

NEXUS

The APRUO Bulletin



Fall 2025 Edition

Website: <https://apruo.ca>

E-mail: apruo@uottawa.ca

Editors: Christina De Simone & André Lapierre

E-mails: desimone.christina8@gmail.com & andre_lapierre@icloud.com

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BOARD MEMBERS: WHO ARE WE?

We represent the Association of Retired Professors of the University of Ottawa (APRUO). We are a dynamic and interconnected group of retired professors at the University of Ottawa. We seek to inspire collaboration, dedication, and transformation amongst ourselves and the larger community of retirees at the University of Ottawa.

If you are a retired professor or librarian and wish to become a member of the Board, please contact us at: apruo@uottawa.ca.

A MESSAGE FROM THE APRUO PRESIDENT

Dear members of the APRUO:



I hope you have been enjoying the unseasonably summer-like weather.

One of the two major events in our calendar – the Ognanovic Lecture – is now history. Unfortunately, we had to change the date because the original date chosen coincided with the Jewish holy days of Rosh Hashanah. My apologies if anyone was inconvenienced by the rescheduling. 31 people were in attendance, with another 14 online, to hear Distinguished Professor Emerita Shana Poplack of the Department of Linguistics share with us her fascinating research on how speech changes as people age. Shana, I am pleased to say, has now become a member of the APRUO. Welcome aboard, Shana!

If you could not tune in to Zoom on the day of the lecture, the recording will soon be uploaded on our website at APRUO.ca. After the lecture those present enjoyed the chance to enjoy the refreshments provided, chat with old friends, and make new ones. My thanks to Andrée Durieux-Smith, who played a key role in organizing the event. We hope to increase the number of events of this kind, where you, our members, have a chance to relax and chat in an informal setting.

If you can think of someone who might give an interesting lecture on the topic of aging, or if you have a suggestion for an interesting activity, please let us know at APRUO@uottawa.ca.

The other big event of the year – **the Annual General Meeting – will take place on May 27th, 2026 in room 4101 of Desmarais Hall.** There we will be honoured by a visit from the recently appointed President and Vice-Chancellor of the University, Dr Marie-Ève Sylvestre. When I met Dr Sylvestre recently, she told me she is looking forward to meeting you, our members. Her visit will be very welcome, since one of the key issues identified by my predecessor, Sylvie Lauzon, is the visibility of our Association as a part of the university community.

I am happy to pass on to those members who are professor emeritus or emerita the following piece of news. Neil Courtemanche, the liaison officer with Human Resources, responded as follows to our request that the university identity card should not simply read “retired”, but recognize the nature of the member’s title: “The university is currently working with the service provider to determine how to best incorporate the various retiree categories within the card system. In the interim, Emeritus status can be processed manually, and we are exploring the feasibility of including the Academic Retiree category next.”

Finally, I would like to wish you all good health, so that you may enjoy the subtle pleasures of Fall in Canada – from the special scent of decaying leaves mingling with the smoke from woodfires, to the brilliant colours of sumac and the crunch of a fresh, newly picked apple. May your life always be worth living.

Douglas Clayton

APRUO COMMUNITY CONNECTIONS & BEYOND

Thank You To Our Presenter Shana Poplack

Shana Poplack, a distinguished university professor emerita, delivered the second Ognanovic Lecture on Friday, September 26, 2025. The following is a summary of Professor Poplack's work in case you were unable to attend her presentation. Professor Poplack’s insightful and scientific approach to the study of language in the older

generation provides a framework to better understand why language changes or remains stable.



Worldwide, the number of individuals aged 65 and older is greater than ever and is projected to increase in the foreseeable future. This development has engaged researchers of all stripes, with the happy result that we now know more about the varied effects of aging than at any time before. Curiously, however, a fundamental area of human behavior, one that is particularly critical to overall well-being, has been neglected: language. Are speech capabilities affected by the inevitable physical and cognitive declines that tend to materialize in later life? This is what the widespread use of Elderspeak—the simpler, louder, slower speech regularly addressed to this cohort—would suggest. But empirical evidence involving the actual linguistic behavior of older adults is thin on the ground. This talk described the multilevel project Dr. Poplack and her team are carrying out at the uOttawa Sociolinguistics Lab to fill this gap. Drawing on decades of research on the everyday speech of local francophones and anglophones and focusing on the circumstances under which languages change or remain stable, scientific methodology and the lessons learned from the study of younger generations to hundreds of hours and millions of words of spontaneous speech of 135 members of the Golden Age generation have been applied. Advanced knowledge of language and aging will result from this ambitious research program, which has broad implications for numerous disciplines.

Updates From APRUO Members

Note to Readers. To further establish our connection with each other, we thought you would appreciate reading our colleagues' submissions in the language in which they were written. Therefore, for the Updates from APRUO Members section only, members' contributions have not been translated.

From: Christina De Simone
 Retired professor,
 Faculty of Education,
 e-mail: desimone.christina8@gmail.com

Christina, Co-editor of Nexus, recently wrote a review of *Coping on Campus: Mental Health and the University Student*, written by Dr. Doris Iarovici, MD (2024). Dr. Iarovici is a psychiatrist who provides treatment to college students at Harvard University Counseling and Mental Health Services. The review was published by *The Teacher College Record*.

Regardless of its geographical location, I highly recommend this intelligent and compassionate book to all students, parents, university administrators, and faculty, as well as to health professionals. Indeed, this book should accompany students' and employees' welcome to the university packages and discussed in groups on campus. By doing so, mental health issues would be made accessible to all, thereby normalizing mental health care and preventing it from being pathologized by restricting it to individuals in need of mental health services. As a result, it is imperative to address mental health as both an individual and a community responsibility in order to assist emerging adults in their transition to becoming responsible, competent, and creative citizens.

From: Barry Wellar, C.M., Professor Emeritus Geography,
 Environmental Studies and Geomatics &
 President, Information Research Board
 E-mail: wellar.barry@gmail.com

Agricultural Land Inventory Project



A current project of the Information Research Board (IRB) is investigating how combining triage principles and highest and best land use planning principles can contribute to the design of a decision model to protect Ontario's agricultural land inventory and, consequently, the province's long-term food security.

The project's research design is guided by the Universal Law of Location, and several sample surveys have already been undertaken of municipal governments to ascertain how they justify and track conversion of agricultural land to non-agricultural uses.

Previous surveys of Ontario agricultural ministries revealed major shortcomings in the capability of provincial geographic information systems (GIS) to provide citizens free, easy, timely, and direct online access to provincial agricultural land geo-records. The research plan therefore includes surveys of experts on how the province should proceed to address GIS shortcomings to better support the implementation of the decision model.

Finally, case studies are incorporated in the empirical component, including the location of a radar site by the Department of National Defence, the location of a prison in Eastern Ontario by provincial government, and the location of a solar facility in the City of Ottawa, plus others as need be, all of which are located or are scheduled to be located on agricultural land.

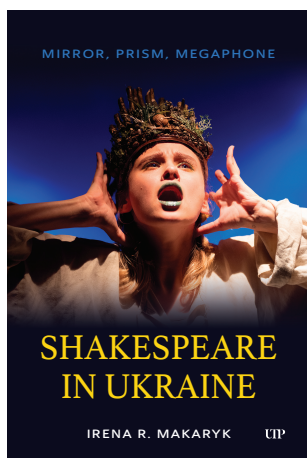
N.B. Background reports can be viewed at: <https://wellar.ca/informationresearch/>.

From: Irene (Irena) R. Makaryk, PhD

Distinguished University Professor / Professeure éminente

Emerita Professor of English / Professeure émérite d'English

E-mail: makaryk@uottawa.ca



New Publication

Makaryk's new book just came out in August. *Shakespeare in Ukraine: Mirror, Prism, Megaphone* (University of Toronto Press 2025) explores how Shakespeare has shaped Ukraine's cultural identity from the 18th century to today's war, bridging Western values and powerfully amplifying Ukrainian voices on the global stage.

Often regarded as a playwright "beyond nationality," Shakespeare has played a central role in Ukraine's cultural history over the past two centuries. His works have served as both a lens for exploring Ukraine's historical and

cultural identity, and as a shared medium through which Ukrainian poets, dramatists, and theatre artists have communicated with the world.

The book traces the evolution of Shakespeare in Ukraine, from his early influence on figures like Taras Shevchenko and Lesya Ukrainka to the groundbreaking theatrical work of Les Kurbas, the first to stage Shakespeare in 1920, a bold assertion of cultural identity and independence. The volume also explores the defiant production of *Hamlet* under Nazi occupation in 1943, adaptations of Shakespeare's works under Soviet rule, Shakespeare commemorations in the Cold War era, the efflorescence of Shakespeare productions in the post-independence period, and Shakespeare productions during the ongoing war with Russia today.

N.B. Irena wants us to know that all proceeds from the sale of the book (i.e., royalties) will go to the Shakespeare Centre in Zaporizhzhia, Ukraine. She will also match the final amount, dollar for dollar.

From: Xavier Teng (pen name)

Retired Librarian

Poetry

The following poem depicts the theme that, in the deepest desperation of a dreary soul, there is an undeniable struggle between the dread of approaching that unavoidable home destined for all the living (Job 30:23 NKJV) and the hope for the Lord's blessings. Between fear and hope, there is such a strong corollary of faith in God that no intensity of desperation could ever deny it, since one is the imminent death and the other is a renewed life. The persona, along with the feeling of desperation, must drag the ball and the chain of a lasting struggle to the end - for better or for worse.

Brooding over Hope

"For everyone who asks receives."

--- Luke 11:10 (NKJV)

On a spot well-hidden below waistline,
there stuck out of abdomen a small node.
Unknown and unnoticed for quite a while,
a CT scan discovered a nodule
that has ever since changed my entire life,
unprepared, out of whack, and out of blue.

As I sit weighing my chances at night,
dismayed by side effects of therapy,
and lifting thoughts out of the void of mind,
a spell of despair in my heart I have,
which, by the finding of a biopsy,
a disturbing impact on me does have,
as if my life is wrecked like a ship.

Alas! I seek strength to hold on to life,
to prop up with a vehement desire
for the luck of a second chance at life.

OTHER NEWS

Services for Retirees

Are You Getting Your CURAC Perks?

by Ron Champion, Chair, CURAC Affinity Marketing Committee and André Lapierre, APRUO delegate to CURAC

As a member of APRUO, you can take advantage of the products and services of CURAC's Affinity Partners.

More than 40 retiree associations, including APRUO, are members of the College and University Retiree Associations of Canada (CURAC), which negotiates partnership agreements with companies and organizations on behalf of its association members and the tens of thousands of retirees they represent.

It's a simple and mutually beneficial arrangement: we retirees travel, buy various kinds of insurance, and probably need glasses and (maybe – according to our partners) hearing aids. CURAC works with organizations that provide those services or products – and discounts.

When you purchase a product or service from a CURAC partner, you help yourself, your retiree association, and CURAC. Some partners pay a rebate to CURAC, which is shared with member associations. All partners have discounts or special offers. Everyone wins. Our association has benefited from substantial rebates from CURAC over the years, from \$46.24 in 2019 to \$ 909.76 in 2024.

Read on for a summary of current offers. For more information about the partners and their offers, visit the **CURAC website, Member Benefits**.

Travel

	• Travel • Guided tours	• Save \$100 /person • Plus 5% loyalty bonus • <u>Details at CURAC</u>
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	• Travel – book anything you see online! • Custom group trips	• Member Travel Savings Up to 50% Off • Plus any third-party loyalty bonus • Plus TM's 2% loyalty bonus • Custom website for CURAC • Trip giveaways • Details at CURAC
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Insurance

	• Extended health care <i>with travel insurance included</i> • Dental plan • Trip cancellation and travel interruption	• Mention CURAC and identify your retiree association • Details at CURAC
 	• Travel (formerly Johnson) • Car and home	• Mention CURAC and identify your retiree association • Details at CURAC

Health

	• Eye exams, eyewear, contact lenses	• Two pairs of eyeglasses for \$149 (with single-vision lenses, a scratch-resistant coating, and UV protection) • 60% off lens upgrades with proof of retiree association membership • Details at CURAC
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	• Hearing aids • Custom noise protection	• 10% discount for member, spouse, children, parents • Details at CURAC
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Retirement Living

	• Independent living • Retirement apartments • Full-service retirement suites • Assisted care • Memory care • Long-term care	• Complimentary meeting space and more for CURAC retiree associations • Ontario, various cities • Details at CURAC
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For legal and other reasons, products and services may not be available in your province or city. You may be asked to provide proof of your retirement or membership status. For more information, visit the CURAC website or search for “CURAC membership benefits.”



What other affinity partnerships should CURAC explore? Send your suggestions or comments to CURAC, c/o Ron Champion, ron.champion@uwaterloo.ca or André Lapierre at andre_lapierre@uottawa.ca

Education & Leisure

From: Professor Emeritus Maurice Taylor

E-mail: mtaylor@uottawa.ca

Updates from the Learning in Later Life (LLL) Committee, College and University Retiree Associations of Canada (CURAC)

For readers new to the activities of the LLL Committee of CURAC, its main objective is to exchange information using online technology for upcoming learning sessions and

events that are available from member organizations and approved national and international associations that involve retired staff. The committee is chaired by retired Professor Carole Le Navenec, University of Calgary and has been very active in promoting learning opportunities for retired professors' associations across Canada for a number of years. An easy way to follow along with the activities of the Committee is through the events calendar (https://curac.ca/en/home#events_calendar).

These educational activities range from podcasts to online sessions to portals and documents that add quality to our everyday lives as retired professors. Although too numerous to mention all of them here, I would like to give you a sense of some of these lifelong learning opportunities that have been offered over the recent months. Should there be interest in learning more details about any of these events or topics, the events calendar web site mentioned above is a good place to start.

Podcasts, webinars and online sessions

- McGill University's podcasts on Climate Change, Cancer Research and The Responsible use of AI
- Toronto's York University Scholars' Hub online presentation "The science of happy families: 5 ingredients from clinical- developmental research"
- McMaster University Optimal Aging site- "Get down with digital: 3 ways digital technologies can enhance health"
- Professors' Emeriti Network online session "How retired professors are organized and how they collaborate"
- The Edwin Leong Centre for Healthy Aging- Public presentation series on "Climate change and aging"
- University of Calgary Retirees Association online session- "Engineering tomorrow: AI and the smart city revolution"

Portals, newsletters and documents

- Position Statement of the European Association of Professor's Emeriti on "Preservation of Peace"
- University of Lethbridge Retired Staff Newsletter
- Academics without Borders 2024 Annual Report

- The Age Friendly University Global Network and the Endorsement Mentorship program
- Article by Walter Archer in *University Affairs* “The curious incident of the nobbled college and university retiree associations” (February 2025)

If you would any additional information about CURAC or the Lifelong Learning Committee please do not hesitate to contact me at mtaylor@uottawa.ca

IMPORTANT REMINDERS

Health

Health Care Spending Account [HCSA]-2nd Reminder

A friendly reminder! Please remember to promptly use your 2025 HCSA credits if you have eligible medical and/or dental expenses. Detailed instructions on how to do this are on the APRUO website at: <https://apruo.ca/benefits/health-care-spending-account>.

As of July 2025, as in past years, a substantial number of credits [\$332,816.05 to be precise] has been forfeited. There are several reasons for this. However, if one of the reasons is that you are having difficulty navigating the Canada Life website for submitting a claim, kindly contact us at APRUO@uottawa.ca. We would be more than happy to guide you through the process.

If you chose not to avail yourself of this benefit, we would be interested in knowing the reason why. It would be helpful if you sent your comments to APRUO@uottawa.ca.

N.B. *We have just learned that CanadaLife has now created a separate option for those who wish to claim health insurance premiums. After logging in, you will be offered a choice—to reclaim reimbursement of itemized expenses or to be reimbursed for premiums paid for a supplemental insurance plan.*

APRUO Membership Renewal-2nd Reminder

The key to our effectiveness as an Association is the financial support we receive from our membership. **If your membership is about to expire, you will be contacted as part of our annual membership campaign.**

We would like to encourage you to sign up.

To renew your membership is very easy:

- Go [here](#) and, under 'membership' follow the instructions for existing users ["Renew Membership"] or for new members ["Become a Member"].

OR

- Send an "INTERAC" transfer of \$25, \$50 or \$75 [1, 2 or 3 years] to treapruo@uottawa.ca

OR

- Send a cheque to APRUO in one of those amounts to:

Treasurer APRUO
University of Ottawa
141 Louis Pasteur OTTAWA K1N 6N5

Inquiries about membership can be directed to Richard Clément at
treapruo@uottawa.ca

UPDATED CONTACT INFORMATION:

HUMAN RESOURCES & IT

Please note that phone numbers and e-mail addresses may vary depending on your request.

You can contact **Human Resources Service Center** at 613-562-5000, option #3 or

<https://www.uottawa.ca/notre-universite/administration-services/ressources-humaines/rh-demander-laide> for the following requests:

1. **Change your address.** You can also do this directly in Workday. HR receives a report and sends it to RBC investor & Treasury Services, the pension plan trustee.
2. **Change your bank account.**
3. **Obtain information about life insurance and related T4A slips (taxable benefit).**
4. **Obtain your pension income tax slips (T4A/RL2).** You can also contact RBC at 1-800-668-1320.

Other Requests

5. **Group insurance plan** (coverage, health spending account, claims):
 - **Canada Life**
 - Dedicated UOttawa hotline: 1-833-794-0225
 - **Benefits Team**
 - avantagesrh@uottawa.ca
 - 613-562-5163
6. **Pension Plans** (bank changes, address or personal information changes):
 - pension@uottawa.ca
 - 613-562-5375

IN-TOWN EVENTS

Perfect Bookstore holds weekly book launches. If you would like to attend, please go to Perfectbooks.ca for further information.

CALL FOR RESEARCH VOLUNTEERS

Here are two research studies you may be interested in participating.

Canadian Study on the Wellbeing of Solo Retirees is being conducted by the Life Research Institute at the University of Ottawa. The principal investigators are Dr. Wayne Corneil and Dr. Christopher Belanger.

This study aims to explore various aspects of life as a solo retiree, including personal well-being, social connections, financial management, and overall life satisfaction. The findings will contribute to better understanding the challenges and opportunities that solo retirees face, ultimately helping to improve resources and services tailored to this group.

This national, bilingual Canadian study aims to improve the quality of life of solo retirees. If you are retired and *a widow, separated, divorced, never married, or living apart from your spouse/partner*, this study is about you.

If you would like to participate in this study, please click on the link below to access survey link.

https://uwaterloo.ca1.qualtrics.com/jfe/form/SV_0Ijq06KORZ7F92e

If you would like additional information about this study, go to the project website <https://csrs-ecrs.ca/> or contact Professor Corneil wcorneil@uottawa.ca



LIFE

INSTITUT DE
RECHERCHE
Façonner qui nous serons

RESEARCH
INSTITUTE
Shaping our future selves

ARE YOU AN ENGLISH/FRENCH BILINGUAL AGED 65+?



We want to hear from you for a study on language and the brain!



English/French bilinguals or monolinguals who speak English or French are needed to take part in a study investigating how language influences cognition and the brain.

We will ask you to come to two (2) testing sessions where you will complete different language and cognitive tasks:

- One behavioural session and electroencephalography (EEG)
- One magnetic resonance imaging (MRI) session

You will be compensated for your time and inconvenience !

These are non-invasive techniques that record the electrical activity of your brain (EEG) and images of activity in different areas of the brain (MRI).

**Send us an email at:
cogneuro.bilingualism@uottawa.ca**

Principal investigator : Shanna Kousaie, Ph.D



Cognitive
Neuroscience
of Bilingualism
Laboratory