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informs you — Fall 2022



*Newsletter dedicated to the Administrative Staff Retirees of
the University of Ottawa*

*The days are getting shorter, the nights are cool and the trees
are starting to change colour – autumn is approaching!*

It's a great time of the year to relax, plan outings, enjoy activities and look forward to not being tied to a work schedule. Staying active and engaging with others are also important ways to enjoy a longer and healthier life...

We hope to see you at our Zoom activities.

We hope there will be something to capture everyone's interest.

Until the next newsletter, enjoy the colours of autumn and participate in ASRA's activities.

Have a wonderful year! See you soon.

*AGM - Virtual Annual General Meeting on ZOOM on
Wednesday, September 21, 2022*

We invite you to participate in the Annual General Meeting which will be held virtually on September 21, 2022 at 10:00 am on the Zoom platform. Several important topics will be discussed: financial statements and budget forecasts, news about the pension fund and health services for retirees, elections to the Board of Directors and more.

We will send you an invitation to your email address. All documents will be presented on screen during the meeting address. All documents will be presented on screen during the meeting.

The agenda is already available on the ASRA website.

Your presence is essential. According to our bylaws, we must have a quorum of 20 members or the meeting will be cancelled and postponed until a later date in 2022.

We look forward to seeing you virtually on the Zoom platform on September 21.

This is your Association... let's keep it alive!

Search for ASRA's TOP CHEFS



*This Fall, we are launching a new challenge to identify
"ASRA's TOP CHEFS".*

Each and every one of you must have experimented with recipes during the Covid-19 confinement period... you may have pulled out your mother's books... You have invented a particularly winning recipe? Did your mother or grandmother pass on a recipe to you? Does your family applaud every time you prepare a recipe? Young and old alike are asking for more? Then this competition is for you!

We are looking for the best recipes of our members!

You have prepared the menu for the holidays or other special occasions with your favorite recipes, your must-haves, so share them with all ASRA members.

Participate in large numbers.

We will publish the best selected recipes on the ASRA website.

The competition starts on Thursday, September 1st 2022 and ends on Wednesday, November 30th 2022. More than one recipe can be submitted. Simply complete an entry form for each recipe submitted.

IMPORTANT: The recipe submitted must be the submitter's own creation or a family heirloom recipe. Recipes taken entirely from books, magazines, websites or any other published or printed recipe sources are not eligible.

You can submit a recipe in one of the following three categories:

- Appetizer/side dish recipe or
- Main dish recipe or
- Dessert/Snack Recipe



Search for ASRA's TOP CHEFS



PROCEDURE:

- 1) Write your recipe with all the required details.
- 2) Once completed, return the document by email as an attachment to ASRA at the following address: APAR-ASRA@uOttawa.ca

SELECTION OF RECIPES.

Recipe selection criteria:

- 1) Compliance with the instructions.
- 2) Ingredients and quantities well indicated.
- 3) Clear and easy to follow recipe steps.
- 4) If possible, provide a photo of your dish.

PUBLICATION OF RECIPES.

All selected recipes will be published on the ASRA website.

Find the riddle.

In the zoo there are nine frogs in a square enclosure. You need to add two more square enclosures so that each frog is isolated in its own enclosure.





All the following activities will take place on the Zoom platform.

IMPORTANT: If you have not already done so, please let us know the email address you would like us to use to invite you to our virtual activities.

<p>Thursday, October 20th, from 10:30 am to noon</p>	<div data-bbox="1050 414 1485 571" data-label="Image"> </div> <p>Gaspesian encounters</p> <p>Pauline Bélanger, Joan Carey and Arlette Henry will share their experiences and journey. (<i>Presentations in French with question period in both languages</i>)</p>
<p>Wednesday, November 9, from 10:30 am to noon</p>	<div data-bbox="1098 757 1437 927" data-label="Image"> </div> <p>Moving your life</p> <p>Arlette Henry will tell us briefly about her experience, her preparation, the steps she took, the D-Day, the grieving and the beginning of her 'after Ottawa'. (<i>Presentation in French with question period in both languages</i>)</p>
<p>Date to be determined in December</p>	<div data-bbox="943 1122 1114 1279" data-label="Image"> </div> <p>Christmas at home</p> <p>Let's have a drink together, in our own home, to start the holiday season in style. Activities will be offered...</p>
<p>2023</p>	<p>Activities will be announced in the 2022 Christmas Newsletter.</p>



Check the ASRA website for updates on activities:

<https://apar-asra.ca/events>



As part of the 25th anniversary of the ASRA, we asked you to send us photos taken during your career at the University. Several members took up the challenge and sent us their souvenir photos. To access the complete photo gallery (slide show) which will allow you to discover your former colleagues in a playful way, consult the "What's new" section of the ASRA website (apar-asra.ca/what'snew/oursouvenirs).