



Le bulletin de l'APRUO  
The APRUO Newsletter

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## Winter 2026 Edition

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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](mailto:apruo@uottawa.ca).

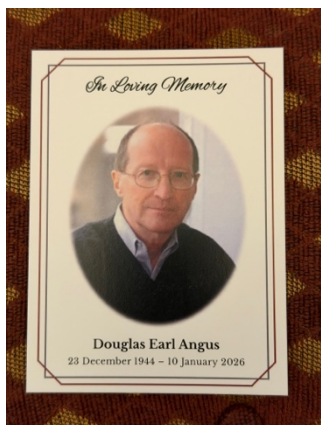
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## Message From the APRUO President



First, I would like to wish all of you, our precious members, a very happy, healthy, and prosperous New Year.

Now, a piece of good news: four outstanding students have been awarded an APRUO scholarship of 2 000 \$ for 2026. A condition of the award is that the applicant must be a full-time undergraduate student and must be the child, grandchild or dependent child of a University of Ottawa employee (active or retired).



January also brought us very sad news: Doug Angus, one of our Board members, died on January 10<sup>th</sup>. Doug, who joined the Board in 2023, will be missed at our meetings. He played a number of roles, including writing the first article in the Bulletin about his work post-retirement and representing the Association on the University Pension Committee. May you rest in peace, dear Doug.

The loss of Doug Angus creates a vacancy on the Board that we would like to fill as soon as possible. Moreover, at least one other member of the Board –Sylvie Lauzon – has indicated that she is not going to seek another mandate. **Since the Board is losing at least two members, I would ask any member who feels that they can make a contribution to our work to consider joining us. The procedures for nominating members of the Board are outlined in our constitution (<https://apruo.ca/about-apruo/constitution>).**

Sylvie Lauzon was our first woman President and the first person to occupy the position who did not live in the Ottawa region. As President, Sylvie did stellar work in manoeuvring the Association through the difficult post-COVID years. In recognition of her achievements, the Board has recommended that she be put forward as a candidate for the “Tribute” award of our national organization CURAC.

Another of the immediate tasks facing us is to present our requests to the APUO in the context of the negotiation of new Collective Agreement. We shall soon be meeting with members of the APUO negotiation team to discuss our proposals.

Currently our Treasurer Richard Clément is writing to all our members who have not already paid their membership dues. Please go on the website and log in. Remember – if you are paying by Interac, you can make the annual payment automatic, so that your dues will be paid once yearly without any further intervention on your part. (We would suggest timing the payments November 1<sup>st</sup>.) There is no direct way to pay by credit card. However, you can do so indirectly through [Paypal](#). We would be hugely grateful if you paid promptly, since so much of Richard’s time goes into reminding colleagues who have not yet renewed.

Finally, I would like to invite you to participate in some of the activities we have planned for the Spring, including another gastronomic meal at the restaurant of Cité-Collégial. These activities give us all a chance to meet old friends and make new ones.

Douglas Clayton, President, APRUO

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## APRUO Community Connections & Beyond

### The Sunnier Side of Winter



It's that time of year again. The sun is setting early. The weather is getting nippier.

We're spending more time indoors, away from family and friends. The winter months are hard on

both body and mind. André and I and the rest of the Board of Directors thought we would bring you several ingredients to help you through the wintery days. They include arts, science, gastronomy, continuing education, and lifestyle contributions from our members so that you might enjoy the sunnier side of winter!

**Note to Readers.** To further establish our connection with each other, we thought you would appreciate reading our colleagues' submissions in the language(s) in which they were written. Therefore, for this section beginning with ARTS through the section GASTRONOMY members' contributions have not been translated.

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## Arts

### Poetry

#### Ottawa dozes amidst its leafy trees

*By Seymour Mayne*



Ottawa dozes amidst its leafy trees,

gathers a green belt

around its waist,  
sometimes breathes easy  
and tolerates a headache  
of glass towers.

Ottawa blinks into the Laurentian

night, urges its rivers  
meeting on their ways--

Upon its stout bluff  
bears

the Shield's burdens,  
hunkers down and holds  
its own in encircling  
storm and snowdrift.

And in the dog days of August

even its canines

must observe the rules.

No one barks for long in Ottawa.

No one disturbs the haze

of daydreaming

with a piercing call or cry.

(Find its tongue on side streets.

Hear its whisper

shaped out of a dozen accents.)

Ottawa rests

laid-back

on its ridge of rock.

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## Both Sides of the Ottawa River

*By Seymour Mayne*

*For Rodney Saint-Eloi*

Let's read poems aloud on both sides of the Ottawa.  
 Let's empty a dozen bottles of wine on both sides of the Ottawa.  
 Let's go on and break bread with salt on both sides of the Ottawa.  
 Let's split the wings of the roasted bird on both sides of the Ottawa.  
 Let's hold up the vegetarian grail on both sides of the Ottawa.  
 Let's finally have our cake and eat it too on both sides of the Ottawa.  
 Let's declaim in the middle of the Ottawa at Chaudière and Victoria Islands  
     where the rapids churn  
     and currents of poems rush by in the renewing universal language of the  
     stateless Muses who hug both sides of the Ottawa.

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## Les deux rives de l'Outaouais

*traduction: Caroline Lavoie*

*Pour Rodney Saint-Eloi*

Récitons à haute voix des poèmes, sur les deux rives de l'Outaouais.  
 Buvons douze bouteilles de vin, sur les deux rives de l'Outaouais,  
 Rompons le pain, goûtons le sel, sur les deux rives de l'Outaouais.  
 Déchirons les ailes de l'oiseau grillé, sur les deux rives de l'Outaouais.  
 Tendons le graal végétarien, sur les deux rives de l'Outaouais.  
 Prenons notre part du gâteau sur les deux rives de l'Outaouais.  
 Déclamons des vers, au milieu de l'Outaouais, aux îles Chaudière et Victoria,  
     où bouillonnent les rapides  
     et dévalent des torrents de poèmes, dans le langage universel, renouvelé,  
     des Muses apatrides, qui embrassent les deux rives de l'Outaouais.

**Seymour Mayne, Ph.D., Professor Emeritus/ Professeur émérite**  
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**Dedicatee:**

Rodney Saint-Eloi is a Haitian-Canadian poet and editor-in-chief of the Quebec publishing company Mémoire d'encrier whose central office is located in Montreal. He is the author of more than a dozen books of poetry and the editor of six anthologies.

**Translator:**

Caroline Lavoie is a literary translator and editor who lives in Ottawa. She has rendered a number of books into French including a work by former prime minister Joe Clark, a novel by Thomas King, and a collection of biblical poems by Seymour Mayne, published respectively by Stanke' and Mémoire d'encrier.

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**When...**

*By Jean Jacques Leblanc*

One of the four poems contained in the collection of poems that Jean published under the title: A Life in Four Moments (Ottawa/Montreal, IPSO FACTO, 2013):

**When...**

when night comes  
and the demons that accompany him  
when the lover flees

suddenly towards other stagnant seas  
when the heart empties  
and that the footsteps are erased

when love wrinkles  
although the bodies are entwined  
when I walk and lift

my eyes towards the flowering trees  
even if the sap is deaf  
the imprint of pain remains

**Jean Jacques Leblanc, Librarian Emeritus**  
**Former director, Morisset Library**

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**Ravi**

*Par Raymond Leblanc*



Ravi de puiser  
 Aux enchevêtrements du hasard  
 Pour jauger le présent  
 Immergé dans les souvenirs  
 Fleuris et effleurés  
 Du jadis  
 Embellie par une garde-robe multicolore  
 Qui inspire à chaque levée du soleil

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## **Science**

### **Losing Touch**

*By/Par François Tremblay*



As retirees, we often have to deal with the consequences of aging. In this regard, I would like to draw your attention to an often overlooked aspect of growing older. While we are all familiar with the idea that age generally brings sensory decline—notably affecting visual and auditory acuity—we are somewhat less familiar with the drastic changes that also occur in **somatic sensitivity**. The latter term refers to sensations arising from receptors found throughout the body (e.g., skin, muscles, and joints).

As a physiotherapist and neurophysiologist, I focused on these issues during my career through my work at the Bruyère Research Institute. Take, for example, the seemingly simple ability to find the right key in your pocket just by touch. Our research has shown that healthy seniors take two to three times longer to perform such tactile recognition compared to young adults.

Furthermore, we demonstrated that the decline in tactile acuity in seniors is closely linked to the loss of manual dexterity. In other words, loss of sensitivity in the fingertips affects the ability to perform fine manipulations. In addition to loss of sensation in the hands, we also investigated sensory loss in the soles of the feet. It is perhaps little known, but plantar skin receptors play a critical role in maintaining standing balance by detecting forces applied to the ground (for instance, whether you are leaning forward or backward).

However, the loss of plantar sensation with age impairs this critical function, meaning that imbalances are not detected as quickly. This mechanism partly explains why falls are more frequent among seniors. To what can we attribute these sensory losses? It is quite simple: much like vision and hearing, aging involves a reduction in the density and number of receptors, particularly in the extremities (hands and feet).

This reduction is somewhat like a television screen with lower resolution; it results in a "less sharp image," affecting the ability to detect contours, shapes, textures, and pressure on the skin. Unfortunately, unlike vision and hearing, there are no prosthetics to compensate for the loss of tactile receptors. We must live with it. The good news is that the sensory decline affecting somesthesia varies from person to person. Some are more affected than others, reflecting the interaction between hereditary factors, lifestyle habits, and the environment.

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## Perdre sa touche



Comme retraités, nous devons souvent composer avec les conséquences du vieillissement. À cet égard, j'aimerais attirer votre attention sur un aspect souvent négligé du fait d'avancer en âge. En effet, nous sommes tous familiarisés avec la notion que l'âge s'accompagne en général d'un déclin sensoriel affectant notamment l'acuité visuelle et auditive. Cependant, nous sommes un peu moins familiarisés avec le fait que des changements drastiques surviennent aussi au plan de la **sensibilité somatique**. Ce dernier terme désigne les sensations issues des récepteurs retrouvés notamment dans la peau, les muscles et les articulations.

Comme physiothérapeute et neurophysiologiste, je me suis intéressé pendant ma carrière à ces questions dans le cadre de mes travaux à l'institut de recherche Bruyère. Prenons par exemple, cette capacité en apparence fort simple vous permettant de retrouver la bonne clé dans votre poche de pantalon par la manipulation. Nos travaux ont montré que des séniors en santé prenaient 2 à 3X plus temps à effectuer une telle reconnaissance tactile par rapport à de jeunes adultes. En outre, nous avons montré que le déclin de l'acuité tactile chez les séniors était associé étroitement à la perte de dextérité manuelle. Autrement dit, la perte de sensibilité sur le bout des doigts affecte la capacité à effectuer de fines manipulations.

En plus de la perte de sensation dans la main, nous avons investigué aussi la perte de sensations dans la plante du pied. On l'ignore peut-être mais les récepteurs cutanés plantaires jouent un rôle critique pour le maintien de l'équilibre debout en détectant les pressions appliquées au sol (p. ex. : si vous penchez vers avant ou arrière). Or, la perte de sensations plantaires avec l'âge affecte ce rôle critique de sorte que les déséquilibres ne sont pas détectés aussi rapidement. Ce mécanisme explique en partie pourquoi les chutes sont plus fréquentes chez les séniors.

À quoi pouvons-nous attribuer ces pertes de sensations ? C'est en réalité assez simple, comme la vision et l'audition, l'avancement en âge implique une réduction de la densité et du nombre de récepteurs, en particulier dans les extrémités (mains et pieds). Cette réduction, un peu comme un téléviseur, se traduit par une image moins nette affectant la capacité à détecter les contours, formes, reliefs et contacts sur la peau. Malheureusement,

contrairement à la vision et l'audition, il n'existe pas de prothèses pour suppléer la perte de récepteurs tactiles. Il faut vivre avec. La bonne nouvelle est que le déclin sensoriel affectant la somesthésie varie d'une personne à l'autre. Certains sont plus affectés que d'autres reflétant les interactions avec les facteurs héréditaires, les habitudes de vie et l'environnement.

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## Continuing Education

Is it too late to take a Leadership Course *after* you retire?

*By/Par Marc A. Dubé*



*Lac Léman (aka Lake Geneva) in Lausanne, Switzerland (Dec. 2025).*

Bucking the typical trend, I chose to retire early (at 60) to pursue my passion for teaching a unique and transformational Leadership Course. Leading this course with my colleagues, Prof. Margarida Garcia (Law), Prof. Richard Dubé (Social Science) and Mr. Andrew Kuntze (Law) allows me to live into a future where I can connect with people in a meaningful way that has a real impact on who they are being in life and have those people gain access to the being of a leader in any situation calling for their leadership.

The course, *Transformational Leadership*, uses an ontological/phenomenological model. That is, it is unlike other leadership courses as it is based on Being. The course makes a **bold promise**: participants will leave the course *Being Leaders and Exercising Leadership Effectively, as their Natural Self-expression*. Having taught the course many times over the past seven years to undergraduate and graduate students, Support Staff, Professors, and professionals from outside university settings, I can attest not only to its promise but also to its remarkable impact on one's professional and personal life.

The course has been taught online but is typically presented in person by a worldwide network of professors who, after significant training, are authorized to deliver it. This past December, I had the pleasure of presenting the course with one of the co-authors, Dr. Jeri Echeverria, and a colleague, Dr. Pierre-Yves Jeannet, to students at EPFL (École Polytechnique Fédérale de Lausanne) in Switzerland. We are planning another delivery of the course at the University of Geneva in Switzerland in March. As part of my retirement plan, I've also committed to supporting the Foundation for Ontological Learning Education (FOLE, <https://www.foleducation.org/>) to help other Professors around the world train to deliver the course at their universities.

So, what does such a leadership course have to offer someone in the latter phase of their career? Ask yourself these questions: Is there something in the way I'm being and acting in my professional or personal life that I would like to transform? Can I find more effectiveness in doing what matters to me in my life? Can I possibly find more joy and satisfaction in the living of my life? Big questions! Thus, dear colleagues, you are invited to join us for the 6<sup>th</sup> offering of the Transformational Leadership course to our Professors, Staff, and Community this Spring.

**The course will be offered in person at FSS 4007 over six full days on April 16, 17, 23, 24, 30, and May 1, 2026.**

This year's edition is made possible through a new collaboration with the uOttawa Professional Development Institute and our Leadership Academy, of which I am co-director with Prof. Garcia. Further details and a link to the registration page are available at <https://pdinstitute.uottawa.ca/PDI/Courses/Leadership/Transformational-Leadership/Course.aspx?CourseCode=F0052>.

You are welcome to contact me directly at [mdube@Uottawa.ca](mailto:mdube@Uottawa.ca) as well.

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### Est-il trop tard pour suivre un cours de leadership *après* la retraite?



*Lac Léman (aussi appelé Lake Geneva) à Lausanne, Suisse (décembre 2025).*

À contre-courant de la tendance habituelle, j'ai choisi de prendre ma retraite anticipée (à 60 ans) pour poursuivre ma passion pour enseigner un cours de leadership unique et transformationnel. Animer ce cours avec mes collègues, la professeure Margarida Garcia (droit), le professeur Richard Dubé (sciences sociales) et M. Andrew Kuntze (droit), me permet de vivre dans un avenir où je peux me connecter avec les gens de façon significative, qui a un réel impact sur qui ils sont dans la vie, et leur permettre d'accéder à l'identité d'un leader dans toute situation nécessitant leur leadership.

Le cours, *Leadership transformationnel*, utilise un modèle ontologique/phénoménologique. C'est-à-dire qu'il est différent des autres cours de leadership, puisqu'il repose sur l'Être. Le cours fait une **promesse audacieuse** : les participants quitteront le cours *Être des leaders et exercer efficacement le leadership, comme leur propre expression naturelle*. Ayant enseigné le cours à de nombreuses reprises au cours

des sept dernières années à des étudiants de premier cycle et de cycles supérieurs, au personnel de soutien, aux professeurs et à des professionnels issus de milieux universitaires, je peux témoigner non seulement de son potentiel, mais aussi de son impact remarquable sur la vie professionnelle et personnelle.

Le cours est enseigné en ligne, mais est généralement présenté en personne par un réseau mondial de professeurs qui, après une formation approfondie, sont autorisés à le donner. En décembre dernier, j'ai eu le plaisir de présenter le cours avec l'une des co-auteures, la Dre Jeri Echeverria, et un collègue, le Dr Pierre-Yves Jeannet, aux étudiants de l'EPFL

(École Polytechnique Fédérale de Lausanne) en Suisse. Nous prévoyons une autre prestation du cours à l'Université de Genève, en Suisse, en mars. Dans le cadre de mon plan de retraite, je me suis également engagé à soutenir la Foundation for Ontological Learning Education (FOLE, <https://www.foleducation.org/>) afin d'aider d'autres professeurs à travers le monde à se former pour offrir le cours dans leurs universités.

Alors, qu'est-ce qu'un tel cours de leadership a à offrir à quelqu'un dans la dernière phase de sa carrière? Posez-vous ces questions : Y a-t-il quelque chose dans ma façon d'être et d'agir, dans ma vie professionnelle ou personnelle, que j'aimerais transformer? Puis-je trouver plus d'efficacité pour faire ce qui compte pour moi dans ma vie? Est-ce que je pourrais trouver plus de joie et de satisfaction dans ma vie? De grandes questions! Ainsi, chers collègues, vous êtes invités à nous rejoindre pour la 6e édition du cours de leadership transformationnel destiné à nos professeurs, au personnel de soutien et à la communauté ce printemps.

**Le cours sera offert en personne (en anglais, cette année) au local FSS 4007 sur six jours complets les 16, 17, 23, 24, 30 avril et 1er mai 2026.**

L'édition de cette année est rendue possible grâce à une nouvelle collaboration avec l'Institut de développement professionnel de l'uOttawa et notre Académie du leadership, dont je suis codirecteur avec la professeure Garcia.

Plus de détails et un lien vers la page d'inscription sont disponibles à l'adresse suivante : <https://pdinstitute.uottawa.ca/PDI/Courses/Leadership/Transformational-Leadership/Course.aspx?CourseCode=F0052>. Vous pouvez aussi me contacter directement à [mdube@Uottawa.ca](mailto:mdube@Uottawa.ca).

**Marc A. Dubé, Ph.D. Professeur émérite | Emeritus Professor**

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## Lifestyle

### My Experience with Cooperative Housing

*By Elizabeth Diem*



My name is Elizabeth (Liz) Diem. I taught in the School of Nursing from 1997 to 2011. After my retirement and then losing my partner in 2021, I felt that I needed to make some changes in my life.

The opportunity came in late 2019. A friend introduced me to a couple who were planning to move to into a housing development in Sidney (north end of Victoria) on Vancouver Island. The couple told me that they would be moving into a building under construction called Ravens Crossing Cohousing. My interest was immediately peaked. I remembered seeing a video about cohousing in Denmark and was impressed that the community developed a unique way of living within a community.

I found out that living in cohousing is different than living in a condo (in Ontario) or a strata (in BC). I learned that all members of cohousing form the governing committee and that decisions are made by consensus. The other important aspect of cohousing is that the community develops, and is guided by, its own set of values and beliefs. Learning about cohousing takes some time. I have provided a beginning list of online resources at the end.

Once I became an associate member of Ravens Crossing, I attended their regular meetings which were conducted in person in Sidney and on zoom for members living elsewhere. I also took a trip out to Sidney and was able to attend a meeting in person. After that meeting, I decided to become a full-time member. I sold my condo in Ottawa and moved

to Victoria in October, 2020 to await the completion of Ravens Crossing Cohousing building. A year later, we moved into the building.

I soon realized that living in cohousing means that you have the privacy of your own unit while being able to easily connect with others for a chat, a meal, or a social event. At the same time, you are expected to make some contribution to the community. For example, you may have the skills to volunteer for committees that range from managing the building finances, planning and planting the garden to preparing occasional community meals, helping with celebrations such as Christmas, and assisting community members needing temporary help.

Each cohousing community develops weekly routines that work for them. For example, in our common room, we have a Sunday evening movie, morning exercises, 'Core Connexion Movement' dance twice a week, afternoon tea 3X a week, and monthly birthday cake. Community meals include pot luck meals and a range lunch and supper meals prepared in the common kitchen. Ravens also reach out to the broader community such as assisting immigrants, volunteering at the school, and other community efforts.

Cohousing provides a way for people to easily connect with others and contribute to their community and the broader environment. I hope my experience will lead you to exploring the possibilities in living in cohousing.

### **Resources**

What is cohousing? <https://cohousing.ca/what-is-cohousing/>

Is Cohousing a good fit: <https://www.ravenscrossingcohousing.ca/is-cohousing-a-good-fit>

**Elizabeth Diem, Ph.D., Retired Professor, School of Nursing**

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# Gastronomy

*By/Par Christina De Simone*

## Recipe: Christina's Scrumptiously Comforting Plant-based Hot Beverage



Combine two cups of your preferred plant-based milk (oat, soy, almond; I prefer the unsweetened version) with one teaspoon of raw honey, half a teaspoon of turmeric powder, half a teaspoon of ginger powder, and one-quarter teaspoon of black pepper. (The black pepper brings out the health benefits of the turmeric).

To enhance the turmeric's stunning orange hue, microwave the beverage for approximately two and a half minutes or until you determine it is sufficiently warm. Stir the ingredients. You can also warm the beverage on your stove on medium heat. Enjoy!

Note: Dairy milk can be used in place of plant-based version.

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## Recette : La délicieuse boisson chaude végétale réconfortante de Christina



Mélangez deux tasses de votre lait végétal préféré (avoine, soja, amande ; je préfère la version non sucrée) avec une cuillère à café de miel brut, une demi-cuillère à café de curcuma en poudre, une demi-cuillère à café de gingembre en poudre et un quart de cuillère à café de poivre noir. (Le poivre noir fait ressortir les bienfaits du curcuma pour la santé).

Pour rehausser la magnifique couleur orange du curcuma, passez la boisson au micro-ondes pendant environ deux minutes et demie ou jusqu'à ce qu'elle soit suffisamment chaude. Mélangez les ingrédients. Vous pouvez également réchauffer la boisson sur votre cuisinière à feu moyen. Bon appétit !

Remarque : vous pouvez remplacer le lait végétal par du lait animal.

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## Un premier repas gastronomique au Collège La Cité-Novembre 2025

*By/Par Raymond Leblanc*



Notre Association a organisé une activité sociale culinaire au Restaurant École Lise Bourgeois du Collège La Cité. Un repas du midi fut servi par les étudiants et étudiantes du programme de gestion des services d'hébergement et de la restauration.

Le menu appétissant comprenait un choix d'une entrée, d'un plat principal et d'un dessert à un prix fixe de 21.95 +HST par personne pour trois services. Un premier service offrait un choix entre un petit pâté chaud feuilleté ou une crème de volaille aux champignons. Un second service, le plat principal proposait une omelette aux champignons et ciboulette ou un gigot d'agneau rôti à la provençale, gratin dauphinois, endive meunière et carotte Vichy. Enfin, le dessert donnait le choix entre une tartelette au citron ou le dessert du jour.

Invitation faite aux membres de notre Association et de l'Association du personnel administratif retraité et des conjoints et conjointes invités nous nous attendions à 15 personnes qui acceptent l'invitation. Trente-deux (32) personnes se sont inscrites. Que de discussions lors du des 90 minutes du repas gastronomique. Plusieurs convives ont manifesté le désir qu'on offre une telle activité plusieurs fois chaque année.

**Raymond Leblanc, Ph.D. Professeur émérite / Emeritus Professor**

**Faculté d'éducation / Faculty of Education**

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**Crédit photo / Photo Credit : Brad Spence**

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## A first gourmet meal at Collège La Cité—November 2025

*By/Par André Lapierre*



Our Association organized a culinary social event at the Lise Bourgeois Restaurant School at Collège La Cité. Lunch was served by students in the Hospitality and Food Service Management program. The appetizing menu included a choice of one appetizer, one main course, and one dessert at a set price of \$21.95 + HST per person for three courses.

The first course offered the choice between a small hot puff pastry pâté or a chicken cream soup with mushrooms. The second course, the main dish, offered a mushroom and chive omelet or a Provençal-style roast leg of lamb, gratin dauphinois, endive meunière, and Vichy carrots. Finally, dessert offered a choice between a lemon tartlet or the dessert of the day.

The invitation extended to members of our Association and the Association of Retired Administrative Staff and their spouses. We expected 15 people to accept the invitation. Thirty-two (32) people registered. What lively discussions during the 90-minute gourmet meal! Several guests expressed their desire for us to offer such an activity more often, several times a year.

**André Lapierre, Ph.D. Professeur émérite / Emeritus Professor**

**Rédacteur/Editor -- Nexus**

**Crédit photo / Photo Credit : Brad Spence**

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## Business 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 of 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

	<ul style="list-style-type: none"> <li>• Travel</li> <li>• Guided tours</li> </ul>	<ul style="list-style-type: none"> <li>• Save \$100 /person</li> <li>• Plus 5% loyalty bonus</li> <li>• <a href="#">Details at CURAC</a></li> </ul>
	<ul style="list-style-type: none"> <li>• Travel – book anything you see online!</li> <li>• Custom group trips</li> </ul>	<ul style="list-style-type: none"> <li>• Member Travel Savings   Up to 50% Off</li> <li>• Plus any third-party loyalty bonus</li> <li>• Plus TM's 2% loyalty bonus</li> <li>• Custom website for CURAC</li> <li>• Trip giveaways</li> <li>• <a href="#">Details at CURAC</a></li> </ul>


## Insurance

	<ul style="list-style-type: none"> <li>• Extended health care <i>with travel insurance included</i></li> <li>• Dental plan</li> <li>• Trip cancellation and travel interruption</li> </ul>	<ul style="list-style-type: none"> <li>• Mention CURAC and identify your retiree association</li> <li>• <a href="#">Details at CURAC</a></li> </ul>
 	<ul style="list-style-type: none"> <li>• Travel (formerly Johnson)</li> <li>• Car and home</li> </ul>	<ul style="list-style-type: none"> <li>• Mention CURAC and identify your retiree association</li> <li>• <a href="#">Details at CURAC</a></li> </ul>

## Health

	<ul style="list-style-type: none"> <li>• Eye exams, eyewear, contact lenses</li> </ul>	<ul style="list-style-type: none"> <li>• Two pairs of eyeglasses for \$149 (with single-vision lenses, a scratch-resistant coating, and UV protection)</li> <li>• 60% off lens upgrades with proof of retiree association membership</li> <li>• <a href="#">Details at CURAC</a></li> </ul>
	<ul style="list-style-type: none"> <li>• Hearing aids</li> <li>• Custom noise protection</li> </ul>	<ul style="list-style-type: none"> <li>• 10% discount for member, spouse, children, parents</li> <li>• <a href="#">Details at CURAC</a></li> </ul>

## Retirement Living

	<ul style="list-style-type: none"> <li>• Independent living</li> <li>• Retirement apartments</li> <li>• Full-service retirement suites</li> <li>• Assisted care</li> <li>• Memory care</li> <li>• Long-term care</li> </ul>	<ul style="list-style-type: none"> <li>• Complimentary meeting space and more for CURAC retiree associations</li> <li>• Ontario, various cities</li> <li>• <a href="#">Details at CURAC</a></li> </ul>
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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](mailto:ron.champion@uwaterloo.ca) or André Lapierre at [andre\\_lapierre@uottawa.ca](mailto:andre_lapierre@uottawa.ca).

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## Health Care Spending Account [HCSA]

**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](mailto: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](mailto: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.*

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## Renewal of APRUO Membership

The key to our effectiveness as an association lies in the financial support of our members. If your membership has expired, we contacted you as part of our annual membership renewal campaign.

If you haven't already done so, we encourage you to register.

### Renewing your membership is very simple:

- Click here and, under “Membership”, follow the instructions for current members [“Renew my membership”] or for new members [“Become a member”].

OR

- Make an INTERAC e-Transfer of \$25, \$50 or \$75 (1, 2 or 3 years) to the email address [treapruo@uottawa.ca](mailto:treapruo@uottawa.ca)

OR

- Send a check made payable to APRUO, for the amount of your choice, to the following address:

Treasurer of APRUO, University of Ottawa  
141 Louis-Pasteur Street, Ottawa, Ontario K1N 6N5

For any questions regarding membership, please contact Richard Clément at [treapruo@uottawa.ca](mailto:treapruo@uottawa.ca)

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## 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](mailto:avantagesrh@uottawa.ca)
    - **613-562-5163**
6. **Pension Plans** (bank changes, address or personal information changes):
  - [pension@uottawa.ca](mailto:pension@uottawa.ca)
  - **613-562-5375**

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## Other News

### APRUO Scholarships

At its recent January meeting the APRUO Board approved a proposal from the Scholarship Committee to award four scholarships of \$ 2000 each in 2026. Details on this year's competition and winners will appear in a future issue.

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### In-Town Events

Perfect Bookstore holds weekly book launches. If you would like to attend, please go to [Perfectbooks.ca](http://Perfectbooks.ca) for further information.

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### Invitation

#### To members of APRUO, ASRA, and invited guests

The Administrative Board of APRUO invites members to a gourmet luncheon at noon on the **6th of March from 12:00pm-1:30pm** at the **Restaurant/École Lise Bourgeois in the Collège La Cité (Ottawa Campus situated at 801, Aviation Pkwy, K1K 4R3 (telephone 613-742-2483 # 2400)). The restaurant is located in the H building.**

A choice of a table d'hôte is offered with a fixed price of 23.50\$ + HST per person for three courses or \$21.95+HST per person for three courses are offered. You pay at the end of the meal and parking is free.

#### MENU

Entrée / Appetizers: Calmars Frits, sauce aïoli OU/OR Velouté de panais, noix rôties au sirop d'érable

Plat principaux/Main courses: Gratin de macaroni aux 2 saumons OU/OR Bavette de bœuf grillée, sauce au poivre vert, pommes allumettes

Desserts : Riz à l'impératrice OU/OR Dessert du jour

**Please e-mail Raymond Leblanc ([rnleblan@uottawa.ca](mailto:rnleblan@uottawa.ca)) before the 3rd of March, if you are joining us.**

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## Call for Research Participants

Please see AD below.



uOttawa

### Want to learn more about how you memorize faces?

The Social Cognition and Perception (SCOPE) laboratory at the University of Ottawa is seeking participants for an in-person study on face memory.

#### Target audience

- Individuals of any gender identity;
- Aged 65 years or older;
- With normal or corrected-to-normal vision;
- Able to read, write, and comprehend English or French.

#### Study requirements

- Participants will be asked to:
  - Provide informed consent and complete a demographic questionnaire;
  - Complete a computerized face memory task;
  - Undergo visual and cognitive assessments.

#### Session information

- Completion time of 50 minutes to 1 hour;
- Compensation of 25\$/hour;
- In-person study conducted at the University of Ottawa; exact location will be provided via email or telephonic communication.

#### Contact information

- **Facebook Messenger:** SCOPE lab;
- **Email:** SCOPElab@uottawa.ca;
- **QR code:**



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