

The Quebec  
Provincial Association  
of Retired School  
Educators



Association provinciale du  
personnel d'enseignement  
retraite du Quebec



**At the registration desk at the Fall Luncheon for Retirees**

**Fall/Winter Newsletter 2013**

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*Please note all photographs included in this issue were taken at the  
“Fall Luncheon for Retirees” Wednesday Oct. 16<sup>th</sup> at 6000 Fielding Ave.*

# Fall/Winter Newsletter 2013

**QPARSE PROGRAM CALENDAR  
2013-2014**

**2013**

**December 10<sup>th</sup>**      **10.00a.m. Tues.**      **“Holiday Celebration” program**  
*Rosedale Queen Mary Community Hall*  
 6870 Terrebonne, NDG (Between Rosedale & Mariette)  
**Reception 10.00am.**  
 Dix Milles Villages Table (arts & Crafts, jewelry & gifts)  
 NDG Food Bank Donations  
**Lunch: Monkland Grille Restaurant (Optional)**

**2014**

**February 11<sup>th</sup>**      **11.00a.m. Tues.**      **“Alzheimer’s Disease – Realities & Myths”**  
**Speaker: Karin Derouaux, Alzheimer Group (AGI)**  
*EMSB/Patterson Room*  
**Coffee 10.30 am. In the Atrium**  
**Lunch: Monkland Grille Restaurant (Optional)**

**March 21<sup>st</sup>**      **11.00a.m. Fri.**      **“Benefits/Insurance”**  
**Speaker: Paul Barnes**  
*EMSB/Patterson Room*  
**Coffee 10.30 am. In the Atrium**  
**Lunch: Monkland Grille Restaurant (Optional)**

**April 17<sup>th</sup>**      **11.00a.m. Thurs.**      **“Investors Group Workshop”**  
**Reverse Mortgage, Home Equity,**  
**Cash Flow Management, Tax Planning,**  
**Longterm Care Insurance.**  
*EMSB/Patterson Room*  
**Coffee 10.30 am. In the Atrium**  
**Lunch Provided 1.30 pm.**

**May 6<sup>th</sup>**      **11.00 a.m. Tues.**      **Annual General Meeting**  
*EMSB/Patterson Room*  
**Coffee 10.30 am. In the Atrium**  
**Lunch: Monkland Grille Restaurant (Optional)**

The EMSB building is located at 6000 Fielding Ave. NDG (corner of Cote St Luc Rd.)

We are kindly allowed the use of their facilities free of charge.

Monkland Grille Restaurant is at 6151 Monkland Ave. H3X 2C6. (514 484-2611) (Corner of Beaconsfield)

**Please inform Events coordinator Ken Cooke (514-485-9118) if you are attending the luncheons. Program information, contact Erene Anthony (514-626-8002)**

[www.qparse-apperg.org](http://www.qparse-apperg.org)

**SOUTHERN CARIBBEAN CRUISE**  
**January 31 to February 14, 2014**

**“ROYAL CARIBBEAN ADVENTURE”**  
 15 Days / 14 Nights

**Package Includes:** *Return Air on Delta*  
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ITINERARY	
San Juan, Puerto Rico	23:00
St. Thomas, US Virgin Islands	08:00 - 18:00
Dominica	09:00 - 18:00
Grenada	07:00 - 14:00
Bonaire, Netherlands Antilles	11:00 - 19:00
Aruba	08:00 - 17:00
<i>Crusing the Caribbean Sea</i>	
San Juan, Puerto Rico	06:00 - 23:00
St. Thomas, US Virgin Islands	08:00 - 18:00
Tortola, British Virgin Islands	08:00 - 18:00
Antigua, Antigua & Barbuda	08:00 - 17:00
St. Lucia	08:00 - 18:00
Barbados	08:00 - 18:00
<i>Crusing the Caribbean Sea</i>	
San Juan, Puerto Rico	Disembark a.m.

**For more information call Jan at 514-734-2943**  
**to reserve, please contact:**  
**Rita or Danielle at 514-794-7884 or 450-691-5555** OPC INCLUDED

## President's Message Fall/Winter 2013

Greetings to all of you,

I hope you have had a pleasant summer. Now that the cooler season is upon us, it is our hope that our QPARSE programs continue to inform you and pique your curiosity in your retirement. As retired educators we have much to share with others and to offer to the larger community. Did you know that retired teachers provide much of the volunteerism in this country?

As your President, I attended the Annual General Meeting of the "Canadian Association of Retired Teachers" (ACER-CART) held in Ottawa on May 31<sup>st</sup> and June 1<sup>st</sup>, 2013. I thank Ed Zegray for the comprehensive report he has written for this Newsletter. We are indeed fortunate that Ed has agreed to join our Board of Directors as the ACER-CART Director, for he is also our representative on the "*Groupe de travail des associations de retraités*" (GTAR), a provincial organization representing retirees from the public and parapublic sector. I am sure that you'll find his October 2013 report in this edition on "*Pension and Indexation*" very informative. Pension issues continue to be of great interest and concern to all of us.

Our "*Lunch in Pointe Claire Village*" in September and the "*Fall Luncheon for Retirees*" at the EMSB in October were a terrific start to our fall season. At these social events, organized by by Erene Anthony and Ken Cook, we were pleased to welcome over 70 members, 11 of them new retirees. We renewed old acquaintances and met former colleagues. Several members of the Board of Directors gave an update of how our volunteer provincial organization functions.

As a priority for this year, our Board of Directors continues to find ways to improve communication with our membership through electronic mailings and the QPARSE website. This has resulted in more efficiency and some cost reduction. Our sincere thanks to Director Tom Murray, our retiring webmaster, who has been gracious enough to set up and manage our website so faithfully for the past eight years. We invite you to explore the new website at [www.qparse-apperq.org](http://www.qparse-apperq.org) and feel free to give us feedback at [information@qparse-apperq.org](mailto:information@qparse-apperq.org). You may also reach me directly at [renate.sutherland@bell.net](mailto:renate.sutherland@bell.net)

As a provincial association we wish to serve you in whatever way we can.

The QPARSE Board and I look forward to seeing many of you at the December 10<sup>th</sup> "Holiday Celebration" and at our program events and lunches during the coming year.

Best wishes for a happy and healthy holiday season!

Renate Sutherland  
QPARSE President

### News from ACER-CART: October 2013

ACER-CART'S **22nd Annual General Meeting** (AGM) was held on May 31 and June 1, 2013 in the Ottawa office of the Canadian Teachers' Federation (CTF). Twenty-six participants from twelve of the thirteen member organizations were in attendance.

A pre-AGM presentation on pensions, prepared by **the Pension and Retirement Income Committee**

James MacAulay, Chair, (PEIRTA) and Gerry Tiede (BCRTA), addressed the myths that are commonly used in attacks on public pension plans. Gerry shared national and regional data to dispel the myths, illustrating the real value of pension plans to society, and presenting some of the successful BCRTA initiatives. The delegates determined to find ways to work together to promote the benefits of defined benefits pension plans and agreed to approach the Canadian Teachers Federation (CTF) for help in coordinating a nation-wide campaign.

The AGM serves as an opportunity for its member organizations to report on the activities they undertake in their respective provinces and territories and to discuss issues of concern. **Common themes emerging from the 2013 member reports included the following:**

- The challenges of advocating for members with respect to health care and poverty issues;
- The attacks on pensions and the significant loss of purchasing power as retirees fail to receive a full, or even partial, annual cost of living increase;
- Lack of representation on boards of directors that have control over retiree health plans, pension plans, insurance plans; and
- The need for the Federal, Provincial, and Territorial Governments to negotiate a new Health Accord that would include adequate funding as well as a national pharmaceutical program and formulary, a long-term national plan for home care, and affordable and accessible housing.

Delegates decided to support the **"Hear My Voice" campaign**, a CTF initiative urging that Government practice greater transparency, heed the voices of Canadians concerned about the state of democracy in Canada, and refrain from attacks on unions such as those in Bill C-377.

In a presentation by Richard Harrison, Senior Consultant with Johnson Inc. reference was made about the **announcement by the Federal Government that health care transfer funds after 2017 would be decreased**. Richard stated that as federal funding decreases, there might be less pressure to comply with the principles of the Canada Health Care Act (1984). Among the ways the system might deal with the disparity between the capacity of our economy to pay for health costs and the rise in health costs, he suggested, could involve increases in health premiums, changing definitions of comprehensive care, the redesign of services by institutions, delisting of services, and supplemental insurance.

**The following priorities were chosen to drive ACER-CART action in 2013–14:**

1. Enhance ACER-CART political advocacy through its member associations and by collaborating with like-minded organizations on issues of common concern;
2. Urge the Federal Government, Provinces and Territories to negotiate a new, strengthened Health Accord to replace the present Accord expiring in 2014;
3. Support the Canadian Teachers' Federation in their campaign to have Government listen to our voices; and
4. Seek to establish a cross-country approach to preserving and protecting defined benefit pension plans.

**Service Awards:**

The following Directors were presented with the 2013 Service Awards in recognition of their contribution to ACER-CART: Patricia McCardle (PEIRTA), Renate Sutherland (QPARSE/APPERQ), and Leo Normandeau (RTO/ERO).

As a follow-up to the June 2013 AGM, **ACER-CART endorsed the “Principles to Guide Health Care Transformation in Canada”** that the Canadian Medical Association and the Canadian Nurses Association put forward. ACER-CART is also recommending that each member association consider endorsing the Principles. In summary, the Principles state:

The patient must be at the centre of health care.

Canadians deserve quality services that are appropriate for patient needs, respect individual choice and are delivered in a manner that is timely, safe, effective and according to the most currently available scientific knowledge.

The health care system must support Canadians in the prevention of illness and the enhancement of their wellbeing.

The health care system has a duty to Canadians to provide and advocate for equitable access to quality care and multi-sectorial policies to address the social determinants of health.

Sustainable health care requires universal access to quality health services that are adequately resourced and delivered along the full continuum in a timely and cost-effective manner.

All stakeholders – the public/patients/families, providers and funders – have a responsibility for ensuring the system is effective and accountable.

Respectfully submitted, Ed Zegray, ACER-CART Director





# **QPARSE MEMBERS**



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## **Pension and Indexation Report, October 2013**

Unfortunately, the Parliamentary Commission on Public Finances pulled the plug on the follow-up to be given to the report of the Expert Committee on the Future of the Quebec Retirement System, the D'Amours report. After almost two years of deliberation, last September 17, the MLAs shelved this report and terminated this exercise.

Though we, retirees from the public and parapublic sector, were not directly the object of the report, the D'Amours Report made a number of innovative proposals. It came out strongly in favor of defined benefit pension plans. In their minds, increasing access to defined benefit plans was the only way to ensure financial security in retirement. This is clearly against the trend where more and more employers are moving towards defined contribution plans, a less costly system. Our CARRA pensions are defined benefits - we know in advance how much we are to get, 2 % of salary for every year of contribution, etc.

The Report also proposed a greater participation of retirees in negotiations involving changes in benefits to their pension plans. All this now being a moot point since the report has been filed. However, the Parliamentary Commission did recommend that more study and analysis be undertaken on its different proposals. To be continued!

For those among you that have recently retired, let's have a look at how your government generated retirement income evolves over time. Firstly your CARRA pension. This is not a gift. You earned it. It is a deferred salary. You were forced to put aside a percentage of your salary directly at source, and your employer matched this amount, a 50 % - 50 % contribution. In return, you were promised (defined benefits) that you would receive 2 % salary for every year of contribution (best years and so on) as a pension for life.

Since you worked in Quebec, you also are entitled to receive a Quebec Pension Plan (QPP) retirement income,. This must be applied for, normally at 65 years of age. You can ask for it as of 60 years old, but a penalty is imposed (ie reduced amount), or you can delay so that the amount is increased. This is not a gift. As the previous, it is a contributory system. You were forced at source to put aside a percentage of salary but you must apply to receive the QPP. Elsewhere in Canada, workers have an equivalent, the Canada Pension Plan (CPP).

Please note that these two plans, the CARRA pension and the QPP are coordinated plans. This basically means that because you were obliged to contribute to the QPP as all workers were, your CARRA contributions were adjusted accordingly (lowered). Because of this coordination, when you reach 65 (the month following your 65th birthday), your CARRA pension is reduced. The reduction is about what you are entitled to get from QPP at the "normal" age of 65. This reduction happens whether you applied for your QPP at 60, at 65, or even if haven't yet applied. For more info on coordination please consult: [http://www.carra.gouv.qc.ca/ang/publications/publi\\_prestataires.htm](http://www.carra.gouv.qc.ca/ang/publications/publi_prestataires.htm) - coordination

Lastly, Canadians, and residents are entitled to receive another retirement income from the federal government, the Old Age Security (OAS). This is not a gift. You've earned it. You've paid income tax and continue to do so to receive this income. The retirement age for the OAS originally at 65 years of age is now in the process of changing to 67.

# Fall/Winter Newsletter 2013

### **Pension report contd.**

Let me briefly remind you what happens to the amounts you receive from these three sources of retirement income over time. Annually a series of consumer items are compared (the Consumer Price Index (CPI)), to determine the rate of inflation (how much relatively more things cost) or the increase in the cost of living. Thus a Cost of Living Allowance (COLA is what most of our colleagues in the other provinces refer to, we call it indexation) is determined. This rate can vary provincially. The OAS is fully indexed every July 1 and the QPP is also fully indexed January 1, not necessarily at the same rate.

Our CARRA pensions are also indexed January 1 of every year with the following criteria. If you contributed to CARRA prior to July 1, 1982, then that portion of your pension will be fully indexed according to the rate established for the QPP. For the portion of your contributions between July 1982 and Dec 1999, if there is at least a 20 % surplus in the Pension Plans, then you would get some indexation for this period. And if you have contributions after the year 2000, then you are entitled to half the rate established for the QPP. Each January after you retire CARRA sends a statement indicating how much of your pension was earned during each of the periods stated previously, how much of an increase you are entitled to, as well as the new amount of your monthly pension. Of course, the first year after your retirement, you only get part of the indexation proportional to the fraction of the year for which you have been retired.

What happens next? Everyone was waiting to see what outcome was reserved for the D'Amours Report. Now that we know, plan B needs to be defined. The major advocacy groups representing retirees receiving a CARRA pension (AREQ and AGRP, these can be Googled) continue to advocate for improvement in the indexation formula, particularly for the 1982-99 years. These groups formed an alliance of twelve associations representing about 120 000 retirees, the Groupe de Travail des Associations de Retraités (GTAR), on which AAESQ, ACRA, QART, and QPARSE participate. To be continued!

Respectfully submitted, Ed Zegrav.



## Membership Report

As I take over the reigns of the Membership dossier, I am struck by the number of members that this organization represents and I am pleased to see how many of those members are happy to stay in touch both in person, by attending events planned, and by reading this newsletter to catch up on the news. I am pleased to report that so far this year (2013) we have received membership applications from 16 new members, we have 212 members in our 25 Year Club and we have 23 Super Seniors (over 90 years young!!).

### We welcome the following new members:

Peter Fogg, Giovanna Frenza, William Harrison, Carol Klein, David MacMillan, Margaret Marjerison, Douglas Mooney, Monique Newby, Maria Palmieri, Dina Ranella, Carmella Ranellucci, Mary Sachla, Katherine Snow, Carol Sullivan, Lucia Taddeo, Anne Mari Vertullo, Anita Belinsky, Anne Bellman and Harold Penn.

On a more somber note, we have lost several members and we send our condolences to the family and friends of:

Dorothy Roberts  
Joseph Muthana  
Earle Thomas  
Dr. Herre De Groot  
George Marcus  
Nancy Meakin  
Peggy Steele

We are also looking to track down some members for whom we have had returned mail or e-mails. If you know any of the following people and could let us know their whereabouts, please contact me.

Edward Hale, St. Hippolyte, Qc  
John Michael Pille, Sherbrooke, Qc  
Selma Deeks, Montreal, Qc  
Mrs. A.A. Bushell, heritage Nursing Home, Montreal, Qc  
Mrs. Marjorie Jean Neville, Stittsville, Ontario  
Stanley Jones, Ottawa, Ont.  
Kathleen Sevigny, Montreal, Qc  
Marianne Tulli- Scholtenfeld, N.D.G, Qc  
Ms. Jesse Forbes, Milton, Ont

In a continuing effort to cut down on expenses, we are requesting any of you who have e-mail addresses but who still receive your newsletters by snail mail, to allow us to send your news electronically. This cuts down not only on the cost of producing the newsletter but also on the mailing costs.

It is also extremely important to advise me of any changes of address, telephone number, e-mail address or any other change in your personal situation so that we can accurately keep in touch with you all.

I look forward to keeping in touch with all of you and would hope that you will make sure to introduce yourself to me at any QPARSE event so that I can put a name to a face.

Respectfully submitted, Jan Langelier, Membership Director  
langelier.jan@videotron.ca 514-453-7103

# Fall/Winter Newsletter 2013

## New Members Application Form

**Lifetime membership \$85.00**

Please complete the form below & return it, with your cheque for \$85.00 made payable to QPARSE, to:

Jan Langelier, Membership Director.  
c/o QPARSE @ QPAT 17035 Brunswick Blvd.  
Kirkland, Qc. H9H 5G6  
Email: [langelier.jan@videotron.ca](mailto:langelier.jan@videotron.ca)

---

Date of Application \_\_\_\_\_ (dd/mm/yy)

Name. (please print) \_\_\_\_\_

Address (street no.) \_\_\_\_\_ (apt no.) \_\_\_\_\_

(City) \_\_\_\_\_ (Prov.) \_\_\_\_\_ (postal code) \_\_\_\_\_

(Tel.No.) \_\_\_\_\_  
(area code plus number)

(e-mail address:) \_\_\_\_\_

Is there anyone residing at the same address who is already a QPARSE member? If so please specify first and last names.

First Name \_\_\_\_\_ Family Name \_\_\_\_\_

### Notes from the goodwill committee.

Since the last newsletter, we have heard from Rose Sourkes, Ted Harris, Gloria Bellam, Beverley & John Lough, and Shirley Hamilton. We value their correspondence and would like to thank them for their kind words and helpful information.

#### Super seniors

Our very best wishes go out to the following members whose birthday falls between June and December (2013 ages)

June	Howie-Bullock	(Jun-17)	94
Eileen	Rose	(Jun-08)	94
Gladys I.	Gummer	(Jul-15)	97
Stanley	Jones	(Jul-19)	97
Anne	Leach	(Jul-29)	96
Helen	Shutt	(Jul-10)	97
Ellen	Stevenson	(Jul-29)	99
Gloria E.	Bellam	(Aug-04)	94
Ruth A.	Johnson	(Aug-11)	105
George	Novoselcev	(Aug-15)	91
Rose	Sourkes	(Aug-12)	94
Berthe	St. Sauveur	(Aug-01)	91
Thomas	Wallace	(Aug-17)	98
J. Esmie	Laflin	(Sep-04)	92
Doris T.	Cookman	(Oct-19)	100
Hilda	Little	(Oct-06)	98
L. Anne	Drury	(Dec-07)	94
Norma Alice	Westman	(Dec-29)	94

### **Update on The Protestant Retired Teachers' Home & Benefits Corporation**

As most of you know, the property of the Robinson Residence in Cowansville was sold in September 2011. Since then, the PRTB Corp Board of Directors has been consulting with accountants and lawyers to wind down our charitable not-for-profit corporation while adhering as closely as possible to the terms of our Letters Patent concerning dissolution.

Upon dissolution, we were obliged to distribute our remaining funds to charitable not-for-profit organizations serving seniors, whether as assisted-living residences or other organizations which serve the needs of seniors. Because we are a Quebec corporation and because most of our money was raised through donations and bequests from English speaking teachers in Quebec, we limited ourselves to organizations in Quebec. After much discussion and consultation we have decided to distribute our funds to seven seniors' residences and five volunteer organizations all of which serve substantial populations of English-speaking seniors throughout the province. Seniors' residences as a group received about 70% of the funds while the volunteer organizations received the remaining 30%.

So far the organizations receiving the funds have been extremely grateful to us. We wish every one of them continued success in the important services they are providing.

Respectfully submitted, Graeme Sutherland, Secretary/Trustee.

*Nb. At the time of publication all of the chosen organizations have not received their funds. This should be accomplished by the end of November. A full list of recipients will be published in the Spring edition of this Newsletter.*



**Au pays de merveilles**

Fraîchement installé  
Il ouvre les quinquets  
Et disparaît.

Chacun de leurs regards  
Confus, mordants, et froussards,  
Qui ne mordent pas  
Mais le scrutent;

Le choquent.

Puis deux tocs lourds et subits  
Appréhendent sa rêverie  
Et tous ces regards rivés sur lui,  
Lui reviennent.

Les cognements retentissaient  
Là, où il se réfugiait  
Il voulait déguerpir ce guêpier;

<<Peux-tu ouvrir?  
Tiens, c'est les clefs  
Que tu as oubliées.>>

© Brian Ostrovsky

**French Corner**

“Assurance” in English expresses certainty although as the old adage goes, “Nothing in life is certain but death and taxes”.

In French, “assurance” means insurance,

“police d’assurance” insurance policy and “assurance maladie” health insurance. The premium that you pay is

“une prime” and its due date, that you don’t want to forget, is “son échéance”.

© Brian Ostrovsky (auteur)

Référence: Cahiers de l’office de la langue française no. 16, Vocabulaire correctif des assurances, Gouvernement du Québec, 1972.

**More Verse for Vulgarians by C.E.E.**

Exhortations to adopt what has become known as a healthy “lifestyle” ..... by eating this or that, or merely less; by following a particular, often peculiar diet; by exercising regularly; by avoiding the sun and eschewing tobacco; by moderating ones consumption of strong waters; by ingesting a variety of pills and potions; by thinking positive thoughts; and by swearing off ponzi promotions: in short, by adopting a cornucopia of measures, benign and bizarre ---- assault us from every quarter. All, it is claimed, will help us realize our fondest dreams, as we pursue comfort, health, beauty, financial security, long life, seniors’ discounts and a host of of other benefits too numerous ----- and, in some cases, too indelicate --- -- to mention in a publication that could , conceivably, fall into the hands of minors.

An important objective of all this bother is the preservation of one’s mental faculties, and one of the many exercises that might contribute to that worthy end is that of composing mock epigrams. Once thought of as the exclusive preserve of errant school-boys, this irreverent sport can be enjoyed whatever one’s age.

The recipe for crafting a mock epigram is ridiculously simple: to a line or two of legitimate poetry ----- any line will do ---- add a line or two unrelated or not ----- of your own invention. In this example, to a line of Milton’s “The Passion IV “ the anonymous writer has added one of his own :

“See, see the chariot and those rushing wheels,”  
But don’t miss out on our other “deals”.

A line from Longfellow’s “ The Rainy Day” permits of less commercial treatment:

“The day is cold, and dark, and dreary,”  
But the pub is warm, and bright ---- if beery.

A third selection, from Robbie Burns “Highland Mary” allows for an environmental allusion:

“Ye banks and braes and streams abound”  
Where bottles, scarp and trash abound..



**Verse contd.**

The neophyte will be best advised to stick to couplets, but with experience ---- and armoured with a nice disregard for poetic convention ---- some athletes will inevitably venture into quatrains, if not beyond. Consider, for example, what can be done with a pair of lines from Sir Walter Scott's "Brignall Banks":

" O Brignall Banks are wild and fair,  
And Gretna Woods are green,"  
But does it matter, do you care  
When poison Ivy's everywhere?

A couplet from Oscar Wilde's "The Ballad of Reading Jail" gives rise to this four liner:

"I never saw a man who looked  
With such a wistful eye,"  
And on his lips a nasty cuss,  
For once again he'd missed his bus.

Last example: These lines, inspired by a quotation from a song by Martly Coleridge:

"She is not fair to outward view  
As other maidens be,"  
But she will sereve a luscious stew  
And tops each meal with pie and brew

Fin

## Contact QPARSE

If you would like to submit an article, story, poem, anecdote etc.  
Or make a correction to the newsletter.

Please contact:  
Richard Meades, Editor  
26 Broadview Ave.  
Pointe Claire, Que.  
H9R 3Z2  
514-695-2164  
Email: [rjmeades@hotmail.com](mailto:rjmeades@hotmail.com)

You are also invited to contact our website at:  
[www.qparse-apperq.org/contact.htm](http://www.qparse-apperq.org/contact.htm)

When e-mailing us please start your e-mail by putting QPARSE in the subject space. This should avoid messages being shuffled off into the “Junk Mail” folder. Many Thanks.  
(Also please remember to inform us of a change of address etc. whether you receive the Newsletter by mail or electronically.)

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### Legal Advice

Please be reminded that QPARSE retains the services of a notary who is willing to answer general questions dealing with real estate or Taxes. Should he act for you, there will be a charge.

Andrea F. Durso, Notary                      Tel: 514 931 2531  
4635 Sherbrooke St. West                Fax: 514 931 2534  
Westmount, QC H3Z 1G2

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This Newsletter is published twice a year by QPARSE-  
The Quebec Provincial Association of Retired School Educators.  
**The deadline for submission of items for the Spring Newsletter is May 6th 2014**

Please note that I will be stepping down as Editor after the Spring 2014 edition, as a result the “Nominations Committee” will be looking for a replacement. If you are interested please do not hesitate to call Renate Sutherland or me for more information. Anyone stepping into this job will of course receive the full support of the Board of Directors.

# Fall/Winter Newsletter 2013

**Down Memory Lane**, submitted by Margaret McKee via Heather Lightfoot

A little house with three bedrooms, one bathroom and one car on the street.

A mower that you had to push to make the grass look neat.

In the kitchen on the wall we only had one phone  
and no need for recording things someone was always home.

We only had a living room where we would congregate  
Unless it was at mealtime in the kitchen where we ate.

We only had one T.V.set and channels maybe two,  
but always there was one of them with something worth the view.

For snacks we had potato chips that tasted like chips  
And if you wanted flavor there was "Lipton's" Onion Dip.  
Store bought snacks were rare because my mother liked to cook  
And nothing can compare to snacks in "Betty Crocker's" book.

Weekends were for family trips or staying home to play.

We all did things together even go to church to pray.  
When we did our weekend trips depending on the weather  
no-one stayed at home because we liked to be together.

Sometimes we would separate to do things on our own  
But we knew where the others were AND.... Without a cellular phone.

Then there were the movies with your favorite star  
And nothing can compare to watching movies in your car.

Then there were the picnics at the peak of summer season,  
pack a lunch and find some trees and never need a reason  
Get a baseball game together with all the friends you know  
have real action playing ball and no game video.

Remember when the doctor used to be the family friend  
and didn't need insurance or a lawyer to defend.

The way that he took care of you or what he had to do  
Because he took an oath and strived to do the best for you.

Remember going to the store and shopping casually  
and when you went to pay for it you used your own money.

Nothing that you had to swipe or punch in some amount.  
Remember when the cashier person had to know how to count ?

The milkman used to go from door to door

It was just a few cents more than going to the store.  
There was a time when mailed letters came right to your door  
without a lot of junk sent out by every store.

Memory Lane contd.

The mailman knew each house by name  
There were not loads of mail addressed to present occupant.

There was a time when just one glance was all that it would take  
And you would know the kind of car the model & the make.  
They didn't look like turtles trying to squeeze out every mile  
They were streamlined, white walls, fins and really had some style

One time the music that you played whenever you would jive  
Was from a vinyl, bi holed record called a forty five.  
The record player had a post to keep them all in line  
then the records would drop down and play one at a time.

Oh sure we had our problems then just like we do today  
and always we were striving trying for a better way.  
Oh the simple life we lived still seems like so much fun  
how can you explain a game, just kick the can and run.

And why would boys put baseball cards between bicycle spokes  
and for a nickel red machines had little bottled "Cokes".

This life seemed so much easier and slower in some ways.  
I love the new technology but I sure do miss those days.  
So time moves on and so do we and nothing stays the same  
but I sure do love to reminisce and walk down memory lane.

With all today's technology we grant that it's a plus  
But its time to look way back and say hey look guys, "THAT WAS US !"

### **Pun-ishment x 10 !**

1. A vulture boards an aeroplane carrying two dead raccoons. The Stewardess looks at him & says .....  
“I’m sorry sir, only one carrion allowed per passenger.
2. Two fish swim into a concrete wall. One turns to the other and says ..... “Damn.”
3. Two Canadians sitting in a kayak were chilly so they lit a fire in the craft. Unsurprisingly it sank, proving once again that .... You can’t have your kayak and heat it too.
4. Two hydrogen atoms meet, one says “I’ve lost my electron.” The other replies “are you sure ? “ The first says .... “Oh yes I’m positive !”
5. Did you hear about the Buddhist who refuse Novocaine during a root canal ?  
His goal .... Transcendental medication.
6. A group of chess enthusiasts checked into a hotel and were standing in the lobby discussing their recent tournament victories. After an hour or so the manager came out of his office and asked them to disperse. “But why” they asked as they moved away. Because – he said ....  
“I can’t stand chess-nuts boasting in an open foyer !”
- 7 A woman has twins and because she is very poor gives them up for adoption. One child goes to a family in Egypt and is named Ahmal. The other goes to a family in Spain and they name him Juan. Years later Juan sends a picture of himself to his birth mother. Upon receiving this she tells her husband that she wishes she also had a picture of Ahmal. Her husband responds .... “They’re twins, if you’ve seen Juan you have seen Ahmal !”
8. A group of Friars were behind in their Belfry payments so they opened a small florist shop, to raise funds, since everyone like to buy flowers from the men of god. A rival florist thought the competition was unfair, he asked the fathers to close down but they would not. He again went and begged them to close as the loss of business was ruining him. The Friars ignored him. So the rival florist hired Hugh McTaggart, the roughest & most vicious thug in town to persuade them to close. Hugh beat up the Friars and trashed their store saying he would return if they didn’t close down. Terrified they closed their store ..... thereby proving that only Hugh can prevent florist Friars !
9. Mahatma Gandhi, as you know walked barefoot most of the time which produced an impressive set of calluses on his feet. He ate very little which made him rather frail. His poor diet made him suffer from bad breath. This made him .... A super callused mystic hexed by halitosis !
10. Finally there was person who published 10 puns in a newsletter with the hope that at least one would make the readers laugh .... No pun in ten did !

Please note this is a do-it-yourself page, please insert drum rolls, da das & groans where appropriate. The louder you groan the better.

**QPARSE Board of Directors' meetings – 2013-2014**

**TIME: 10:30 a.m. – 12:30 p.m.**

**2013**

Monday, September 9<sup>th</sup> MacVicar Rm. (4<sup>th</sup> Floor) EMSB Building, 6000 Fielding Ave.

Monday, October 7<sup>th</sup> QPAT Building, 17035 Brunswick Blvd., Kirkland

Monday, November 4<sup>th</sup> MacVicar Rm. (4<sup>th</sup> Floor), EMSB Building, 6000 Fielding Ave.

No meeting in December

**2014**

Monday, January 6<sup>th</sup> MacVicar Rm. (4<sup>th</sup> Floor) EMSB Building, 6000 Fielding Ave.

Monday, February 3<sup>rd</sup> QPAT Building, 17035 Brunswick Blvd., Kirkland

Monday, March 3<sup>rd</sup> MacVicar Rm. (4<sup>th</sup> Floor) EMSB Building, 6000 Fielding Ave.

Monday, April 7<sup>th</sup> QPAT Building, 17035 Brunswick Blvd., Kirkland

**Annual General Meeting**

Tuesday, May 6<sup>th</sup> 10:30 a.m. Patterson Room, EMSB Building, 6000 Fielding Ave.

## Boards of Directors for 2013-2014

### QPARSE

<b>President</b>	<b>Renate Sutherland</b>	<a href="mailto:renate.sutherland@bell.net"><u>renate.sutherland @bell.net</u></a>
<b>Past President</b>	<b>Sandra Aird</b>	
<b>Vice President, Events</b>	<b>Ken Cooke</b>	
<b>Treasurer</b>	<b>Kathy Malcius</b>	
<b>Recording Secretary &amp; Web Site Liaison</b>	<b>Dana Star</b>	
<b>Corresponding Secretary/Goodwill</b>	<b>Ellen Holzman</b>	
<b>Director Membership</b>	<b>Jan Langelier</b>	<a href="mailto:langelier.jan@videotron.ca"><u>langelier.jan@videotron.ca</u></a>
<b>Director Newsletter</b>	<b>Richard Meades</b>	<a href="mailto:rjmeades@hotmail.com"><u>rjmeades@hotmail.com</u></a>
<b>Director Web Site</b>	<b>Tom Murray</b>	
<b>Director Program</b>	<b>Erene Anthony</b>	
<b>Director ACER-CART</b>	<b>Ed Zegrav *</b>	
<b>Director</b>	<b>Don Berry</b>	
<b>Director</b>	<b>Marzia Michielli</b>	
<b>Director</b>	<b>Pat Steele</b>	
<b>Director</b>	<b>Joan Ebbet*</b>	

\* Appointed after the AGM

### PRTH & B Corp.

<b>President</b>	<b>Gary Crandall</b>	<a href="mailto:gb.crandall@sympatico.ca"><u>gb.crandall@sympatico.ca</u></a>
<b>Treasurer</b>	<b>Art Hobbs</b>	
<b>Secretary/Trustee</b>	<b>Graeme Sutherland</b>	
<b>Director</b>	<b>Sandra Aird</b>	
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<b>Director</b>	<b>Ann Belden</b>	
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<b>Director</b>	<b>Shirley Wescott</b>	
<b>Director</b>	<b>Teresa McGuire</b>	
<b>Director</b>	<b>Adelaide Lanktree</b>	
<b>Director</b>	<b>Robin Narsted</b>	



**Mr Angelo Marino, Deputy Director General of the EMSB**

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