



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

www.qparse-apperq.org

SPRING : 2014

Retirees on the move . . .



Entrance to the Blue Grotto, Capri, Italy

In April, a number of QPARSE members took an organized tour to breathtaking Sorrento and the Amalfi coast. Naturally such a trip would not have been complete without a stop in Positano, a picturesque and unforgettable hillside enclave on the Amalfi coast. This small town features white Mediterranean houses with superb views and inviting seascapes.

John Steinbeck once wrote about Positano saying: "It is a dream place that isn't quite real when you are there and becomes beckoningly real after you have gone".

Another highlight of the tour was a visit to the Blue Grotto on the Isola di Capri.

Click [here](#) to visit the cave.

Continued on [page 3....](#)

Next Event

Lunch in
Pointe-Claire
Village
Sept 10, 2014
Le Pionnier,
286, chemin
Bord du Lac

Mark
your
agenda
now!



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Editorial

.... in transition

As a newly minted or experienced retiree, you may have been asked the question: what do you do now that you are retired?How do you fill your day? We have all made (or are making) the transition to retirement, but others aren't always sure what it entails. To be honest, sometimes we aren't sure what retirement entails either! But what is certain, is that our transition is unlike that of our parents; and as baby boomers, we are putting our own special stamp on it.

More than 70 million baby boomers will start to retire in the next decade says the American Psychological Association. We'll all be in good company! These numbers will bring another reworking of what retirement means and how we see it. What is a healthy retirement? What do our Super Seniors say makes for a rich retirement? How do we spend our time? As a retired educator, what issues are of interest to you?

The editorial staff of this newsletter would like to hear from you! Tell us. What retirement issues, causes or organizations should we spotlight? What articles would you like to read about in the QPARSE newsletter? Would you like to volunteer some of your time? Would you like to start a special interest group? We are open to ideas. Let us know.

In this issue the Newsletter Working Group created a SPOTLIGHT ON MEMBERS section, so you can get to know members or know them better. We need you to interview some of our members.

There are 1029 members in QPARSE, and being a member indicates that we have all negotiated one more transition - from full time educator to somewhat retired or full-time retiree. Throughout our careers we have helped students, be they adult or youth, with their transitions. We are adept at task analysis and have numerous skills at our fingertips, so why not share these skills?

Your skills, time, wisdom and experience are all valuable assets you can offer! We want to know what interests you. Better yet, send us a short article you would like to share.

We hope that you will enjoy the new format of QPARSE News. Thanks to Dave Chandler for being our publisher and helping to create the newsletter in its new incarnation. Special thanks also go to Richard Meades for laying the foundation on which this newsletter is built.

On behalf of the Newsletter Working Group, kind regards,

Marzia Michielli
Editor

mmichielli@icloud.com



Great news!

The new QPARSE/APPERQ website has now been set up by Cathy McKeough with Tom Murray's kind support and help. Special thanks go to Tom and Cathy for their work on behalf of the membership!

**Check it out at www.qparse-apperq.org.
Enjoy perusing the site!**

President's Message

“Spring lets its blue banner
again flutter through the air ...”(Mörike)

How nice that it is finally here! We had a long winter.

It was wonderful to see so many of you at the QPARSE Annual General Meeting. A dedicated group of retirees serve on the Board of Directors each year and their contribution is invaluable to the well-being and success of our association, especially as we maximize the use of electronic email communication and an updated website. We welcome newly-elected Member at Large, **Mary-Ellen Montague and Carol Klein**, to the Board. Each year at the QPAT Teachers' Convention, future retirees can participate in a draw. This year, the winner of the “Free Lifetime Membership in QPARSE” is Dan Novak, who will be retiring from the EMSB in October 2014.

This is a **time of transition and of new beginnings** for QPARSE and with it, the launching of a new format for our NEWSLETTER. Our appreciation goes to the QPARSE Director, Marzia Michielli, and the newsletter committee, for their initiative and coordinated effort in the publication of this 2014 Spring Newsletter. Thanks Marzia!

QPARSE'S focus continues to be to provide opportunities to connect with former colleagues and enjoy program and social events. 195 QPARSE members who belong to the 25 Year Plus Division have appreciated receiving special booklets, which contain a variety of writings, jokes, cartoons and puzzles. Ellen Holzman needs to be singled out for a special thank you. Our Program Committee, under the able leadership of Erene Anthony and Ken Cooke, has planned an interesting program for the coming year. It includes a September excursion to Mount Tremblant and a visit to a “Cabane à Sucre” in March 2015. Do come and join us!

Have a great summer!

Renate Sutherland
President

renate.sutherland@bell.net

Retirees on the Move... (From cover)

On the group's return to Positano, there was plenty of opportunity to enjoy a nice seafood meal in a restaurant on the sea or walk along the small alleys of the town. In true Italian tradition the food was excellent and the wine flowed as smoothly as the azure blue waters along the coast. In the words of Graeme Sutherland: *The Amalfi Drive along a narrow winding highway (navigated by bus, thank goodness!) is spectacular in its natural beauty and its lovely historic towns hugging the coast.*

Meanwhile, even if we cannot travel afar, we have our own picturesque regions to visit: a trip to Mont-Tremblant has been planned for September 30, 2014. Come and enjoy the fall foliage, take a ride on the Mont-Tremblant gondola, or gamble a little if you feel like it. If that doesn't grab you just linger in any of the many Mont-Tremblant boutiques or restaurants.

For your convenience there will be two meeting points. One assembly point will be at the EMSB, 6000 Fielding in NDG (8:30am) and another at the Fairview Shopping Center (9:00am). The return trip is planned for departure from Mont-Tremblant at 4:00pm.

We hope to see you there to make a day of it!

For details please contact Irene Anthony at: ereneanthony1@sympatico.ca

Stay tuned for future travel tours being planned for QPARSE members.



Board of Directors' Report

May 6th, 2014 Annual General Meeting

I began my first year mandate as President with a talented Board of Directors. Each position has been executed with expertise and dedication and each has served the membership with diligence and perseverance and I thank them on your behalf.

There is no doubt that this past year has been one of **transition, challenge and change** which holds a lot of excitement and promise for the future of QPARSE. The Steering Committee's recommendation to the Board of Directors' that **"QPARSE NOT recommend a change from Life Membership to an Annual Fee"** helped us to move forward.

As a Board, we began to examine the needs of what we have to do internally to sustain QPARSE financially. To that end, we have started to streamline our internal operation and to implement various strategies, especially in the areas of COMMUNICATION and FINANCIAL SUSTAINABILITY. In particular, we have concentrated our efforts in developing better electronic communication and mailing procedures for keeping in touch with our members, finding more effective ways to publicize our association's program events and activities, and looking for new ways of reducing our operating costs and increasing income. These measures are on-going.

Our **QPARSE website**, so ably set up and maintained by Tom Murray for the past nine years, has now been updated and is in the hands of a professional webmaster, Cathy Ashford McKeogh.. Through our updated website, we continue links to other senior organizations and government i.e. ACER-CART; CARP; CARRA. With other English retired educators' groups i.e. LARSE; AAESQ; QART; ACRA, we have begun to share and coordinate information on programs through the respective websites. As our **electronic mailings** are being fully maximized, we are able to reduce the operating and mailing costs for the Newsletter, the AGM notice and the program/events flyers. Furthermore, consideration is being given to reducing the size of the Newsletter and increasing the publication from two to three editions.

A factual analysis of QPARSE'S **financial sustainability** indicates that our **operating costs** can be further decreased by reducing funding from capital/investments, developing self-sustaining program events and, where applicable, setting a policy for an annual charge for printed copies. As a follow-up to the **Senior Tours'** presentation last year, QPARSE is fortunate to benefit from a 4% rebate, made available by Senior Tours when members travel with them.

The **main challenge** QPARSE faces at this time is in **attracting new members**. Our presence at the **November Teachers' Convention** and, for the first time, being invited to **QPAT'S "Retirement Sessions"**, held for the various locals, gives us an opportunity to distribute the QPARSE Information pamphlet. Looking at how best to communicate with and encouraging new retirees to join QPARSE will be an important task in the coming year.

At this time, I would also like to extend our sincere appreciation to the English Montreal School Board (EMSB) and QPAT for making available their premises for our Board and program meetings at no cost to our organization. Ken Cooke and Jan Langelier are our contact persons and I thank them.

In closing, I want to take this opportunity to express my sincere gratitude to five Board members who are leaving, namely Don Berry, Ellen Holzman, Dick Meades, Tom Murray and Pat Steele. Their fine leadership in their role as Treasurer and Newsletter Editor (Don), Membership and Goodwill (Ellen), Newsletter Editor (Dick), Webmaster (Tom) and President (Pat), and their dedicated service and fine contribution to promoting the affairs of this association, has been invaluable and we thank them.

It is a privilege for me to serve as your President and, on behalf of the QPARSE Board of Directors, I thank you, the membership, for your interest and support.

Renate Sutherland
President

About our Members

The year from June 2013 - May 2014 has seen us welcome 27 new members: Carol Klein, David MacMillan, Lucia Taddeo, Douglas Mooney, Katherine Snow, Anne Bellman, Anita Belinsky, Harold Penn, Elizabeth Biernat, Maria Palmieri, Carol Sullivan, Dina Ranella, Carmella Ranellucci, Mary Sachla, A. Pierre Jamgotchian, Paule Langevin, Viola Vathilakis, Roberts DeShaw, Ruth Rosenfield, Marisa Rondina, Tony Evans, Donna Erskine, Louise Lorrain, Roslyn Rubin, Natalie Youakim, Patrick Clarke and Barbara Gales.

Total Membership:

Active: 1201

Inactive: 33

Total: 1234



We are looking for the following members who have gone astray. If anyone knows how we can reach them or what has happened to them, it would be appreciated that you contact Jan Langelier.

Edward Hale, Selma Deeks, Mrs. A.A Bushell, Mrs. M.J.Neville, Stanley Jones, Kathleen Sevigny, Jesse Forbes, Anne Leach, Mr. P.G. Little, Dorothy Kristensen, Marion Graham, Carol Watson, Elinor Hooper, Shirley Vogel, Grace Mullin, Anne Little, Merna Houghton, Ruth Bruce, Peter Mitchell, Justin Kisielius, Zareh Anraguain, Marthe Brabant, J. Ross Beattie, Henrik Borkowski, Kathy Breck, Agnes Brock, Sylvia Burton, Roberta Caldwell, Margaret Carr, Susan Charton, Lise Quintal, Joseph Sabo and Muriel Brophy.

This year has been one in which we have tried to improve the number of members receiving all communications from QPARSE by email, in order to save on the costs of mailing. This has entailed a concerted effort to track down people for whom their email was returned as invalid. We continue to encourage anyone with email access to allow us to

communicate with him/her electronically. So if you are one of these folks who has not provided us with an email but could do so, please contact me at my email address.

It is extremely important that everyone remember to inform us if there is a change of contact information - telephone, address or email - so that we can continue to be in touch.

Another area of concerted effort is in reaching out to retirees both newly retired and prospective. The need to attract new members is becoming more and more important in order to continue to serve all members well. Thus, we will continue to find ways to reach potential members by attending pre-retirement sessions offered by QPAT to answer questions and to provide information about QPARSE.

We will also look at ways to contact retired teachers after one year of retirement to encourage them to join us. If you know of a colleague who retired recently but who did not join us, maybe you could encourage him or her to consider joining. It is never too late!! Just contact me or use the membership form on the back cover.



The last area of effort is in liaising with other Retired Educator groups in the English sector to share information, to collaborate in offering interesting sessions and to advertise mutually helpful activities. You may see notices of activities that are being offered by one of these groups posted on our web site and you are encouraged to join in.

Jan Langelier
Membership Director
514-453-7103

langelier.jan@videotron.ca

The mind can do amazing things.. Can you read this text?
It might take some time before it begins to make sense.

7H15 M3554G3 53RV35 7O PR0V3 H0W 0UR M1ND5 C4N D0 4M4Z1NG 7H1NG5!
1MPR3551V3 7H1NG5! 1N 7H3 B3G1NN1NG 17 WA5 H4RD BU7 N0W, 0N 7H15 LIN3
Y0UR M1ND 1S R34D1NG 17 4U70M471C4LLY W17H0U7 3V3N 7H1NK1NG 4B0U7 17.
B3 PROUD! ONLY C3R741N P30PL3 C4N R3AD 7H15.

QUEBEC PROVINCIAL ASSOCIATION OF RETIRED SCHOOL EDUCATORS

STATEMENT OF INCOME AND EXPENSES January 1, 2013 - December 31, 2013

	<u>2013</u>	<u>2012</u>
Income		
Membership Fees	\$ 1,870.00	\$ 3,775.00
from Capital	\$ 10,000.00	\$ 3,000.00
Program	\$ 600.00	\$ 133.00
Donations	\$ 30.00	\$ 332.00
Bank Interest	\$ 0.30	\$ 0.54
Total Income	<u>\$ 12,500.30</u>	<u>\$ 7,240.54</u>
Expenses		
Newsletter	\$ 3,525.52	\$ 4,824.20
Communications	\$ 1,117.80	\$ 3,202.09
Annual General Meeting	\$ 763.00	\$ 1,369.17
Program	\$ 1,216.23	\$ 641.36
Goodwill	\$ 763.72	\$ 801.28
Liability Insurance	\$ 788.26	\$ 773.00
ACER-CART Fees	\$ 443.45	\$ 443.45
Tax Preparation	\$ 1,927.66	\$ 250.00
Website	\$ 101.64	-
Executive Expenses	\$ 595.08	\$ 1,546.51
Miscellaneous	\$ 226.72	\$ 185.16
Total Expenses	<u>\$ 11,469.08</u>	<u>\$ 14,036.22</u>
Net Income / Net loss	\$ 1,031.22	\$ -6,795.68

YEAR-END BANK RECONCILIATION

	<u>2013</u>	<u>2012</u>
Bank balance Forward, January 1	\$ 4,178.99	\$ 9,746.19
plus Total Income	\$ 12,500.30	\$ 7,240.54
less Total Expenses	\$ -11,469.08	\$ -14,036.82
less Outstanding cheque from previous year	\$ -1,229.08	\$ 0.00
plus Outstanding cheques	<u>\$ 643.45</u>	<u>\$ 1,229.08</u>
Balance, December 31	<u>\$ 4,624.58</u>	<u>\$ 4,178.99</u>

ASSETS AT DECEMBER 31

	<u>2013</u>	<u>2012</u>
Standard Life Funds	\$ 2,559.48	\$ 2,376.61
Sunwise Funds	\$ 99,278.17	\$ 100,405.87
Bank Balance, December 31	\$ 4,624.58	\$ 4,178.99
Total assets, December 31	<u>\$ 106,462.23</u>	<u>\$ 106,961.47</u>



QPARSE Finances

Many thanks go to Don Berry for leaving the files in such good order, to Robin Narsted for helping with the Monthly Reports, to Renate and Graeme Sutherland for assistance in preparing the Annual Report, and to Neville Murison for reviewing the QPARSE Annual Financial Report 2013.

Income

Memberships are down from 2012 with only 22 new members. Withdrawals from capital are higher because PRTH&B had repaid a \$10,000 loan in 2011. The Wellness Program and the Fall Luncheon made \$600. Two donations (\$30) for stamps were received.

Expenses

Newsletter costs are down, likely because there is a lower number of mailed copies and because a volunteer committee was struck to stuff envelopes in 2013. Communications had one fewer general mailing in 2013, and again a committee manages the mailings. AGM costs in 2013 were less because 2012 was QPARSE's 50th anniversary which included an elaborate luncheon. Program costs were higher because presenters' honorariums were paid and refreshments were served. Goodwill, liability Insurance, and ACER-CART fees are relatively unchanged. Tax preparation costs were up due to 2009-12 tax returns being filed. There is now a website line entry in the 2013 statement. Executive expenses are lower because the ACER/CART Eastern Conference was held in 2012 and occurs every two years.

Summary

Although the investments are down \$1127.70 due to monthly withdrawals and very little interest, the total assets are down only \$499.24.

Respectfully submitted
Kathleen Malcius
Treasurer

Goodwill

Since the last newsletter we have heard from Ross Conner (Cornwall), Phyllis Bennett, Carol Lodge, Mary Rowan, Sheila Knott, Walter Mingie, Gloria Bellam, and Elizabeth Roy. We value their correspondence and would like to thank them for their kind words and helpful information.

We are also grateful for any donations we received to cover mailing expenses.

Birthday cards were sent to 30 Super Seniors members (those 90 and over) since the last AGM.

Providing birthday particulars is optional on our membership forms. We rely on our members to give us this information in order to be on our super senior list when the time comes.

195 QPARSE members who belong to the 25-Year-Plus Division received our special booklets- the Fall/Winter 2013 and the Spring/Summer 2014 editions. These booklets contain a variety of writings, jokes, cartoons and puzzles.

We are grateful for the many positive and encouraging notes of appreciation we received for these publications. In the future these booklets will be distributed once yearly.

Ellen Holzman
Goodwill Committee Representative

Donations, Smiles and Tears of Joy

At last year's AGM I reported that, after much deliberation, the PRTH and B Corporation would dissolve and that the Board would take the amassed equity to assist others in a similar but different form of organization.

Our first step was to engage a Toronto legal firm, Miller Thomson to prepare the necessary documentation and advise us with regard to the dissolution of our organization. They were recommended by a local chartered accountancy firm who had worked with us in the past and would be assisting us in the preparation of forms, etc. in our 'winding up of business' procedure.

Using the distribution criteria from our Letters Patent and advice from the accountants, all board members submitted names of recipients that could be considered where we would be assisting mainly English-speaking seniors, hopefully retired educators, in as many areas of the province as possible. These funds could be used by seniors' residences or organizations "concerned with the relief of conditions associated with aging such as providing meals and transport services, respite care and volunteer bureaus for seniors".

By our September meeting the names of potential recipients were submitted for verification by our lawyer and soon all was finalized. In November, we could begin distributing, based on numbers served, the \$635,000 to seven residences and five organizations.

Directors Robin Narsted and Graeme Sutherland visited NOVA Hudson, West Island and Montreal as well as the Montreal and West Island Volunteer Bureaus and gave \$40,000 to each of them.

Director Shirley Wescott visited La Residence Lachute and presented them with a cheque for \$60,000.

Those directors living in the Townships, Evelyn Beban Lewis, Ann Belden, Adelaide Langtree, Teresa Maguire, Bev and myself visited the Wales Home and gave \$200,000 while \$100,000 was donated to the two Massawippi Christian Retirement homes.

Visiting the St. Paul's Home in Bury, we left them with \$22,000 while \$18,000 was given to the Edith Kathan Home in West Brome.

Directors Pat Steele and Graeme Sutherland presented \$35,000 to the Fulford Residence in Montreal.

The Board members were almost as excited as the recipients and never have we seen such smiles and tears of joy, relief and appreciation. Our donations will go toward so many different uses to make seniors more comfortable. Meals on Wheels will be able to provide such basic requirements as linens and additional hygiene care for their clients. They will also be able to improve the living and dining room facilities in some of their service areas.

Once all of our expenses have been met, we will give the residue of about \$10,000 to share between the Montreal and West Island Meals on Wheels Programs.

Our Certificate of Dissolution for the PRTH & B Corporation was effective as of March 18th, 2014 and now we are waiting for the Voluntary Revocation of the Canadian Revenue Agency registration. Once that has been received, PRTH & B will no be in operation but our legacy will live on!

As I reported last year, the mission that began in the 1950s by a small group that enabled many to live their lives out in a most comfortable and dignified manner at the Robinson Residence will have been fulfilled. However, due to their steadfast beliefs, their contribution will be ongoing in many other places and in many varied ways. The Board was very pleased that some of the receiving institutions and organizations mentioned that they would be creating a plaque to commemorate our donation from the "Robinson Residence Board"—PRTH & B Corporation for posterity sake. Mission accomplished with great pride and sense of fulfilment!

Gary Crandall,
President
PRTH & B Corporation
On behalf of the Board

QPARSE PROGRAM CALENDAR

2014 - 2015

SEPTEMBER 10th	12 Noon (Wed)	Lunch in Pointe-Claire Village <i>Le Pionnier, 286 Chemin du Bord-du-Lac, Lakeshore</i>
SEPTEMBER 30th	8.30 a.m. (Tues)	Mont Tremblant Fall Excursion Depart: 8.30 a.m. EMSB Depart 9.00 a.m Fairview Return: 4.00 p.m. Cost: \$30.00 (Bus only) Lunch at your leisure
OCTOBER 29th	1.00 a.m. (Wed)	Fall Luncheon for Retirees EMSB/Cafeteria Reception: 1:00 p.m. in Atrium followed by Lunch: 1:30 p.m. (\$10.00)
DECEMBER 9th	10.00 a.m. (Tues)	Holiday Celebration Program Reception: 10.00 a.m. Rosedale Queen Mary Community Hall, 6870 Terrebonne Arts, crafts, jewelry & gift items: Dix Mille Villages table Donation: NDG Food Bank
 2 0 1 5 		
FEBRUARY 12th	11.00 a.m. (Thurs)	Wellness Presentation EMSB, Patterson Room Lunch: Monkland Grill Restaurant
MARCH 11th	10 a.m. (Wed)	Cabane à Sucre 1050 Boul Arthur-Sauvé, St-Eustache Price: \$35.00 (includes bus & lunch)
APRIL 16th	11. a.m (Thurs)	Benefits/Insurance Session Speaker: Paul Barnes QPAT Building 1703 Brunswick Blvd, Kirkland Lunch: the West Island (TBD)
MAY 5th	11:00 a.m. (Tues.)	Annual General Meeting EMSB/Patterson Room Coffee: 10:30 a.m. in the Atrium

The EMSB Building is located at 6000 Fielding Avenue, NDG (corner of Côte Saint-Luc Road)

Monkland Grill Restaurant is at 6151 Monkland Ave, H3X 2C6. (514 484-2611) (corner of Beaconsfield)

*If you will attend a luncheon please inform the Events Coordinator:
Ken Cooke (514-485-9118) or erica2ken@yahoo.com*

Program information, contact Erène Anthony (514-626-8002)

Our website: www.qparse-apperq.org

Board of Directors / Conseil d'administration 2014-2015

The following nominations to the Board of Directors were approved by the Annual General Meeting, May 6th, 2014:

Les nominations suivantes au Conseil d'administration ont été approuvées lors de l'Assemblée générale annuelle 6 mai 2014:

President/Présidente	Renate Sutherland
Past President/ Présidente sortante	Sandra Aird
Vice-President, Events Vice-président, événements	Ken Cooke
Treasurer/Trésorière	Kathleen Malcius
Recording Secretary/Secrétaire de séance Web Site Liaison/Liaison Site Web	Dana Star
Director/Administratrice, Membership/Adhésions	Jan Langelier
Director/Administrateur ACER-CART	Ed Zegray
Director/ Administratrice, Program/Programme	Erene Anthony
Director/Administratrice Newsletter Committee/Bulletin comité	Marzia Michielli
Director/Administratrice Director/Administratrice Director/Administratrice	Joan Ebbett Carol Klein Mary Ellen Montague

Sandra Aird
Chair, Nominating Committee
Présidente, Comité des nominations



We send our condolences to the family and friends of:



Isabel Barth
Robert Brown
Sheila Christie
Elizabeth Crone
Bertha Dawang
Herre DeGroot
Cecile Frechette
Gwen Glencross
Elizabeth Green

Tait Hauver
Gladys Hunter
Dorothy MacLean
George Markus
Anna Marshall
Earle McCurdy
Nancy Meakin
Margaret Meeks

Betty Monahan
Joseph Muthana
Frank Owen
Dorothy Roberts
Peggy Steele
Ellen Stevenson
Earle Thomas
Miriam Wilkinson
Deryl Williams

They are in our prayers.

Political Actions

CANADIAN ASSOCIATION OF RETIRED TEACHERS (ACER - CART) represents 127 000 retired teachers across Canada. The President is Dr. Thomas Gaskell (NS) and Roger Régimbal continues as Executive Director.

ACER-CART's 22nd Annual General Meeting (AGM) was held on May 31 and June 1, 2013 at the Ottawa office of the Canadian Teachers' Federation (CTF). Twenty-six participants from twelve of the thirteen member organizations attended. Director Renate Sutherland, who represented QPARSE, was presented with the 2013 Service Award in recognition of her contribution to ACER-CART.

On Thursday May 30, prior to the AGM, delegates met to participate in pre-AGM activities including an opportunity to meet representatives of the three ACER-CART regions, an orientation session new directors, and a provocative presentation on pensions prepared by the Pension and Retirement Income Committee. The delegates determined to find ways to work together to promote the advantages of defined benefit pension plans and agreed to approach the Canadian Teachers Federation (CTF) for help in coordinating a nationwide campaign.

On Friday participants received reports from the Executive officers, and from various committees. Member organizations also reported on the activities they undertook during the past year and to discuss issues of concern. Common themes included the following:

- Challenges of advocating for members with respect to health care and poverty issues
- Attacks on pensions and the significant loss of purchasing power as retirees fail to receive a full, or even partial, indexation
- Lack of representation on boards of directors that have control over retiree health, pension, and insurance plans
- The need for federal and provincial governments to negotiate a new Health Accord that would include adequate funding as well as a long-term national plan for home care to offer affordable and accessible housing.

The Saturday morning guest presenter was Richard Harrison, Senior Consultant with Johnson Inc. Mr. Harrison referred to the announcement by the federal government that health care transfer funds after 2017 would be decreased. He stated that as federal funding decreases, there might be less pressure to comply with the principles of the Canada Health Care Act (1984). This could lead to



increases in health premiums, decreases in comprehensive care, reduction of services, and the need for supplemental insurance.

Delegates identified the priorities and passed motions to drive ACER-CART action in 2013-14. Among these were:

- Enhance political advocacy through its member associations and by collaborating with like-minded organizations on issues of common concern
- Urge federal, and provincial governments to negotiate a new, strengthened Health Accord to replace the present Accord expiring in 2014
- Urge provincial governments to develop plans to expand and improve seniors home care and home support programs to assist seniors to remain in their homes
- Seek to establish a cross-country approach to preserving and protecting defined benefit pension plans.

ACER-CART continues to be our advocate to the federal government on behalf of retired teachers, and retirees in general. President Gaskell has sent letters to federal ministers raising issues that included the following: the need for a national organ donor registry and a safe drug recycling program; a tax credit for the fitness expenditures of seniors; changes to OAS (budget 2012) and CPP; and Medic Alert/Life-Line programs as an allowable medical tax deduction for income tax

Continued on [page 14....](#)

Spotlight on Members



Pat Steele

It is an honour and privilege to have been asked to write this tribute to a wonderful lady who is known and loved by us all.

For many years, I had the distinct pleasure of working with Pat Steele at PAPT/QPAT, both as a member of the Executive and later as the President of that organization. It was clear at the teacher's association that we had a real gem on staff, one who was both knowledgeable about pensions and insurances; but more importantly, was caring and dedicated to the teachers of the province. What I did not really know was how Pat came to be on staff at PAPT.So, I dared to pick the brain of Alan Lombard who is a good friend and long-time colleague of Pat Steele. This is what I learned!

Pat comes to us from the Midlands of England from where she received her initial education – a degree in French Literature. Her interest in literature spurred her to continue her studies and she now holds an MBA from Concordia University. Pat began her career at PAPT in the early 1970's and I benefitted from her extensive expertise through the late 1980's and until her retirement in the 1990's. Pat is an avid birder and a lover of English literature and was actively involved with QSPELL – an association which promoted and celebrated English literature in Quebec.

On a more personal note, I remember how many times while I was President of PAPT, I was able to bring questions and problems to Pat for her advice. I truly appreciated her no nonsense approach to life and down-to-earth suggestions. She was unfailingly dedicated to us all, both as staff members and the members of the Association alike.

Pat was often called upon to make all the arrangements for what we called “manifs” in Quebec City during negotiations. She had a real challenge - ordering the required number of busses, providing the necessary food and other goodies for those making the journey to Quebec City. She always came through!

Pat had a real attachment to the Teachers' Retirement home, the Robinson Residence in Cowansville. She was actively involved with it during her years at PAPT and I have pleasant memories of accompanying her to the Annual Garden party held in June every year.

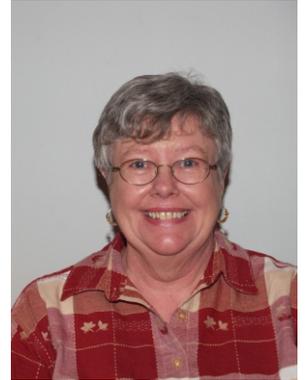
I also have fond memories of Pat's note-taking during PAPT Board meetings, as she patiently sat at the back of the room trying to make sense of the debates and then of the motions that came to the floor. She was (I am sure) swearing under her breath about the convolutedness of our discussions and the resulting motions. She also seemed to have a running battle with Alan Lombard about the temperature of the meeting room – too cold – too hot!!

Once I retired, I was contacted almost immediately by Pat who was the President of QPARSE asking me to consider becoming involved with the Board of Directors. It is very difficult to say no to Pat – so here I am.

Pat has devoted many hours for the benefit of teacher interests – both actively during her education career and now as a volunteer for us - her patience and good humour have guided us through many challenging times and I for one want to thank her for always being there for us.

I wish you good health and continued enjoyment of all that you hold dear and I hope you will continue to be our advisor here at QPARSE. You are indeed an amazing woman!

Jan Langelier



Which one, if any, best describes you?

Based on her study with retirees, Dr. Schlossberg identified the ways in which people approach retirement:

Continuers are people who continued using existing skills and interests,

Adventurers are those who start entirely new endeavours,

Searchers explore new options through trial and error,

Easy Gliders enjoy unscheduled time letting each day unfold,

Involved Spectators care deeply about the world, but engage in less active ways and

Retreaters are those who take time out or disengage from the day-to-day.

Michigan State University psychology professor Norman Abeles, has found that those people who are most happy in retirement enjoy a variety of activities, from volunteer work, exercise, taking courses and so on.

Happy Birthday *Super Seniors*

Recently birthday cards were sent to the following super seniors with birthdays from January to June 2014. A super senior is anyone who is 90 years old or older. Providing birthday particulars is optional on QPARSE membership forms, so we count on you, the members, to give us this information!



Happy Birthday and best wishes for continued good health and happiness to:

<u>First Name</u>	<u>Family Name</u>	<u>Month</u>	<u>age as of</u> <u>2014</u>
Janette	Barr	Jan	94
Hélène	Cooper	Jan	93
June	Rosevear	Feb	90
Lillian Elinor	Parkinson	Mar	90
Marjorie	Topham	Mar	97
Almeda	Bennett	Apr	99
W. Gordon	Bowes	Apr	96
Joan Skinner	Hanna	Apr	100
Stella Kathleen	Johannson	Apr	94
Thelma	Leney	Apr	93
Richard	Jones	May	93
Rose	Solomon	Jun	90
Eileen	Wales (Cornell)	Jun	95

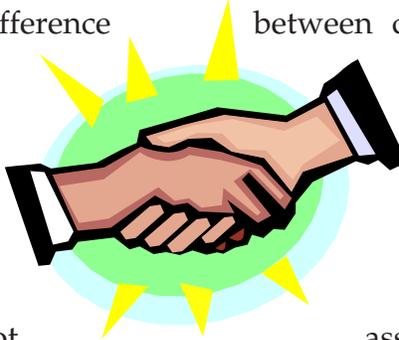
Ellen Holzman

Dealing with Alzheimer's Disease

This topic is dear to many people's hearts as they are caring for a loved one who has been afflicted by this disease or the public at large fears that occasional memory loss may be the onset of Alzheimer's.

On February 11th, QPARSE was pleased to have as guest speaker, **Helen Baum, Social Worker and Counselor, AGI-Alzheimer Groupe Inc.** She helped to clarify some misconceptions and myths of Alzheimer's disease and related dementias.

Ms Baum spoke at length about the difference between dementia and Alzheimer's disease. Some were surprised to discover that there are more than 70 different types of dementia, exhibiting a variety of symptoms. Alzheimer's disease, or related dementia, affects an estimated 500,000 Canadians. It is estimated that this number will double in a generation. Over 70% of Canadians over 65 has Alzheimer's disease. Education is key! It cannot be prevented, but it can be managed, especially if diagnosed early.



Ms Baum said that one should not assume that occasional memory lapses signify the early stage of dementia. If someone suspects that he or she has noticed a decline in their cognitive function, they should speak to their family doctor and get a referral to see a specialist at a memory clinic. It is important to know that there are many infections/conditions that can mimic symptoms of dementia (i.e. urinary tract infections) which are reversible.

Alzheimer Groupe Inc. (AGI) is a not-for-profit organization which helps people who are impacted by Alzheimer's Disease and other related disorders. They offer various support services to diagnosed individuals, family members, natural caregivers and professional caregivers through guidance, counseling and a help line. Respite programs and an in-home stimulation program offer socialization and engaging activities to those with a diagnosis. They also strive to educate and train staff who work in facilities and institutions, hold conferences, visit schools and educate the public in general.

Alzheimer Groupe Inc. website: www.agiteam.org Telephone: 514-485-7233

Renate Sutherland



Political Actions... (From page 11)

Executive Director Roger Régimbal and James MacAuley, Rep Region East, met on separate occasions, with Liberal Health Critic Hedy Fry to discuss health and pension issues.

ACER-CART has collaborated with CTF in the *Hear My Voice* campaign, a CTF initiative urging that government practice greater transparency and heed the voices of Canadians concerned about the state of democracy in Canada. A Facebook "closed group" page has been established to allow ACER-CART Directors to exchange on issues of current concern and interest to retired teachers across the land. The Pension & Retirement Income Committee and the Political Advocacy Committee collaborated to create appropriate documents responding to Pension Plan myths and will produce generic letters for use by member associations on this topic.

The next ACER-CART AGM will be held June 6-7, 2014 in Ottawa. In the fall, there will also be an Eastern Canada regional meeting on October 16-17, 2014 in Halifax. Representatives from QPARSE will participate in both of these meetings.

Ed Zegray
Director
ACER-CART

QPARSE ET VILLE DE MONT-ROYAL VOYAGENT ENSEMBLE EN 2014 et 2015

DOVER DOWNS À DELAWARE

Du lundi 20 octobre au
vendredi 24 octobre 2014
(5 jours - 4 nuits)

- Hébergement de quatre nuits à Dover Downs Casino Resort à Dover, Delaware
- 120 \$ crédit Casino
- 4 buffet petits-déjeuners
- 1 buffet souper
- Transport en autocar de luxe
- Manutention des bagages, taxes et pourboires

Prix : Occ. simple : 655 \$
Occ. double : 450 \$

Dépôt non-remboursable de 100 \$ à verser d'ici le 20 juin. Solde exigé le 15 août.

CROISIÈRE AUX BERMUDES

Du vendredi 23 octobre au
vendredi 30 octobre 2015
(8 jours - 7 nuits)

- 7 jours NCL "Dawn"
- Transport en autocar deluxe de Montréal à Boston et de retour
- Taxes

Prix : À déterminer

ASSURANCE VOYAGE : Nous recommandons vivement aux voyageurs de contracter une assurance maladie et annulation. **Veillez vous assurer d'être couvert avant de quitter la province.** La Ville ne peut être tenue responsable de quiconque voyage sans assurance maladie d'urgence. L'assurance annulation est offerte et doit être acquittée au moment du versement de l'acompte.

Pour plus de renseignements, veuillez communiquer avec
Jan Lauer, au 514-683-6389 (soir) ou
Sandra Aird 514-738-6169.

QPARSE AND TOWN OF MOUNT ROYAL TRAVEL TOGETHER in 2014 and 2015

DOVER DOWNS IN DELAWARE

From Monday, October 20 to
Friday, October 24 2014
(5 days - 4 nights)

- 4 nights lodging Dover Downs Casino Resort in Dover, Delaware
- \$120 Casino credit
- 4 Buffet breakfasts
- 1 Dinner Buffet
- Standard taxes and gratuities, Baggage handling, Deluxe coach

Price: Single Occ.: \$655
Double Occ.: \$450

A non-refundable deposit of \$100 is due by June 20. Balance of payment is due August 15.

CRUISE TO BERMUDA From Friday, October 23 to Friday, October 30 2015 (8 jours - 7 nuits)

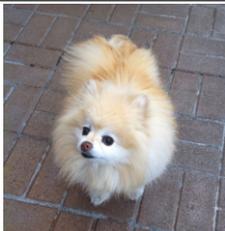
- 7 days on board NCL "Dawn"
- Transportation from Montreal to Boston return in a deluxe bus
- Taxes

Price: To be determined

TRAVEL INSURANCE: Emergency medical and cancellation insurance is strongly recommended. **Please ensure coverage before leaving the province.** The Town will not be responsible for anyone travelling without emergency medical insurance. Cancellation insurance is available and must be purchased at the time of deposit.

For more information, please contact
Jan Lauer at 514-683-6389 (evenings) or
Sandra Aird at 514-738-6169.

Senior
Advising
Editor,
Sugar



**Editorial staff and
Newsletter Working
Group Members:**

**Jan Langelier
Sandra Aird
Renate Sutherland
Dave Chandler
Don Berry
Marzia Michielli**

The Quebec
Provincial Association of
Retired School Educators



Association provinciale
du personnel
d'enseignement retraité
du Québec

Application Form / Formulaire d'adhésion

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

Jan Langelier
c/o QPAT - APEQ
17035 Brunswick Blvd
Kirkland QC H9H 5G6

Given name: _____ Family name: _____
Prénom: _____ Nom de famille: _____

Street: _____ Apartment: _____ City: _____
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Province: _____ Postal Code: _____
Code postal: _____

Telephone _____ Email: _____
Téléphone: _____ Courriel: _____

School board at retirement:
Commission scolaire à la retraite: _____

Birth date _____ Year of retirement: _____
Date de naissance: _____ Année de la retraite: _____

We are a volunteer organization and do not have an office.
For further information contact Jan Langelier at langelier.jan@videotron.ca

On est un organisation de bénévoles et on n'a pas de bureau. Pour des informations
supplémentaires contacter Jan Langelier à langelier.jan@videotron.ca.

TRAVEL WITH SENIOR TOURS CANADA

AND MAKE \$\$\$\$ FOR QPARSE



FOR EVERY QPARSE MEMBER WHO TRAVELS WITH US, WE REBATE 4 % BACK TO YOUR ORGANIZATION. THIS MONEY CAN BE USED FOR FUND RAISING, CHARITIES....YOU DECIDE. SPREAD THE WORD AND SIGN UP FOR ANY OF OUR WONDERFUL TOURS.

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