



# QPARSE News

The newsletter of the Québec Provincial Association of Retired School Educators

Les nouvelles de l'Association du personnel d'enseignement retraité du Québec

QPARSE/APPERQ

Printemps/Spring 2018

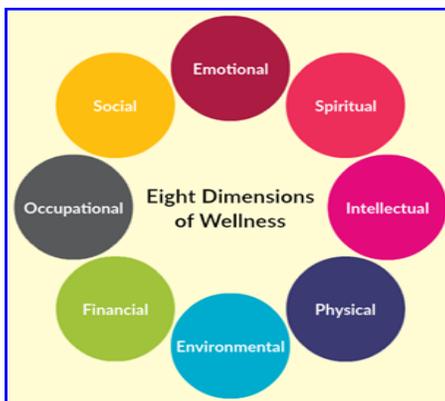


**September 6**  
**Thursday 11:30am**  
**“Welcome Back Lunch”**  
 Barbies Restaurant & Grill  
 15 Bouchard Ave, Dorval

**October 3**  
**Wednesday 9-9:30am**  
**Fall Bus Excursion –**  
**Montreal Casino**  
 50’s & 60’s live music  
 show and buffet lunch @  
 Pavillion 67

## It’s never too late to explore Wellness and Healthy Living

Upon retirement nearly twenty years ago, I earnestly began to explore Healthy Living issues when our local Montreal Lakeshore University Women’s Club started a Wellness group. Oh, yes, I had been walking regularly (as much as one could, while working), but in facilitating this group, I became aware that, beyond the medical model of staying well, there was so



much more that I could take personal ownership of to sustain a healthy lifestyle. We invited massage and osteopath therapists, reflexologists, nutritionists, and personal trainers; learned about Naturopathy and Naturopathic treatments and participated in various yoga, meditation and mindfulness sessions. For me, it’s life-long learning at its best..... and I invite you to explore those outlined here:

At a QPARSE workshop session a few years ago, Rukhshana Surty and Ian Ramsay presented their “STRESS-BUSTERS for WELLNESS” program. Today, their Signature workshop is called “Recess from Stress”, which they have presented at the QPAT Fall Teachers’ Convention and have agreed to share with us in this edition.

“Recess from Stress” brings you effective ways to reduce stress, create calm and learn healthy ways to nourish your body and mind. You will experience equanimity and learn how to replace stressful thoughts and feelings with mental clarity and ‘groundedness’. We engage you with cutting-edger whole-brain learning techniques such as breath and breath- awareness, powerful inner inquiry, slow and conscious movement such as yoga and chi kung, visualization and guided meditation. Learn how to use these tools to restore balance and calm in your personal life, at work or in the classroom. Check out their link [www.recess-from-stress.com](http://www.recess-from-stress.com)

If you are interested in an informative publication of “Consumer Reports on Health” go to [Cr.org/cronhealth](http://Cr.org/cronhealth). Their advice on many topics, though not to be substituted for professional or medical advice, may be of interest to you.

(Continued on page 9)

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## Living life to the fullest - "eudaimonia" in retirement



The theme for this newsletter is **fitness - be it emotional, financial, mental or physical fitness**. So why did the Newsletter Committee members group all of these traits together as our theme? Why are they so important to us? When we identify these as part of overall fitness, is it our quest for the "good life"? But what is the good life in retirement? It was clear that we all had slightly different views of what it entailed and it was an animated discussion.

Googling the words "the good life", showed articles in which these attributes, among others, are an integral part of the good life - Eudaimonia. The Newsletter Committee members must have been on to something in pinpointing all of these aspects as important to a good retirement. "Eudaimonia, a philosophical term for the life that one would like to live, was originally associated with Aristotle's thinking", so the thinking has stood the test of time!

Today, according to statistics, the number of North Americans 90 and older has tripled in the last 30 years. The longest lived individual is Jeanne Calment (122) of France and there are 3 others that are above 117 years old!

In 2003, researchers studied 1500 people who were former participants in a 1981 study involving the habits of 14,000 retirement-home residents in California. Since then, "every six months researchers have been studying their reflexes, balance, gait, ability to sit down and stand up and their cognitive ability. They were also asked questions about their daily habits". What did they find?

They found that "Exercising 45 minutes a day is key, but even 15 minutes a day helps. Socializing — book clubs, bridge games, chatting with friends — is also important." Also, compared to non-drinkers, having no more than two drinks a day of wine or liquor provided a 10 to 15 percent reduction in risk of death over the past decade. "

So what is the advice that Montreal centenarian seniors have for us? Here are some of the homegrown words of wisdom for a good life in a long and happy retirement:

Sadie Wohl, age 103

Her advice: "just act natural and stay active"

Leon Huberman, turns 100 in November

"When I was younger I was very interested in downhill skiing, tennis and golf. I tried to stay active until I was 85 or 90. "Stay active, says he.

Mike Levine, 100

His advice picked up from a cousin who lived to 100:

"Eat properly and don't overeat - one spoonful less is better than one spoonful more."

*(Continued on page 7)*

	<b>Newsletter working group members</b>	
	<p>Marzia Michielli, Terrie Kozaczynski, Jan Langelier, Renate Sutherland, Harold Penn, Katherine Snow, Jean Le Guillou, Patrick Clarke, Claudia Thierry</p>	<p><b>Next Deadline:</b> <b>September 1, 2018</b></p> <p><b>Theme:</b> <b>Communication: Social interaction, tweeting, facetimeing, etc.</b></p>
Editor of all		

**Share our Newsletter with others!**

## President's Message - Message de la présidente

The year has been a busy one for me! As I took over the reins from Renate Sutherland and became your President, I also embarked on another journey to work part-time for the Association of Administrators of English School Boards (AAESQ) as the Executive Director. The work is interesting and quite time-consuming, but with the support of Renate Sutherland, Past President and Carol Klein, Vice President as well as all members of the Board, I have been able to handle the presidency of the Association with not too many dropped balls.



Our year began with the unfortunate and unexpected death of my good friend and colleague, Ken Cooke. Throughout his career, Ken was an active teacher who was also involved in union work. Meanwhile, during his retirement years, he had always been very active with association work. His quiet demeanor and his organized approach to planning events for us at QPARSE has been missed. Many times we have been heard to say "If only Ken was here ... ". Rest in Peace faithful friend!!

As the year progressed, we had many other friends and colleagues pass away and their contributions to our profession must be remembered and celebrated.

On a more upbeat note, we have also had an interesting year filled with many opportunities to meet each other, to share a meal, to hear from an interesting speaker and to enjoy each other's company. Many thanks to Carol, Claudia and their team for planning so many great events for us to enjoy. Meanwhile, our Newsletter continues to provide our members with useful information and great articles on interesting themes. Marzia and Terrie as well as the team working on the Newsletter need to be congratulated for this remarkable production. Your participation in the Newsletter is encouraged, so please continue to send your contributions to us for inclusion in them.

On a more political front, QPARSE has been actively involved in consultations with the government on issues related to pensions, education and to the English community. As part of the Advisory Board for English Education I have the opportunity to share the views of retired educators concerning the various topics that this body has provided in advice to the Minister of Education. I would like to thank Ed Zegray for his participation in two consultations carried out by the newly formed Ministry for the English-speaking community of Quebec under the leadership of Kathleen Weil. Again, it is very helpful to have such talented members of our association who are willing to be involved. We continue to share ACER-CART information with you on our website or on Facebook. The topics, among others, concern federal issues such as Pharmacare or the need for a Seniors' Ministry. We also provide ACER-CART with our concerns and our experiences which allow the Canadian Association of Retired Teachers to include Quebec in their Canadian perspective.

As I continue into my second year as President, there continue to be things that need to be addressed:

Increasing membership numbers, has become more challenging as school boards apply the laws surrounding confidentiality, and they no longer provide us with the contact information for retired educators each year. We are looking at other ways to get our membership information out to these newly retired folks so they may benefit from joining us. Meanwhile we will change our bylaws allowing soon-to-be retired folks to join us before their official fulltime retirement.

The existence of several different associations for retired educators in the English sector, all of whom are working diligently to represent their members, needs to be questioned. Better coordination between these various groups could be beneficial for us all. I hope to be able to call on the presidents of these other groups to discuss future collaboration.

The financial stability of the Association continues to be of concern and although there has been a remarkable response to requests for members to make a donation to help offset the costs of mailings,



## Ian Trasler 2018 Recipient of the QPARSE Service



Ian Trasler, the second recipient of the *QPARSE Service Award*, has had a long and distinguished career in Quebec English education for 35 years. After retiring in 1986, Ian continued to work part-time for Alliance Quebec before joining the QPARSE Board of Directors as Treasurer, a position he held for 15 years.

In 1951 Ian Trasler began his career in education with the Protestant School Board of Greater Montreal (PSBGM), now part of the EMSB, first at Summerlea Elementary School and then, as a Science and Mathematics teacher at Lachine High School. Later he became an administrator with the PSBGM (1964-1986), serving in many capacities: Vice-Principal and then principal at John Grant High School, principal at Montreal West High and Elementary School, and in 1973 was given the challenge of opening the new Comprehensive High School in LaSalle. He became Assistant Director of Personnel (1976-1978) and Deputy Director-General (1978-1986) and Chair of the PSBGM's negotiating team. In 1976 Ian was honoured by the Quebec Federation of Home & School Associations when he was the recipient of the Gordon Paterson Award, recognizing his dedicated service to education and those fine qualities which distinguish him as an empathetic, supportive and compassionate person.



It was during Ian Trasler's years as an administrator that he took on a major role in Quebec Educational professional associations. He exemplified his team-building leadership skills by serving as an Officer and President, respectively, of the Provincial Association of Protestant Teachers, (now absorbed by QPAT), from 1965-69, of the Montreal Association of School Administrators (1971-'74) and of the Quebec Association of School Administrators (1972-'76). While President of PAPT, he acted as Chairman of the "Association for Reform in Education", which was established by the English community in response to the government's proposal to replace the Protestant and Catholic Boards by Unified Language Boards. English Catholics and English Protestants, representing teachers, administrators, school boards and parent groups came together to present a number of briefs in favour of English and French Boards. From 1983-'86, Ian served as Chairman of the Quebec Association of Directors General Protestant. At retirement, Ian was honoured with Distinguished Service Awards by his colleagues and was presented with the "Homage Reconnaissance et Remerciement" Award by Ann Schlutz, Deputy Minister of Education.

Ian's career as a teacher and school administrator was exemplary. He was effective, dedicated, respected and admired by colleagues, students and parents. Throughout his life, Ian built bridges of trust, friendship and professional integrity.

As educators we are honoured that Ian Trasler chose to direct his energies to serving Quebec's English education sector so admirably. It is therefore with great pleasure that Ian is awarded this year's QPARSE Service Award.

Renate Sutherland



## Dr. Cathrine Le Maistre 2018 Recipient of the QPARSE Service Award



**K**ate was born in Wales and completed her education in England by earning her B SC and teaching diploma overseas. After immigrating to Canada, Kate taught high school science and mathematics in Brandon, Manitoba. She then moved to Montreal in 1972 and taught science in the newly opened Western Laval High School.

After getting married and having children, Kate spent a few years at home with her young ones and was very active doing volunteer work at Edgewater School in the Lakeshore School Board. Thereafter, she went to work as a consultant for the Jérôme -Le- Royer School Board. Her assignment involved consulting work in Mathematics, Science, Home Economics, Computers and Introduction to Technology. Following this, Kate worked at the Faculty of Education at McGill where she completed her PhD and taught for 21 years. Her time at McGill also included a term as Associate Dean.

During her time at McGill, Kate kept in close touch with classroom activities by working extensively with in-service teachers, teaching master classes and sharing classroom focussed activities at conferences across Canada, the US and Europe.

After retirement, Kate did what many of us retirees have done - she went back to work chairing the Advisory Board on English Education, a post she has held for the past 10 years.

Kate is indeed a worthy recipient of the Honorary Life Membership award of QPARSE and I am very pleased to say that not only is she a valued colleague, but she has been a very long time friend going back to the early days of our implication as parents at Edgewater School. We both had children in the school, and it is really quite amazing how one's path intertwines with another's – especially in the English School system of Quebec.

Congratulations Kate, the award is richly deserved!

Jan Langelier

## Welcome to New Members of QPARSE

Nicole Duranceau, Francine Gravel, Angela Soda-Bozzer, Josie Agostinelli-Silvano,  
Anita DeLure, Deborah Novack, Joanne Lipscombe, Petra Bardon-Stroebele,  
Denise Currie, Terry Smiley, Viky Keller, Naomi Goltzman, Mariela Johnson,  
Suzanne Turp, Janet Kennedy, Tom Conti, Marisa De Angelis, Paula Turner

**Congratulations on your retirement!**

**QPARSE PROGRAM  
CALENDAR  
2018**

- Thursday  
September 6  
11:30am**      **“Welcome Back Lunch”**  
Barbies Restaurant & Grill  
15 Bouchard Ave, Dorval
- Wednesday,  
October 3**      **Fall Bus Excursion – Montreal  
Casino**  
50’s & 60’s live music show and  
buffet lunch @ Pavillon 67  
BUS 9am at EMSB  
9:30am at Fairview  
**MORE INFO TO FOLLOW**
- November  
TBD  
11:45am**      **“Fall Luncheon and Reception  
for New Retirees”**  
**Reservations Essential**  
Le Saucier Dining Room - Pearson  
School of Culinary Arts  
8310 Rue George, Lasalle, Qc,  
H8P 1E5
- Tuesday,  
December 4  
11:30am**      **“Holiday Lunch”**  
Via Marcello Restaurant  
1790 Blvd. Côte-Vertu (corner  
Côte-Vertu) St-Laurent, Qc, H4L  
2A6  
**DONATIONS TO NDG FOOD  
BANK**

IF YOU ARE ATTENDING THE LUNCHEONS/ PROGRAM,  
PLEASE CONTACT EITHER:

Claudia Thierry (514) 457-2499 / [cthierry@aei.ca](mailto:cthierry@aei.ca)  
Carol Klein (514) 696-3447 / [retired0821@gmail.com](mailto:retired0821@gmail.com)

**PROGRAMME DES ACTIVITÉS  
DE L'APPERQ  
2018**

- Jeudi  
6 septembre  
11:30**      **« Lunch des retrouvailles »**  
Restaurant & Grill Barbie's  
15 Avenue Bouchard, Dorval
- Mercredi  
3 octobre**      **« Excursion – Casino de Mon-  
tréal »**  
Spectacle musical 50's & 60's et  
buffet @ Pavillon 67  
BUS: 9 h EMSB  
9h30 Fairview  
**RENSEIGNEMENTS SUPPLÉ-  
MENTAIRES À VENIR**
- Novembre,  
date à préci-  
ser  
11h45**      **Lunch & accueil des nouveaux  
retraités »**  
**Réservations obligatoires**  
Salle à manger Le Saucier –  
'Pearson School of Culinary Arts'  
8310 Rue George, LaSalle, QC,  
H8P 1E5
- Mardi  
4 décembre  
11h30**      **« Lunch des fêtes »**  
Restaurant Via Marcello  
1790 boul. Côte-Vertu (coin Côte-  
Vertu) St-Laurent, QC, H4L 2A6  
**DONS À LA BANQUE ALI-  
MENTAIRE NDG**

SI VOUS AVEZ L'INTENTION D'ASISTER AUX LUNCHS /  
PROGRAMMES, CONTACTER:

Claudia Thierry (514) 457-2499 / [cthierry@aei.ca](mailto:cthierry@aei.ca)  
OU Carol Klein (514) 696-3447 / [retired0821@gmail.com](mailto:retired0821@gmail.com)

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One insertion 1/8 page  
(business card) is \$50.00

Contact [HaroldPenn@hotmail.com](mailto:HaroldPenn@hotmail.com)

## Living life to the fullest - “eudaimonia” in retirement *(Continued from page 2)*

Jennie Monk Bergson, 100

She says: “I’m stubborn. I was always active and never had a car - did a lot of walking. I have my health challenges, stay lucky!”

Emily Christine Kylie, 104

Former social worker says: “Do what you want to do in life, but prepare yourself for it.”

*“These quotes were taken from an April article written by Irwin Block in Senior Times.”*



On a different note, on behalf of the newsletter committee, we extend congratulations to Ian Trasler and Kate LeMaistre, one of my McGill university instructors, for being this year's top QPARSE honourees. They were presented with their award on May 8. Hats off to both of them for their ongoing contribution to education! Take a look at the articles on page 3 and 4 to get to know them a little better.

Also, we had a new idea for improving the newsletter. We are asking you to kindly submit a question that you would like treated by a financial expert, send it to me [mmichielli@icloud.com](mailto:mmichielli@icloud.com) and we will try to arrange for it to be answered for all QPARSE members. If we get questions for the “**Financial Corner**” column, we will know it is something you would like to read about.

Meanwhile, I look forward and hope to see you at the upcoming QPARSE events....the line-up, on page 6, of the upcoming activities is a very good one! Happy Spring!

See you soon,  
Marzia Michielli  
Editor

## We’ve got mail

January, 2018

Bonjour!

C’est un tel plaisir de recevoir le Bulletin chaque fois! Je viens de lire le touchant témoignage sur Indy.

La lettre sur écran a ses avantages mais je préfère encore le papier!

Merci,

Rita L. Duguay

February, 2018

Hello,

Thank you all for keeping QPARSE a going concern. Its hard to accept that 30 years have passed since I stopped teaching after 32 years in the classroom.

How time flies!

The newsletter brings me back to memories of the classroom and the fine colleagues I had the pleasure of working with. Sadly now many have passed on.

Keep the good work.

Regards,

Mary Feher

# A glimpse of QPARSE activities

## Cabane à sucre



## President's Message *(Continued from page 3)*

The financial stability of the Association continues to be of concern and although there has been a remarkable response to requests for members to make a donation to help offset the costs of mailings, the need to find a more permanent solution to the financial viability of the Association is required. Many thanks to the many contributors to the fundraising campaign held over the past 2 years. It is truly remarkable how generous and supportive our members are.

I hope to encourage the active participation of more recently retired members on this Board. We are always looking for “new blood” on the Board and would welcome the energy and new ideas from them. If you are interested, just contact me and I will find a place for you.

In conclusion, I would like to thank all the members of the Board who have given tirelessly of their time and commitment to the Association. It is indeed inspiring to be a part of this great group of people. It is truly what keeps me young!!

Jan Langelier  
President

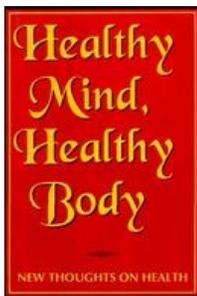
## Thoughts on Health

**M**y father always told me that the only thing that matters in life, is having good health. The things we want such as wealth, property, and free time do not mean anything without good health. I have repeated that mantra many times over the years, because I know that he was right!



I often think about heart health, the kind that is associated with feeling love and belonging. I am blessed with both an immediate family and an extended family. They mean everything to me and my heart feels full when I think of them. Sometimes I worry about them. What if.....? Anxiety is a tough feeling.

I find that taking classes in fields about which I know nothing, helps me to regulate the worrying and puts me back into the beauty of the world. I walk to these classes whenever possible, and I motivate myself to make new friends. As an after-effect of these classes, I feel healthy and very much a part of the world. I find that I am more open to new experiences and seek out challenges that I might have left alone earlier in my life.



Once again I have started paying attention to literature on a variety of health topics, including nutrition, mental mathematics, daily social contact, laughing and exposure to nature. There are many more topics, and of course, each one of us chooses our favorites. Although there is still room for expansion, I am thankful that so many of these important areas are already a part of my lifestyle.

The most important things to me are keeping physically active, keeping in touch with old friends, making new friends, learning new things and regularly being in nature.

Enjoying the sunsets and valuing my good health brings me full circle to my father's words!

Katherine Snow

## It's never too late to explore Wellness and Healthy Living (Continued from page 1)

### Building stronger bones: Advice for women and men:

#### *5 things you can do now to keep your bones strong*

- ◆ Maintain a healthy weight. Being too thin has been linked to a higher risk of osteoporosis and fractures.
- ◆ Exercise. Choose weight-bearing activities like hiking or tennis, or use an *elliptical* machine or *treadmill*.
- ◆ Don't smoke. Chemicals in cigarette smoke make it harder for the body to make new bone.
- ◆ Get enough calcium and vitamin D. The recommended daily intake is 1,000 milligram of calcium for women 50 and under and men under 71; 1,200 mg for those who are older. Aim for 600 IU of vitamin D daily (800IU if you are over 70).
- ◆ Go easy on alcohol, caffeine, protein, and sodium. When consumed in excess, they are thought to interfere with the body's ability to retain calcium or form new bone.

Adapted from Consumer Reports on Health October 2011  
Renate Sutherland

## The importance of “Financial Security” – Planning Ahead

At the April 11<sup>th</sup> QPARSE Program session, we welcomed **Diane Skiejka, Lawyer, Translator and Legal Plain Language Specialist with “Educaloi”**, an independent non-profit organization (2000), which explains the law to Quebecers in everyday language. Their activities include, a legal information website: [www.educaloi.qc.ca](http://www.educaloi.qc.ca) and other legal information tools (pamphlets, guides, videos, etc.) as well as providing educational resources for teenagers, adults and educators.

In her presentation to the more than 60 persons in attendance, Ms Skiejka focused on the topics of **Powers of Attorney, Protection Mandates** and **Wills**. To ensure financial security, she emphasized the importance of “planning ahead” while still able and of sound mind. Here are some highlights of the topics discussed:



Asking a trusted person to manage some of your affairs (**Powers of Attorney** - a legal agreement e.g. to ask someone to manage financial affairs and your property);

Naming Someone to Act for You If you Can't Do This Yourself (**Protection Mandates** - must be legally activated i.e. “homologation”) **Please Note:** Protection mandates used to be called mandates in case of incapacity. The name has changed but the rules are basically still the same.

Leaving instructions for what will happen after you die (**Wills** – a notarized will; will in front of two witnesses; a holograph will; the last two types must be probated and that can cost more than \$1,000).

Ms Skiejka informed us that legal information on these and other topics can be found at [www.educaloi.qc.ca](http://www.educaloi.qc.ca). If you wish to order Print Guides and Pamphlets, go to Contact Us on their website.

Renate Sutherland



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## In Memory of our Dear Friends

*We send our deepest condolences to the friends and family of the following:*

Muriel Brophy

William De Witt Clinton

Ruth Evans

Milan Jankovych

Irmela Schmidt

Gloria Bellam

Catherine Craib

Otto H.H.R. Haenlein

Jane Curran Mallory

Berthe St. Sauveur

Catherine A. Brock

Sylvia Eibel

Arthur W. Hobbs

Sue Ann Mayka

Edward Ralph Start



## Do You know the whereabouts of these members ?

We are still searching for the following members. If you know anything about any of them, please let Terrie Kozaczynski know by email at [terriekoz@yahoo.com](mailto:terriekoz@yahoo.com) or by telephone at 514-334-2203.

Linda Benoit—Montreal

Susan Zanger Charton—Hampstead

Ruth Hamilton—Oakville

Evelyn Perry—Orillia

Joan Pollard—Pierrefonds

Marjorie Sellars—St. Laurent

Nancy Ellen Travers—Sutton

Elizabeth Ann Richard—Candiac

Elena Catracane—Montreal

Estella Ferguson—Lorraine

Marguerite Hayes—Deux Montagnes

Ruth Olive Peter—Sillery

Mary Rathwell—Wakefield

Patricia Skene—Nashville

William Walker—Baie D'Urfé

P. Margaret Winiarski—T.M.R.

Joan Dix—Ottawa

Elly Hadlock—Fulford

Gerald(Gerry) Meuris—D.D.O.

Elizabeth Pilley—Westmount

Morris A. Rathwell—Arundel

Elizabeth Stewart—Napanee

Yvonne Wilson—Toronto

## Poofie - Le pur Bonheur

Ma maitresse est Nicole Duranceau. Nous habitons dans les montagnes des Cantons de l'Est sur les bords d'un très beau lac dans un décor bucolique. On est entouré de pistes cyclables où aller se promener et rencontrer des amis. Mais mon endroit préféré est le cimetière derrière chez nous. Là on me détache et on me laisse courir..... trois saisons de pur bonheur car c'est malheureusement impraticable durant l'hiver.

Cet hiver est le pire hiver de toute ma vie... la glace étant la hantise de ma maitresse on est pas sorti très souvent et comme je me suis faite opérée en juillet dernier je prends facilement du poids alors de ne pas bouger ne m'aide pas tellement. Mais il y en a des pires que nous. En attendant le printemps on dort beaucoup. C'est comme si on avait hiberné cette année.

Je souhaite à tous mes amis une très belle année.

Mademoiselle Poofie!





# Spotlight on Members



## Barbara Arzooni

Before retiring from the Gordon Robertson Career Centre in 2013, Barbara was so concerned with how she would adjust to a new life in retirement, that she made three appointments with a psychologist, hoping to stave off the depression that sometimes accompanies such a transition.

Barbara has had a lifelong love of learning, taking courses while working and bringing up two children alone. She has a B.Ed. from McGill, a graduate diploma in Adult education from Concordia, TESL from McGill, as well as numerous technical diplomas including Electrolysis from New York, Theatrical makeup and Professional Makeup artistry from Los Angeles, California, Fitness and Nutrition and Cosmetology from Montreal.

Having been born and raised in Montreal, Barbara's multicultural family history is fascinating. Her grandparents were Austrian and at the start of World War II they escaped, at night, by boat from a concentration camp. Since China was accepting refugees, the family arrived in Shanghai where they learned Chinese. Barbara's mother married there, but eventually immigrated to Canada. Later after a painful divorce, her mother remarried and the family owned a restaurant in Chomedey, Laval.

Moreover, Barbara is also a survivor of child abuse, and was often out of school between the ages of ten to twelve. She attributes these absences as the motivating basis for her thirst for knowledge and her continual quest for more courses.

It was a tough life, and as a teenager Barbara eventually ran away in mid-winter with only a sweater on her back! She called her Uncle Robert who lived on Barclay Street in Montreal. He was in a four-and-a-half apartment with five children, and he took her in and became her legal guardian. At eighteen years of age, Barbara rented a room and worked as a secretary at Mercedes Benz while continuing her education at night.

After marrying, Barbara followed her husband to Iran, learning the Farsi language and opening a business in Esthetics and Electrolysis in Kermanshah. In 1987, she became a single mother with two young children after her husband decided to join the revolutionary army against Iranian politics. Barbara then returned to Montreal. She speaks four to five languages and has great empathy for the foreign students that she taught at the Gordon Robertson Centre. Even in retirement, she volunteers at the centre to help students from overseas who are having difficulty with the English language.

Giving back to the community is high on Barbara's priority list. She is sometimes asked to give presentations at the 60 Plus Club at the YMCA on such topics as Memory, Aromatherapy and First Aid. She loves the fact that she can still teach, even in retirement.



*(Continued on page 13)*

## Spotlight on Members—**Barbara Arzooni** (Continued from page 12)

For recreation, Barbara avails herself of the YMCA program. She enjoys Zumba, Piloxing ( a mix of Pilates and boxing), and does light weight training. She has high praises for the YMCA's senior exercise and lecture programs.

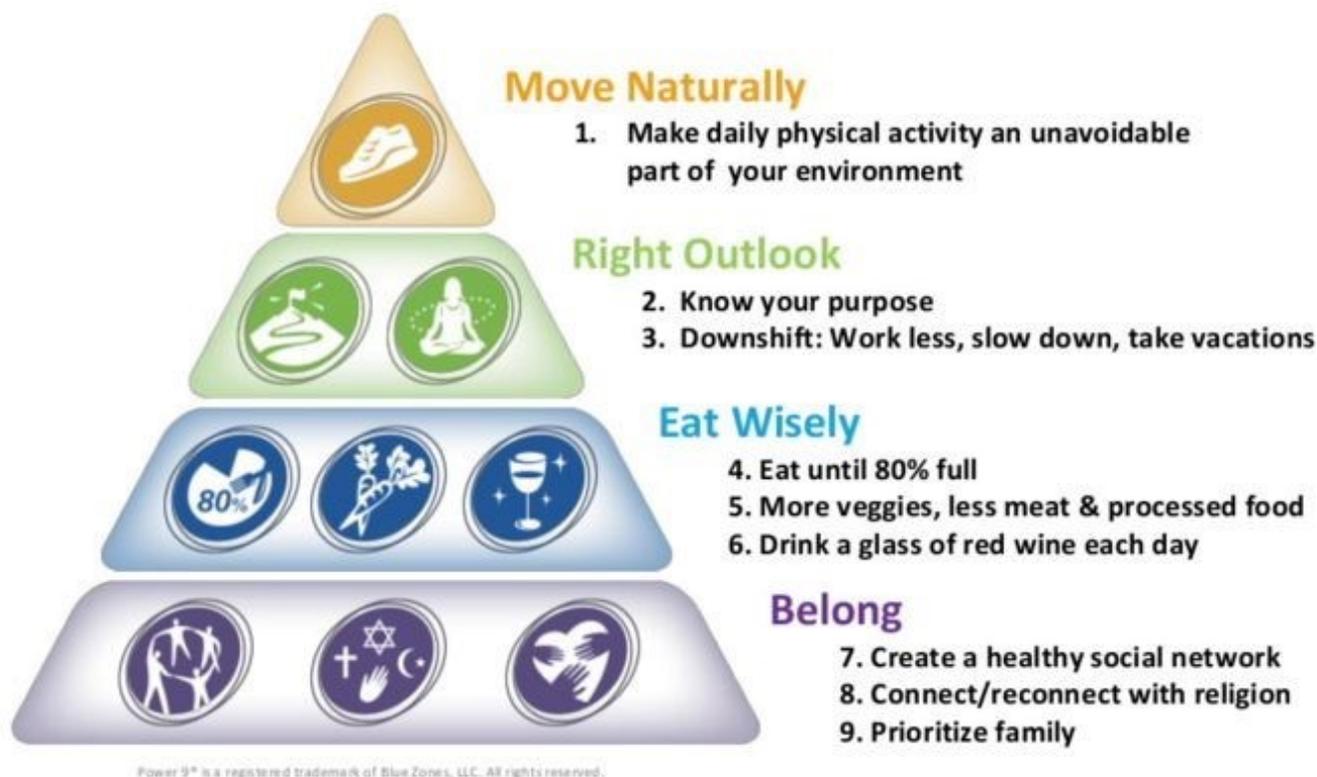
As an avid composter, Barbara produces minimal garbage. Her tip is to use human hair to fertilize the compost as it decomposes slowly, leaving valuable nutrients behind and keeping away garden pests.

Health issues are sometimes cramping Barbara's style but hey .... she is a survivor! A brain tumor twenty years ago was successfully removed and polymyalgia has recently flared up. In spite of this, Barbara is not slowing down! Meanwhile, I am looking forward to reading her memoirs as soon as her busy schedule will allow her to finish them.



Claudia Thierry

## Traits of Long-Lived Populations in the World



## Publisher's TIPS

Click on the picture to link to the articles.



Gardening Tips



Planting up summer pots?  
Choose 5 plants which just  
keep on giving



5 Things You Should Never  
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Financial planning tips

## Editor's Picks

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How old is old?



The Future  
Machines



Glasses of the Future



What will passenger  
planes look like in 2068?

## Un hiver hors pair 2016

Plein de chaleur  
Qu'il exhale à grands flots

El Niño  
Adoucit joliment la température  
Et fait piailler les oiseaux.

Au début de l'an 2016  
La pluie d'hiver  
Morne et austère,  
De concert  
Avec l'anémie de l'économie,  
Créaient un air sinistre  
À travers le pays.

La bourse plongeait  
Sans cesse,  
Comme le prix du baril  
De l'or noir,  
Qui était à la baisse.

En revanche,  
Les prix de légumes et de fruits  
Bondissaient de façon inouïe,

Et selon les quotidiens  
C'était dû au huard faiblard,  
Canadien.

Or dès que le printemps fut arrivé  
Le huard a repris sa volée  
Dans l'espoir de voir  
Des voies ensoleillées,

Grâce au renouveau de confiance  
Pour des lendemains fructueux  
Et plein de bon sens.

© Brian Ostrovsky (auteur)





**QUEBEC PROVINCIAL ASSOCIATION  
OF RETIRED SCHOOL EDUCATORS**

**Statement of Income and Expenses  
January 1, 2017-December 31, 2017 \*(corrected)**

<b>Income</b>	<b><u>2017</u></b>	<b><u>2016</u></b>	<b><u>2015</u></b>
Membership Fees	\$1,360.00	\$1,877.00	\$1,360.00
Investments	\$0.00	\$7,253.49	\$7,300.00
Program	\$1,680.95	\$1,662.10	\$1,701.55
Donations	\$3,717.00	\$200.00	\$50.00
Bank Interest		\$0.00	\$0.00
Senior Tours	\$1,999.48	\$0.00	\$1,814.12
Newletter Ads	\$425.00	\$250.00	\$0.00
<b>Total Income</b>	<b>\$9,182.43</b>	<b>\$11,242.59</b>	<b>\$12,225.67</b>
<b>Expenses</b>			
Newletter	\$3,595.91	\$3,647.37	\$3,666.84
Membership	\$667.76	\$1,309.40	\$787.56
Annual General Meeting	\$565.38	\$583.03	\$557.94
Program	\$2,094.47	\$1,814.63	\$2,184.18
Goodwill	\$33.49	\$23.00	\$19.50
CART/GTAR	\$1,106.94	\$1,231.43	\$1,244.94
Taxes	\$68.07	\$509.78	\$987.49
Website	\$269.17	\$703.21	\$253.83
Executive Expenses	\$327.06	\$0.00	\$0.00
Donations/Gifts	\$276.28	\$117.00	\$50.00
Misc	\$38.45	\$50.00	\$111.50
<b>Total Expenses</b>	<b>\$9,042.98</b>	<b>\$9,988.85</b>	<b>\$9,863.78</b>
<b>Net Income/Loss</b>	<b>\$139.45</b>	<b>\$1,253.74</b>	<b>\$2,361.89</b>

**Year End Bank Reconciliation**

<b>Bank Balance forward Jan 1</b>	\$11,685.14	\$10,465.55	\$8,269.51
Plus total Income	\$9,182.43	\$11,242.59	\$12,225.60
Less total expenses	\$9,042.98	\$9,988.85	\$9,863.78
Less outstanding cheques 2016	0	\$34.15	\$200.00
Plus outstanding cheques	0	\$0.00	\$34.15
<b>Balance Dec. 31, 2017</b>	<b>\$11,824.59</b>	<b>\$11,685.14</b>	<b>\$10,465.55</b>

**Assets at Dec. 31,2017**

CI Investments	\$90,197.16	\$87,779.23	\$92,447.07
Bank Balance Dec, 31, 2017	\$11,824.59	\$11,685.14	\$10,465.55
<b>Total Assets Dec. 31, 2017</b>	<b>\$102,021.75</b>	<b>\$99,464.37</b>	<b>\$102,912.62</b>

The Quebec Provincial  
Association of Retired  
School Educators



Association provinciale  
du personnel  
d'enseignement retraité  
du Québec

## Application Form / Formulaire d'adhésion

Veillez retourner avec votre chèque de 85\$ au nom de APPERQ à:  
Please return with your cheque for \$85 made out to QPARSE to:

Terrie Kozaczynski  
c/o QPAT – APEQ  
17035 Brunswick Blvd  
Kirkland, QC H9H 5G6

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Prénom: \_\_\_\_\_ Nom de famille: \_\_\_\_\_

Street: \_\_\_\_\_ Apartment: \_\_\_\_\_  
Rue: \_\_\_\_\_ Appartement: \_\_\_\_\_

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Ville: \_\_\_\_\_ Province: \_\_\_\_\_ Code postal: \_\_\_\_\_

Telephone : \_\_\_\_\_ Email: \_\_\_\_\_  
Téléphone: \_\_\_\_\_ Courriel: \_\_\_\_\_

School board at retirement:  
Commission scolaire à la retraite: \_\_\_\_\_

Year of retirement: \_\_\_\_\_ Date of Birth : \_\_\_\_\_  
Année de la retraite: \_\_\_\_\_ Date de naissance: \_\_\_\_\_

*We are a volunteer organization and do not have an office.  
For further information contact Terrie Kozaczynski at [terriekoz@yahoo.com](mailto:terriekoz@yahoo.com)*

*Nous sommes une organisation de bénévoles et nous n'avons pas de bureau.  
Pour des informations supplémentaires contacter Terrie Kozaczynski à  
[terriekoz@yahoo.com](mailto:terriekoz@yahoo.com)*

**Kindly pass this newsletter/application form  
to teachers who have recently retired**



## Board of Directors

### About Us

- We are retired teachers, administrators, professionals and support personnel who have been employees of an English school board or private school in Quebec.
- We organize social, educational and community service activities with our members.
- We represent the interests of seniors through our participation in [ACER-CART](#) (the Canadian Association of Retired Teachers).
- We publish a [newsletter](#) three times a year. Booklets of poems, jokes and puzzles are shared among senior members once a year.

### Contact Us

Email: [information@qparse-apperq.org](mailto:information@qparse-apperq.org)

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Members travelling with Senior Discovery Tours should notify Renate Sutherland, so that we may receive the 4% allocation back to our organization.

Renate Sutherland can be reached at 514-695-1970 or  
Email address: [renate.sutherland@bell.net](mailto:renate.sutherland@bell.net)