? Details to follow in the (forwarded) email from ENGIN.

IN CASE YOU MISSED IT

On September 27th, President and Vice-Chancellor Bill Flanagan discussed the University of Alberta's new 10-year strategic plan, emphasizing diversity and community engagement. The event took place at the University Club.



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